



# DMCH Capsule

**PULLOUT**  
ASICON 2008  
DMC Alumni Meet

A Monthly Update From the Principal's Desk

Vol. 7

No. 1

January, 2009

## Dear Friends

*Humour is meant to bring joy, merriment and laughter. It plays a huge role in adding to the pleasures of life.*

*Ridiculing, mocking or making fun of others may amuse some but the victim is left with a feeling of humiliation or hurt. Slapstick comic scenes involving physical mishaps or embarrassing incidents also seem to be found funny by a few people. Such 'sick' humour is despicable.*

*As suggested by 'Thought for the month' (last page), to laugh is good, but not at anybody's expense.*

Dr. Daljit Singh  
Principal

## National Workshop on Microsoft PowerPoint

The Medical Education Unit conducted a National Workshop on Microsoft PowerPoint on 11th Dec, 08. 40 participants attended the workshop.

Dr. BS Shah, representative of the Punjab Medical Council, addressed the audience regarding the policies of the PMC regarding continuing medical education. The workshop was awarded four credit hours by PMC. Dr. Daljit Singh inaugurated the workshop and explained the principles of making good presentations.

Dr. SC Chopra discussed the applications available for making an interactive presentation. Dr. Shalini Arora highlighted the shared options among the various Microsoft Office applications. Dr. Sanjeev Uppal delivered a lecture on Power Point objects, graphs and graphics. Dr. Harpal Singh talked about the basic features of Microsoft Power Point and discussed various options available to make a presentation more impressive. [Pic. A & B]

## Workshop on Thesis Plan Writing

The Medical Education Unit of DMCH conducted a 'Thesis Plan Writing Workshop' on 3rd Dec, 08 for the first year post-graduate students of different specialities.

Dr. Daljit Singh inaugurated the workshop and informed the students about the important documents required for plan submission in his presentation. He stressed that the students should take up only those projects which are relevant and feasible. Dr. SC Chopra clarified the techniques of writing 'Aims and Objectives' and 'Material and Methods'. Dr. Shalini Arora highlighted the correct format required for thesis plan. Dr. Sanjeev Uppal laid stress on the ways to write Introduction and Review of literature of the thesis plan. Dr. RK Soni delivered a lecture on statistics. Dr. Kanchan Gupta informed the audience about Bibliography. She warned the students about the legal issues related to plagiarism. [Pic. C]



## Congratulations!

- ❖ **Dr. Sangeeta Girdhar** and **Dr. Mahesh Satija** (Community Medicine) have been elected as executive members of IAPSM North Zone chapter.
- ❖ **Dr. Anu Sharma** (Anatomy) have been elected as executive member of Anatomical Society of India.

## Blossoms 08

College of Nursing, organized a programme to welcome the fresher students of B.Sc. nursing, Post Basic B.Sc. nursing and GNM. [Pic. D]

**Dr. (Mrs.) Jasbir Kaur** Principal, CON presented the Annual Academic Report. A cultural programme including Choreography, Punjabi dance and *Gidha* was organized.



Chief Guest **Smt. Shubha Sanwalka** did crowning of Ms. and Mr. Fresher. Meritorious students First three positions in B.Sc (N) 2007 were presented Dumra trust scholarship by **Shri Prem Kumar Gupta**, Secretary DMCH Managing Society and Savitri Awards were given to first two position holders in GNM by **Sh. Satish Sanwalka**, Treasurer.

## Guest lecture

**Dr. Vibha Lama**, Asst. Prof of Internal Medicine, Division of Pulmonary & Critical Care, University of Michigan Health System, USA and

**Dr. Tarun**, Chief of Internal Medicine, St. Joseph Mercy Saline Hospital, USA delivered guest lectures on 'Latest advances in the management of ARDS' and 'New strategies in the management of Pulmonary Embolism'. Dr. Vibha stressed on the newer ventilatory strategies for the management of ARDS (Acute Respiratory Distress Syndrome). Since overall risk of mortality is reported to be 40-70%, it is very essential to know the latest techniques of ventilatory management.



Dr. Tarun described the incidence of pulmonary embolism and talked about the prophylaxis of Deep Vein Thrombosis and Pulmonary Embolism. [Pic. E]

## International Training

**Dr. Sandeep Kaushal** (Pharmacology) completed three months on Pharmacogenomics from Duke University, Durham, North Carolina, USA as visiting research associate sponsored by the Dept of Biotechnology.

He was trained in various pharmacogenomic techniques used for genome wide association studies. He also received training for the use of electronic database for patient information and management in epilepsy. He participated in a multicentric study on temporal lobe epilepsy.

## Guest speakers/faculty

- **Dr. Daljit Singh** was invited as Guest of Honour of the XIX Annual conference of Haryana State IAP (Haryana PEDICON 2008) at Ambala. He delivered a talk on



'Respiratory distress in newborn'. [Pic.F]

Common causes of respiratory distress in term babies include pneumonia, Meconium Aspiration Syndrome and Transient Tachypnea of Newborn. In preterm babies, RDS is a frequent etiology. It is important to rule out the threatening emergencies needing surgical intervention, especially pneumothorax and congenital malformations like diaphragmatic hernia. Congenital heart disease must be ruled out. Asphyxia, acidosis, hypothermia and polycythaemia are important contributing factors to neonatal respiratory distress.

