



DMCH Capsule



A Monthly Update From the Principal's Desk

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Dear Friends

Most things are beyond our control and occur in a preordained, often unpredictable, manner. This fact gradually sinks in as life unfolds itself.

Life follows the laws of probability and does not always obey our diktat. However, this does not mean that we should leave everything to fate and make no efforts of our own. In fact, intense desire, attitude and commitment themselves are determinants of our destiny.

As suggested in 'Thought for the month' (last page), we can coax the Supreme Power to write our destiny the way we want it.

Dr. Daljit Singh
Principal

NATWEST-2009

A two-day "National Workshop on Electronic Statistics and Thesis Writing -2009" (NATWEST-2009) was organised by the Medical Education Unit at Dumra Auditorium on Jan. 23-24. It covered thesis writing and statistics apart from 'Hands-on' sessions on MS Word, MS Excel and Internet search. The purpose was to guide the PG students and faculty members to prepare the manuscripts of thesis/projects themselves without requiring any outside help. Sixty delegates from all over the country attended.

Organising Secretary **Dr. Sandeep Kaushal** informed that the workshop has been accredited with 8 credit hours by Punjab Medical Council. [Pic. A]

BLS and ACLS Course

Department of Anaesthesiology and Resuscitation organised the 2nd DMCH - Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) Health Care Provider course accredited by the American Heart Association (AHA) with 34 participants from all specialities on Jan. 9, 10, and 11. It was conducted by **Dr. Sunil Katyal**, **Dr. Anju Grewal**, and AHA - accredited ACLS instructors under the supervision, monitoring and co-ordination of instructors from Maulana Azad Medical College, which is AHA's recognized satellite center of International Training in India. The department also organised the first AHA accredited BLS and ACLS Instructor course with the batch of 8 providers mainly from the department of Anaesthesiology, Medicine, Intensive care and other hospitals on Jan. 8. [Pic. B]

Dr. M Rupinder Singh, **Dr. Shikha Gupta** and **Dr. Anurag Tewari** completed the Instructors Course and **Dr. Geeta Tayal** completed the provider course.

State Task Force Meeting of RNTCP

State Task Force Meeting of 'State TB Control Society' was held on Jan. 23. A comprehensive presentation of status reports of activities of different medical colleges under Revised National Tuberculosis Control Programme (RNTCP) was followed by a lecture on "International standards of TB care" by Vice Principal **Dr. Jagdeep Whig**, Chairman, State Task Force. [Pic. C]



Congratulations to....

Sh. Prem Kumar Gupta, Secretary, Managing Society and Dr. GS Wander (Cardiology) for being nominated as members of Senate of Baba Farid University of Health Sciences, Faridkot.

Dr. Manish Munjal (ENT) for being awarded the 'K.U. Shah, senior consultant Gold Medal Award' for his surgical work on the Endoscopic surgery of the sphenoid sinus.

Dr. Pramod Sood, intensivist, on completion of European Diploma in Intensive Care (Part-I) at International European Congress held in Lisbon, Portugal.

Hands-on-workshop on 'shifting of critical patients'

Hands-on-Workshop on 'Shifting of critical patients' was organised on Jan. 8 to educate and upgrade the knowledge of para medical staff.



D

Dr. Sanjeev Uppal, Dr. Gautam Ahluwalia, Dr. Dinesh Sood, Dr. Rajinder Bansal and Dr. Harish Matta were the panelists. Dr. Dinesh Sood delivered a talk on 'Shifting of Critical Patients from Emergency'. Minute details were discussed with staff nurses, ward boys and trolley men working in Emergency. [Pic. D]

Fellowship award

Dr. Sandeep Puri was awarded fellowship of 'Indian College of Physicians' during APICON-2009.



E

Dr. BK Gill and Dr. Promila Jindal were awarded Academic Fellowship by Indian College of Obstetrics & Gynaecology at Jaipur, Jan. 7. [Pic. E]

Guest lectures held

- A guest lecture on health risks of genetically engineered foods was delivered on Jan. 29 by Prof. Jeffrey Smith, noted scientist from institute for Responsible Technology, Washington DC. International bestselling book "Genetic Roulette : The Documented Health Risks of Genetically Engineered Foods", features 65 health dangers. Current safety evaluations in India and around the world are incompetent to even identify most of the risks and industry research is designed to avoid finding such problems. [Pic. F, masthead]

Dr. LS Chawla chaired the session.

- On the occasion of birth anniversary of Swami Vivekananda on Jan. 30, a guest lecture was organised by National Medicos Organization (NMO). The guest speaker - Mr. Chandrashekhar Talwar, IAS (Additional Secretary of Health, Punjab) appraised medicos of adopting various moral, ethical and eternal values of personality development taught by Swami Vivekananda. [Pic. G]

Dr. Kuldeep Chander, President NMO Punjab and Dr. BP Mishra, President, DMCH Chapter of NMO conducted the proceedings.

