



DMCH Capsule



A Monthly Update From the Principal's Desk

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No. 9

September, 2008

Dear Friends

If you wish to convey an important message to someone far away, would you rather talk on phone or send an SMS? Obviously the former, since you need a confirmation that the message has been received, understood and even responded to.

Skillful teachers know that merely giving a lecture does not mean that learning has taken place. Asking probing questions, leading a discussion and clarifying doubts are part of the educational process. 'Formative assessment', meant to verify acquisition of knowledge as well as identifying gaps and problems, provides excellent feedback to both teachers and students.

As suggested in 'thought for the month' (last page), unless the loop is complete, you may be shocked by the results of an intended seemingly simple communication.

Dr. Daljit Singh
Principal

HOSPITAL INFECTION PREVENTION WEEK

Infection Control Committee (ICC) of DMCH in collaboration with the Department of Microbiology organized "Hospital Infection Prevention Week" from 25th-28th Aug, 2008. Sh. Prem Kumar Gupta, Secretary, DMCH Managing Society inaugurated the function and lauded the efforts of the hospital infection control team. Dr. Daljit Singh, Principal, said that "Hand Hygiene" is the cornerstone of infection control practices. He stressed that Healthcare Associated Infection (HAI) is a global problem and needs urgent attention.

Dr. Rajoo Singh Chhina, who was coordinator of the event along with the Organizing Secretaries, Dr. Raj Kumar and Dr. Deepinder Chhina emphasized to promote learning of these hospital practices in a simple and easy manner. The main attraction of the event was "Kaun Banega Gyanpati" Quiz. Poster & Slogan Competitions were also held. Winners were awarded prizes. (Pic. A, B, masthead)

BREAST FEEDING WEEK

The department of Pediatrics celebrated the Breast-feeding Week (1st-8th Aug, 2008) by organizing a Declamation Contest. The post graduate students of Pediatrics and Obstetrics & Gynaecology spoke on the topic "Break the bottle and save the child." Dr. Harmesh Singh Bains said that breast-feeding is not only useful for the baby but also for the mothers as it helps in quick recovery from pregnancy and reduces the chance of breast cancer. Dr. Pradeep Handa, Guest of honour gave the prizes to the winners and also enlightened the students about the slogan of breast-feeding for the year 2008- "Mother Support : Going for the Gold".

Dr. Daljit Singh, Principal, congratulated the winners and laid stress upon the advantages of breast-feeding. He informed that breast-feeding reduces the complications of malnutrition and decreases the chance of getting infection through bottle-feeding. (Pic. C)



HDHI PREVCON (I)

"Prevention is better than cure" was the theme of HDHI PREVCON (I), a CME for nurses organized by Infection Control Committee, Hero DMC Heart Institute, on 30th Aug, 2008. The focus of the CME was on infection-prevention practices in ICUs. Nurses working in ICUs of the major hospitals of Ludhiana participated in it.

Dr. Daljit Singh, Principal DMCH inaugurated the CME. Dr. GS Wander (Cardiology) said, "Infections in ICU is a big concern all over the world and nurses, being an integral part of ICU care, can play a significant role in reducing such infections."

Dr. Vivek Gupta, Organizing Secretary, said that, "Handwashing is a very simple and effective method for reducing ICU infections." Dr. VK Sharma (Cardiac Surgery), said that such programmes should be organized more frequently to improve awareness regarding ICU infections. (Pic. D)

BASIC LIFE SUPPORT (BLS) COURSE

Department of Pediatrics organized a comprehensive BLS course on 2nd Aug, 2008 for medical students, nursing students, nursing tutors and interns. During the course, the participants were given hands-on-training for various actions to be undertaken for saving the life of a patient, in the absence medical facility or equipment.

Department of Anaesthesiology organized hands-on-training course on Basic Life Support (BLS) as per the protocols of the American Heart Association (AHA) for 1st year postgraduate students (batch 2008) on 19th, 21st & 22nd Aug, 2008.

Dr. Sunil Katyal was the Chief coordinator of the course. The training course was conducted under the supervision of trained AHA accredited instructors. Lectures, demonstration and Hands-on- training was imparted in the core basic skills needed to perform high quality basic life support measures. (Pic. E)

WORKSHOP ON PEDIATRIC ADVANCED LIFE SUPPORT (PALS) COURSE

Dr. Daljit Singh, Dr. Harmesh Singh, Dr. Puneet A Pooni and Dr. Gurdeep Singh Dhooria were instructors at a workshop on PALS course for Nurses on 3rd Aug, 2008 at CMC, Ludhiana. Nursing staff and students were taught primary, secondary and tertiary assessment of a critically sick child.