- **Dr. Rajoo Singh Chhina** (Gastroenterology) delivered a lecture on 'Prevention and treatment of Hepatitis B' at Neelon, Ludhiana.
  - **Dr. Gautam Ahluwalia** (Medicine) was invited as Guest faculty in the Conference on 'Challenges of MDR/XDR Tuberculosis in India' in New Delhi.
- He was also invited to be a member of the Expert group meeting for making recommendations on adult immunization in India, organized by API in AIIMS, New Delhi.
- **Dr. GS Bajwa** (Ophthalmology) was invited as guest faculty at Annual Conference of Punjab Ophthalmological Society. He delivered guest lecture on Vascular Occlusion. **Dr. Dinesh Garg** was invited as Co



DMC Alumni Meet was held on 21st Dec. under the umbrella of DMC Old Students Association (DMCOSA). The MBBS admission batches of 1980 and 1983 were felicitated at the function. 300 old students of DMCH gathered and enjoyed the reunion.



Old students of batch 1980



Alumni Meet Committee



A panel of dignitaries honoured the silver jubilee batch members



Reunion of old students of batch 1983



Alumni being felicitated





A colourful cultural programme being held at ASICON 2008.



Surgeons watch a live surgery relayed at DMCH Auditorium.

The conference was marked by a live workshop at the Dayanand Medical College during which the surgeries were performed in the operation theaters of the hospital and relayed live in the hospital auditorium. Over 1,000 delegates from various parts of the country participated in the workshop.



Haryana Chief Parliamentary Secretary, Dr. Krishna Pandit being welcomed by Dr. Kuldeep Singh (Organising Secretary)



Inauguration ceremony of ASICON 2008

Sh. Prem Kumar Gupta, Secretary, Managing Society, DMCH, lighting the lamp.

Department of Surgery, DMCH and PAU, Ludhiana organized the 68th annual conference of Association of Surgeons of India from 25th-30th Dec. The theme of the conference was 'Innovation in Surgery and their applications'.

Himachal Pradesh Chief Minister, Sh. Prem Kumar Dhumal being honoured. Dr. SS Gill, Vice Chancellor of Baba Farid University of Health Sciences, Faridkot, was also present.



Dr. Abdul Ahmed Hai, President of Association of Surgeons of India receiving a memento.



Felicitation of Punjab Chief Minister, Sh. Prakash Singh Badal.



Dignitaries at the inauguration.

Chairman for Glaucoma Symposium. He was also guest speaker on Glaucoma Basics. Dr. Sumeet Chopra was member of panel for discussion on Retina.

- Dr. Sunil Katyal, Dr. P.L. Gautam, Dr. Anju Garewal and Dr. Rupinder M Singh (Anesthesia) were invited as guest speakers at Annual National Conference (ISACON) at Jodhpur. They delivered lectures on -'Anatomy for the anesthesiologists', 'Cost effectiveness in Anaesthesia', 'Amniotic fluid embolism- Anaesthetic challenges' and 'Use of nitrous oxide in clinical anaesthesia practice' respectively.

## Papers presented/ Conferences attended

- ◆ Dr. Shalini Arora (Pharmacology) presented a paper entitled 'Headache : A real headache for medical students' at 41st Annual Conference of IPS held at AIIMS, New Delhi. This project was undertaken to study the frequency of headache among medical students and the pattern of medication. 54% had 1-2 episodes of headache during the preceding 3 months whereas 23% had 3-4. Triggering factors reported were mental stress, 40.7% and physical stress, 18.6%. Among those who took NSAIDs, 79.4% used a single drug i.e. Paracetamol 47% or Nimesulide 22.7%. Combination of NSAIDs was used by 20.6%.
- ◆ Dr. Kanchan Gupta (Pharmacology) presented a paper on 'Prescribing pattern and cost identification analysis of anti-

## What's



at DMCH....



## Computer assisted knee surgery

Dr. Mohd. Yamin and Dr. Sanjeev Mahajan performed computer-assisted knee surgery on a 55-years old patient.

Computer-assisted surgery combines the precision and accuracy of computer's technology with the surgeon's skill to perform surgery. Another benefit is that this procedure, unlike the conventional knee replacement does not require the surgeon to insert metal rods in the long bones during the surgery and is thus safer, since chances of fat embolism are minimal.

infective use in Respiratory Tract infections in Pediatrics'. Respiratory tract infections are common in children requiring treatment with antimicrobial agents (AMAs). The most common AMAs prescribed were cephalosporins (26.1%), aminoglycosides (20.9%), beta-lactams except cephalosporins (17.4%) and fluoroquinolones 11.1%. This study helped to identify the prescribing pattern of AMA, based on which future studies may be planned to promote rational drug use.

