



DMCH Capsule



A Monthly Update From the Principal's Desk

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Dear Friends

"I complained because I had no shoes, till I saw a man who had no legs."

We take for granted all the things we possess, not realizing that God was not obliged to provide them to us in the first place. Instead of dwelling upon and fussing about the things that do not belong to us, it would be more worthwhile to feel gratitude for the countless favours that have fallen in our lap. Even apparent 'curses' do not neutralize the blessings.

As suggested in 'Thought for the month' (last page), we need to constantly thank the almighty for the endless list of divine gifts bestowed on us.

Dr. Daljit Singh
Principal

Platinum Jubilee Celebrations of Medical Council of India

A symposium-cum-workshop on "Recent Trends in Medical Education: Role of Information Technology" was held under the aegis of Medical Council of India (MCI) and accredited by Punjab Medical Council (PMC). The symposium was part of the Platinum Jubilee Year celebrations of MCI.

Dr. LS Chawla, Founder Vice Chancellor, BFUHS and Former Chairman PG Committee MCI was the Chief Guest.

The workshop included keynote lectures and group discussions. The resource faculty members from DMCH delivering the keynote addresses included Dr. Daljit Singh, Principal, on "Scope of IT in Medical Education", Dr. SC Chopra, Dean Academics on "e-banking MCQ", Dr. Gautam Ahluwalia, Professor of Medicine on "Virtual Patient Simulation" and Dr. Rajesh Arya, Consultant Cardiac Anesthesiologist, Hero DMC Heart Institute on "Telemedicine - New Hope for Health Care Delivery System". The guest resource faculty included Dr. Jatinder Singh, Govt. Medical College, Amritsar and Dr. Rakesh Jindal, Associate Professor of Computer Programming, PAU Ludhiana. Dr. Sanjeev Uppal, Professor of Plastic Surgery, coordinated the afternoon workshop on Power Point Presentation.

Dr. BS Aulakh, Professor of Urology and Member MCI along with Dr. BS Shah, Medical Superintendent and Member PMC, were the designated observers of MCI and PMC respectively. More than 150 faculty members and students participated in the CME. (Pic. A, masthead)

Dr. Daljit Singh & Dr. HS Bains also participated as resource faculty for workshop on OSPE (Objective Structured Practical Examination) & OSCE (Objective Structured Clinical Examination) as a part of Platinum Jubilee celebrations of MCI, WOSPECE-2008, at Era's Lucknow Medical College & Hospital, Lucknow. (Pic. B)



APPI Symposium

The Department of Pharmacology organised the 21st Symposium of Association of Physiologists of India (APPI), Ludhiana branch on the topic 'Contraception' under the aegis of Punjab Medical Council. **Dr. Daljit Singh**, Principal, **Dr. SC Chopra**, Dean Academics and **Dr. Balbir S Shah**, Member, Punjab Medical Council inaugurated the symposium. Topics discussed during the symposium include "Physiology of Menstrual Cycle", "Hormonal & Non-hormonal Contraceptives" and "Clinical Consideration while selecting the Appropriate Contraceptive for a Woman". (Pic. C)

World Heart Day

Hero DMC Institute (HDHI) commemorated 'World Heart Day' by organising a series of short lectures for children from all the leading schools of the city. The lectures were followed by a quiz competition for the students. The events were inaugurated by Mr. Prem Gupta, Secretary, Managing Society accompanied by Principal **Dr. Daljit Singh** and chief cardiologist and coordinator, HDHI, **Dr. G.S. Wander**. (Pic. D)

DMCH participation in Kisan Mela at PAU

Punjab Agriculture University organises Kisan Mela every year. Thousands of farmers visited the DMCH canopy, installed for the first time this year. They were given information about the comprehensive plans regarding Senior Citizen care line, cleft lip surgery and free medical facilities for the poor and needy. (Pic. E)

Interactive Session at City School

DMCH organised an interactive session at Drishti Dr. RC Jain Innovative Public School on child health related issue with special reference to environmental health, nutrition and immunization. **Dr. Deepak Bhat** (Pediatrics) stressed upon the balanced diet to bring down obesity among the children. (Pic. F)

Guest Lecture organised

Mr. Tim Galetop, Director, Global Business Development, South Africa, delivered a guest lecture on "Challenges and Best Practices in Sterilisation and Disinfection in Hospitals."

