



DMCH Capsule



A Monthly Update From the Principal's Desk

Vol. 5

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December, 2007

Dear Friends

A challenge draws the best out of you in terms of performance and achievement. Think of a time when your efficiency was at its peak - it would have been under the pressure of meeting a deadline or making an important decision in a difficult situation.

Focus, speed and accuracy increase under a certain degree of stress. However, some people become too tense under even slight pressure and lose the ability to think clearly or perform well. Tension is therefore an internal state which decreases output, and is modifiable.

As suggested in 'Thought for the month' (last page), tension is counter-productive while an optimum level of stress serves as a motivating factor.

Dy. Daljit Singh
Principal



World Diabetes Day

A public awareness programme was organised to celebrate the World Diabetes Day on 14th November. The theme of the day was 'Diabetes in Children and Adolescents'.

Dr. Parminder Singh (Endocrinology) revealed following facts to the audience :

- ▶▶ Diabetes affects 246 million people worldwide and is expected to affect some 380 million by 2025.
- ▶▶ Every 10 seconds a person dies from diabetes-related causes.
- ▶▶ Every 10 seconds two people develop diabetes.
- ▶▶ In 2025, 80% of all diabetes cases will be in low and middle income countries.
- ▶▶ Some 70,000 children aged 14 and under develop type 1 diabetes annually. (Pic-B)

Communal Harmony Week

The spirit of Nationalism was rekindled by celebrating Communal Harmony Day under the aegis of National Foundation for Communal Harmony, on 23rd November.

The Guest of Honour was Mrs. Shweta Gupta. The educated youth was urged to come forward and built up an environment of peace and national integration in the country.

An exhilarating atmosphere was created by the performances of the medical and nursing students through skits, posters, slogans and declamation contest. (Pic-A, masthead)



Congratulations

- ✦ Dr. Ashok K. Gupta for being elected as President of North Zone Chapter of Plastic Surgeons Association.
- ✦ Dr Raj Kumar, Dr Deepinder Chhina and Dr Veenu Gupta for being elected as President, joint secretary, treasurer respectively in the executive council of North West chapter of Indian Association of Medical Microbiologists.
- ✦ Dr G.S. Bajwa for being elected as the vice president of North Zone Ophthalmology Society for the year 2007-2008.
- ✦ Dr Alka Dogra on being elected as an executive member of Central scientific Committee of Indian Association of Dermatologists ,Venereologists & Leprologists for "DERMACON 2008".
- ✦ Dr. Navjot Bajwa for being elected as an Executive of Association of Medical Biochemists of India for the second term.
- ✦ Dr Manish Munjal for having won the prestigious 'Elie Aizer Sultan' foreign travel fellowship for advanced training in Otolaryngology and Skull Base surgery at Paris.

ingestion of a large amount may cause seizures and hypotension. It should not be applied over cuts, wounds or irritated skin and on children under 2 months. Vaporizer mats and liquids (Prallethrin) are generally safe but coils may cause bronchial irritation, headache and skin reaction.

CME on Pathology Teaching to MBBS students APCON-2007, PGIMER Chandigarh.

Dr. Vineeta Malhotra was one of the conveners of the CME which suggested incorporation of 'Team based learning model' where small groups of students critically analyze a clinical situation through a provided questionnaire. The final presentation is made by the team leader.

Annual Conference of Indian Academy of Clinical Medicine, Amritsar

Dr. Kumkum Avasthi (Obs & Gynae) spoke on Hypertensive Disorders of Pregnancy.

Annual North Zone Ophthalmology Society Conference, Jammu

Dr. G.S. Bajwa (Ophthalmology) presented a talk on uncommon causes of kerato-uveitis.



International Training

Dr. Parambir Sandhu (Radiology) underwent a clinical attachment programme in MRI applications in Neuro and Body Imaging at Singapore General Hospital.

Dr. Deepinder Chhina (Microbiology) underwent Advanced training on Molecular Epidemiology of diarrhoeal diseases and PCR-multiplex PCR, RT-PCR, Pulsed Field Gel Electrophoresis (PFGE) organised by NICD Kolkata and JICA

Papers Presented/Guest Lectures

1st National Conference of Pediatric Pharmacology, Saharanpur

Dr. Daljit Singh (Pediatrics) participated as a faculty at the meet and delivered presentations on Mosquito Repellents' and 'Cough Syrups'.

