



DMCH Capsule



PULLOUT

A Monthly Update From the Principal's Desk

Vol. 6

No. 3

March, 2008

- Events - Feb 2008
- Ectopia 31st Jan - 2nd Feb, 2008

Dear Friends

Our mood, behaviour and disposition are affected by what is going through the mind. The brain is a storehouse of infinite information fed through innumerable inputs, and we consciously process some of this data when we are thinking.

Thoughts are dependent on past experiences, both good and bad. Some happenings are best forgotten. We often carry unnecessary baggage of meaningless or unpleasant memories which are roadblocks to peace, happiness and creativity. If we can filter out such thoughts, it is easier to maintain a state of positive living.

As suggested in 'thought for the month' (last page), it is wise to shed the useless burden of negative memories.

Dr. Daljit Singh
Principal



Pediatric Advanced Life Support (PALS) Course

Department of Pediatrics organized the PALS Provider Course on 23rd & 24th February. Limited to thirty six participants the course was conducted by a team of national faculty including Dr. Sushma Nangia, Dr. KK Verma, Dr. LN Taneja (New Delhi), Dr. Sunit Singh (PGI Chandigarh) and Dr. Daljit Singh, Dr. Harmesh S Bains & Dr. Sukhmeet Singh (Ludhiana). {Pic.A & Pullout}

The course stressed on general, primary, secondary & tertiary assessments of a sick child using Assess-Categorise-Decide-Act (ACDA) system of approach. The course was coordinated by Dr. Puneet Pooni.

Cadaveric Dissection & Live Endoscopic Sinus Surgery Workshop

Departments of Anatomy and ENT jointly organized the 2nd Hands-On Cadaveric Dissection and Live Endoscopic Sinus Surgery workshop which was inaugurated by Mr. Prem Gupta, Secretary, Managing Society. Dr. Hemant Chopra, Dr. Poonam Singh, Dr. Manish Munjal and Dr. Kapil Dua coordinated with internationally renowned experts on the latest surgical techniques, instrumentation, early diagnosis and care of nasal & sinus problems thus minimizing complications. {Pic.B &

DMCH Introduces Latest Technique Of Hair Transplantation

The Department of Dermatology has started the latest technique of hair transplant. Follicular unit extraction (FUE) or Fox Procedure, is an advancement over conventional 'STRIP' technique, as it involves no sutures or scarring in the donor area.

Dr. Alka Dogra and Dr. Aman Dua elaborated that the FUE method is the only permanent, natural way of hair restoration in Androgenetic Alopecia (Male Pattern Baldness). The technique is effective in females as well and in eyebrow hair loss due to trauma or burns. {Pic.C}

FAREWELL TO Dr KUMKUM AVASTHI

The management, faculty, and staff of DMCH bade sentimental farewell to Dr. Kumkum Avasthi, Prof & Head, Obstetrics & Gynaecology, who retired after a dedicated service of 35 years

to the institution. We wish her the best of health, success and happiness. {Pic.D & Pullout}



GUEST LECTURES

Dr. Virender K. Bhardwaj – a DMCH alumnus and an eminent Urologist in Michigan State, US delivered a lecture on "Urinary Incontinence and Over Active Urinary Bladder". He highlighted the role of Kegel exercises and early referral to urologist in the prevention & cure of these conditions. {Pic. Pullout}

Dr. A.K. Lehari, Sr. Consultant, Sir Ganga Ram Hospital, Delhi delivered a talk on "Cochlear implants", which are electronic devices that restore partial hearing to the deaf. The success of cochlear implantation lies in early identification and assessment for implant suitability.

STATE TASK FORCE MEETING OF RNTCP

State Task Force Meeting of RNTCP for all the medical colleges of Punjab was chaired by Dr. Jagdeep Whig, Chairman, State Task Force, RNTCP, North India and Dr. P.K.Bansal, State TB Officer.

Dr. D. Behra, Director, LRS Institute of TB & Respiratory Diseases, New Delhi delivered a talk on "MDR (Multidrug-Resistant)-Tuberculosis". He highlighted the causes of MDR Tuberculosis, i.e. resistance to at least two of the first-line anti-TB drugs, Isoniazid (INH) and Rifampin (RIF).

Dr. M.M.Puri, Chest Physician at LRS Institute, New Delhi delivered a lecture on "Scientific Basis of DOTS therapy". The quarterly report of DMCH, was presented by Dr. Sarit Sharma.