Guest Lecture/ Faculty

◆ **Dr. Parveen C Sobti** (Pediatrics) delivered a lecture on "The Adolescent & thyroid disease" at a CME organised by Punjab State Branch IAP Adolescent Chapter held at Gian Sagar Medical College, Banur. **Dr. Daljit Singh** (Pediatrics) chaired a session on 'ADHD'.

Dr. Daljit Singh moderated a panel discussion on common problems in neonatology. **Dr. Sobti** was also a chairperson for the session on "Breaking bad news" organised by NNF Punjab State Branch & Critical Care Chapter of IAP Punjab State Branch.

- ◆ **Dr. Alka Dogra** (Dermatology) was a faculty for the panel discussion on 'Acne' during North Zone Annual Conference 'Dermazone-2008' at Delhi. She was guest speaker for 'Dermaconclave', scientific symposium in Singapore.
- ◆ **Dr. Hemant Chopra** (ENT) was invited as faculty in (i) Rhinocon-2008 at PGI Chandigarh, (ii) Otolaryngology Workshop-2008 at Delhi, (iii) Annual Conference of ENT Haryana Chapter at Karnal.
- ◆ **Dr. Harmesh S Bains** (Pediatrics) was invited as a guest faculty for a training workshop on 'Breast feeding lactation management' at Mohali.
- ◆ **Dr. Anju Grewal & Dr. M Rupinder Singh** (Anaesthesia) were faculty for the 1st National Conference of Association of Obstetric Anaesthesiologist at Chennai. **Dr. Anju Grewal** delivered a lecture and also



chaired a session on 'PG-Forum' as judge. **Dr. Rupinder** chaired four sessions. She also delivered a guest lecture at ISAI, Amritsar Branch.

- ◆ **Dr. V. Malhotra** (Pathology) was invited as a guest faculty during the CME on Gynaecological Pathology at PGI, Chandigarh.

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



Renovated OPD waiting area

DMCH recently revamped its Medical & Surgical OPD Block, with all the ultra-modern facilities including computerized registration of the patients, fully air-conditioned waiting area, consultation rooms and comfortable sitting facilities.

Regular feedback is taken from the patients and their attendants for improving the OPD facilities. A canteen for patient is located in the OPD Block, which provides clean, hygienic and nutritious food to the outpatients and their relatives..



Papers Presented

- Dr. Promila Jindal (Obst & Gynae) presented a paper in CME organised by FOGSI (Nabha Chapter) at Patiala. (Pic. I)
- Dr. Omesh Goyal (Gastro) presented five papers at Asia Pacific Digestive Week, New Delhi.

Camps

Free Medical Camp

- Department of Ophthalmology organised a free eye camp in which 15 refraction test were done and 4 surgeries advised.

- Dr. Parshant Aggarwal & Dr. Naveen Mittal along with junior doctors and paramedical staff organised a camp of Rheumatology & Diabetes at Ahmedgarh, Distt. Sangrur.
- DMCH organised Diabetic camp for the employees of Nestle India Pvt. Ltd. Moga. About 100 employees were examined. Dr. Parminder Singh (Endocrinology) delivered a lecture.

Blood Donation Camps

- Department of Transfusion Medicine collected 197 units of blood in three camps

organised in collaboration with Salam Zindagi Foundation, JCI Raekot and Krantikari Bhagat Singh Sewa Dal, Ludhiana.

Workshop on Cardio Thoracic Nursing

College of Nursing, DMCH organised a workshop on 'Cardio Thoracic Nursing'. Secretary, DMCH Managing Society - Sh. Prem Kumar Gupta inaugurated the workshop.

