



## DEAR FRIENDS

The importance of patience in life should never be underestimated. With patience, a person avoids making hasty decisions. Life is not about living in the future or in the past. Life is about accepting the present moment.

The doctor-patient relationship is a central part of health care and the practice of medicine. In this modern age of specialization and super-specialization, doctors and para-medical staff need to exercise a lot of patience and understanding in knowing about their patient's condition and treat them accordingly.

As suggested In 'Thought for Month' patience is the greatest of all virtues and the best things in life are worth waiting for.

So, always BE PATIENT WITH ESTEEMED PATIENT.

**Dr Sandeep Puri**  
Principal

### IAPSM Conference

Two-day 22nd Annual Conference of North Zone Indian Association of Preventive and Social Medicine-2018 & 13th Annual Conference of IAPSM Punjab Chapter-2018 was organized in the main lecture theatre of College Campus. Pre-conference workshops were conducted followed by elaborate scientific sessions by the distinguished guest speakers from different parts of the country



### NUMCON-2018

3rd National Undergraduate Medical Conference (NUMCON-2018) was held for the undergraduate medical students from different medical colleges of the country. The conference witnessed six scientific workshops and five hands-on-training session for the participating delegates. Lectures on the topics relevant to the knowledge of students were conducted.

### International Bariatric Surgery conference

Two-day International Bariatric Surgery Conference was held, which was formally inaugurated by Police Commissioner of Ludhiana-Dr Sukhchain Singh along with Civil Surgeon Dr PS Sidhu and Secretary of DMCH Managing Society-Sh Prem Kumar Gupta. The conference had a series of workshops and scientific sessions for the benefit of upcoming Bariatric surgeons and anaesthesiologists as well . A separate session on Dietary practices was also held.



## CME on Neonatology

Department of Pediatrics organized a CME on Neonatology for the practicing pediatricians of the region, which was attended by more than 200 paediatricians from the state of Punjab and the faculty included distinguished guest speakers from New Delhi, Chandigarh and Ludhiana.



## International Thalassemia Day

Department of Pediatrics along with Department of Immuno Haematology & Blood Transfusion observed '27th International Thalassemia Day' by organizing 19th Annual Voluntary Medicos Blood Donation Camp. More than 200 units of blood were collected during the camp. The faculty & students participated with great enthusiasm.



## Health Days Observed

### World Health Day

Department of Physiotherapy & Rehabilitation in association with All India Occupational Therapists Association (Punjab & Chandigarh Branch) observed World Health Day by organizing awareness programme on 'Autism'. Experts from the departments of Pediatrics and Physiotherapy delivered lectures. 'Information Brochures' were also released during prize-distribution function.



### World Asthma Day

Department of Pediatrics and Pulmonary Medicine jointly observed World Asthma Day by organizing awareness lectures. A drawing competition was conducted in Pediatric OPD of the hospital and prizes were awarded to the winners



### World Hand Hygiene Day

World Hand Hygiene Day was observed for patients and their attendants in OPD & ICU Block areas of the hospital. The audience was informed about the importance of six steps of hand-washing techniques recommended by World Health Organization (WHO). A role play was also conducted by students of College of Nursing depicting these basic steps for Hand Hygiene recommended by WHO.



## Students Activities

### Installation Ceremony of DMCH Youth Club

Installation Ceremony of DMCH Youth Club was held. Outgoing President of DMCH Youth Club- Gurjot Singh Gill extended a warm welcome to the new president of DMCH Youth Club- Nandisha Gupta (MBBS Batch 2014), who introduced the names of new office bearers of DMCH Youth Club in the presence of Principal Dr Sandeep Puri and Dr Sanjeev Uppal.



### Fire Safety Week

To commemorate 'Fire Safety Week' from 14th April to 21st April, 2018 a series of awareness lectures were held in the various parts of the hospital. DMCH Youth Club along with Department of Fire organized the event and made the people aware about the various precautions to be taken to avoid fire accidents



### Quiz Competition

Student's Champion Quiz Competition was organised in Anatomy Department by M/s Wolters Kluwer for 1st Prof students. A test comprising of 60MCQ were given to the students & the top three scorers will be provided complete set of books for 2nd Prof MBBS as prizes.



### Refresher Training

#### Dressers Course

Department of Plastic Surgery at DMCH organized 'Dressers Course' for ward assistants in its seminar room. The motto and theme of the course is 'upgrading skills' said Dr Sanjeev Uppal (Professor & Head of Plastic Surgery) In total, 20 faculty members imparted training to the participants in 24 teaching sessions.



### CONGRATULATIONS

Four undergraduate students were selected for the "Short Term Research Studentship" (STS) program initiated by Indian Council of Medical Research(ICMR) to promote interest and aptitude for research among medical students.



