



DMCH Capsule



ECTOPIA 2009
Sports & Cultural Events
PULLOUT

A Monthly Update From the Principal's Desk

Vol. 7

No. 3

March, 2009

Dear Friends

'Seeing is believing' is a reflection of our tendency to accept the presence or existence of anything only if it is discernible and observable.

Our ability to appreciate reality is limited by our sense of vision, hearing, touch, smell and taste. There are, however, many things which are not tangible, yet circumstantial evidence suggests that they are there, like innumerable mysteries of our universe.

As suggested by 'Thought for the month' (last page), if something cannot be perceived, it does not mean that it does not exist.

Dr. Daljit Singh
Principal

CME on Problem Oriented Learning in Physiology and Biochemistry

The Department of Physiology and Biochemistry, DMCH, organized a CME on "Problem Oriented Learning in Physiology and Biochemistry" on 21st Feb. Vice-President, DMCH Managing Society, **Sh. Gian Chand Dhawan** was the Chief Guest on the occasion. **Dr. Lily Wallia** and **Dr. Navjot Bajwa** were the organising chairpersons.

Dr. Daljit Singh, Principal DMCH delivered a talk on "Problem based learning in Physiology and Biochemistry" wherein emphasis was laid on the integrated teaching involving basic sciences and clinical subjects for medical students. **Dr. Sabyasachi Sircar**, Professor of Physiology, UCMS Delhi, delivered a lecture on "Learning to find problem in what is taught". He encouraged students to ask questions for better learning and in-depth knowledge of any subject. **Dr. Dinesh Puri**, Professor and Head of Biochemistry, UCMS, Delhi discussed about "Learning outcomes in undergraduate students of a traditional curriculum in a problem based learning set up". A panel discussion on "Teaching methodology" was held where panelists discussed about the advantages and limitations of Problem based learning. [Pic. A, B]

Symposium on Advanced Clinical Gait Analysis

Department of Physiotherapy and Rehabilitation organized a symposium and workshop on "Advanced Clinical Gait Analysis" on 2nd and 3rd Feb. Physiotherapy students and delegates including orthopaedicians, neurologists and neurosurgeons from various institutions of the region attended the workshop, inaugurated by the Secretary, DMCH Managing Society, **Sh. Prem Kumar Gupta**.

Detailed discussions on the normal and abnormal walking patterns and their respective clinical evaluation and treatment were elaborated upon alongwith relevant practical sessions. Lectures were held on the gait cycle and muscle functions, functional foot disorders and common injuries like lower extremity pathologies. Abnormal gait may be caused by diseases including vestibular disorders, central nervous system disorders, peripheral nerve and degenerative muscle diseases, arthritis, foot conditions and toxic reactions (alcohol, drugs, allergens). The guest speakers included **Ms Naomi Green** from UK and **Dr. Gagan Kapoor**, Physiotherapist, National Football Team, Delhi.

The workshop was conducted under the supervision of **Dr. Mohammad Yamin**, **Dr. Gagandeep Singh**, **Dr. Avkash Teotia** and **Dr. Alka Kaul**. [Pic. C, masthead]



Congratulations....

Dr. Baldev Singh Aulakh has been elected to the Executive Committee of Medical Council of India.

❖ Dr. Raj Kumar and Dr. Deepinder Chhina (Microbiology) have been elected as Patron and Secretary respectively of the Executive Council of the Indian Association of Medical Microbiologists (North-West) Chapter, at Jammu, 21st Feb.

❖ The following faculty members have been nominated to various committees of BFUHS, Faridkot:

Dr. Daljit Singh (Principal, Pediatrics)
Chairperson, Board of Studies in Medical Sciences (post graduate) and Member, Faculty of Medical Sciences.

Dr. Jasbir Kaur (Principal, Nursing)
Chairperson, Board of Studies in Nursing Sciences.

Dr. Kuldeep Singh (Surgery)
Member, Board of Studies in Medical Sciences (post graduate).

Dr. Baldev Singh Aulakh (Urology)
Member, Faculty of Medical Sciences.

Dr. Chiranjiv Singh (Surgery)
Member, Faculty of Medical Sciences.

