



# DMCH Capsule

A Monthly Update From the Principal's Desk

Vol. 5

No. 4

April 2007

## Dear Friends

*Ask the secret of any successful person; you will learn that accomplishment is not by accident.*

*Success is a combination of factors : you have to set a goal in the first place, consider the requisites, decide the steps, seize opportunities, and 'do it'. In basketball, you cannot score a basket by just throwing the ball in the air and hoping for the best, nor by just planning its trajectory without releasing it at the intended speed and angle.*

*As aptly stated in the 'Thought for the month' (last page) you cannot achieve your goal without proper planning as well as its execution.*

Dr Daljit Singh

## TB Awareness Week at DMCH

In order to rededicate the medical professionals and remove myths about Tuberculosis (TB) from the minds of the masses, DMCH observed a TB Awareness Week from March 19. The week concluded on March 24, on the World TB Day.

During the week, each day was assigned for a specific activity. A series of events, such as poster making, slogan writing and quiz competitions on Tuberculosis were organised by involving the undergraduate as well as nursing students of the college. A public awareness campaign was held in the OPD Block.

There was a guest lecture-cum-panel discussion on TB-HIV co-infection by Dr. D. Behra, Director LRS TB Institute, New Delhi.

DMC has already been made a participating center for a national TB project on LN Tuberculosis TB under RNTCP. All this has been made possible because of active participation of Dr. Daljit Singh, Chairman DOTS Core Committee; Dr. Whig member Punjab State Task Force; Dr. Sarit Sharma Master Trainer RNTCP and Nodal Officer on DOTS; Dr. Gautam Ahluwalia, and Dr. Pratibha Dogra, Medical Officer DOTS Centre.



**Team of Managing Society for the New Term**

The following have been nominated as office bearer and members of the Governing Board w.e.f. April 1, 2007.

**Sh. Brijmohan Lall Munjal** Chairman Emeritus and Member of Governing Board

**Office Bearers**

- |                          |                |
|--------------------------|----------------|
| 1. Sh. Sunil Kant Munjal | President      |
| 2. Sh. Amrit Nagpal      | Vice President |
| 3. Sh. G.C. Dhawan       | Vice President |
| 4. Sh. Sudarshan Sharma  | Vice President |
| 5. Sh. Prem Kumar Gupta  | Secretary      |
| 6. Sh. Rajesh Sood       | Jt. Secretary  |
| 7. Sh. Satish Sanwalka   | Treasurer      |

**Members of Governing Board**

- |                             |                            |
|-----------------------------|----------------------------|
| 1. Sh. Satyanand Munjal     | 9. Smt. Sunila Gupta       |
| 2. Sh. O.P. Munjal          | 10. Sh. Ashok Gupta        |
| 3. Sh. Jagdish Behal        | 11. Sh. Sanjeev Arora      |
| 4. Sh. D.V. Bector          | 12. Sh. Davinder Sharma    |
| 5. Sh. Rakesh Bharti Mittal | 13. Principal              |
| 6. Sh. Vijay Munjal         | 14. Medical Superintendent |
| 7. Sh. Suresh Munjal        | 15. Faculty Nominee (3)    |
| 8. Sh. Mukesh Kumar         |                            |

**Conference/ Workshop/ Symposium**

*10th AO Alumni Association of India, Symposium 2007, Mangalore*

**Dr. J.L. Bassi** (Orthopedics) delivered two lectures on Managements of Inter-trochanteric fractures and complications of Acetabulum fractures.(Pic.A)



*CME on Molecular Techniques for The Diagnosis of Parasitic Disease and Workshop on Transfer of Basic Technology. Deptt. of Parasitology PGIMER, Chandigarh.*

**Dr. Deepinder Chhina** and **Dr. V. Kaushal** (Microbiology) attended the CME and Workshop; **Dr. Raj Kumar** attended the CME.(Pic.B)

*International CME & advanced course in Pediatric Intensive Care (WFPICCS) Advanced Pediatric Centre, PGIMER Chandigarh.*

**Dr. Puneet Aulakh Pooni** and **Dr. Gurdeep S. Dhooria** (Pediatrics) attended the course.

*IAP-RCPCH-PGI Course on Evidence Based Medicine, Advanced Pediatric Centre PGIMER, Chandigarh.*

**Dr. Deepak Bhat** and **Dr. Gurdeep S. Dhooria** (Pediatrics) attended.

*Hands on Course on 'Lung Protective Mechanical Ventilation in Neonates and Children' conducted by WFPICS, Ethican Institute of Surgical Education, New Delhi.*

**Dr. Deepak Bhatt** attended the course.

*Short term training in High Performance Liquid Chromatography (HPLC), Department of Ocular Pharmacology, AIIMS, New Delhi.*

