



DMCH Capsule



A Monthly Update From the Principal's Desk

Vol. 6

No. 1

January, 2008

Dear Friends

"I have not grayed my hair sitting in the sun" is a proud declaration of people who have gone through the grind, and have seen it all. There is no short cut to success.

You cannot succeed without learning. You cannot learn without doing. You cannot do without making mistakes.

One need not feel discouraged by mistakes provided genuine and dedicated effort has been put in. Falling down does not mean failure; rather, you fail only if you do not get up after a fall.

As suggested in the 'thought for the month' (last page), every mistake teaches you something and contributes to your development.

Dr. Daljit Singh

Principal
Daljit Singh

Dr. D.S. Gill Memorial Lecture

Dr. Inderbir Singh Gill, Prof. & Head, Section of Laparoscopic & Robotic Surgery, Cleveland Clinic Foundation, Cleveland, USA, an old student of DMCH, delivered 1st Dr. D.S. Gill Memorial Lecture on the theme 'Future of Surgery' on 5th Dec. (Pic-A and above; Pullout)

Anaesthesia Update 2007

Dr. Sunil Katyal organised 'Anaesthesia Update' on 22nd Dec. Internationally renowned experts delivered lectures on pain management, spinal analgesia, obstetric analgesia and resuscitation, ultrasound guided nerve blocks, quality assurance and audit. (Pic-B)

DMC Alumni Meet

DMC Alumni Meet was held on 23rd Dec. under the umbrella of DMC Old Students Association (DMCOSA) to spend a nostalgic evening with their batch-mates, colleagues and teachers. The MBBS admission batches of 1979 and 1982 were felicitated at the function. (Pic-C;

Annual Nursing Voluntary Blood Donation Day

Mr. Prem Gupta, Secretary, DMCH Managing Society was the first to donate blood at a special camp in the department of Transfusion Medicine on 21st Dec. (Pic-D), as a source of inspiration for nursing students and staff.



Congratulations

- ✦ Dr. Manish Munjal : Awarded 'S.P Ahluwalia Memorial Educational Scholarship' to attend Diamond Jubilee National Conference of Association of Otolaryngologist of India, Agra.
- ✦ Dr. Rajoo Singh Chhina : Elected as Member of Executive Committee of 'Nutrition Society of India'.
- ✦ Dr. Dinesh Garg : Elected Treasurer of 'Punjab Ophthalmological Society' (POS).
- ✦ Dr. Sandeep Kaushal : Elected Member of 'British Pharmacological Society' (BPS).
- ✦ Dr. Hemlata : Admitted as Member of 'National Academy of Medical Sciences' (NAMS).
- ✦ Dr. Aman Dua : Elected Member of 'International Society of Hair Restoration Society'.

Workshop/Course

Dr. JL Bassi conducted first workshop on 'Acetabulum Reconstruction' at National Orthopaedic Conference, Kolkata.

Acetabulum fractures are one of the most complicated Orthopaedic injuries and only a handful of surgeons in the country are managing these injuries. He emphasized the need for the surgeons to be well versed with the various types of acetabular injuries and gave various tips and techniques for managing these injuries.

Dr. GS Bajwa chaired instruction course on 'FFA' at Annual

Papers Presented/Guest Lectures

National Orthopaedic Conference, Kolkata, 25th Dec.

Dr. JL Bassi "Management of Proximal Numerous Fractures." Elderly population has increasing magnitude of proximal humerus fractures. The latest technique available for managing these fractures were discussed.

Dr. Pankaj Mahindra "Management of Proximal Tibia Fractures with IM Nail."

Proximal tibial fractures have been conventionally managed with plate & screws which require a lot of soft tissue dissection. Intramedullary (IM) nail implantation can be performed with minimal soft tissue damage and early patient mobilization.

PAFMATCON, 2007, Banur, 6th Dec.

Dr. Varinder Pal Singh "A Ten Year Study of Poisoning Cases in Tertiary Care Hospital"

Incidence of deaths due to poisoning was found to be persistently increasing. Suicide was the most common (93%) mode of poisoning. Aluminium phosphide was found to be the 'Poison of choice' amongst suicides.

It was suggested that all the hospitals have a separate toxicology unit dealing exclusively with the poison cases

directly under the supervision of the toxicologist. Storage and sale of insecticides should be controlled through strict rules & regulations. 'Over the counter' sale of insecticides should be banned.

ASICON 2007, Bhubaneshwar 25-29 Dec.

Dr. PS Nain : "Abdominal Wall Mucormycosis" –A Case Report

Mucormycosis is caused by a group of ubiquitous saprophytic fungi with a low intrinsic pathogenicity but can cause fatal infection in the immunocompromised host. They rarely infect the healthy host. A case of 35 yrs old female presenting with necrotizing fasciitis who had severe abdominal wall invasive mucormycosis after open cholecystectomy was presented.

