



DMCH Capsule



A Monthly Update From the Principal's Desk

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May, 2008

Dear Friends

Many situations in life may not be quite to your liking. Some circumstances may be totally out of your control, at least at that particular time. However, quite a few could be tackled and modified.

Under such conditions, the question to ask yourself is "Can I do anything about it?" If the answer is 'yes', you must not spare any effort in that direction. Otherwise, there is no point in getting unnecessarily worked up or distressed over it. Just accept the inevitable and adapt in an appropriate manner.

As suggested in 'Thought for the month' (last page) wisdom lies in determining whether or not you can change a particular disagreeable situation, and respond accordingly.

Dr. Dajit Singh

Principal

Congratulations
Dr. GS Wander, Professor & Head of Cardiology, has been selected for the prestigious Dr. BC Roy Award of the Medical Council of India, to be received through the President of India.

Symposium on Joint Pain held at DMCH

A symposium on Joint Pain was organised by Dr. Sandeep Puri, Prof. & Head of Medicine and the department team on 6th April. Prof. A.N. Malviya, Former Head of Medicine at AIIMS discussed in detail the various ailments causing joint disorders and emphasized on the role of initiating early treatment particularly in Rheumatoid Arthritis.

Other speakers included by Dr. Sujata Sawhney, Consultant in Paediatric Rheumatology, AIIMS; Dr. J. Maheshwari; Dr. Sanjeev Kapoor and Dr. Shri Ram, Consultants in Rheumatology at the Indian Spinal Centre, New Delhi.

Various clinical cases came up for an open house discussion. The sessions were chaired by prominent clinicians including Profs. S.B. Khurana, G. Avasthi, J. Dhanoa, J.L. Bassi, Harmesh Singh Bains and Mohd Yamin. [Pic-A]

Lecture on 'Perfusion CT Imaging of the Brain'

A guest lecture on 'Perfusion CT Imaging of the Brain' was delivered by Dr. Rajan Jain, Asst. Professor at Wayne State University, Detroit, USA on 25th April. He highlighted the importance of multislice CT in the evaluation of stroke patients.

According to Dr. Jain, recent technological advances in CT and MRI have made it easy to image the brain in detail as never before. By quickly detecting a stroke and identifying its cause, doctors can rapidly take action to limit, and potentially reverse, the damaging effect of stroke. Availability of this technique can also help in grading the tumors of the brain, as well as planning surgery and follow-up. [Pic-B,C]



World Health Day

To spread a message about protecting health from climatic changes, World Health Day was celebrated with great interest by College of Nursing on 7th April.

The chief guest on the occasion was Treasurer of DMCH Managing Society – **Sh. Satish Sanwalka**. **Dr. GPI Singh**, (Community Medicine) was the Guest of Honour. **Dr. Jasbir Kaur**, Principal, College of Nursing, delivered the welcome address. She focussed on importance of such educative events among health care professionals.

The seminar began with unfolding the theme of the day "Protecting Health from Climate Changes" by **Ms. Manmeet Kaur**. The students of College of Nursing presented various posters and charts in the exhibition. [Pic-D]



Guest Lectures

- »» **Dr. Amarjit Kaur** (Transfusion Medicine) was invited for guest lecture on 'Transfusion Medicine in Clinical Practice' at CME on Transfusion Medicine held at Govt. Medical College & Hospital, Chandigarh.
- »» **Dr. Gagandeep Singh** (Neurology) was invited to deliver a guest lecture on the topic 'Neurocysticercosis: Clinical Presentation Worldwide' at the Midterm CME of Indian Association of Neurology (IAN) at Bikaner.
- »» **Dr. Kavita Saggur**, (Radio-diagnosis) delivered a guest lecture on "Imaging in GI tract anomalies" at CME on Maternal and Child Health Imaging, organised by Indian Radiological Association, Punjab and Chandigarh state branch, at Ludhiana. [Pic-E]



