



DMCH Capsule



A Monthly Update From the Principal's Desk

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Dear Friends

More than one option is generally available while making decisions to tackle problems. It is prudent to carefully consider the consequences of the different alternatives so that we are not left grappling with unanticipated new issues resulting from our actions.

In medical practice, young doctors are often tempted to use aggressive modes of management, which may not always be the best choice. As experience tells, a conservative approach, though less attractive, may sometimes be more sensible and successful.

As suggested by 'Thought for the month' (last page), do not let the treatment be worse than the disease.

Dr. Daljit Singh
Principal

CME-cum-Workshop on Colposcopy

Department of Obstetrics & Gynaecology organized a CME-cum-workshop on 14th March, on Colposcopy for early detection of cervical cancer. Sh. Prem Kumar Gupta, Secretary DMCH Managing Society, was the Chief Guest. Dr. BK Gill (Org. Chairperson) emphasized the role of colposcopy in detection of precancerous lesions of cervical cancer. [Pic. A, Pullout] [see p 2]

CME on Medicolegal update and Consumer Protection Act

Department of Forensic Medicine organized a CME on Medico-legal Update and Consumer Protection Act on 16th March with Dr. Virender Pal Singh as org. secretary. The theme was Prevention of litigation against clinicians. Dr. SP Sharma, Civil Surgeon, Ludhiana, and Sh. Prem Kumar Gupta, inaugurated the CME. [Pic. B, Pullout] [see p 2]

TB Awareness Week

DMCH organized the tuberculosis awareness week from 19th-24th March under the guidance of Dr. J Whig (Vice Principal, Pulmonary Medicine) Chairman, State Task Force RNTCP. World TB day is observed every year on March 24th to commemorate the discovery of M. Tuberculi bacteria, by Robert Koch. [Pic. Masthead] [see p 2]

ISSH Basic Course in Hand Surgery

Department of Orthopedics, organized a two day Basic Course in Hand Surgery on 21st-22nd March, which was attended by over 100 delegates. Sh. GC Dhawan, Vice President, Managing Society, DMCH inaugurated the workshop. [Pic. C] [see p 2]

CME on Hypospadiasis

Department of Plastic Surgery, under the aegis of North Zone Association of Plastic Surgeons of India organized a CME on Hypospadias, 28th Mar, which was inaugurated by Dr. N Dube, Ex-Director and Principal, DMCH. More than 150 Plastic Surgeons, Pediatric Surgeons, Urologist and General Surgeons participated. [Pic. D, Pullout] [see p 2]

APPI Workshop on Bronchial Asthma

The 22nd symposium on "Bronchial Asthma" was organized by the Department of Physiology, under the auspices of APPI, Ludhiana Chapter. [see p 2]



From p1:

Colposcopy CME-Workshop

...A live interactive colposcopy workshop was conducted by a galaxy of faculty. Dr. Vijay Zutshi, Dr. Sumita Mehta, Dr. Sindu Jacob, Dr. Sunita Goyal, Dr. Alka Satija, Dr. Monica Saluja, and Dr. Pooja Tandon delivered talks on various aspects of colposcopy.

CME-Medicolegal update & CPA

...A textbook on Forensic Medicine and Toxicology, authored by Dr. Gautam Biswas (Forensic Medicine) was released.

The CME faculty Dr. Daljit Singh (Principal), Dr. BS Shah (Med. Supdt.), Mr. Bhatti (Retd. ADGP), Dr. S Uppal (Plastic surg.), Dr. Gautam Biswas, Dr. SK Verma (UCMS, Delhi), Dr. RK Gorea (Gian Sagar Medical College), Dr. BR Sharma (GMCH, Chandigarh) and Mr. Ajay Kumar Jindal (Advocate), elaborated on various medicolegal aspects of patient care and on litigation against doctors.

TB Awareness Week

...Dr. J Whig emphasized on creating awareness about the disease and its management among the masses.

Dr. Daljit Singh (Principal & Chairman, Core Committee DOTS, DMCH) elaborated that children can present with TB at any age but majority of cases present between 1-4 years and efforts by RNTCP will decrease morbidity and mortality in the community.

A scroller has been installed in the DOTS OPD displaying the DOTS message in Hindi, Punjabi and English for the public. This was inaugurated by Shri. Prem Kumar Gupta Secretary Managing Society, DMCH on 24th Mar.

Dr. Anil Kashyap (Pulmonary Medicine), Dr. Rama Gupta (Microbiology) have completed the RNTCP Masters trainers course at LRS TB Institute, New Delhi, 2nd-14th March.