ZONAL TASK FORCE (NORTH ZONE) - RNTCP MEETING

Dr. J Whig (Chest & TB), Dr. Gautam Ahluwalia (Medicine) and Dr. Sarit Sharma (Comm. Medicine) attended the ZTF (North Zone) RNTCP meeting on 4th-5th Aug. 2008 at GMC Patiala. Dr. J Whig presented the Annual RNTCP Report of all the Medical Colleges of Punjab for the year 2007-08 and also presented the action plan for the year 2008-09.

IAP PEDIATRIC QUIZ

Department of Pediatrics organized the 21st Indian Academy of Pediatrics (IAP) Quiz for undergraduate MBBS students on 7th Aug, 2008. Dr. Harmesh Singh Bains welcomed the guests and the participating teams.

Dr. Daljit Singh, Principal was the Quiz Master. He conducted the event in a very interesting and informative manner. Six teams participated in the quiz. Ankur and Arpan of Batch 2004 were declared winners. Mr Prem Kumar Gupta, Secretary, DMCH Managing Society applauded the efforts of the department and congratulated the winners. (Pic. F)

DIVISIONAL ROUND OF NNF QUIZ

Department of Pediatrics organized the divisional round of National Neonatology Faculty (NNF) Quiz under the aegis of NNF, Punjab State Branch. The PG and Nursing students from five Medical colleges of Punjab and PGIMER, Chandigarh participated in the quiz. The function was inaugurated by Sh. Prem Kumar Gupta, Secretary DMCH Managing Society. Dr. Harmesh Singh Bains conducted the quiz for PG students.



Dr. Daljit Singh, welcomed the audience and extended his best wishes to the participating teams. He emphasized that the objective of conducting NNF Quiz is to encourage and advance the knowledge, study and practice of neonatology in the country. (Pic. G)

PAPER PRESENTED

Dr. Deepak Bhat (Pediatrics) presented a paper titled "Clinical profile of first onset seizures" at "Neuropedicon-'08" on 30th Aug, 2008 at Trivandrum.

In this study the commonest etiology of first onset seizure was CNS infection followed by febrile seizure. Among infections the main causes were meningitis and neurocysticercosis.

**CONFERENCES/ CME/
WORKSHOPS ATTENDED**

- ✍ Dr. Raj Kumar (Microbiology) attended a workshop on Antibiotic Stewardship & Hospital Epidemiology at CMC, Vellore from 18th-20th Aug, 2008.
- ✍ Dr. Deepak Bhat (Pediatrics) attended IAP-AAP CME from 1st-3rd Aug, 2008 at Jaipur.
- ✍ Dr. Gagandeep Singh (Neurology) attended 3rd and final meeting of GEMIND (Guidelines for Epilepsy Management of India) at Ahmedabad on 23rd-24th Aug, 2008. (Pic. H)
- ✍ Dr. B.K. Gill (Obs. & Gynae.) attended International Congress on PCOS held at Goa from 14th-17th Aug, 2008. She also participated in Workshop on "Maternal & Fetal Medicine" from 20th-25th Aug, 2008 and attended CME on "Managing Congenital Intrauterine Infections" on 31st Aug, 2008 organized by FOGSI at AIIMS,



What's **New** at DMCH....



DXA Scan

A DXA Scan is used to measure the density of bones. It is mainly used to diagnose osteoporosis (loss of bone material) and to assess the risk of having a fracture. It is a fast, accurate and painless procedure and the dose of radiation used is extremely low.

DXA uses low energy x-ray which are blocked by bone. Two x-ray beams with differing energy levels are aimed at the patient's bones. BMD can be determined from the absorption of each beam by bone. The test is very reliable.



New Delhi. (Pic. I)

- ✍ Dr. G.S.Bajwa attended the SAARC Annual Conference of Ophthalmology at New Delhi from 22nd-24th Aug, 2008. He delivered a guest lecture on : Ocular Sarcoidosis.

GUEST LECTURES/ FACULTY

- ❖ Dr. Rajoo Singh Chhina (Gastroenterology) delivered a lecture in a seminar on career awareness for the students after 10+2 at KVM School, Ludhiana on 26th Aug, 2008.
- ❖ Dr. Harmesh Singh Bains (Pediatrics) was a Guest Faculty for training workshop on "Breast Feeding Lactation Management" held at Fatehgarh Sahib on 28th Aug, 2008.
- ❖ Dr. Sunil Gupta (Dermatology) delivered a lecture on Adolescent Health as Medical Expert on 18th & 25th Aug, 2008 in RS Model School, Shastri Nagar & Govt. Sr. Sec. School, Dhandi Swami Chowk.



CAMPS

Free Medical Camp

200 patients were examined in Free Medical Camp at DMCH, Ludhiana on 31st Aug, 2008. The patients were provided free registration including free medicines and 20% concession on OPD investigation and indoor treatment in General ward. (Pic. J)

Blood Donation Camps

Department of Transfusion Medicine collected 504 Units of blood in seven camps organized in collaboration with Sri Ram Sharnam Trust, Blood Donors' Council Rampura Phul, Salaam Zindagi Foundation, KVM School, Civil lines, Sewa Bharti (Regd.), SCD Govt. College.