**Dr. Sandeep Kaushal** (Pharmacology) participated.

*Academia Industry Synergy Continuum, Symposium on Promotion of Pharmacovigilance in India, Department of Pharmacology, AIIMS, New Delhi.*

**Dr. Sandeep Kaushal** participated in the Symposium.

*Conference of Obesity Surgeons Society of India, Madras.*

**Dr. Jasdeep Singh** and **Dr. Sanjeev K. Singla** (Surgery) attended the conference.

**Sessions Chaired**

*Annual Conference of ISCCP, Amritsar.*

**Dr. B.K. Gill** chaired a session on 'Role of HPV DNA Detection in screening of Ca Cervix.'

*AIIMS Surgical Week of International Conference, CME cum live Workshop, Endosurg, AIIMS, New Delhi.*

**Dr. M.L. Gupta** chaired a Scientific Session.

**Paper Presentation**

*Annual Conference of ISCCP, Amritsar*

**Dr. Sunita Goyal** (Gynecology) presented a paper on 'Cervical Cancer Screening and Documentation', while **Dr. Reza Gupta** presented a paper on 'Pap Smear in Early Detection of Carcinoma Cervix'.

*National Conference of Intra Abdominal Infection, PGIMER, Chandigarh*

**Dr. Satpal Singh** and **Dr. Ashish Ahuja** (Surgery) presented a paper 'Acute Infected Pancreatic Necrosis - Referral pattern and Management'. **Dr. M.L. Gupta** and **Dr. Jaspal Singh** also attended.

*National Conference of Cardio-thoracic Anaesthesiologists, Chandigarh*

**Dr. Rajesh Arya** presented a case 'Fluoroscopic Correction of Misplaced Central Venous Catheter.' He also

*Annual Conference of ISCCP, Amritsar*

**Dr. Sunita Goyal** (Gynecology) presented a paper on 'Cervical Cancer Screening and Documentation', while **Dr. Reza Gupta** presented a paper on 'Pap Smear in Early Detection of Carcinoma Cervix'.



**Talks Delivered**

**Dr. Alka Dogra** (Dermatology) delivered a talk on 'Chemexofoliation - A therapeutic Modality in Dermatology' at Sir Seewoosagur Ramgoolam National Hospital, Pamplemousses, Republic of Mauritius.

**Dr. M. Rupinder Singh** (Anaesthesia) delivered a guest lecture on 'CPR Recent Trends' at ISA - Jalandhar City Branch Scientific Meet.

**Dr. G.S. Bajwa** (Ophthalmology) delivered two guest lectures on 'Eye Care' at Guru Nanak Girls College Model Town, Ludhiana and 'Glaucoma in General Practice' - organised by Jalandhar Ophthalmological Society, Jalandhar.

**Dr. Puneet A. Pooni** delivered a talk on 'Medical Illness and Genetics in Mental Retardation' at Guru Nanak Public School, Ludhiana. EK Prayas organised this workshop in collaboration with RCI.

**Camps**

*Free Orthopaedic checkup camp*

**Dr. Deepak Jain** attended the camp organised by Ram Sharnam Trust, Daresi Road, Ludhiana and more than 150 patients were examined.

*Blood Donation Camps*

Dept. of Transfusion Medicine organised two Voluntary Blood Donation Camps in the premises of Khalsa College for Women and BSNL Employees Union, Bharat Nagar, Ludhiana. 123 units of blood were collected.

**Faculty Exchange Programme of BFUHS**

Two guest lectures were delivered by our faculty under exchange programme in different colleges affiliated to Baba Farid University of Health Sciences, Faridkot.

**Dr. Daljit Singh** (Pediatrics), Principal, delivered a lecture on 'Development of Pediatrics in India' at CMC&H, Ludhiana.

**Dr. Kumkum Awasthi** (Gynecology) delivered a lecture on 'Early Detection and Management of High Risk Pregnancy' at GMC, Patiala.

As a part of the exchange programme **Dr. M.K. Mahajan** from CMC delivered a talk 'Oncological Principal in Context to Breast and Uterine Cervix Cancers' at DMCH.

**Conferences Organised**

*6th Annual Conference of Indian Society of Psychiatric Nurses (ISPAN) was organised by College of Nursing DMCH.*

The theme of the National Conclave was 'Substance Abuse - Psychiatric Nursing Perspective.' The related issues like impact of substance abuse on the adolescents, elderly and women were also discussed. A Poster Making Competition based on the theme was also held for the delegates.

