



DMCH Capsule

A Monthly Update From the Principal's Desk

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February, 2008

Dear Friends

If you are respectful and polite in your dealing with others, it is natural for them to become receptive and responsive.

Courtesy softens people, and can convert even a rigid, unyielding posture into a favourable and accommodating one. On the other hand, if you treat others with rudeness and arrogance, a defence mechanism is elicited, leading to hardening of attitude and a block in communication.

As can be derived from 'thought for the month' (last page), the best way to get respect is firstly to give it.

Dr. Daljit Singh
Principal

BLS and ACLS Course

Department of Anaesthesiology and Resuscitation organized the first Basic Life Support (BLS) and Advanced Life Support (ACLS) Health Care Provider Course, accredited by the American Heart Association in Punjab. 32 participants from various specialities attended the course. Shri Amrit Nagpal, Vice President, DMCH Managing Society inaugurated the course. The training was conducted by a team of trained AHA accredited instructors led by Dr. Rakesh Kumar from Maulana Azad Medical College, New Delhi and co-ordinated by Dr. Anju Grewal & Dr. Sunil Katyal.

DMCH is now taking a lead in training health care providers in the American Heart Association certified BLS & ACLS courses on a regular basis. {Pic-A, B}

BLOSSOMS 2008

College of Nursing at DMCH organized a colourful welcome programme 'Blossoms - 2008' for fresher students of B.Sc. (N), Post Basic (N) and GNM.

Secretary DMCH Managing Society, Sh. Prem Gupta presided. {Pic-C}



New Faculty

DMCH family welcomes **Dr. Prashant Aggarwal**, DM Immunology, as Asst. Professor, Dept. of Medicine.

Visitor from Germany

Dr. Getz, a therapeutic endoscopist from Munich, Germany visited DMCH. He had an interaction with the Gastroenterology Department regarding various therapeutic G.I. procedures and appreciated the state-of-art-facilities in the endoscopy section, particularly the Double Balloon Enteroscopy. He gave some useful tips on HIV AIDS during the health awareness lecture organized by NACO.

Sensitization Workshop on HIV/AIDS and ACTC

A sensitization workshop on HIV/AIDS and ACTC was organised in collaboration with Punjab AIDS Control Society, Chandigarh as per NACO guidelines by **Dr. Raj Kumar**, Prof. & Head, Dept. of Microbiology and Incharge ICTC. More than 600 participants were educated about HIV/AIDS. {Pic-D}



Congratulations

- ✳ **Dr. Manish Munjal** for winning gold medal at the Annual Micro Year Surgery Workshop at Muzaffarnagar for his presentation titled 'Critical Evaluation of Ear Surgeries.'
- ✳ **Dr. Alka Dogra** for being appointed as Honorary Secretary of Contact and Occupational Dermatoses Forum of India.
- ✳ **Dr. Harmesh Singh Bains, Dr. Praveen C. Sobti & Dr. Deepak Bhat** for being elected as Vice President, Jt. Secretary & Treasurer of Intensive Care Chapter, Indian Academy of Pediatrics - Punjab.
- ✳ **Dr. Hemlata** for successfully completing CMCL FAIMER Fellowship. **Dr. Anurag Chaudhary** attended her first session. **Dr. Daljit Singh**, Fellow, was part of the faculty. {Pic.-E}
- ✳ **Dr. Sarit Sharma** for being elected executive member of IAPSM governing body.
- ✳ **Dr. Vineet Galhotra** for being elected as an executive member of Punjab State IDA.

Guest Lectures/Papers Presented

Dr. Davinder Sandhu (Oncology) delivered a guest lecture on 'How to Control Cancer in Punjab'. {Pic-F}



Dr. P.L. Gautam delivered a guest lecture on 'Pacemakers & Anaesthetic Considerations' at CME organized by ISA- City Branch, Amritsar. He reiterated that during surgeries unipolar cautery should be avoided whereas bipolar cautery should be used judiciously.

Dr. Manish Munjal presented 6 papers and a video (Bimodal frontal Sinus Surgery) at Annual Conference of Association of Otolaryngologists of India at Agra.

Minimally invasive endoscopic surgical techniques along with lasers are widely used the world over in the management of ENT ailments. The surgery becomes precise with reduced morbidity and reduces duration hospitalization and expenses incurred manifold.

Dr. Sandeep Kaushal made a keynote presentation on 'Insomnia in Elderly Population and its Management' at *National Workshop on Ayurvedic & Siddha for Geriatric Health Care, New Delhi*.

In old age, Insomnia is due to increased day time naps, anxiety or depression, nocturia, dementia etc. Besides the drug treatment the various non-pharmacological treatment includes sleep hygiene, yoga, various relaxation exercises and aroma therapy by lavender oil.

