



DMCH Capsule

A Monthly Update From the Principal's Desk

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Dear Friends

Success, like everything else in life, follows the law of probability. The odds turn in your favour when determined effort replaces passive anticipation.

Things do happen by chance, but you cannot ride your luck all the time; strokes of good fortune do not occur repeatedly. Eventually, destiny smiles on those who work intensely towards their goal.

As suggested in 'Thought for the month' (last page), God helps those who help themselves by providing lucky breaks to carry them along their path.


Dr Daljit Singh
Principal

Guest Lecture on BLS and ACLS

Dr Rakesh Kumar, Professor, Department of Anaesthesiology and Intensive Care, MAMC, New Delhi and Chief Coordinator and Instructor, BLS, ACLS and ITLS, addressed undergraduates, interns, postgraduates and faculty on "Basic Life Support and Advanced Cardiac Life Support".

In his comprehensive interactive talk he apprised the audience of the core basic skills needed to perform BLS, and the major changes that have been made in the latest AHA-ACLS guidelines and algorithms. The importance of effective team interaction, universally standardized protocols and communication during resuscitation was highlighted. While being proficient in basic life support care skills is essential, he stressed that ACLS courses help in recognizing and initiating early management of peri-arrest conditions, identifying and treating ischemic chest pain and acute coronary syndromes; recognizing other life-threatening clinical situations (such as stroke) and providing initial care.



Events

- State TB Control Society, Punjab organized a State Task Force meeting under Revised National Tuberculosis Control Programme (RNTCP) for the greater involvement of medical colleges. The meeting was chaired by Dr. Pawan Bansal, State TB Officer, Govt. of Punjab. There was active participation from all the seven medical colleges of Punjab. They were represented by their respective heads of department from TB & Chest, Medicine, Microbiology and Social & Preventive Medicine. (Pic-A)
- In keeping with the need to follow guidelines for standard procedures in clinical research and for certification, a programme on Good Clinical Practices was held on 12th Sept, 2007 at Dumra Auditorium organised by Sanofi Aventis. Several consultants and residents participated. (Pic-B)
- The Dept. of Orthopedics organised the 'Recent advances in knee arthroplasty - 2007'. Dr. Ashok Rajagopal, director, Dept. of Orthopedics, Fortis, Noida delivered a lecture on 'Knee Joint Replacement' and stated that a ZIMMER, a knee implant manufacturing firm, has for the first time introduced knee implant exclusively designed for females. This implant results in faster recovery and causes less pain. In a live surgery session, knee replacement of a 64 year old woman, suffering from advanced arthritis, was carried out (Pic-C). The department also held a 'Knee Joint Replacement Awareness Fortnight' at Ortho OPD.
- A public health lecture on 'Natural Healing and Spiritual Counseling' was delivered by advanced clinical hypnotherapist and aura specialist J. Lal. The lecture was organised under the aegis of the Health Education Cell. (Pic-D)

International Visits

Dr Rajoo Singh Chhina (Gastroenterology) and Dr Deepinder (Microbiology) visited Jichi Medical University, Tochigi in Japan. Dr Rajoo Singh successfully completed the advanced endoscopic training in the field of Endoscopic Mucosal Dissection and Double Balloon Enteroscopy.

Dr. Sandeep Puri (Medicine) attended the Congress of European Society of Cardiology, Vienna-Austria. (Pic-E)

Congratulations !

Dr Jagdeep Whig (Chest & TB) has taken over as Chairman, State Task Force of RNTCP.

Dr Harmesh Singh Bains (Pediatrics) has been appointed as National Advisory Board Member of the IAP journal 'Indian Pediatrics'.

Dr Manish Munjal (ENT) represented our institution at North West Zonal Otorhinolaryngology conference at Amritsar. His presentation, titled 'Endoscopic Surgery of Posterior Choanal Atresia' was awarded the 'Tuli Sunder Das Memorial Award'.

Ms. Prabhjot Saini and Mrs. Nidhi Arora (faculty members of the College of Nursing) bagged the first two positions in the M.Sc. Nursing Examination. (Pic-F)

Guest Lectures/Papers Presented

Dr. Sandeep Puri (Medicine) delivered a lecture on 'Recent Advances in Management of Hypertension' at the meeting of National Integrated Medical Association at Ludhiana.

* The goals for treatment of Hypertension are more stringent now with a target of 130/80 in all subjects. The lower the better.



Peter's Theorem : Incompetence plus incompetence equals incompetence.