- Dr. Ashok Tewary, Consultant ENT and Head-Neck Surgeon, UK, delivered a guest lecture on 'Voice Rehabilitation following Laryngectomy', Jan. 29. [Pic. H]

This was followed by an operative session on 'Fitting of a prosthesis in Post-Laryngectomy case' and a postgraduate session on 'Very early Post-laryngectomy Speech - current technique.'

- DMC Alumnus Dr. Gurpreet Singh Kochhar, Interventional Cardiologist from University of Pennsylvania, USA delivered a guest lecture on 'Coronary Stent Controversy', Jan. 7. [Pic. I]
- Dr. Harbhajan Singh, Associate Professor, Pulmonary Critical Care and Sleep Medicine, USA delivered a guest lecture on 'Improve your sleep', Jan. 10. [Pic. J]
- Dr. Rakesh Kochhar, Prof. of Gastroenterology, PGIMER, Chandigarh delivered a guest lecture on 'Pathogenesis and Management of Acute Pancreatitis', Jan. 17. [Pic. K]

Workshops

Department of Microbiology has participated in External Quality Control System (EQAS) under the auspices of IAMM for 2008.

Dr. Amit Bery (Medicine) attended the workshops on 'Mechanical Ventilation', 'Acid Base and Electrolyte Disturbances', 'Good Clinical Practices' and a course on 'Acute Myocardial Infarction' held by Max Heart and Vascular Institute.



H



I



J



K



L

Farewell

Dr. Subhash Goyal, Professor and Head, Department of Surgery, was accorded a warm farewell on his retirement. [Pic. L]

Guest lectures/Faculty

Dr. Sandeep Puri (Medicine), delivered a talk on "ECG in Electrolyte Disturbance" at Ludhiana on Jan. 17.

Dr. Dinesh Garg, (Ophthalmology) appeared in the 'Healthline' Programme of Channel 1 TV on Jan. 29. He discussed various eye diseases with special reference those affecting the retina. He also stressed upon the need to wear protective goggles while driving and during industrial work to prevent injuries to the eye.

Dr. Gautam Ahluwalia (Medicine), delivered a talk on "Dengue Hemorrhagic fever-What not to do?" during the 64th Annual Conference of Association of Physicians of India-APICON 2009, Noida, Jan. 30.

What's



at DMCH....

Bone Marrow Transplant



It is good news for the patients of blood cancer and many other blood diseases like thalassemia, aplastic anemia and inborn errors of metabolism that Dayanand Medical College & Hospital, Ludhiana, has started regular bone marrow transplant services.

Dr. Sandeep Jasuja (Oncology) has recently performed successful autologous bone marrow transplant in a 26-years old female patient suffering from lymphoma (a type of blood cancer). Bone marrow transplant is of three types i.e. autologous, allogenic and cord stem cells. There are specific indications for autologous and allogenic stem cell transplantation. Autologous bone marrow or stem cells transplant means collecting the patient's own stem cells before giving high dose chemotherapy and later on reinfusing the same stem cells into the patient. This procedure is of short duration and takes about one-month stay of the patient in the hospital.

Autologous transplant has less risk of GVHD (Graft Versus Host Disease) and does not require prolonged immunosuppressive therapy. It has less mortality/morbidity and costs as compared to allogenic bone marrow transplant. Stem cells transplant requires a special room equipped with HEPA filter and positive air pressure. These special facilities are now available at DMCH.

Camps

Free eye camps were conducted at Shri Nav Durga Mandir Charitable Hospital, Ludhiana and in Eye OPD on Jan. 11, 09.

Blood donation camps held

Department of Transfusion Medicine organised a voluntary blood donation camp with the help of :

- ◆ Salaam Zindagi Foundation, Ludhiana on Jan. 5.
- ◆ Sri Aurbindo College of Commerce and Management, Ferozepur Road, Ludhiana on Jan. 30.
- ◆ Kamla Lohtia Sanatan Dharam College, Subhash Nagar, Ludhiana on Jan. 30.
- ◆ Khoondan Welfare Committee, Village Kishanpura, Distt. Moga on Jan. 31.