Dermacon 2008, PGI Chandigarh

Dr. Alka Dogra delivered a lecture on 'Clinical Patterns of Hand Eczema.'

The prevalence of hand eczema in the general population ranges from 2-10%. It is a multifactorial disease in which both exogenous and endogenous factors play a role. Housewives constitute the largest portion i.e. 40% cases of hand eczema. Dry scaly skin is most common skin lesion. She also chaired a session on CME lecture.

NAPCON 2008, PGI, Chandigarh

Dr. U.P.S. Sidhu, Dr. Gautam Ahluwalia & Dr. Anil Kashyap presented a lecture.

Dr. Sidhu also conducted a workshop on 'Non-Invasive Ventilation'.

Dr. Amit Berry, Dr. Anil Kashyap & Dr. Sushil Gupta presented papers.

Dr. Amit Berry's poster 'Echocardiographic evaluation of heart in COAD cases' won best poster award.

Sessions Chaired / Panelist

Dr. GPI Singh and Dr. RK Soni chaired sessions at 3rd Annual Conference of IAPSM, JIPMER, Pondicherry.

Dr. Manish Munjal was panelist for the session on 'Sleep Apnea' at Annual Conference of Association of Otolaryngologist of India at Agra.

Dr. Sunil Gupta chaired a session at Dermacon 2008.

Guest Lecture

Dr. Maurice G. Genereux, Medical Director, Cangene Corporation, Canada delivered a lecture on 'Causes and Cure of Thrombocytopenia'.



He discussed specially the role of intravenous anti-D Immunoglobulins. He stated that anti-D Immunoglobulins were effectively used to treat low platelet in case of dengue patients. {Pic-G}

What's



at DMCH....

Medical Insurance

Nsure Plus in association with National Insurance Company Ltd. opened its extension counter at DMCH & HDHI. It was inaugurated by President of DMCH Managing Society, Shri Sunil Kant Munjal. NsurePlus is a division of Hero Corporate



Services Ltd. It covers personal accident, health insurance, household insurances and other personal lines of insurance. The visitors to the hospital facility can choose from these covers in accordance with their needs and requirements. {Pic-H}

Camps

Pulse Polio Camps

11,658 children were covered successfully under the leadership of Dr. Sunil Juneja and Dr. Sangeeta Girdhar.

Dr. Sandeep Kaushal and Dr. RK Sachar were WHO monitors for IPPI Eradication Programme for district of Ludhiana.

Eye Camp

Free Check up Camp was organised in the Eye OPD, DMCH and 34 patients were examined, 30 refractions and 2 surgeries were carried out.

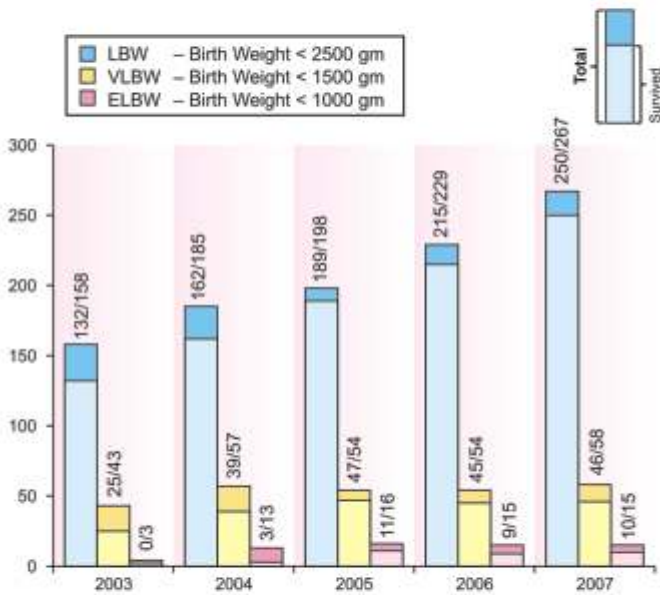
Blood Donation Camps

253 units of Blood were collected in three camps held in collaboration with Social Welfare Organization, Mandi Ahmedgarh, Sant Baba Visakha Singh Sports Club, Kishanpura & Krantikari Shaheed Bhagat Singh Sewa Dal, Halbowal Kalan under supervision of Dr. Amarjit Kaur.