Extensive serial debridements with wide excision and subsequent reconstruction of the anterior chest and abdominal wall with ipsilateral latissimus dorsi flap and split skin grafting was done. The patient recovered uneventfully.

Annual POS Conference, Patiala on 15th Dec.

Dr. GS Bajwa "Basics and Techniques of FFA."

Gastro Update 2007, Amritsar, 30th Dec.

Dr. Satpal S Virk "Surgical Management of Malignant Obstructive Jaundice."

National guidelines for epilepsy, meeting held under aegis of IEA and IES, New Delhi on 12th-13th Dec, 2007.

Quiz Master

Dr. GS Bajwa, was the quiz master for quiz arranged for post-graduate Ophthalmology students at Annual POS conference at Patiala on 15th Dec.

Pulse Polio Campaign

7197 children were covered under the leadership of Dr. Sunil Juneja and his team.

Dr. RK Sachar and Dr. Sandeep Kaushal were appointed as WHO monitors for the IPPI for 2nd December round for Ludhiana District.

Camps

Eye Camp

Dept. of Ophthalmology organised a Free Eye Camp in which 46 Refraction Tests & 8 Surgeries were done.

Blood Donation Camps

236 units of Blood were collected in three camps held in collaboration with HDFC Bank, Bharat Vikas Parishad, Jaitu Mandi, and on Annual Nursing Voluntary Blood Donation Day.

Training

Dr. Devinder Singh Sandhu, had 6 weeks advanced training at Memorial Sloan Kettering Cancer Center (MSKCC), New York, USA, which is rated as one of the best in



PG Counselling

PG Counselling (3rd Round) on behalf of BFUHS, Faridkot was organised in the institution on 10th Dec.

College of Nursing – Admission to Post Basic Course

Admission to 30 seats of Post Basic Course of Nursing was held.

Rare surgery for left adrenal tumor with cardiomyopathy and poor cardiovascular function in a 8 yrs old child was conducted. The combined treating team consisted of Dr. R.J. Singh, Dr. S. Budhiraja, Dr. P.L. Gautam, Dr. Mirley R. Singh, Dr. Harmesh Singh Bains and Dr. Parminder

Book Release

Book on 'Preventive & Social Medicine' authored by Dr. GPI Singh & Dr. Sarit Sharma, Dept. of SPM was released by Sh. Prem Gupta, Secretary DMCH



What's



at DMCH....

Urodynamic Machine



The equipment is used to monitor pressure and flow in the lower urinary tract. Its helps to assess urethral obstruction, neurogenic bladder and non-specific lower UTI symptoms.

Using urodynamic studies, it can be differentiated whether patient needs surgery or only medical treatment.

Forthcoming events

- ➔ **Annual Convocation** - 11th March, 08.
Chief Guest : Dr. Ravinder Singh, Vice Chancellor, Baba Farid University of Health Sciences, Faridkot.
- ➔ **1st State Level Stat workshop** - March, 08
- ➔ **ECTOPIA** - Inter-batch cultural

Conferences/Workshops attended

Conferences Attended

- ▶ 'Paediatric Neurosurgery', Chandigarh
- ▶ Annual 'NSI', Agra
- ▶ Annual 'CSI' Conference

Dr. Ashwani Chaudhary
Dr. Ashwani Chaudhary
Dr. Aman Dua

Sessions Chaired

- ▶ 'National Neonatology Forum', AFMC, Pune
- ▶ Bains
- ▶ 'Annual POS Conference', Patiala
- ▶ 'Annual POS Conference', Patiala

Dr. Harmesh Singh

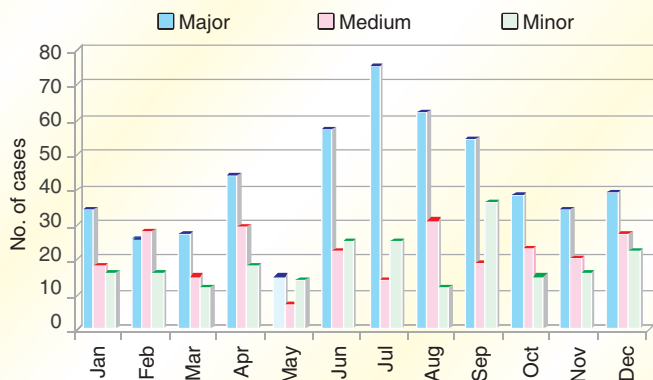
Dr. GS Bajwa
Dr. Dinesh Garg

Workshops Attended

- ▶ 'Minimal Invasive Surgery Skill Course', GMC, Chandigarh

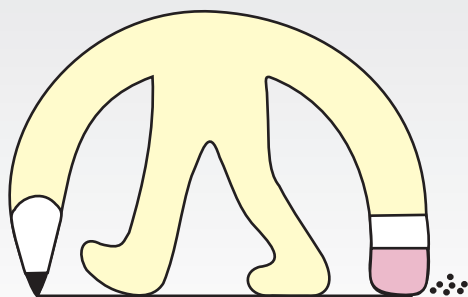
Dr. Ravinder Pal

Surgeries performed in Urology Dept. 2007



The 'Capsule' team that put in long hours of work to bring out the bulletin in the years 2006-2007

Thought for the Month



*A Collection of Mistakes
is called Experience*

WHAT YOU MUST KNOW ABOUT...