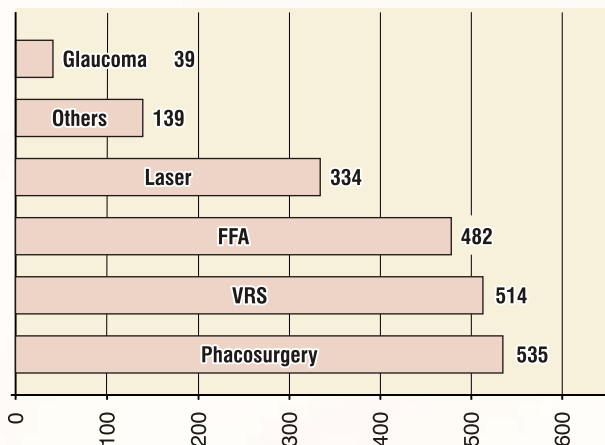


Sessions chaired / Conferences attended / Papers presented

- ◆ Dr. BK Gill (Obst. and Gynae)
- ◆ Dr. Promila Jindal and Dr. Shweta Gupta (Obst. and Gynae)
- ◆ Dr. Sunil Kumar Juneja (Obst. and Gynae)
- ◆ Dr. Suman Puri (Obst. and Gynae)
- ◆ Dr. Daljit Singh (Principal)
- ◆ Dr. Sandeep Puri, Dr. HS Pannu and Dr. Amit Bery (Medicine)
- ◆ Dr. Harmesh Singh Bains (Pediatrics)
- ◆ Dr. BS Shah and Dr. Harpreet Kaur (Pathology)
- ◆ Dr. BK Gill (Obst. and Gynae)
- ◆ Dr. Munish Munjal (ENT)
- ◆ Dr. Gautam Ahluwalia (Medicine)
- ◆ Dr. Anurag Chaudhary (Community Medicine)
- ◆ Dr. Sunil Kumar Juneja (Obst. and Gynae)
- ◆ Dr. Sumeet Chopra (Ophthalmology)

- 52nd All India Congress of Obst. and Gynaecology, Jaipur, Jan. 09 :
 - ◆ Presented a paper. [Pic M]
 - ◆ Appointed as judges during free paper sessions and presented papers. [Pic. N]
- ◆ Chaired session during free paper session and presented a paper. [Pic. O]
- ◆ Presented a paper.
- ◆ Faculty member for two sessions i.e. 'Conflict Management' and 'ML Web presentations' during the CMCL-FAIMER Regional Institute, Jan. 13-19.
- ◆ Participated in 'APICON 2009', at Noida.
- ◆ Chaired a session in Annual conference of IAP at Bangalore, 21-24. Resource Faculty for International workshop on 'Training of Trainers' of Neonatal Resuscitation programme of IAP. Also appointed judge for poster session.
- ◆ Chaired sessions in Pathology Update-2009 at Patiala, Jan. 20.
- ◆ Chaired a session on recent trends in the management of PCOS at Fertivision at Chandigarh, Dec. 13.
- ◆ Chaired a session in 61st Annual Conference of Association of Otolaryngologists of India (AOICON) at Jaipur. Also presented videos and poster.
- ◆ Chairperson in CPC discussion and Free paper session on Neurology at APICON 2009.
- ◆ Attended the second residential session of the CMCL-FAIMER fellowship course, Jan. 18-22, Ludhiana. [Pic. P]
- ◆ Chaired Session at ASICON, Ludhiana.
- ◆ Attended International Neuroophthalmological Conference at Sankara Nethralaya, Chennai, Jan. 25-27.

Dayanand Medical College and Hospital, Ludhiana
Department of Ophthalmology
Operations during 2008



Blessings

*When I asked God for strength,
He gave me difficult situations to face.
When I asked God for brain and brawn,
He gave me puzzles in life to solve.
When I asked God for happiness,
He showed me some unhappy people.
When I asked God for wealth,
He showed me how to work hard.
When I asked God for peace,
He showed me how to help others.*

Thought for the Month



“It is written”

WHAT YOU MUST KNOW ABOUT...

Eye Donation

Dr. G.S. Bajwa, Professor & Head, Department of Ophthalmology

Q. What do you understand by eye donation?

A. It is a pledge to donate one's eyes after his/her death.

Q. Which part of the eye is transplanted?

A. It's the cornea, the transparent visible part of eye (corresponding to the black part) only and not of the whole eyeball.

Q. How does donating eyes benefit?

A. Any patient with corneal opacity (phola) will have clear vision after corneal transplant i.e. replacing the opaque cornea with clear cornea obtained from the donor. One donor can give vision to two blind persons.

Q. How to proceed in order to donate eyes of a deceased person?

A. Inform the Eye Bank as early as possible so that the pledged eyes can be collected and used in time. It is better to be an eye donor during one's life time and it can be done by approaching the eye bank.

Q. At what age can one donate eyes?

A. Anybody upto 70 years, but with clear corneas.

Q. How much time after death, the eyes can be collected?

A. Between 6-8 hours of death.

Q. Does eye donation cause any disfigurement?

A. No, it does not cause any sort of disfigurement either to the eye or face. Most of the times artificial eyes replace the donated eyes.

Q. Is use of spectacles or contact lens, a contraindication for eye donation?

A. No, wearing glasses or contact lenses is not a contraindication for eye donation.

Q. Can a person operated for cataract donate eyes?

A. Yes, any person having clear cornea even after cataract surgery can donate eyes.

Q. Is any cost involved in Eye donation?

A. As Eyes are donated (free), no charges are levied for corneal transplantation.

Q. Can we keep corneas/eyes for a longer time?

A. Yes, these can be kept in culture media and used between 4 to 7 days after collection of donor eyes.

Q. Are corneal transplant facilities available at DMCH?

A. Yes, facilities for corneal grafting are available at DMCH. We are running an Eye Bank in the institution for the last more than 20 years.

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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