Conferences/Workshops attended

- | | |
|---|------------------|
| ▣ National workshop on 'Basic Molecular Biology Techniques' A.V. Medical College, Pondicherry | Dr. Navjot Bajwa |
| ▣ International conference on Opportunistic Pathogens in AIDS (ICOPA), AIIMS, New Delhi | Dr. Veenu Gupta |
| ▣ CME, LTMMC, SION | Dr. Ajay Kumar |

DMCH NEONATAL UNIT OUTCOME OF LOW BIRTH WEIGHT BABIES



On Etiquette

Good manners will open doors that the best education cannot.
- Clarence Thomas

It is wise to apply the oil of refined politeness to the mechanisms of friendship.
- Colette

Rudeness is the weak man's imitation of strength.
- Eric Hoffer

One of the greatest victories you can gain over someone is to beat him at politeness.
- Josh Billings

Politeness and consideration for others is like investing pennies and getting dollars back.
- Thomas Sowell



WHAT YOU MUST KNOW ABOUT...

SURFACTANT THERAPY IN NEWBORNS

Dr. Harmesh Singh Bains, Prof. & Head, Pediatrics

Q. What is Surfactant?

A. It is a chemical mixture of dipalmitoylphosphotidylcholine (62%), neutral lipids(10%), phosphotidylglycerol (5%), other phospholipids (10%) proteins (8%) & carbohydrates(2%). Type II alveolar cells of the lung synthesize it; effective synthesis occurs only after 32 weeks of gestation.

Q. What is the role of surfactant in the body?

A. It helps to decrease the surface tension of alveoli which prevents the collapse of lungs. If it is deficient, baby will develop respiratory distress syndrome & would have difficulty in maintaining the oxygenation of blood.

Q. Which babies are prone to its deficiency?

A. Premature babies (<32 weeks), Infants of diabetic mothers and erythroblastosis foetalis (Rh incompatibility).

Q. What will be the clinical findings in surfactant deficiency?

A. The alveoli will remain collapsed; hence baby will develop respiratory distress, which will manifest in the form of tachypnoea, sub-costal & inter-costal retractions, grunting & cyanosis.

Q. How can we diagnose this condition?

A. Antenatally this can be diagnosed by L:S (Lecithine : Sphingomyeline) ratio of amniotic fluid. Post-natally we can diagnose this condition with the help of Chest X ray (Low volume lung, air bronchogram & diffuse reticulogranular pattern) and 'shake test'.

Q. How to treat surfactant deficient babies?

A. Surfactant is given to the neonates through Endotracheal route. For its effective action patient should be on Ventilator & adequate PEEP should be delivered to the baby. Babies should be nursed in thermoregulated environment.

Q. Are there different types of surfactant?

A. Yes, surfactant can be of natural origin (Bovine/ Calf/ Porcine) or synthetic.

Q. What facilities are available at DMCH for effective administration of surfactant?

A. DMCH has a 20 bedded state-of-art NSCU which is well equipped with neonatal ventilators & has thermoregulated environment for nursing such types of babies. It has the required expertise to administer surfactant through endotracheal tube. A special High Risk Clinic is run once a week for the follow up of such babies.

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 Bhat.

*Issue Co-ordinator

HELP LINES

EPABX : 0161-4688888, 4687777 (60 lines)
HEART INSTITUTE : 0161-2304282 to 2304287
AMBULANCE : 98155-50100
Fax : 0161-2302620
E-mail : dmch_idh@satyam.net.in, dmch_idh@glide.net.in
Website : www.dmch.edu

For Comments & Suggestions : Mail us at dmchcapsule@gmail.com



SMASH 08 & 43rd ANNUAL ATHLETIC MEET

DMCH
Capsule
February 2008



Chief Guest Sh. Ishwar Singh, DIG Ludhiana Range receiving memento from Sh. Prem Gupta Secretary DMCH Managing Society



Follow me....



No prizes for guessing who won tug-of-war : Faculty vs. Students



One torch, many torch bearers



Keep away, everyone....



Photo-finish at the sprints...



The organising team - faculty & students



SMASH 08 - Smashing, young man....



Mascot 'Danny' the cat at the inauguration

3rd EMPLOYEES SPORTS MEET & CULTURAL EVENING

DATE: 22nd - 25th JANUARY 2008

A 3-day Staff Employee Meet followed by Cultural Evening was held in January, 2008



Sh. Amrit Nagpal, Vice President, Managing Society delivering his address.



Sh. Prem Gupta, Secretary, Managing Society and Dr. B.S. Shah, MS, Convenor, Employees Coordination Committee encouraging the staff.



Aaja nachle....



Dekhna rassi na toot jaye....



Aisi mehfil bar-bar saje....

Itna to laboratory mein dimaag nahin lagana padta.



Yeh net itna ooncha kisse kar diya....



Ab Ishant ki chhutti....



Geet gata chal....



Maujan hi Maujan....