- ◆ Dr. Ajay Kumar (Anatomy) presented a paper entitled 'Innovative approach for teaching applied Anatomy to 1st year MBBS students' in a conference NATCON of ASI at BHU, Varanasi. Through digital video camera, common clinical conditions relevant to anatomy were shown to students. Feedback showed that most of the students liked this method of teaching as it created interest and better understanding of anatomy topics.

- ◆ Dr. GS Dhooria (Pediatrics) attended Workshop on 'Problem solving in Pediatrics' organized by IAP, Ludhiana.
- ◆ Dr. Raj Kumar, Dr. Deepinder Chhina, Dr. Rama Gupta and Dr. Vandana Kaushal (Microbiology) attended XVIII National conference of Indian Virological Society, PGIMER Chandigarh.

## Camps

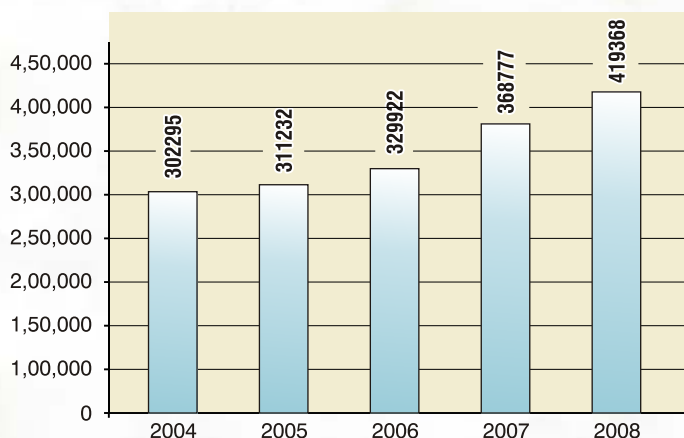
- ◆ Under the Pulse Polio programme, 6916 children were covered by the DMCH Team.
- ◆ Deptt. of Ophthalmology organized two Free Eye Camps in which 178 patients were examined and 101 refractions were done.
- ◆ Deptt. of Transfusion Medicine collected 44 blood units in a camp organized with the help of HDFC Bank.

## Forthcoming events

- ⇒ Training Programme for Medical Teacher : Feb. 09
- ⇒ Annual Convocation for MBBS graduates : Mar. 7, 09
- ⇒ CME on Medicolegal Update and CPA : Mar. 14, 09



## Dayanand Medical College and Hospital, Ludhiana OPD Cases



The 'Capsule' team that put in long hours of work to bring out the bulletin in 2007-2008

## Thought for the Month



*Use humour to please,  
not to hurt*

## WHAT YOU MUST KNOW ABOUT...

### Laparoscopy in Urology

**Dr. B S Aulakh** Professor of Urology & Head, Transplant Unit

#### Q. What is the role of laparoscopy in urology ?

- A. Laparoscopic surgery is a minimally invasive surgical approach, carried out via keyhole incisions. Several procedures can be done by laparoscopy in urology with many advantages over open surgery :
- Small key hole surgery decreases the stress on body and facilitates early recovery.
  - Magnification of the image facilitates precision.
  - Hospital stay of the patient is shorter. He can return to work earlier.
  - Post operative pain is around 20 times less.
  - Although the surgical expense of laparoscopic surgery is higher, the total cost of treatment is usually 20% less.

#### Q. What are the procedures in urology done by means of laparoscopy?

- A. Nephrectomy (radical & simple), prostatectomy, pyelolithotomy, renal biopsy, lymphadenectomy, ureterolithotomy, varicocelelectomy, derooing of renal cyst etc.

#### Q. What are the contraindications of laparoscopy in urology?

- A. Contraindications are severe COPD, severe cardiac arrhythmia, morbid obesity, extensive prior abdominal surgery, abdominal wall, infection, massive hemoperitoneum, uncontrollable coagulopathy, generalized peritonitis, diaphragmatic or umbilical hernia.

#### Q. What is laparoscopic nephrectomy?

- A. Laparoscopic nephrectomy means kidney removal by laparoscopy. It is usually done when the kidney is not functioning or there is renal tumor.

#### Q. What are the reconstructive urological procedures done by laparoscopy?

- A. Laparoscopic pyeloplasty and uretero neocystostomy (reimplantation of ureter) are the common procedures done.

#### Q. What are the recent advanced laparoscopic procedures in urology?

- A. Donor nephrectomy for kidney transplant, cystectomy for bladder tumour, adrenalectomy for pheochromocytoma, nephroureterectomy and seminal vesicle cyst excision.

#### Q. Can pheochromocytoma be removed laparoscopy?

- A. Yes, rather laparoscopic removal is now the gold standard. One has to be careful about preoperative, intraoperative and post operative management.

#### Q. What are the urological procedures done by laparoscopy in DMCH?

- A. Most of the recent and advanced laparoscopic procedures in urology are being done in DMCH. Recently laparoscopic adrenalectomy on a female child has been done with excellent post operative results.

#### 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.

\*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