DEET, the gold standard of insect repellent that is used as topical application (odomas), is very safe. However, accidental

Annual Skull Base Conference (9th International CME) of Skull Base Society, New Delhi

Dr Manish Munjal (ENT) described Skull Base Endoscopic and Radiological Anatomy.

Anatomical and radiological knowledge is prerequisite for the endoscopic surgery of the Skull Base. A team approach involving the neurosurgeon, ENT Surgeon and Neuroradiologist is essential to reduce morbidity and operative time in tumors like pituitary adenomas and acoustic neuromas.

National Conference on Pediatric Critical care, Delhi

Dr. Puneet A. Pooni (Paediatrics) discussed Outcome of PICU patients in relation to etiological profile and PRISM Score.

40th Annual Conference of Indian Pharmacological Society, Mohali

Faculty members of Pharmacology presented paper :

Dr. S. C. Chopra – Question Banking and Paper Setting: Theory Examination.

Dr. Kanchan Gupta – Prescribing Pattern in Respiratory Tract Infections.

Dr. Shalini Arora – Comparison of Local Application versus Oral Administration of Diclofenac in patients with painful shoulder.

Dr. Bharti Gupta – Use of Sedatives, Analgesics & Neuromuscular Blocking Agents in Intensive Care Units.

Indian Medical Association, Patiala

Dr. Kanchan Gupta – Rational use of antibiotics.

National Conference of “Indian Society of Anesthesiologist”, Amritsar

Faculty of department of Anesthesia participated and presented papers :

Dr. Sunil Katyal – Emergency Surgery in Thyrotoxic Crises.

Dr. P. L. Gautam – Regional Anesthesia in Cardiac Patients for Non Cardiac Surgeries.

Dr. Anju Grewal – Nitrous Oxide and Occupational Health Hazards : A time for Reappraisal.

Dr. Suneet Kathuria – Anaesthetic considerations for Joint Replacement Surgery.

National Conference of the Indian Chest Society and the National College of Chest Physicians (NAPCON), Chandigarh

Dr. Gautam Ahluwalia (Medicine) – Does Pulmonary Rehabilitation Add Life to Years?

What's



at DMCH....



New Equipments Installed this month :

1. Gastro-Endoscope (Gastroenterology)
2. Portable EEG (Neurology)

Projects Completed :



1. Dietary Section on 1st Floor
2. 2nd phase of Emergency Block

Blood Donation Camps

Dr. Amarjit Kaur presided over as Chief Guest at the camp organized by State Bank of Patiala and 65 units of blood were collected. Another 122 units of blood were collected at RSD College, Ferozepur. (Pic-G)

F



G



H

Faculty Cricket Match

A friendly Cricket Match was organised between Medical Specialties and Surgical Specialties as part of recreational activities for faculty members. (Pic-H)

Conferences/Workshops attended

Conferences Attended

- ▶ National Conference of Pediatric Neurosurgery, PGIMER Chandigarh
- ▶ XXXII National Conference of ISBT and Immunohaematology, Bhopal
- ▶ Northern Chapter of Anatomical Society of India, GMC-Chandigarh

Sessions Chaired

- ▶ 37th Rajasthan Pediatric Conference (RAJPEDICON) Bikaner
- ▶ Annual NZOS Conference, Jammu
- ▶ Annual Conference of NZPSA, PGIMER Chandigarh
- ▶ AMBOCON at Sri Aurobindo Institute of Medical Science, Indore (Pic-D)
- ▶ 40th Annual Conference of Indian Pharmacological Society, Mohali

Workshops Attended

- ▶ National task force for RNTCP & Medical Colleges, New Delhi
- ▶ National conference on Medical Education 2007, New Delhi (Pic-E,F)

Dr. R.K. Kaushal (Neurosurgery)

Dr. Rajesh Kumar (Transfusion Medicine)

Dr. Hitant Vohra (Anatomy)

Dr. Harmesh Singh Bains (Pediatrics)

Dr. G.S. Bajwa (Ophthalmology)

Dr. Sanjeev Uppal (Plastic Surgery)