Conferences Attended

- ❖ **Dr. B.K. Gill** (Obst. & Gynae) chaired a session on "Role of Colour Doppler in High Risk Pregnancy" at CME on Maternal and Child Health Imaging on 6th April. She also attended annual meeting of Obstetrics & Gynaecological Society of Northern India, PGIMER, Chandigarh on "Workshop on Medico-legal aspects in Obstetrics & Gynaecology" on 20th April.
- ❖ **Dr. Deepak Bhat** (Paediatrics) attended Annual Conference of IAP & Adolescent Chapter on 6th April at Jalandhar.
- ❖ **Dr. Gurdeep Singh Dhooria** (Paediatrics) attended PALS Provider Course on 10-11th April, 08 at Jaipur and was selected as PALS Instructor in the North Zone.
- ❖ **Dr. Veenu Gupta** (Microbiology), **Dr. Hem Lata** (Physiology), **Dr. Sarit Sharma** and **Dr. Sangeeta Girdhar** (Community Medicine) attended workshop on 'Skills Teaching and Assessment' organised at CMC&H, Ludhiana on 5th April.
- ❖ **Dr. Harpreet Kaur** (Pathology) completed a 2 week short-term training on 'Muscle Biopsy' from All India Institute of Medical Sciences, New Delhi.
- ❖ **Dr. Amit Berry** and **Dr. Sandeep Chhabra** (Medicine) attended the workshop on "Critical Issues in Critical Care" held at TACT (The Academy of Critical Training) at Chennai from 4-6th April. During the workshop, they learnt various new concepts in treatment of septicemia and ventilatory strategies in managing critically ill patients and impact of MET (Medical Emergency Teams) in reducing mortality in ward and ICU patients.

Presentation

- ❖ **Dr. Satpal Singh** (GE Surgery) and **Dr. Ravinder Pal Singh** (Surgery) attended International Hepato-Pancreatobiliary Association Conference at Mumbai and presented poster on 'Post-Cholecystectomy biliary complications – Presentation & Management.'

Overseas Fellowship / Observership

- »» **Dr. Manish Munjal** (Otorhinolaryngology) completed International Fellowship on Micro-surgery of the Lateral Skull base surgery at Italy under Dr. Manio Sanna.
During the fellowship, he was exposed to advanced surgeries like Acoustic Neuroma and Glomus tumours.

»» Dr. Dinesh Garg (Ophthalmology) attended Frankfurt Retina Meeting on 19-20th April at Mainz, Frankfurt (Germany)

He worked with Prof. Dr. Med. Claus Eckardt, Chairman Augenklinik, Stadtische Kliniken Frankfurt am Main-Hochst to study new techniques for Vitreoretinal and macular surgery for the following week. During his stay, he learnt new techniques of Sutureless Transconjunctival Vitrectomy, Macular hole surgery and Macular translocation. [Pic-F]



at DMCH.... In-hospital Camps

Camps

❖ Voluntary Blood Donation Camps : Department of Transfusion Medicine organised five camps during the month.

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|---|------------|
| i) BSNL Employees Union, Bharat Nagar Chowk | 5th April |
| ii) Salaam Zindagi | 10th April |
| iii) Krantikari Shaheed Bhagat Singh Sewa Dal | 12th April |
| iv) Niswarth Sewa Society, Ludhiana | 14th April |
| v) Sant Nirankari Mandal, Ludhiana | 24th April |

A total of 383 units of blood were collected.

❖ Dr. Sanjeev Mahajan (Orthopaedics) attended free Medical Camp on Arthritis on 27th April organized by Bharat Vikas Parishad, Bathinda.

❖ 11th Monthly Free Eye Camp was conducted in Eye OPD of DMCH on 13th April.

Editorial Activities

Dr. Sunil Katyal (Anaesthesiology) for being selected on the Editorial Board of 'Indian Journal of Pain'.

Special Pulse Polio Campaign

Special Pulse Polio Campaign for migratory population was held from 27-30th April. 4271 children were covered under this campaign.

Dr. R.K. Sachar and Dr. R.K. Soni were appointed as independent monitors by WHO for special Pulse Polio Campaign for migratory population in urban and rural areas of Ludhiana district.

Training Session

Dr. Rajoo Singh Chhina (Gastroenterology) conducted a training session on 'Prevention of Hepatitis & AIDS' at Hero Cycles Ltd., Ludhiana on 8th April.