- * Drug treatment should be started if lifestyle management and dietary precautions don't produce the results in 3 to 6 months.
- * DASH Diet (Dietary Advise to Stop Hypertension) is advocated. This diet combines fruits and vegetables with low salt intake.
- * The drugs used to treat subjects should be individualized according to the age, lifestyle and co-morbid conditions of the patients.

Dr Alka Dogra (Skin and VD) was invited as a guest speaker in 'Orientation of PG Students of Northern India' held in the Dept. of Dermatology & STD, MAMC, New Delhi. She gave a talk on 'Approach to diagnosis of collagen vascular disorders - Dermatomyositis, PSS'.

Systemic Sclerosis is a multisystem disorder characterized by association of vascular abnormalities, connective tissue sclerosis, atrophy & autoantibodies. Skin is bound down proximal to the digits, affecting limbs, face, neck or trunk. Minor criteria include sclerodactyly, digital pitted scarring and bilateral basal pulmonary fibrosis.

Dermatomyositis is a disorder of skin, muscle and blood vessels in which characteristic erythematous and oedematous changes in the skin are associated with muscle weakness and inflammation. It has two variants – childhood and adult. The skin changes include heliotrope erythema, gottron's papules, linear streaking over the extensor tendon sheaths, mechanic hands and calcinosis.

She also chaired a session, and was on the panel to discuss 'What should post-graduates expect in exams?' (Pic. G)

Dr Deepak Jain (Orthopaedics) was invited as a guest speaker at the 2007 Triennial Congress of Asia Pacific Orthopaedic Association in Seoul, Korea. He delivered a guest lecture on 'Locked Plating in Distal Radius Fractures'. This is the latest technique to treat these fractures, which are the most common fractures of human body. This technique is designed to tackle complex fractures of the wrist, which are a result of osteoporosis even after low-energy impacts. His talk was

accepted as an Instructional Course Lecture in the wrist section. He also presented a poster paper and moderated a session. (Pic-H). Dr Jain also delivered a talk on old age problems and health care organised by the Rose Garden Senior Citizens Society.

Dr Rajoo Singh Chhina (Gastroenterology) was invited as a faculty for the 'Single Theme Conference' and CPLD 2007 at PGIMER, Chandigarh.

Dr Sanjeev Mahajan (Orthopaedics) was invited as key note speaker to talk on 'Arthritis and its Management' in a seminar organised by Lions Club.

Dr Harmesh Singh Bains delivered a guest lecture on 'Meconium Aspiration Syndrome' in the XII Annual Conference of NNF held at Jalandhar.

Dr. Kapil Dua (ENT) presented a paper on Endoscopic Optic Nerve Decompression at RHINOCON 2007, Allahabad.

Camps

Dr Amarjit Kaur (Transfusion Medicine) organised a voluntary blood donation camp with the help of The Life Helper Society at Kapurthala. She also organised two camps through National Consumer Awareness Group, Jagraon and JCI Raikot. About 230 units of blood were collected in these camps.

A two day Dental Check-up Camp was held at Dental OPD.

Dr GS Bajwa (Ophthalmology) and his mobile team organised an Eye Camp at Guru Nanak Hospital, Dehlon. He also conducted a free Eye Camp in Eye OPD.

Dr Deepak Jain (Orthopaedics) attended a Orthopaedic checkup camp organised by Sant Mata Radha Bai Trust at Malerkotla. More than 150 patients were examined.

4288 children were administered with oral polio vaccine during the pulse polio campaign by the DMC team headed by Dr. Sunil Juneja.

Conferences/Workshops/Training

- ▶ Dr Ravinder Pal Singh & Dr Ashish Ahuja (Surgery)
- ▶ Dr Navjot Kaur (Biochemistry)
- ▶ Dr Amarjit Kaur (Transfusion Medicine)
- ▶ Dr Suchita Garg (Critical Care)
- ▶ Dr Ashok K Gupta and Dr Ramneesh Garg (Plastic Surgery)
- ▶ Dr Ashok K Gupta and Dr Sanjeev Uppal (Plastic Surgery)
- ▶ Dr Harish Matta (Surgery)
- ▶ Dr Sarit Sharma (Community Medicine)
- ▶ Dr Devinder Sandhu (Oncology)
- ▶ Dr Sunil Katyal (Anaesthesiology)

Conferences Attended

- Short Course, Academy Of Advanced Clinical Nutrition, New Delhi.
- Conference on Quality Control, Mumbai.
- CME in Transfusion Medicine, Chandigarh.
- Workshop on 'Basic and Advanced Cardiac Life Support', MAMC, Delhi
- Smile Train Surgeons Conference, Goa.
- Workshop on Mesotherapy, Chandigarh.
- Annual Conference of Association of Colorectal Surgeons of India, Ahmedabad.
- Central Level Evaluation of RNTCP, Ludhiana.