BENIGN PROSTATIC HYPERTROPHY

Dr. Sandeep Sharma, Prof. & Head, Dept. Of Urology

- Q.** Is the enlarged prostate some sort of disease?
Ans. No. It is just a process of growing old. Most men above 60 would have some symptoms of enlarged prostate.
- Q.** What is the common presentation of patient with enlarged prostate?
Ans. The patient may complain of passing urine too frequently. They usually complain of thin, forceless urinary stream. He may also be getting up frequently to void during sleep at night.
- Q.** Does inability to empty bladder completely or inability to hold urination for long time indicate enlarged prostate?
Ans. Yes, these may be the presenting symptoms in some patients.
- Q.** How does a patient present in severe problem?
Ans. A patient may present with retention of urine or blood in urine.
- Q.** What investigations are important in such patient population?
Ans. American Urological Association recommends Prostate Specific Antigen (PSA) as the most important and mandatory test. An ultrasonic examination of kidneys, bladder and prostate along with determination of residual urine after urination is important. Further information can be obtained from urodynamic studies.
- Q.** What is the role of urodynamic evaluation in enlarged prostate?
Ans. Patients with irritative symptoms, (particularly frequency) are ideal candidates for pressure flow studies. It is available at DMCH.
- Q.** Is the treatment for enlarged prostate always surgical?
Ans. Not really. Medical treatment helps in mild to moderate cases though Endoscopic Surgery is needed in severe cases.
- Q.** Is Trans Urethral Resection of Prostate (TURP) a major surgery?
Ans. Yes, it is a major surgery, but modern endoscopic techniques ensures a very quick recovery. Total hospitalization is of three to four days only. Blood transfusion may occasionally be required. It is a routine procedure done at DMCH.
- Q.** Does prostate surgery affect sexual life of the patient?
Ans. No, TURP does not affect sexual performance, though the semen volume may become less.
- Q.** What facilities are available at DMCH for the treatment of enlarged prostate?
Ans. DMCH is equipped with state-of-the-art equipment for investigations including Urodynamic Machine. It has the best possible expertise and surgical facilities for the same. A special Neuro-Urology clinic is run once a week. Most of the

Executive Team – DMCH Capsule (New Team)

Dr. Harmesh Singh Bains (Convener), Dr. Praveen C.Sobti (Secretary),
 Dr. Manish Munjal, Dr. Dinesh Garg, *Dr. Sandeep Kaushal,
 Dr. Rama Gupta, Dr. Anju Grewal, Dr. Harpal Singh, Dr. Gautam Biswas,
 Dr. Varinder Pal Singh and Dr. Deepak Bhatt.