Dr. Joginder K. Sidhu (Physiology)
Member, Board of Studies in Medical Sciences (Under graduate)

Guest lecture on Obstetrical Bleeding Emergencies

Dr. Allaudin Kamani, Associate Prof. and Obstetric Anaesthesiologist, University of British Columbia, Vancouver, delivered a guest lecture on "Obstetrical bleeding emergencies", 13th Feb. [Pic. D]

He stressed upon protocol-based approach for obstetric emergencies to



reduce morbidity and mortality. Team dynamics and good communication skills are essential for better outcome. He also highlighted the importance of Blood Bank, Interventional Radiology, Haematology and other specialities as part of the operative team.

Training imparted

Dr. Sarit Sharma (SPM) imparted Capacity Building training to Medical officers and staff nurses of the deptt of Health & family welfare, Govt of Punjab for developing them as middle level trainers at integrated course on "Breast feeding, Complementary feeding & HIV counselling", at Ferozpur, 24th Feb-1st March (Pic. E)



Training course

Dr. Rajesh Mahajan (Medicine), Dr. Sushil Gupta (Consultant ICU) and Dr. Vivek Gupta (Sr Consultant Cardiac Anaesthesia, HDHI) successfully completed the AHA-BLS & ACLS Instructor course at DMCH, Ludhiana.

Overseas visits

Dr. Alka Dogra (Skin) participated as panelist on 'Laser hair removal in Asian skin' and chaired a session at the 2nd International Dermatology Conclave, Hongkong, 5th-9th Feb.

Dr. Hemlata (Physiology) presented paper "Appraisal and improvisation of undergraduate practical curriculum in physiology" at the 6th Asia Pacific Medical Education Conference Singapore, 19-23 Feb. [Pic. H]

The study concluded that students and faculty preferred clinically relevant practical exercises.



Resource faculty

❖ Dr. Daljit Singh (Pediatrics) participated as faculty in India-International Conference on Pediatric Emergency and Acute Care and was a lead Panelist on 'Pediatric Infectious Emergencies', at New Delhi, 28th Feb.

❖ Dr. Raj Kumar (Microbiology) delivered a talk on "Adverse reactions of Antibiotics" in MICROCON (NW) 2009, at Jammu, 21st Feb.

❖ Dr. Baldev Singh Aulakh delivered a lecture on "Current guidelines for management of UTI" at the international meet of AMCA-AMDANA, Amritsar, as member MCI, 14th Feb. [Pic. F]



❖ Dr. Gagandeep Singh (Neurology) delivered talk on "Sudden unexpected death in Epilepsy" at the Indian Epilepsy Association meeting at Tirupati, 6th Feb.

❖ Dr. Promila Jindal (OBG) was faculty for the 11nd International Conference of Gynae Plastic surgery & Live operative workshop, at Amritsar, 22nd Feb. [Pic. G]



❖ Dr. Amarjit Kaur and Dr. Rajesh Kumar (Transfusion Medicine) delivered talks on "Component Therapy" and "Transfusion transmitted diseases" at CME on promotion of Voluntary blood donation at CMCH, Ludhiana on 14th Feb.

Dr. Sonia Gupta (Transfusion Medicine) delivered talk on "Myths & superstitions regarding blood donation" at a voluntary blood donation camp, Ludhiana.