## whats **new** at DMCH...

### Message from the Secretary

#### Molecular Genetic Laboratory

Molecular Genetic Laboratory was recently set up as one of the largest and most specialized academic molecular genetics lab in the region. State-of-the-art genetic testing along with comprehensive interpretation of test results are done by certified geneticists to provide clinically relevant molecular tests for a variety of genetic disorders and risk factors.



#### Prem Kumar Gupta

Secretary, DMCH Managing Society, Ludhiana

### Guest Lectures

**Dr Monisha Gupta**, Director of Dermatology from University of South Wales, Australia delivered lecture on the topic 'Adverse Cutaneous Reaction's to medications'



**Dr Hani P Grewal**, Consultant Transplant Surgeon, Associate Professor of Surgery from Mayo Clinic, Florida, USA delivered guest lecture on 'Organ Donation'

### Lectures Delivered

**Dr Sandeep Kaushal** (Pharmacology) delivered talk on Medication Management, Adverse Drug Reaction a & reporting at Fortis hospital Ludhiana

**Dr Suman Puri** (Obstetrics & Gynaecology) delivered a talk on 'Complications of Total Laparoscopic Hysterectomy' at 23rd Annual Conference of Indian Society for Assisted Reproduction held in Kolkata

### Sessions attended

**Dr Anju Grewal**, (Anaesthesia) attended a week -long Training of Trainers session (TOT) for World Federation Society of Anaesthesia (WFSA) training workshops for "Safe-Obstetric Anaesthesia administration" at Hyderabad



## THOUGHT OF THE MONTH

*Patience is the greatest of all virtues*

## REQUEST

Please send information at [capsule@dmch.edu](mailto:capsule@dmch.edu) about your achievements in your respective field of research, any awards won, recognition gained and honours bestowed upon for possible inclusion in DMC Capsule.

### Executive Team-DMCH Capsule

Dr Sandeep Kaushal (Chairperson), Dr Anju Grewal\* (Convener)  
 Dr Seema Gupta (Co-ordinator), Dr Gautam Biswas (Secretary)  
 Dr Gagandeep Singh, Dr Rama Gupta, Dr Gurdeep Singh Dhooria  
 Dr Gurpreeti Kaur, Dr Kamaldeep Arora, Dr Pankaj Kumar  
 Dr Ashvind Bawa, Dr Shruti Kakkar, Dr Kanupriya Jain  
 Mr. Aayush Chaku (PRO)

\* Issue Co-ordinator

### What you must know about CHILDHOOD ASTHMA

by Dr Puneet A. Pooni (Prof. & Head of Pediatrics) and  
 Dr Akashdeep Singh (Professor of Chest)

#### Q1. What is asthma?

Ans. Asthma is a chronic inflammation of the airways, which is characterised by recurrent and variable respiratory symptoms.

#### Q2. How common is it in children?

Ans. It is the commonest respiratory disease of childhood throughout the world. In India around 8-10% children may be having asthma.

#### Q3. How do we diagnose asthma?

Ans. Asthma is a clinical disease and there is no specific test to diagnose it.

#### Q4. Do we need any tests to diagnose asthma?

Ans. As such, there is no need for any test to diagnose asthma, but in case of any need, pulmonary function tests like spirometry or chest x-ray can be done.

#### Q5. Why and when the treatment of asthma be started?

Ans. Asthma has no specific cure but can be properly controlled by adopting adequate precautionary measures & medications.

#### Q6. How do we control asthma?

Ans. The best way to control symptoms is to avoid triggers and to start inhaler therapy. (as they deliver medicine at site of action)

#### Q7. Are the inhalers risky and have any side effects?

Ans. None of the asthma medications are known to cause dependence. In asthma, patients need inhalers to treat the disease and once symptoms get better, inhalers are gradually stopped.

#### Q8. Are inhalers easy enough for children to use?

Ans. Inhalers are very easy to use. For small children even infant inhalers are available with mask and can be used in any age.

#### Q9. What precautions should be taken to avoid repeated attacks of asthma?

Ans. Besides following prescribed precautions, children should avoid various triggers or irritants which can cause symptoms in children with asthma. These factors like dust, mite, pollens etc may be inside child's room, or house or in surrounding area

#### Q10. What services are available for children with asthma in DMC?

Ans. In Pediatrics OPD, we are running chest clinic every Thursday. We have more than 1700 patients on follow up. In our OPD, we also have equipment to check lung function of children free of cost.

### Helplines

EPBAX : 0161-4688800, 4687700 (60lines)

Heart Institute : 0161-2304282 to 87

Ambulance : 98155-55100

Fax : 0161-2302620

E-mail : [cosd\\_office@dmch.edu](mailto:cosd_office@dmch.edu), Website : [www.dmch.edu](http://www.dmch.edu)

For Comments & Suggestions :

mail us at [dmchcapsule@gmail.com](mailto:dmchcapsule@gmail.com)