SENSITIZATION SESSIONS ON DOTS

Sensitization sessions on DOTS for all senior residents & post-graduate students were held under the supervision of Dr. J. Whig. They were briefed about the specific guidelines of Revised National Tuberculosis Control Programme (RNTCP). The lectures were delivered by Dr. Sarit Sharma, Dr. HS Dhooria, Dr. Harish Matta, Dr. Shweta Gupta, Dr. Deepak Bhat and Dr. Deepak Jain. {Pic. Pullout}

PAPERS PRESENTED AT INTERNATIONAL CONFERENCES/WORKSHOPS

Dr. Sanjeev Uppal, (Plastic Surgery), presented a paper on "Analysis of 600 Cases of Nd YAG Laser Hair Reduction" at 19th World Congress of an International Society of Aesthetic Plastic Surgery, Australia. {Pic. Pullout}

The study observed an average of 75% and 50% hair reduction in 547 and 36 patients respectively after 4 sittings performed at an interval of 4-6 weeks each.

Dr. Deepinder Chinna, (Microbiology) presented a paper on "Isolation profile of fungal infections of nose and paranasal sinuses in a tertiary care hospital in Punjab." at the International Workshop on Fungal Sinusitis, Chandigarh.

The study highlighted that fungal infections of nose and paranasal sinuses are caused by opportunistic fungi, like Aspergillus (51.9%), Mucor (25.9%), Candida (19.5%) & Rhizopus(3.7%).

PAPERS PRESENTED AT NATIONAL CONFERENCES

All India Congress of Obst. & Gynae, Delhi.

Dr. Kumkum Avasthi, presented a talk on "Maternal and fetal outcome in High Risk Pregnancies in a Medical College of North India".

Dr. Promila Jindal : "Fetal demise in First trimester in Multiple gestation-Three case reports." The parturient should be managed conservatively with close monitoring for DIC, PIH, while the surviving fetus should be screened for congenital malformations. {Pic. Pullout}

Dr. Ashima Taneja : "Colon Rupture following Fundal pressure in Labour- a Case Report." This unusual complication can lead to serious morbidity. Fundal pressure is a controversial manoeuvre with known fetal and maternal hazards. Its use should be discouraged during all training programmes.

Dr. Sunil K. Juneja : "Kartegener's Syndrome-a rare cause of infertility". Kartegener's Syndrome affects embryo transplant and is associated with dextrocardia, chronic bronchitis, sinusitis and subfertility. In the OPD gynaecologists should auscultate the heart for evidence of dextrocardia and investigate infertile patients for other manifestations. {Pic. Pullout}

Dr. Suman Puri : "Idiopathic Thrombocytopenic purpura in pregnancy." It is important to distinguish between gestational (platelet count >70,000/mm³) & idiopathic thrombocytopenic purpura, as gestational thrombocytopenia does not need any treatment. {Pic. Pullout}

Dr. Shweta Gupta : "Management of Antiphospholipid Syndrome (APS) and its outcome." APS is an autoimmune disorder which can cause recurrent abortions, intrauterine growth restriction, oligohydramnios and stillbirths. Such a case was successfully managed with heparin, aspirin and immunoglobulin.

Other Presentations

Dr. J.L. Bassi (Ortho) delivered 3 guest lectures on "Management of Proximal Humerus Fractures", "Absolute Stability and Lag Screw Fixation and Compression Plating" and "Tension Band Wiring" at the AO Course, New Delhi.

Dr. P.L. Gautam (Anaesthesia) presented "Unusual Case of Shortness of Breath" at the Perioperative and Critical Care TEE Workshop, Chandigarh.

Dr. Jasbir Kaur, Principal, College of Nursing, DMCH, presented "Factors affecting Mental Health: Psychosocial Stress in rural and urban Jat Sikh women" at the 7th Annual National Conference of Indian Society of Psychiatric Nurses, Ernakulam, Kerala.

Events

February-2008



Inauguration of
In-house Dietary Services.



PALS Provider Course



Blood
Donation Camp
at OBC Bank.



DMCH alumnus
Dr. Virender K. Bhardwaj
during his visit.



Cadaveric Dissection and
Live Endoscopic Sinus Surgery Workshop.



Superannuation of
Dr. Kum Kum Avasthi.



Dr. J.L. Bassi at the
AO Workshop.



DOTS
Sensitization
Session.



RNTCP : State Task Force Meeting.



Presentations
by our faculty
at various forums.



Dr. Sanjeev Uppal



Dr. Suman Puri



Dr. Promila Jindal



Dr. Sunil Juneja

Ectopia '08

A three day cultural extravaganza in the form of inter-batch competitions infused an atmosphere of festivity in DMCH. Medical students displayed creative skills in various activities like painting, debate, singing, instrumental music, dance competitions, antakshri, choreography, rangoli, quizzes, rang manch etc., apart from a number of innovative & enjoyable events.

