



DMCH Capsule

A Monthly Update From the Principal's Desk



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Dear Friends

Would you hunt for fish in the desert or for birds under the sea? Of course not - that's not the place to look for them.

People spend a lifetime frantically searching for happiness in the world around, not realizing that happiness, like contentment, satisfaction and peace, is an internal state, within us.

Pleasure and enjoyment may come from worldly things but are false markers of happiness, since they are temporary and dependent on external factors.

As wisely brought out in the old Indian maxim (Thought for the month, last page) if you look for something in a place it just does not exist, your search is doomed to be futile.

Dr Daljit Singh

Guest Lectures

Dr. S.K. Guha, Prof. Emeritus of Biomedical Engineering, IIT, Kharakpur delivered a guest lecture on recently developed Novel Male Contraceptive Approach of 'Reversible Inhibition of Sperm Under Guidance' (RISUG). It is effective for upto 10 years with a single 60 mg injection and minimal adverse effects. It is effective immediately and is reversible. Phase III trials have been started at 4 centres including at DMCH. Dr. B.S. Shah is the Principal Investigator in this institution along with Dr. Sandeep Sharma and Dr. B.S. Aulakh as Co-investigators. (Pic. A-B)



Dr. Demitre Labadarios, Dept. of Human Nutrition, University of Stellenbisch, South Africa delivered a guest lecture on 'Nutrition and Inflammatory Response'.

The nutritional intake modifies body's inflammatory response caused by bacterial infection. C-Reactive protein indicates inflammation and is a marker for disease. He recommended that healthy diet helps children grow and learn in a better manner and prevents obesity and weight related diseases. Children must have milk and calcium rich foods in their diet. (Pic. C)

Awards

- **Dr. G.S. Wander** (Cardiology) was declared Chairman, IMA Academy of Medical Specialities, IMA Punjab State Branch.
- **Dr. Gagandeep Singh** (Neurology) has been invited to be member of editorial board of EPILEPSIA.
- **Dr. Hemant Chopra** was awarded I.D.Verma Oration by Association of Otolaryngology HP chapter. The oration was delivered on "Noise Oto-trauma" in the 13th Annual Conference of HPAOI at Indira Gandhi Medical College, Shimla. (Pic. D)



Dr. Kapil Dua also participated in the conference and was one of the panelist in Panel Discussion on 'Fears and Failures of Mastoid Surgery'.

Fellowships

Dr. Satpal Singh (GE Surgery) was awarded a fellowship in Morbid Obesity Surgery at St. John's Regional Medical Centre, Oxnard, USA and in Hepatobiliary and Pancreatic Surgery at University of Southern California (USC), Los Angeles, USA.

International Thalassaemia Day & International Red Cross Day Celebrations

Both the days were celebrated by organizing a blood donation camp under the supervision of Dr. Amarjit Kaur (Transfusion Medicine) and Dr. Praveen C. Sobti (Pediatrics). It was inaugurated by Dr. Daljit Singh, Principal DMCH.

In this camp 110 Consultants, Senior Residents, Residents, Interns and Medical students donated blood for Thalassaemia patients. (Pic. E-F)

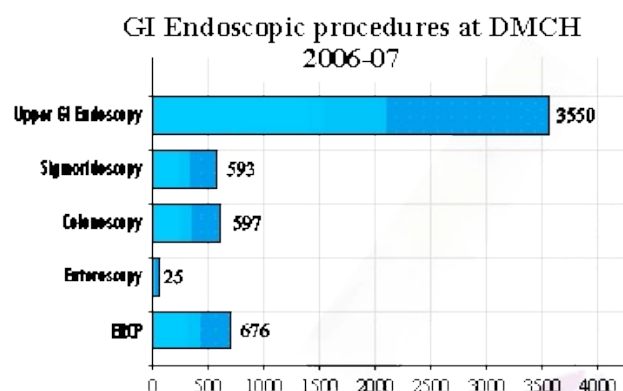


Papers Presented

27th Annual Conference of the Society of American Gastrointestinal Endoscopic Surgeons (SAGES) Las Vegas, USA

Dr. Satpal Singh presented a paper on 'Incomplete Laproscopic Cholecystectomy - A cause of concern' following International Travelling Fellowship award by the society. (Pic. G)





*If there be light,
then there is darkness;*

*If cold, heat;
If height, depth;*

*If solid, fluid;
If hard, soft;*

*If rough, smooth;
If calm, tempest;*

*If prosperity, adversity;
If life, death.*

Pythagoras

Thought for the Month



*However hard you may search
in the mouth of the crow,
you will not find teeth there.*

WHAT YOU MUST KNOW ABOUT...

Needle Stick Injury

Dr Raj Kumar, Prof & Head, Dept. of Microbiology

Q1. What are the types of exposure ?

Ans. * Percutaneous injury, exposure of the abraded skin and exposure of mucous membrane including eyes.