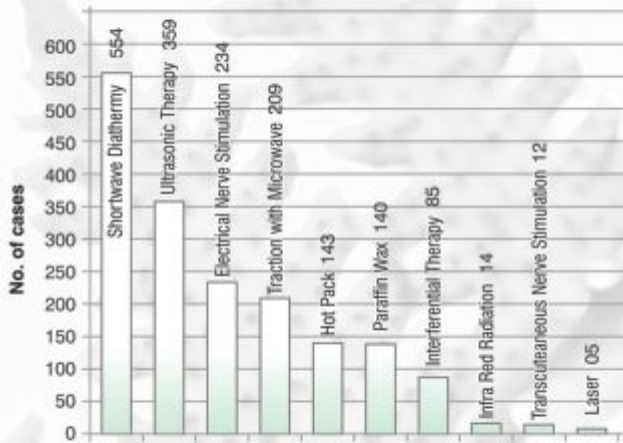
500 patients were examined in a free multi-speciality "In-Hospital Medical Check-up Camp" organised at OPD Block of the DMCH. The consultants from the specialities of Endocrinology, Skin, Eye, ENT & Dental examined the patients during the camp.



The main aim of organising such free medical camps at regular intervals is to help early diagnosis, create awareness about the various ailments and emphasize regular check up. Medicines were distributed free of cost to the patients including free routine urine examination and blood sugar test. The patients who got themselves examined during such camps are entitled to 20% concession on OPD investigations and indoor treatment in General ward. [Pic-G,H]



**Physiotherapy
Treatment Modalities at DMCH**
November 2007 to April 2008



Don't Give up!

Success doesn't mean not failing, it means not quitting. It means the attainment of ultimate objectives. It means winning the war, not every battle. So don't despair if you lose a battle but have the courage to win the war. There was a man who failed in business at age 21, was defeated in legislative race at 22, failed again in business at 24, overcame death of his beloved at 26, had a nervous breakdown at 27, lost the senators' race at 45, failed to become Vice-President at 47 and was elected President of the United States at age 52. This man was Abraham Lincoln.

Thought for the Month



**Change what you cannot accept;
Accept what you cannot change.**

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

WHAT YOU MUST KNOW ABOUT...

ANTENATAL PHYSIOTHERAPY

Mr. Avkash Teotra, Incharge, Deptt. of Physiotherapy, DMCH

Q. What do we mean by Antenatal Physiotherapy ?

A. It refers to the exercise regimen during pregnancy and through childbirth.

Q. Does every pregnant women require antenatal Physiotherapy ?

A. Yes, it can be given to every woman except in cases of diseases of cardiovascular, respiratory and renal system, acute infection, history of miscarriage, abortion, premature labour, cervical incompetence, hypertension, vaginal bleeding, multiple pregnancies & breech presentation.

Q. When should it start ?

A. Physiotherapy can be started from the beginning of 4th month extending up to the 9th month and includes 7 sessions at monthly, fortnightly and weekly intervals.

Q. What does it include ?

A. It includes : pelvic tilting exercises, pelvic floor strengthening exercises, breathing exercises, muscle toning and strengthening, hydrotherapy, breast care and feeding postures, postural and back care advice.

Q. What is its major role ?

A. It helps to regulate blood pressure, reduce stress, tone muscles and train the body to physically and mentally prepare for childbirth.

Q. Does it help during labour ?

A. Breathing exercises during labour help in making the delivery process easier and comfortable.

Q. What is the benefit post-delivery ?

A. It helps in preventing post natal complications as the body is trained and strengthened enough to cope with the physical and psychological changes.

Q. Are there any harmful effects ?

A. There are no harmful effects if the programme is conducted under the supervision of a qualified physiotherapist and with the consent of a gynaecologist.

Q. Does it require any special modalities ?

A. No, it only requires a good exercise regimen under supervision.

Q. Are antenatal Physiotherapy services available in DMCH ?

A. Yes, the physiotherapy department is fully equipped and competent to provide these services.

HELP LINES

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