Conferences/ CMEs/ Workshops attended

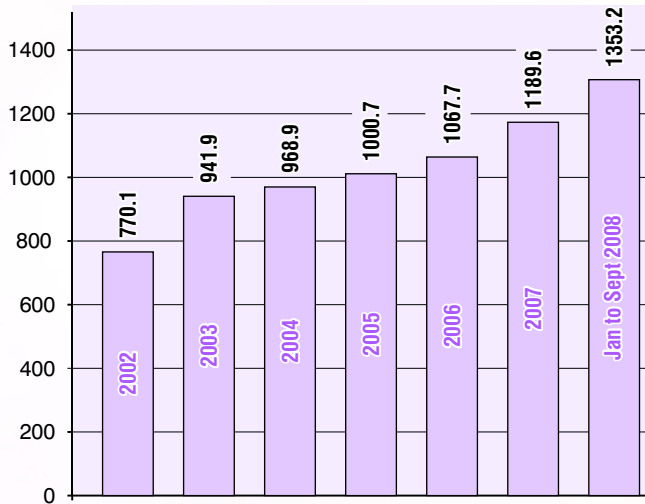
- Dr. Rajoo Singh Chhina (Gastro)
- Dr. Monica Saluja & Dr. Preeti Bajaj (Pathology)
- Dr. Shweta Gupta (Obst & Gynae)
- Dr. Deepak Bhat (Ped) & Dr. Sarit Sharma (SPM)
- Dr. (Mrs.) BK Gill (Obst & Gynae)

- Dr. Gurpreet Singh Brar (Surgical Oncology)
- Dr. Anil Kashyap (Chest)

- Dr. Rohit Tandon (HDHI)

- Asia Pacific Digestive Week, New Delhi.
- CME, Gynaecological Pathology at PGI, Chandigarh.
- Training course in assisted reproduction at Institute of Reproductive Medicine at Kolkata.
- Training for MLTS to promote breast feeding at ESIC Model Hospital, Ludhiana. (Pic. G)
- International Live OP workshop and Instruction Course on Urogynaecology, PGI, Chandigarh.
- NATCON-IASO, 2008 at Hyderabad.
- 7th Annual Conference of Indian Society of Critical Care Medicine (Delhi & NCR Chapter) and World Federation of Societies of Intensive and Critical Care Medicine Symposium.
- Workshop on Use of TTE & TEE Real Time 3D in valvular heart diseases at Manesar. (Pic. H)

Average Daily OPD



Thank God!

- ◆ If you woke up this morning in good health, you have more luck than 1 million people, who won't live through the week.
- ◆ If you have never experienced the horror of war, the solitude of prison, the pain of torture, were not close to death from starvation, then you are better off than 500 million people.
- ◆ If you can go to your place of worship without fear that someone will assault or kill you then you are luckier than 3 billion people.
- ◆ If you have a full fridge, clothes on your back, a roof over your head and a place to sleep, you are wealthier than 75% of the world's population.
- ◆ If you currently have money in the bank, in your wallet and a few coins in your purse, you are one of 8 of the privileged few amongst the 100 people in the world.

Thought for the Month



*Don't count your blessings...
there are too many of them*

WHAT YOU MUST KNOW ABOUT...

Nosocomial Infection

Dr. Raj Kumar, Professor & Head, Dept. of Microbiology

Q. What are Nosocomial Infections?

A. The term Nosocomial Infection, hospital acquired infection or hospital associated infection is defined as an infection developing in patients 48 hours or more after admission in the hospital, which was neither present nor incubating at the time of hospitalization. Such infections may become evident during their stay in the hospital or, sometimes, after their discharge.

Q. What are different sources of Nosocomial Infections?

- A.
- Endogeneous or Auto-infection
 - Exogeneous or Cross infection

Q. What are different modes of transmission?

- A.
- Contact - Direct or Indirect
 - Air borne
 - Blood borne
 - Food borne

Q. What are the common Nosocomial Infections?

- A.
- Urinary tract Infections
 - Ventilator Associated Pneumonia
 - Blood Stream Infection
 - Surgical Site Infections

Q. What are the common organisms causing Nosocomial Infections?

A. Pseudomonas aeruginosa, Acinetobacter spp., Staphylococcus aureus (MRSA), Coagulase negative staphylococci (CONS), Enterococci (VRE) etc.

Q. What are the standard precautions to prevent Nosocomial Infections?

- A.
- Hand hygiene.
 - Use of barrier precautions as a routine.
 - Sterilization and disinfection of patient care equipments and soiled linen.
 - Environmental cleaning and pollution control.
 - Proper biomedical waste management.

Q. What are the duties of Hospital Infection Control Committee (HICC) of DMCH to combat Nosocomial infections?

- A. Monitoring and supervising -
- effective waste management.
 - cleaning and disinfection of hospital environment.
 - protection of HCW from occupational exposure by PEP.
 - timely identification of organisms, their antimicrobial susceptibility and quarterly reporting of resistance pattern.

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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