Q2. What are the pathogens and the risks of transmission of these pathogens ?

Ans. * HIV : Percutaneous injury 0.4%; Mucocutaneous injury 0.05%.

* HBV : Percutaneous exposure 9-30%

* HCV : Percutaneous exposure 3-10%

Q3. What are the guidelines to be followed by you after exposure?

Ans. * If the skin is penetrated, wash well with soap & water without scrubbing.

* Free bleeding should be encouraged gently & wound should not be sucked.

* If eyes are contaminated, rinse thoroughly with water / normal saline.

* Immediately inform your senior - give full history of injury/exposure and HB immunization.

* Send your blood for testing Anti HB s / HB sAg / Anti HCV / Anti HIV.

* Give history of source patient and send his blood for HB sAg / HCV / HIV testing.

* Post exposure prophylaxis (PEP) as necessary.

Q4. What and when to prescribe PEP ?

Ans. **HBV**: *Source Negative* - No PEP needed.

Source Positive - Affected Person :

* Immunized & seroconversion documented - NO PEP.

* Immunized but seroconversion not documented - booster dose of Hepatitis B vaccine.

* Not immunized - Hepatitis B vaccine should be given immediately with subsequently doses at IM & 6M. In addition single dose of 400IU of HB IG should be given within 72 hrs.

HIV: *Source Negative* - No PEP needed.

Source Positive - Start PEP within 2hrs. of exposure - 4 weeks basic regimen of 2 drugs (Zidovudin - 300mg b.d. & Lamivudin - 150mg b.d.) for most of the exposures and expanded regimen that include third drug (Indinavir - 1250mg b.d.) for the high risk exposures.

* Pregnancy or lactation should not preclude the use of prophylaxis.

HCV: No PEP.

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

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Workshops Attended

Dr. Daljit Singh, Dr. H.S. Bains and Dr. Puneet Pooni (Paediatrics) participated in Training of Trainers (TOT) Meet on Respiratory Tract Infection : Group Education Module at Delhi.

Respiratory Tract Infections (RTI) and in particular pneumonia still remain the number one cause of under five child mortality. In many cases antimicrobials are unwarranted. Considerations for antibiotic use are:

1. Is the antibiotic necessary ?
2. Which is the most appropriate antibiotic ?
3. What dose, route, frequency and duration are needed ?
4. Is the chosen antibiotic effective ?

Key Messages:

- Pharyngotonsillitis is a frequent infection in children.
- A large proportion of these cases are viral in nature.
- The differentiation between viral and bacterial etiology should be attempted. In bacterial URI there is pain in throat, little coryza or cough, more pharyngeal congestion, purulent patchy tonsils, often tender lymphadenopathy. Culture may be positive. Antibiotics of choice are: Erythromycin, Azithromycin or First generation cephalosporin.

Dr. Praveen C. Sobti (Paediatrics) attended National Training of Trainers in orientation program to provide Adolescent - Friendly Reproductive and Sexual Health Services at Delhi.

Dr. Deepak Jain (Orthopaedics) attended workshop on Percutaneous Endoscopic Spine Surgery-Endospine 2007 at New Delhi.

Percutaneous Endoscopic Spine Surgery is a novel technique which treats lumbar disc disease using a targeted approach. Specific pain generators like posterior annulus, inflamed nerve root, anterior epidural structures etc. and patterns matching certain specific and precise structures are identified and the anatomical target is approached surgically. This is usually done through the safe triangle which has the lower end plate and traversing and exiting nerve roots as live borders. A major advantage of this technique is that it can be performed under local anaesthesia and also uses patient feedback during the surgery to assess whether the desired target has been approached or not.

Dr. Ashish Ahuja (Surgery) attended a Laproscopic Workshop on Solid Organs and Minimal Invasive Procedures for Hemorrhoids in New Delhi. He also attended International Live Workshop on Laproscopic Hernia in Coimbatore.

Conferences Attended

- **Dr. Naresh K. Sood** (Cardiology) attended PCR 2007 at Barcelona, Spain.
- **Dr. Sarju Ralhan** (Cardio Thoracic surgery) attended 87th Annual Meeting of the American Association for Thoracic Surgery at USA.
- **Dr. Naved Aslam** (Cardiology) attended 'TCT Asia-Pacific' at South Korea.

Pulse Polio Campaign

Dr. Sunil Juneja and his team organised Pulse Polio Campaign and covered 6627 children.

Camps

Blood Donation Camp was organized at Rampura Phul and 157 units of blood were collected.

Nurses Day Celebrations

Nurses Day Celebrations were held in Dumra Auditorium on 15th May 2007 on the theme 'Positive Practice Environment : Quality work place = Quality patient care'.

Sh. G.C. Dhawan, Vice President, DMCH Managing Society was the chief guest. A Poster Competition was organized on the theme and prizes were distributed. (Pic. H)