Ectopia

31st Jan - 2nd Feb, 2008



RESOURCE FACULTY

Dr. J.L. Bassi (Ortho) was National Course Chairman for "AO Principles of Fracture Fixation Course" at Delhi. {Pic. Pullout}

Dr. Pankaj Mahindra (Ortho) was faculty instructor for "AO Principles of Fracture Fixation Course" at Delhi.

Dr. Daljit Singh, Principal and Dr. H.S. Bains (Pediatrics) were faculty for "PALS Provider and Instructor Course" at DMCH and CMCH, Ludhiana.

Dr. GPI Singh (SPM), Dr. Raj Kumar and Dr. Deepinder Chhina (Microbiology) were faculty for "Sensitization Workshop on HIV/AIDS among injecting drug users" at Chandigarh.

CAMPS

Blood Donation Camps

Various camps were held under the supervision of Dr. Amarjit Kaur in collaboration with Blood Donors Council, Rampura Phul; OBC Bank, DMCH, Ldh; Devki Devi Jain Memorial College for women, Ldh.; Salaam Zindagi, Arya College, Ldh. and Karamjit Singh Bitta Yadgari Welfare and Charitable Trust, Barnala and collected 457 units of blood. {Pic. Pullout}

Pulse Polio Camp

Dr. Sunil Kumar Juneja successfully covered 6965 children.

Medical Camp

Dr. Sandeep Puri, Dr. Dinesh Garg, Dr. Devinder Singh Sandhu, Dr. B.S. Aulakh examined 748 patients at a camp held under the aegis of Vivek Mission Charitable Trust, VPO Jalal, Bhatinda.

Dr. Harpal Singh Selhi attended the camp at Maur Mandi, Bhatinda organised by Gram Sewa and Viklang Sahayata Sansthan.

Eye Camp & Dental Camp

Dr. GS Bajwa examined patients at Village Badra, Barnala, and Central School, Badawal.

Dr. Vineet Galhotra attended a dental camp at Central School, Badawal.

SESSIONS CHAIRED

Dr. Daljit Singh (Pediatrics), Dr. B.S. Shah & Dr. V. Malhotra (Pathology)
Dr. Praveen C. Sobti (Pediatrics)
Dr. Kumkum Avasthi & Dr. Sunil K. Juneja (OBG)
Dr. Sunil Katyal & Dr. P.L. Gautam (Anaesthesia)

TRAINING COURSES

Dr. Puneet A. Pooni & Dr. G. S. Dhooria (Pediatrics)
Dr. Deepak Bhat & Dr G. S. Dhooria (Pediatrics)
Dr Anju Grewal & Dr M. Rupinder Singh (Anaesthesia)
Dr. Deepak Bhat & Dr. G. S. Dhooria (Pediatrics)

CONFERENCES / WORKSHOPS ATTENDED

Dr. B.S. Shah (Pathology)
Dr. Promila Jindal (OBG)
Delhi
Dr. Deepak Jain (Ortho)

TALKS

Dr. Rajoo Singh (Gastroenterology)

CME on Clinical Haematology & Haemato-Oncology, CMCH, Ldh.
International Conference on Medical & Community Genetics, Chd.
All India Congress of Obst. & Gynae - Delhi
TEE Workshop, PGI, Chd.

"PALS Instructor Course", CMCH

"PALS Provider Course", DMCH

"3rd Pediatric Nephrology Training Course", AIIMS, New Delhi

"Role of Genetics in Health and Diseases", Chandigarh.

"Colposcopy & Management of Cervical lesions", AICOG-2008,

"Advances in Joint replacement Surgery",
Ranawat Orthopaedic Research Foundation, Delhi,

"Health Awareness", Central School, Badawal.

What's

NEW!

at DMCH....

In- house Dietary Services

In-house Dietary Services were started to cater to the dietary needs of patients admitted in ICUs, private rooms and wards. This was inaugurated by the Secretary, DMCH



Managing Society, Sh. Prem Kumar Gupta. The Dietary Department analyzes the requirements of the patients in consultation with the attending doctor and provides hygienic and well balanced diet prepared in an upgraded modernized kitchen. The facility shall be extended to all areas of the hospital in due course of time. {Pic.E & Pullout}

