

DMCH Capsule

A Monthly Update From the Principal's Desk



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Dear Friends

Are you really healthy?

The World Health Organisation (WHO) defines health as a state of complete physical, mental and social well-being and not merely absence of disease.

Consider a person who has headache, sleeping problems, worry, aggressiveness, unpleasant behaviour, angry disposition, over-eating, smoking, or lack of concentration: All these and many more conditions may not be labelled as disease, but do not fit in with 'complete well-being'. Not many of us, then, can boast of 'good health'.

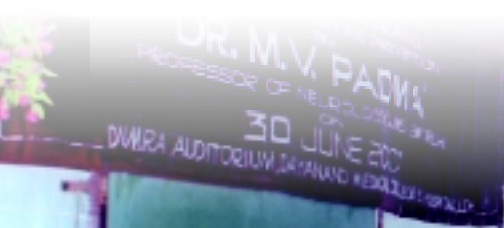
As noted in the 'Thought for the Month' (last page), health is a positive state of body, mind and spirit. We should strive to be healthy in the true sense.

Dr Daljit Singh

Public Awareness Lecture

DMCH Health Education Cell organized a public awareness lecture on 30th June at Dumra Auditorium. A lecture based on the theme 'Early recognition and prevention of Brain Attack (Stroke)' was delivered by Dr.M.V. Padma, Professor of Neurology at AIIMS, New Delhi.

The Neurology Unit of DMCH is now equipped with a stroke hotline number : 98153-55100. People with symptoms of stroke are encouraged to contact this hotline, available 24 hours everyday with a neurologist at the hospital.



International Conferences

- **Dr. Alka Dogra** (Dermatology) attended Third Dermatrends International Symposium held at Chiang Mai, Thailand.
- **Dr. M. Yamin and Dr. Rajnish Garg** (Orthopaedics) attended 'Asia-Pacific Arthroplasty Symposium in knee and hip joint replacement surgery' at Bangkok, Thailand.



- **Dr. Puneet Aulakh Pooni**, Associate Professor of Pediatrics at DMCH, was recently invited to read her research paper on "Parental stress in Pediatric Intensive Care Unit of Punjab, India" at 5th World Congress on Pediatric Critical Care at Geneva, Switzerland.

She also had 2 poster presentations, "Ventilator Associated Pneumonia in Children" and "Clinical Profile of Burns in Children admitted to Tertiary Care Burns ICU in Punjab".



During her paper presentation, she informed that DMCH was the first hospital in the state of Punjab to have a separate Pediatric ICU since 1999, which was upgraded to 8-bedded Pediatric ICU in 2005. Average admissions in the PICU are from 450-500 per year, with one-third of patients needing mechanical ventilation. In the conference, there was also a meeting of Indian doctors settled abroad and it was decided to have multi-centric studies and research projects involving ICUs in US and India.

Conferences Attended

- **Dr. B.S. Shah**, Principal Investigator, RISUG-Newer Male contraceptive & Dr. Rajeev Goyal Assistant Prof. Urology attended ICMR meeting & workshop on RISUG on 25-26 June at ICMR New Delhi.
- **Dr. J.L. Bassi, Dr. Harpal Singh** and their team (Orthopaedics) attended Advance Nailing Conference at Ludhiana.
- **Dr. G.S. Bajwa & Dr. Dinesh Garg** (Ophthalmology) attended CME on Retinal Vascular Disorders with Dr. S.S. Hayreh at Rotary Eye Hospital, Palampur.
- **Dr. Sandeep Kaushal** (Pharmacology) attended WHO-India sponsored workshop on 'Advanced Good Clinical Practice for Investigators' at TN Medical College & BYL Nair Ch. Hospital, Mumbai.

He also participated in 'Brainstorming Workshop' on Rationality Assessment and Guidelines for Fixed Dose Combinations at AIIMS, New Delhi.

Workshop Attended

- **Dr. Deepinder Kaur Chhina** attended workshop on 'Diagnostic Mycology' at PGI, Chandigarh.



Guest Lecture

- **Dr. Manish Munjal** (ENT) delivered a guest lecture on the topic 'Recent Developments in the field of Otorhinolaryngology' at IMA Meet, Khanna.

Honours

Dr. Baldev Singh Aulakh was felicitated by Indian Medical Association (IMA), Patiala on Doctors' Day for his elevation to the Member of Medical Council of India. He was also invited to deliver a talk on "Current Recommendations for management of UTI."



Dr. Devinder Singh Sandhu (Medical Oncology) has been awarded fellowship at Memorial Sloan Kettering Cancer Centre (MSKCC) New York. He was also honoured on Doctors' Day by Indian Medical Association (IMA), Patiala on July 1, 2007.



Nominated

- Dr. B.S. Shah** (Pathology) has been nominated Chairman of CME Accreditation Committee & member of Ethical Committee, Punjab Medical Council.

He has also been nominated Honorary Secretary of Indian Medical Association, College of General Practitioners.

Chairperson

- Dr. Manish Munjal** (ENT) was a chairperson at the session on 'Cochlear Implantation - Hearing Loss no more a disability' and 'Advances in Endoscopic Nasal Surgery' at IMA Meet, Jalandhar.