Sessions Chaired

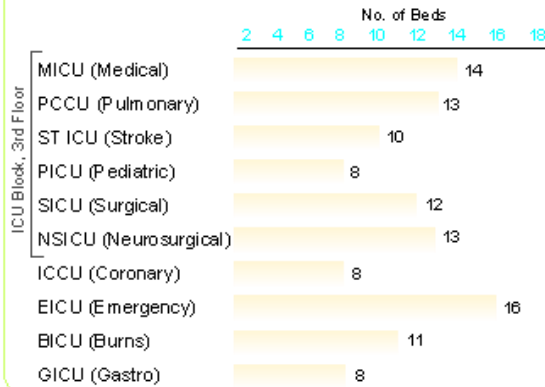
- Indian Association of Surgical Oncology (NATCON-IASO 2007), Ludhiana
- Dr Lobo Memorial Oration cum CME, CMC Ludhiana.

Peter's Prognosis : Spend sufficient time in confirming the need, and the need will disappear.

Dayanand Medical College & Hospital, Ludhiana

Intensive Care Units

Total Beds : 113
Average Occupancy : 98.05%



On Effort

I have got a theory that if you give 100 percent all of the time, somehow things will work out in the end. - Larry Bird

Men are made stronger on realization that the helping hand they need is at the end of their own arm. - Sidney J. Phillips

The person who is waiting for something to turn up might start with their shirt sleeves. - Garth Herricks

The only place where success comes before work is in the dictionary - Vidal Sassoon

There cannot be the final result until you finish the effort. - Anon

Thought for the Month



The harder you work, the luckier you get.

- adapted from Thomas Jefferson

WHAT YOU MUST KNOW ABOUT...

Cardiopulmonary Resuscitation: BLS & ACLS

Dr Anju Grewal, Associate Professor of Anaesthesia

Q. What is Cardiopulmonary Resuscitation or CPR?

Ans CPR is an important life saving emergency first aid skill practiced throughout the world for an unconscious victim on whom breathing and pulse cannot be detected. CPR is a combination of rescue breathing and chest compressions delivered to victims of cardiac arrest. CPR can support a small amount of blood flow to the heart and brain to "buy time" until normal heart function is restored.

Q. What are the four links to successful resuscitation?

Ans American Heart association uses a metaphor of four links in a chain to describe the elements of successful resuscitation: early access, early CPR, early defibrillation and early advanced care.

Q. What are the skills in BLS & ACLS?

Ans Basic Life support and Advanced Cardiac Life Support are a series of assessment and interventional skills employed in an algorithmic manner during cardiopulmonary resuscitation in a scenario of a cardiac arrest. BLS employs basic skills in the order of ABC i.e. Airway, Breathing and Circulation.

ACLS care encompasses good BLS care and a combination of advanced therapies and skills in the form of advanced airway, breathing, drugs and the most important differential diagnosis to treat the cause of cardiac arrest.

Q. Who should learn BLS?

Ans Everyone from health care providers, lay public, students, paramedical staff should be trained in essential BLS skills. Achieving high survival rates is dependent on public trained in CPR and on well organized public access defibrillation programs.

Q. Who participates in the development of guidelines for BLS & ACLS?

Ans Internationally recognized experts in resuscitation are brought together by the international liaison committee on resuscitation (ILCOR) to evaluate and form an expert consensus on all peer-reviewed scientific studies related to CPR and emergency. American Heart Association endorses these guidelines and conducts certified courses for all lay persons and health care providers to provide proficiency as per these guidelines.

Q. What are the related activities at DMCH?

Ans DMCH offers round the clock resuscitation services at all areas of the hospital by a team of certified CPR providers drawn out mainly from the department of Anaesthesiology and Resuscitation. Dept. of Pediatrics provides BLS, NALS and PALS services for children and neonates. DMCH is now taking a lead in training health care providers in American Heart Association certified - BLS & ACLS courses from January 2008 onwards.

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

HELP LINES

- EPABX : 01 61-4688888, 4687777 (60 lines)
- HEART INSTITUTE : 01 61-2304282 to 2304287
- AMBULANCE : 98155-50100
- Fax : 01 61-2302620
- E-mail : dmch_idh@satyam.net.in, dmch_idh@glide.net.in
- Website : www.dmch.edu