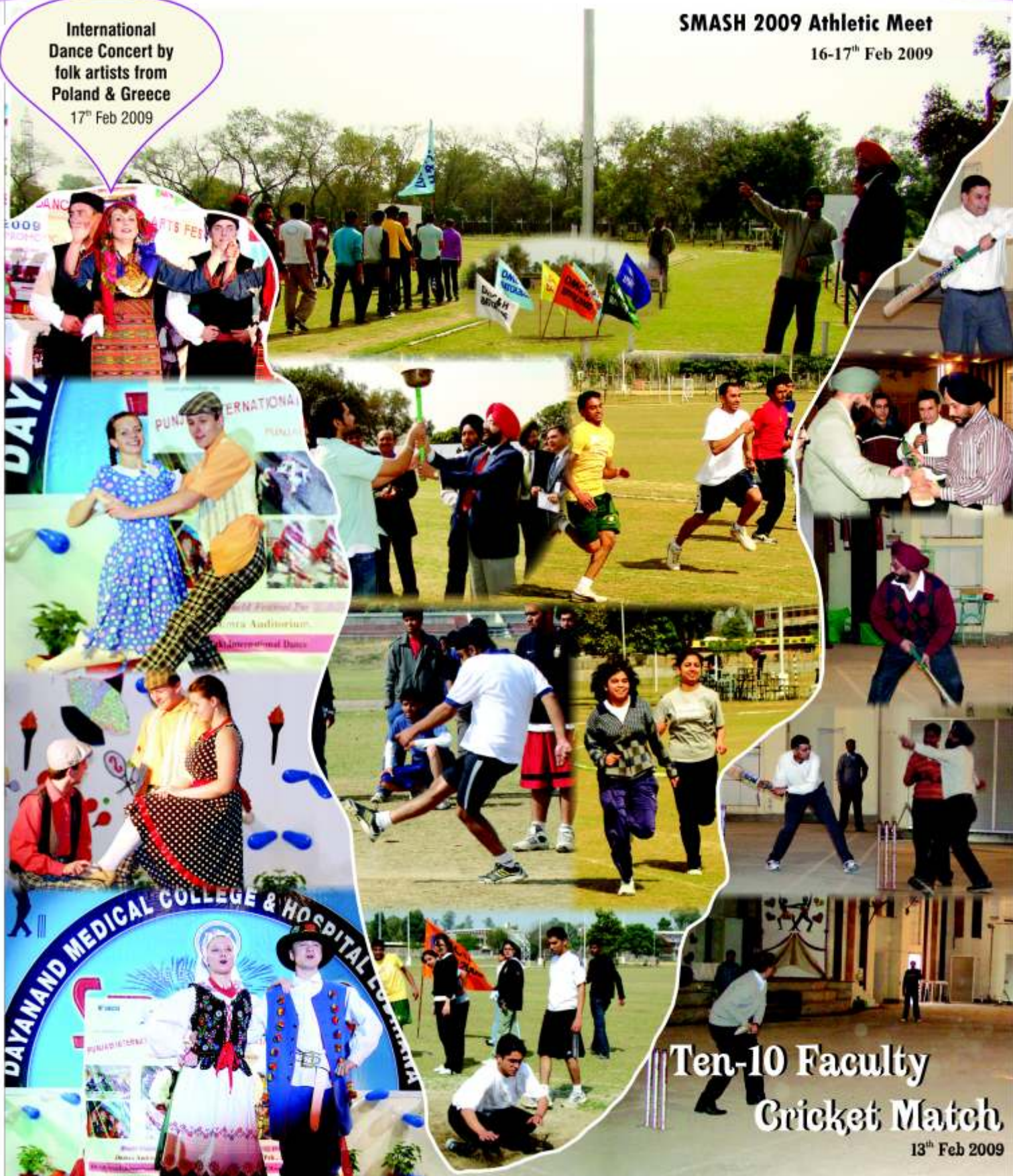
❖ Dr. Rajesh Mahajan (Medicine) delivered a lecture on "Ideal Monitoring and charts preparation in ICU" at the International Critical Care Congress and 'Criticare 2009' at Agra, 18th-22nd Feb.

Sports & Cultural Events

International
Dance Concert by
folk artists from
Poland & Greece
17th Feb 2009

SMASH 2009 Athletic Meet

16-17th Feb 2009



**Ten-10 Faculty
Cricket Match**

13th Feb 2009



OMEN
Capsule

ECTOPIA 2009

28th Jan-5th Feb



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Conferences/Workshops/ Papers presented

Dr. Vineeta Malhotra & Dr. Pavneet Kaur (Pathology) attended the XIV Indo US International CME in Surgical Pathology Cytology and Haematology at Agra 3rd-5th Feb.

Dr. Praveen C. Sobti, (Pediatrics) attended a certificate course on 'Childhood Obesity' and first workshop on "SCOPE", at 5th Asia Oceania Conference on Obesity, at Mumbai, 5th-8th Feb.

Dr. PS Nain & Dr. Ashish Ahuja (Surgery) presented paper on "Conservative management of gastric fistula-post gastric sleeve resection" at the 5th Asia Oceania Conference on Obesity, at Mumbai, 5th-8th Feb. They successfully completed the 'Metabolic Surgery Master Class' certified course conducted by the All India Association for Advancing Research in Obesity. [Pic. I]



Dr. Gurdeep S. Dhooria (Pediatrics) attended the 2nd Pediatric Pulmonology CME" at Advanced Pediatric Centre, PGIMER, Chandigarh, 14-15 Feb.