He was also a Moderator at the session on 'Temporal Bone Dissection and Cochlear Implantation' at Microsurgery Workshop, New Delhi.

CME/Workshops

Training Program on Best Practices in Phlebotomy

A two day training program was organised on 20th and 21st June on best practices in phlebotomy for phlebotomists and nurses to update their knowledge and also to enhance their skills for the same. The training was imparted by representatives of BD India Pvt Ltd. The training program was organised by Dr. J.S. Malhi [Medical Executive Officer] under the guidance of Dr. Rajoo Singh Chinna, Medical Superintendent.

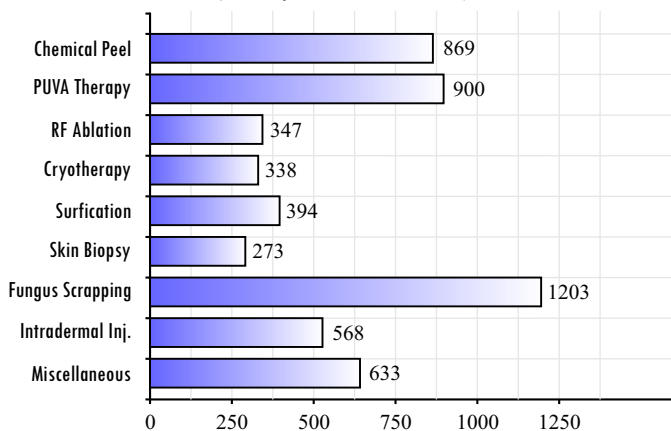


TNAI Workshop

A ten days (21st-30th June) TNAI sponsored workshop was organised by College of Nursing, DMCH on topic 'Emergency care: Role of Nurse' under eminent guidance of Dr. (Mrs.) Jasbir Kaur, Principal, College of Nursing, DMCH. Workshop was planned & implemented with objectives to acquaint participants in handling various emergencies with updated knowledge & competency. Thirty candidates participated in the workshop from various institutes of Punjab. Expert speakers discussed various emergency conditions. In addition, there were interactive sessions for the participants.



Dermatology Lab. & O.T. Procedures
(January, 2006 to June, 2007)



Children Learn What They Live

- If a child lives with **criticism**, he learns to **condemn**.
- If a child lives with **praise**, he learns to **appreciate**.
- If a child lives with **hostility**, he learns to **fight**.
- If a child lives with **tolerance**, he learns to **be patient**.
- If a child lives with **ridicule**, he learns to **be shy**.
- If a child lives with **encouragement**, he learns **confidence**.
- If a child lives with **shame**, he learns to **feel guilty**.
- If a child lives with **approval**, he learns to **like himself**.
- If a child lives with **fairness**, he learns **justice**.
- If a child lives with **security**, he learns to **have faith**.
- If a child lives with **acceptance and friendship**, he learns to **find love in the world**.

What children get, they give to Society.

Thought for the Month



Mere absence of disease does not mean good health.

WHAT YOU MUST KNOW ABOUT...

Chemical Peeling

Dr Alka Dogra, Prof & Head, Dept. of Skin & V.D.

Q1. What is chemical peeling?

Ans. Chemical peeling is a dermatosurgical procedure performed without any surgical instrument. It is relatively painless office procedure with excellent cosmetic results. It revolves around the scientific knowledge of healing pattern of chemical skin burns.

Q2. What is the mechanism of action of chemical peeling?

Ans. It is the application of one or more chemical agents to the skin to cause controlled chemical burns followed by exfoliation and subsequent resurfacing of the epidermis, along with remodelling of collagen & elastin fibers.

Q3. What are the agents used for chemical peeling?

- Ans.
1. α hydroxy acid (35%-70%)
 2. Trichloro acetic acid (20%-35%)
 3. α Keto acid (Pyruvic acid etc.)

Q4. What are the various indications of chemical peeling?

Ans. INDICATIONS :

1. Acne
 - Post-acne hyperpigmentation
 - Superficial scarring following acne
 - Acne excoriata
 - Comedolytic acne
2. Dyschromias
 - Melasma
 - Fixed drug eruption
 - Melanosis (photo, diffuse/localized)
 - Freckles
 - Lentigenes
 - Post inflammatory hyperpigmentation
3. Aesthetic
 - Dilated pores
 - Fine wrinkling
 - Moderate actinic damage and aging

Q5. What are the types of chemical peeling?

Ans. It is of 3 types :

1. Superficial depth
2. Medium depth
3. Deep chemical peels

Superficial and medium depth peels are usually resorted to. Deep peels are hazardous, so are usually avoided.

Q6. What are the contra indications of chemical peeling?

Ans. CONTRAINDICATIONS :

1. Active infection (herpes labialis/bacterial)
2. Open cuts
3. Uncooperative patient
4. Unrealistic expectations

Q7. What are the advantages of chemical peeling?

- Ans.
1. Inexpensive & safe OPD procedure
 2. Minimal complications
 3. No significant post procedure care
 4. Adjunct to bleaching agents, retinoic acid etc.

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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