1st Cochlear Implant Surgery in region performed

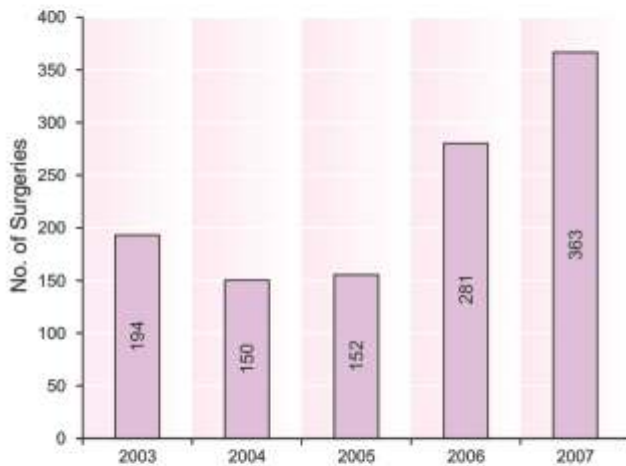
The Department of ENT became the first centre in Punjab and neighbouring states to perform Cochlear Implant Surgery. The operation was successfully performed in a 4-year old child by a team of doctors led by Dr. A.K. Lahiri, Senior ENT consultant, Sir Ganga Ram Hospital, Delhi, Dr. Hemant Chopra and Dr. Kapil Dua.

FIRST AID TRAINING COURSE

The first aid training course for 54 employees of Rockman Industries Ltd., Ludhiana was conducted by Dr. Anju Grewal (Anaesthesia), Dr. Amit Berry (Medicine), Dr. Pankaj Mahindra (Orthopedics) and Dr. Amandeep (Surgery). These persons were trained in Basic Life support and first aid measures for common medical & surgical emergencies.

ENDOSCOPIC SINUS SURGERIES

Department of Otorhinolaryngology



On Forgetting

Good to forgive; Best to forget.

– R. Browning

Not the power to remember, but its very opposite, the power to forget, is a necessary condition for our existence.

– Sholem Asch

If useless thoughts could be expelled from the mind, all the valuable parts of our knowledge would more frequently recur, and every recurrence would reinstate them in their former place.

– Samuel Johnson

Forgetting is a divine capacity. Whoever aspires to the heights and wants to fly must cast off much that is heavy and make himself light.

– Friedrich Nietzsche

Forget your sadness, anger, grudges and hatred. Let them pass like smoke caught in a breeze.

– Gambatte

Thought for the Month



Don't forget the art of forgetting.

WHAT YOU MUST KNOW ABOUT...

COCHLEAR IMPLANTS

Dr. Kapil Dua, Asst. Prof., Dept. of Otorhinolaryngology

Q.1. What is a cochlear implant?

Ans: It is an electronic device that provides direct electrical stimulation to the auditory nerve in patients with sensorineural hearing loss.

Q.2. Which types of deafness benefit from Cochlear Implant ?

Ans: Two types of deafness benefit from cochlear implant :
Prelingual deafness: Usually congenital. These children derive utmost benefit when they are in the speech acquisition phase. (2 - 2½ years), hence early diagnosis is vital.

Postlingual deafness : Secondary to ototoxicity, meningitis etc. All age groups benefit as speech is well developed.

Q.3. Is there any factor in ensuring success of the cochlear implant?

Ans: The key factor is early identification of hearing loss and assessment for implant suitability.

Q.4. Is there any age limit for cochlear implants?

Ans: There is no age bar. Minimum age is 1 year.

Q.5. How early can prelingual deafness be diagnosed?

Ans: It can be diagnosed in the neonatal period by:

- Regular hearing screening in the neonatal clinic.
- Maintenance of high risk register by obstetricians & pediatricians with diligent follow up.

Q.6. What does Cochlear Implant consist of?

Ans: Cochlear implants have external (outside) parts and internal (surgically implanted) parts : A microphone which picks up the sounds from the environment ; A speech processor that selects and arranges sound picked up ; A transmitter and receiver/stimulator, receives signals from the speech processor and converts them into electrical impulses ; An electrode array which collects impulses from the stimulator & sends them to different parts of the auditory nerve.

Q.7. Where can one receive a cochlear implant?

Ans: In specialized centers having a dedicated cochlear implant team consisting of audiologist, otologist/surgeon, counselors, and speech-language pathologists.

Q.8. How soon does the patient get discharged and start hearing or speaking?

Ans: The post operative stay is normally 7-10 days and complete rehabilitation takes 3 to 6 months.

Q.9. Is this facility available in DMCH?

Ans: Yes, Dayanand Medical College & Hospital has started the cochlear implant program. It is the only center in Punjab,

Executive Team – DMCH Capsule

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_ldh@satyam.net.in, dmch_ldh@glide.net.in
Website : www.dmch.edu

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