Dr. Amit Bery (Medicine) presented a paper, "Bronchial artery embolization in 30 patients in a tertiary care center in India" at 'Criticare 2009', Agra, 18th-22nd Feb.

Sessions chaired

Dr. V Malhotra (Pathology) attended and chaired 3 sessions at the International CME of Renal and Transplant Pathology, PGIMER, Chandigarh, 20-22nd Feb. (PIC. J)

What's



at DMCH....

Cross Consultation Desk

Centralized cross-consultation services for all the clinical departments has been started from 16 Feb. A special desk with dedicated phone nos. 4687800 and 4687400 along with a computerized programme for data recording and processing has been set up in the Emergency area from 8:00 am to 10:00 pm.



The resident/ward sister informs the cross consultation desk by phone regarding the details of the patient and the cross consultation sought. The desk clerk notes the relevant information from different areas/wards of the hospital and coordinates with the concerned consultants and ward sisters to streamline timely and efficient cross-consultation services to the patient.

Upto 140 calls are being received and co-ordinated by this desk daily.

Dr. Deepinder Chhina & Dr. Veenu Gupta (Microbiology) chaired sessions and presented posters and **Dr. Pooja Suri** presented a paper in MICROCON (NW) 2009 at Jammu, 21st Feb. **Dr. Benika Kajla** bagged the second prize for the paper "Central venous catheter related infections in cardiac unit of tertiary care hospital" and **Dr. Kawalpreet Kaur** got the first prize in the Master Mind Quiz.

Dr. P L Gautam (Anaesthesiology) chaired a session in 3rd Workshop on Perioperative and Critical care Trans-oesophageal Echocardiography and presented a paper on "Polytrauma with ruptured Tricuspid valve" at PGIMER, Chandigarh, 27th Feb-1st March. He also chaired a session in the Annual Conference of Indian Society of Criticare Medicine 2009, at Agra, 18th-22nd Feb.

Dr. Baldev Singh Aulakh chaired session in 'Promotion of deceased organ donation symposium', PGI, Chandigarh, 7th Feb.

Camps

Pulse Polio Camp

6821 children were covered successfully under the guidance of **Dr. Sunil Kumar Juneja** (Obst.) in Pulse Polio campaign from 1st-3rd Feb.

The Intensified Pulse Polio Campaign covered 3795 children and 7419 houses to administer polio drops under the supervision of **Dr. Sangeeta Girdhar** (SPM). **Dr. RK Soni** (SPM) was appointed independent monitor by WHO for special Pulse polio campaign for migratory population from 2nd-4th Feb in Urban area, Ludhiana.

Eye Camp

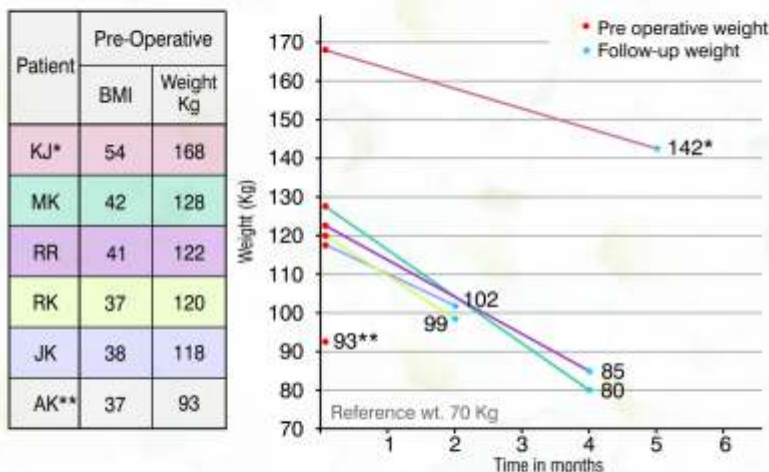
Dr. GS Bajwa (Ophthalmology) examined 123 patients at the Village Badra, Barnala, on 23rd Feb and 264 patients at Village Begampur, near Phillaur. Refractions were done on 215 patients. A camp was also conducted in Eye OPD, 8th Feb

Blood donation camps held.