Dr. Navjot Bajwa (Biochemistry)

Dr. Sandeep Kaushal (Pharmacology)

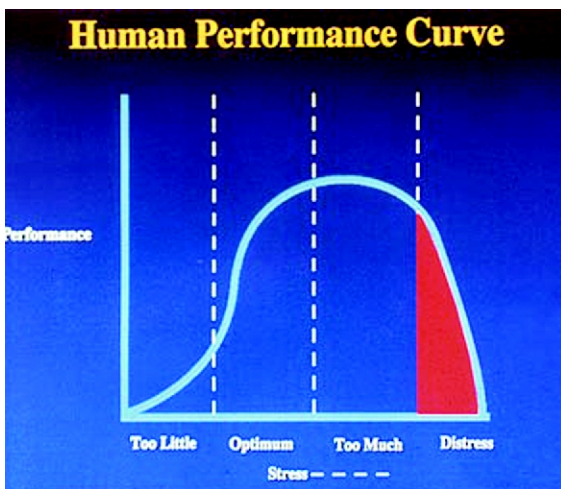
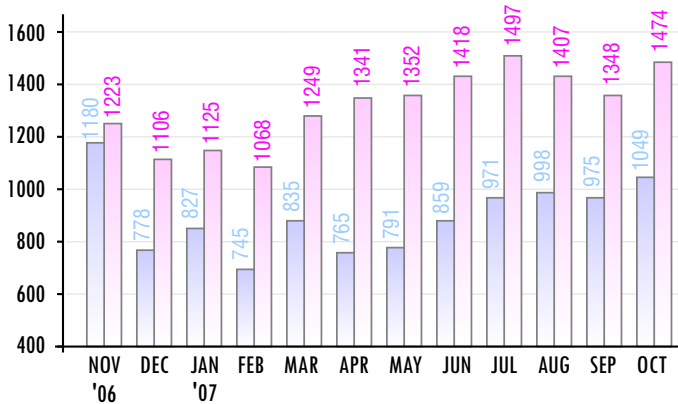
Dr. Gautam Ahluwalia (Medicine)

Dr. Sarit Sharma, Dr. Hem Lata (Community Med.)

Dayanand Medical College & Hospital, Ludhiana
Medical Records Department

OPD and Emergency Admissions

Emergency Admissions OPD Admissions



Thought for the Month



Avoid tension, not stress

WHAT YOU MUST KNOW ABOUT...

Labour Pain relief : Epidural Analgesia

Dr. P. L. Gautam (Professor of Anaesthesia)

Q1 What is epidural analgesia?

Ans Medications are injected into the epidural space by long, thin catheter providing continuous infusion of pain relievers- including numbing medications (local anaesthetics) and opioid medications (such as fentanyl). This form of pain relief is most commonly used for labor and delivery. It can be used for chest surgery and for hip or knee surgery.

Q2 What are the new developments in epidural analgesia for labor pains?

Ans The recent introduction of :

- Walking epidural analgesia with low dose local anaesthetic infusion.
- Combined spinal epidural (CSE) technique.
- Patient controlled epidural analgesia (PCEA).

has enabled to minimize pain of childbirth with minimal adverse effects on the labour outcome.

Q3 Does labour epidural analgesia increase the risk of caesarean section?

Ans Several randomized controlled trials and meta-analyses have demonstrated that there is no causal relationship between epidural for labour pain relief and increased risk of caesarean sections.

Q4 Does epidural analgesia increase the risk of instrumental delivery?

Ans Initially there was sufficient evidence to conclude that epidural is associated with lower rate of spontaneous vaginal delivery and higher rate of instrumental births with improved epidural techniques and management of epidural labour analgesia this association is less nowadays.

Q5 Does labour epidural analgesia cause chronic backache?

Ans The association between chronic back pain and labor epidural has not been proven. Physiological mechanisms of pregnancy such as increased lordotic posture due to weight gain contribute to back pain.

There is no other circumstance where it is considered acceptable for a person to experience severe pain, amenable to safe intervention, while under a physician's care. Maternal request is a sufficient justification for pain relief during labor.

Q6 Are these facilities available at DMCH?

Ans Yes, all the above mentioned facilities are available in DMCH along with the newer developments for labour pain relief.

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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