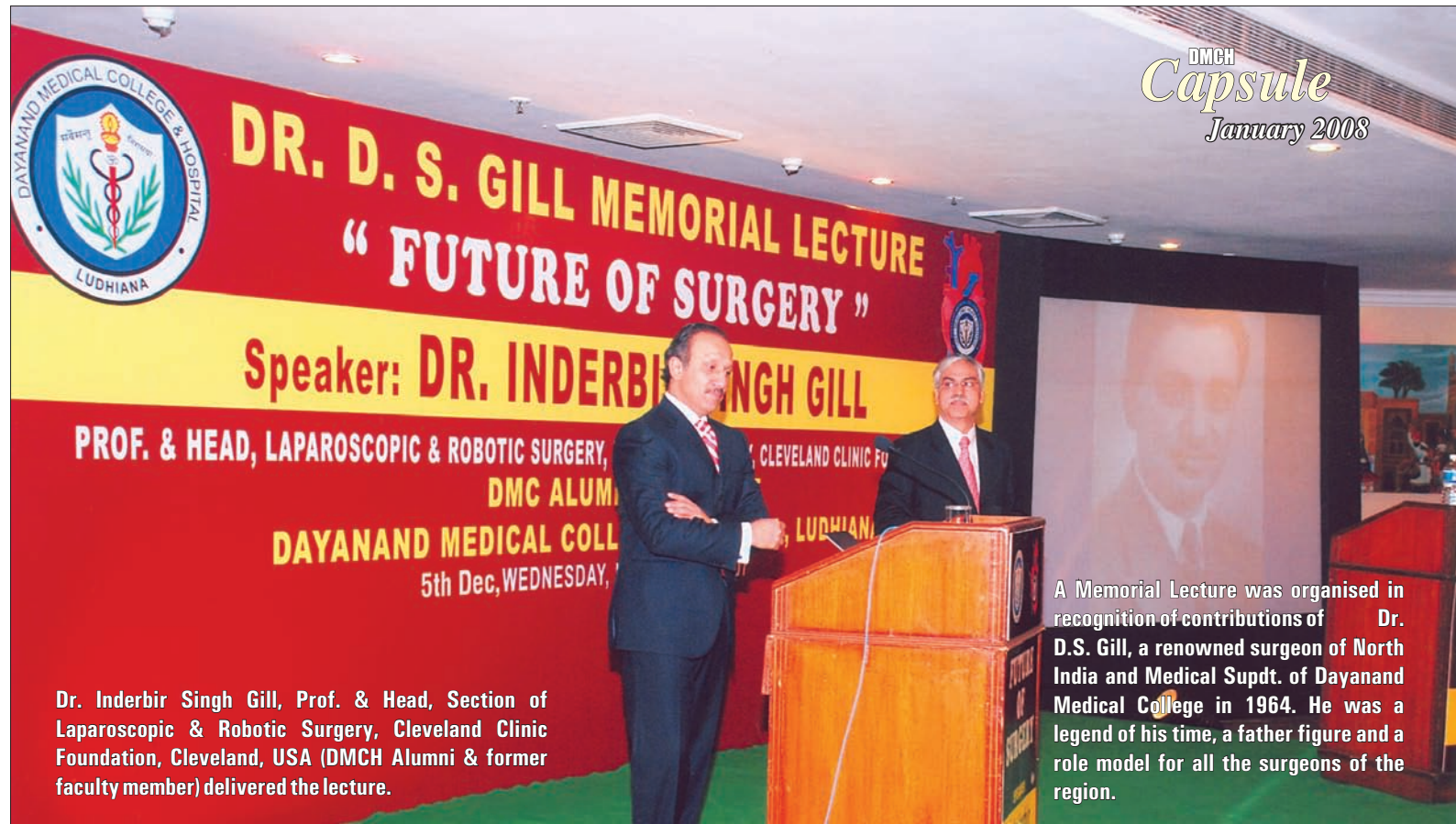
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For Comments & Suggestions :

Mail us at dmchcapsule@gmail.com



Dr. Inderbir Singh Gill, Prof. & Head, Section of Laparoscopic & Robotic Surgery, Cleveland Clinic Foundation, Cleveland, USA (DMCH Alumni & former faculty member) delivered the lecture.

A Memorial Lecture was organised in recognition of contributions of Dr. D.S. Gill, a renowned surgeon of North India and Medical Supdt. of Dayanand Medical College in 1964. He was a legend of his time, a father figure and a role model for all the surgeons of the region.

**Lecture for faculty and students :
Laparoscopic Surgery for Kidney Cancer**

Venue : Dumra Auditorium
Date : 6th December



Inauguration Urodynamic Machine



INAUGURATION OF URODYNAMIC MACHINE



State-of-the-art equipment for Urodynamic studies was inaugurated in the Department of Urology. Dr. Gill was impressed with the range of diagnostic and

Home Coming

(back to the roots for MBBS 1979 and 1982 batches)

DMC ALUMNI MEET

Dayanand Medical College & Hospital, Ludhiana.



A colourful cultural function was held at Dumra Auditorium on 23rd Dec. The performance by Dr. J.S. Bhogal, Dr. Dinesh Khullar and Dr. Deepa Sachdeva of 1982 batch was enthralling. A memory book for the 1982 batch was also released.

Batch 1982 : Silver Jubilee Batch



Old students of batch 1979 & dignitaries.



Medical Supdt. Dr. Sandeep Puri (1982 batch alumni) introduced his batch mates to the audience. Alumnis of batch 1979 and 1982 were felicitated with award of honour by Sh. Prem Gupta, Secretary, Mr. Gian Chand Dhawan, Mr. Balraj Kumar, Members, DMCH Managing Society; Dr. N. Dubey, Dr. L.S. Chawla, Dr. S.B. Khurana and Dr. S.C. Ahuja, Former Principals; Dr. Daljit Singh, Principal; Dr. J. Whig, Vice Principal & Chairman Alumni Committee; Dr. M.L. Gupta, Prof. & Head, Surgery and Dr. Ashok Gupta, Prof. & Head of Plastic Surgery.



Felicitation of senior alumni members Dr. Tej K. Kaul (Former Prof. & Head of Anaesthesia) and Dr. R.K. Grewal (Former Prof. & Head of Ophthalmology).



As many as 8 DMC Alumni came from USA, Canada & UK for this reunion.