668 units of blood were collected in various camps held under the supervision of **Dr. Amarjit Kaur** in collaboration with-Aadhar, The Foundation, Ludhiana; Blood Donor Council, Bhatinda; Baba Mali Singh Blood Donors Society, Kalyan Malka, BTD; Oriental Bank of Commerce, DMCH; Nagar Vikas Sabha, Chaukiman, Mandi Ahmedgarh; Guru Nanak Engineering College, Ludhiana; Salaam Zindagi Foundation; Rajindra Model Sr. Sec. School Haibowal Kalan, Ludhiana.



Dayanand Medical College and Hospital, Ludhiana
Bariatric Surgery - Outcome



Procedure/Surgery :
Gastric sleeve * Gastric bypass **Gastric banding

Tips for weight loss

- ☛ Use a quarter plate for dinner. Reducing the plate size by only 10% in diameter can reduce the amount of food you eat by a huge 19%.
- ☛ Drop your car keys, walk... Walking 70 steps/min burns 5 calories each minute. By continuous walk for 30 minutes each day, five days a week, you lose up to 3000 calories a month.
- ☛ Three 10 minute sessions of brisk walking in a day are as good as one 30 minute session.
- ☛ By eliminating 250 calories a day from food and shedding another 250 through exercise, you can lose half a kilogram per week. Half a Kg body weight is equivalent to 3500 calories.

Thought for the Month



**Music cannot be seen,
Beauty cannot be heard**

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. Virender Pal Singh and Dr. Deepak Bhat.

*Issue Co-ordinator

WHAT YOU MUST KNOW ABOUT...

Bariatric Surgery

Dr. P.S. Nain, Associate Professor, Surgery

Q. What is bariatric surgery?

A. It is also known as weight loss surgery and refers to various surgical procedures performed to treat obesity by modification of the gastrointestinal tract to reduce nutrient intake and/or absorption. The term does not include procedures for surgical removal of body fat such as liposuction or abdominoplasty.

Q. Who needs bariatric surgery ?

A. Obese individuals who have been unable to achieve significant weight loss through diet modification and exercise programs alone.

Q. What is body mass index (BMI)? How is obesity calculated?

A. BMI=weight in kg/height in meters² (by quetelets index).Obesity is calculated by BMI; underweight <18.5; normal 18.5-25; overweight 25-27; mild obesity 27-30; moderate obesity >30; severe obesity >35; morbid obesity >40; super obesity >50.

Q. Are there any health hazards of obesity ?

A. Obesity damages the body by its mechanical, metabolic and psycho-physiological adverse effects on normal body function.

Q. Are there any selection criteria for obesity surgery?

A. BMI>40, BMI>35 with co-morbidity (hypertension, type 2 diabetes mellitus, sleep apnoea, reflux, dyslipidemia etc.)

Q. What are the types of obesity surgery?

- A.
1. Restrictive
 - a. Laproscopic adjustable gastric banding
 - b. Sleeve gastrectomy
 2. Malabsorptive
 - a. Roux-en-Y gastric bypass
 - b. Bilio-pancreatic diversion (BPD)
 - c. BPD with duodenal switch.

Q. Is the bariatric surgery safe for the patient?

A. Complication rate is as low as 0.35%.

Q. What defines successful weight loss surgery?

A. The ability to achieve and maintain loss of at least 50% of excess body weight without having substantial adverse effects.

Q. What other specialities are involved with bariatric surgery?

A. It is a multidisciplinary team approach which includes anaesthesiologists, plastic surgeon, pulmonologists, cardiologists, dietician, endocrinologists and psychotherapists.

Q. What is the diet after bariatric surgery?

A. We recommend a diet that is relatively high in protein and low in carbohydrates and alcohol. Post surgery, overeating is curbed because exceeding the capacity of the stomach causes nausea and vomiting, thus patients cannot eat a large quantity of food.

Q. Are these surgeries being done in DMCH?

A. Yes, facilities for bariatric surgery are available in DMCH. Several successful surgeries have been carried out and many more are scheduled in the near future.

HELP LINES

EPABX: 0161-4688888, 4687777 (60 lines)
HEART INSTITUTE: 0161-2304282 to 2304287
AMBULANCE: 98155-50100
Fax: 0161-2302620
E-mail: dmch_idh@satyam.net.in, dmch_idh@glide.net.in
Website: www.dmch.edu

For Comments & Suggestions : Mail us at dmchcapsule@gmail.com