**Dr. Jasbir Kaur**, Principal College of Nursing DMCH was the Chairperson of the Conference.

**Hepatitis B vaccination for DMCH employees**

Keeping in view the need for health care of the personnel, DMCH vaccinated all its employees against Hepatitis B. The free vaccination camp was inaugurated by Secretary DMCH Managing Society **Sh. Prem Gupta**. HR Manager **Ms. Prodhika Gupta** was the camp co-ordinator for this four-day camp.(Pic.D)



**Congratulations**

**Dr. B.S. Aulakh** - Elected as Member of MCI from Punjab.

**A Matter of Pride.....**

Extremely low birth weight premature twins (28 weeks gestation ) weighing just 730 g & 780 g (note that the median weight of a normal baby is 3400 g!) delivered in DMCH were admitted to NSCU at birth in a very sick condition. They were discharged in a satisfactory condition after 55 days.

**Low Birth Weight Babies Born at DMCH (2006)**

Birth weight (gm.)	No. of Babies	Discharged
1500-2500	175	168 (96%)
1000-1500	39	36 (92%)
Less than 1000	15	9 (60%)

The smallest baby who went home satisfactorily at birth weight of only 690 g. The weight had dropped to 570 g in the initial days as is expected in newborns.

Babies less than 2500 g, 1500 g and 1000 g are labeled as low birth weight (LBW), very low birth weight (VLBW) and extremely low birth rate (ELBW) respectively.

**Winner vs. Loser**

*A winner is always part of the answer,  
A loser is always part of the problem.*

*The winner always has a program,  
The loser always has an excuse.*

*The winner sees an answer for every problem,  
The loser sees a problem for every answer.*

*A winner makes commitments,  
A loser only makes promises.*

*Winners have dreams,  
Losers have schemes.*

*Winners make it happen,  
Losers just let it happen.*

*Winners are a part of the team,  
Losers are apart from the team.*

*Thought for the Month*



*Thoughtless actions and  
actionless thoughts lead to failure.*

**WHAT YOU MUST KNOW ABOUT...**

**Tumor Markers**

*Dr. Navjot Bajwa, Prof. & Head, Department of Biochemistry*

**Q1. What are tumor markers ?**

Ans. These are substances or non functional enzymes which are released by tumor cells into body fluids especially blood, also known as tumor index substances.

**Q2. How are they useful ?**

- Ans. 1. For follow up of cancer.  
 – To monitor the effectiveness of therapy.  
 – To detect the recurrence.
2. To facilitate the detection.  
 – Diagnosis.
3. For the progress of cancer – serum levels indicate tumor load.
4. For localization of tumor – by radio-labelled antibodies.

**Q3. What are common tumor markers for various organ specific malignancies ?**

Ans. AFP – Hepatoma, germ cell cancers, neural tube defects.  
 CEA – Colorectal, GI and lung  
 CA-125 – Ovarian Ca  
 CA 19-9 – Gastric Ca  
 CA 15-3 – Breast Ca

**Q4. Can enzymes or hormones act as tumor markers ?**

Ans. Yes. PSA – Prostate Ca, ALP – Bone Ca, β-HCG – Choriocarcinoma, Calcitonin – Thyroid (medullary) Ca, Erythropoiet – Renal Carcinoma, Ferritin – Acute Leukemia, Hodgkin's disease.

**Q5. Can non-malignant conditions give rise to elevation in tumor markers levels ?**

Ans. Yes. Pancreatitis, heavy smoking etc. are known to cause increase in levels of tumor markers.

**Q6. Can these be measured easily and with which technique ?**

Ans. Only blood sample is required for measurement by ELISA, RIA, Chemiluminescence etc.

**Q7. What are the recommendations for assessing tumor markers ?**

- Ans. 1. Never rely on the result of single test.  
 2. Serial testing should be ordered from same lab.  
 3. Tumor markers selected for monitoring recurrence must be elevated before surgery.  
 4. Half Life of marker should be considered before interpretation of the result.  
 5. Order more than 1 marker to improve sensitivity and specificity for diagnosis.

**Q8. What is the specificity and sensitivity of this test ?**

Ans. It varies for different markers – specificity varies from 60-95% and sensitivity from 80-90%.

**Q9. Are these facilities available in DMCH ?**

Ans. Clinical biochemistry has been routinely measuring tumor markers with very sophisticated instruments Elecsys 2010 and Elecsys 1010 based on electro chemiluminescence which can detect levels up to picograms (10<sup>-12</sup>g).

**Executive Team – DMCH Capsule**

Dr. Harmesh Singh Bains (Convener), Dr. Praveen C.Sobti (Secretary),  
 Dr. J.L. Bassi, Dr. Navjot Bajwa, Dr. Manish Munjal,  
 Dr. Dinesh Garg, Dr. Sandeep Kaushal, Dr. Rama Gupta\*,  
 Dr. Anju Grewal, Dr. Anurag Chaudhary and Dr. Gautam Biswas

\*Issue Co-ordinator

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 Website : www.dmch.edu