Eye Camp

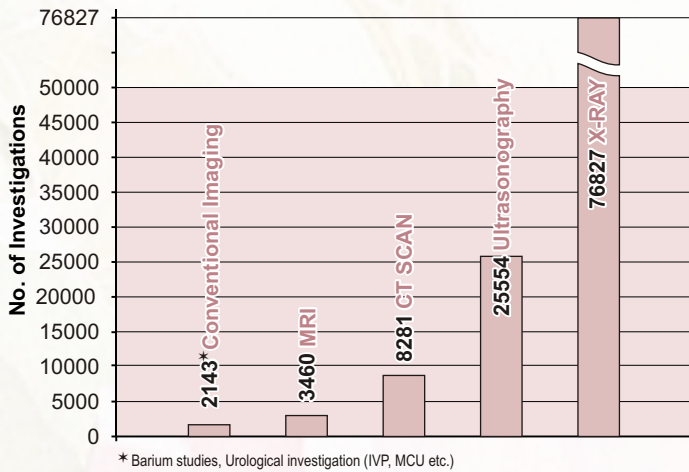
Department of Ophthalmology organized two Free Eye Camps in which 75 Refraction tests were done and 22 surgeries were advised.

FORTHCOMING EVENTS

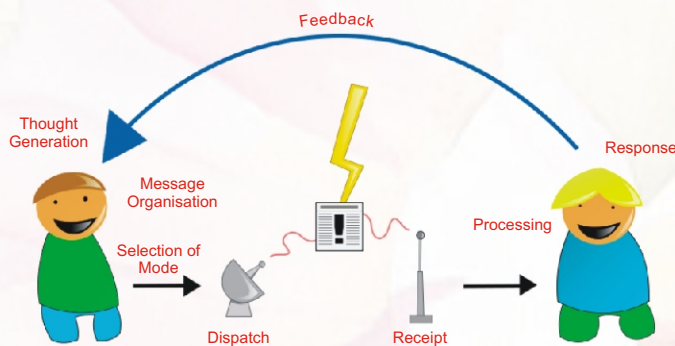
- ✍ 34th Annual Conference of IADVL (Indian Association of Dermatologists, Venereologists and leprologists) (11th-12th Oct, 2008).
- ✍ 19th National Conference of Indian Society of Organ Transplant (17th-19th Oct, 2008).

Department of Radiology

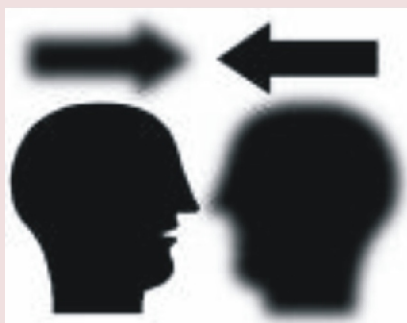
Investigations
July 2007 to June 2008



The Communication Loop



Thought for the Month



Communication is incomplete
without feedback

WHAT YOU MUST KNOW ABOUT...

DXA SCAN

Dr. Kavita Saggar, Professor & Head, Dept. of Radiology

Q. What is a DXA scan and what does it measure?

A. DXA (earlier called DEXA) stands for 'dual energy x-ray absorptiometry' and it measures Bone Mineral Density (BMD).

Q. How is DXA scan done?

A. The patient lies on his back on a couch and is asked to keep still while the 'scanner' comes over the area to be tested.

Q. Is it a painful procedure?

A. No, it is not a painful procedure.

Q. How much time does it take?

A. It takes approximately 10-15 minutes.

Q. Is there any special preparation required prior to the scan?

A. No special preparation is required prior to a DXA scan.

Q. Who should have a DXA scan?

- A. Bone density testing is strongly recommended in :
- ✎ post-menopausal woman not taking estrogen.
 - ✎ personal or maternal history of hip fracture.
 - ✎ medications that are known to cause bone loss e.g. steroid.
 - ✎ type 1 diabetes, liver/kidney disease.
 - ✎ family history of osteoporosis.
 - ✎ hyperthyroidism or thyroid replacement medication.
 - ✎ fracture after only mild trauma.
 - ✎ h/o intake of excessive alcohol, smoking.

Q. How are the results interpreted ?

The test results are in the form of

T-score : T-score indicates the bone density as follows -

- ✎ Greater than -1 = normal BMD (Bone Mineral Density)
- ✎ Between -1 and -2.5 = low BMD (Osteopenia)
- ✎ -2.5 or lower = osteoporosis

Z-score : Z-score indicates the amount of bone a person has, compared with other people in same age group and of the same size and gender.

Q. Is DXA scan available in DMCH?

A. Yes, it is available under the Departments of Radiology and Endocrinology, and is done on OPD Basis.

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. Virendar Pal Singh and Dr. Deepak Bhat.

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