Resource faculty/Guest lectures

Dr. Daljit Singh (Principal, Pediatrics) delivered a guest lecture on "How to write Thesis?" at the 1st Workshop on 'Research methodology and Research writing' at BFUHS, Faridkot, 13th March.

Dr. S.C. Chopra and Dr. Sandeep Kaushal (Pharmacology) delivered guest lectures at the XXVII National Workshop on Clinical Pharmacology on 'Basic Biostatistics with MS Excel, Pharmacokinetics, and Pharmacokinetics with exercises' at PGIMER, Chandigarh, 5th March.

The following activities were carried out:

- ◆ Dr. Rajesh Mahajan (Medicine) delivered lecture on 'MDR Tuberculosis' at IMA house Ludhiana.
- ◆ Dr. Anil Kashyap conducted TB awareness camp for employees of Hero Cycle.
- ◆ A CME was held in the Medicine deptt. where Dr. Anil and Dr. Vineet delivered talks on DOTS and MDR tuberculosis.
- ◆ College of Nursing, celebrated TB day in which Dr. BS Shah (Medical Supdt.), Dr. Jasbir Kaur (Principal, College of Nursing) and Dr. Sarit Sharma (Nodal Officer-RNTCP) participated. Seminars and poster competition by the students of CON were held under the guidance of Mrs. Prabhjot Saini.



Dr. Sarit Sharma delivered a lecture wherein he gave an overview of the Revised National TB Control Programme. [Pic. E]

He stressed that the theme, "I am Stopping TB" has been chosen to highlight the responsibility of every person, in controlling tuberculosis. He also delivered a talk on All India Radio, Jalandhar on World TB Day.

Hand Surgery-Basic Course

...Dr. Mohammad Yamin (Course Chairman) and Dr. Harpal Singh Selhi (Org. Secretary) introduced the faculty comprising of Dr. Prakash Kotwal (AIIMS, New Delhi), Dr. Bhasakaranand Kumar (KMC, Manipal), Dr. Anil Bhatia (Pune), Dr. VK Tiwari (New Delhi) and Dr. Ravi Gupta (Chandigarh). The topics covered included carpal injuries, flexor and extensor tendon injuries, fractures and soft tissue injuries of thumb, management of distal radius fracture, finger tip injuries, nail bed injuries and postoperative rehabilitation. [Pic. F]

Dr. Praveen C. Sobti (Pediatrics) participated as faculty in the Thalassaemia-Workshop on 8th March at Govt. Medical College, Patiala.

Dr. Gurdeep Singh Dhooria (Pediatrics) attended the Pediatric Advanced Life Support course as Instructor at PGIMER Chandigarh, 21st-22nd March.

Dr. Mohammad Yamin, Dr. Rajnish Garg, Dr. Harpal Singh Selhi, Dr. Sanjeev Mahajan, Dr. Deepak Jain, Dr. Pankaj Mahindra (Orthopedics) were faculty and table instructors at the 'Basic Course in Principles of fracture fixation' organized by AO Foundation at Ludhiana, 1st-3rd March.



CME on Hypospadiasis

...Different aspects of Hypospadias were discussed in detail by Dr. Ashok K Gupta, President, NZAPSI and Dr. Sanjeev Uppal (Org. Secretary) along with eminent national faculty Dr. AH Wani (SKIMS, Srinagar), Dr. Amil Lal Bhatt (SPS Medical College, Bikaner), Dr. Mukul Garg (Asopa Hospital, Agra), Dr. SR Anand (Jammu), Dr. Poonam Singh and Dr. RJ Singh (DMCH), Dr. Shabbir Iqbal (Srinagar) and Dr. BR Jindal (New Delhi).

Workshop-Bronchial Asthma

...Dr. Lily Walia (Physiology) felicitated the chairpersons. Among the distinguished participants were Dr. GK Ahuja, Dr. Sandeep Puri (Medical Supdt.) and Dr. Dinesh Badyal (CMCH, Ludhiana). Dr. Daljit Singh (Principal) said that the prevalence and severity of childhood asthma have increased substantially in recent years.

Talks were delivered on "Pathophysiology of Bronchial Asthma" Dr. Monika Garg (Physiology); "Drugs used in Bronchial Asthma" Dr. Tarundeep Singh (Pharmacology); "Management of Bronchial Asthma" Dr. Savita (Medicine). [Pic. G]



Dr. RK Soni (SPM) was resource faculty for the workshop on Research methodology and research writing at BFUHS, Faridkot, 13th March.

Guest lecture on Budd-Chiari Syndrome

Dr. Yogesh Chawla, Professor and Head, PGI, Chandigarh, delivered a guest lecture on "Evaluation and Management of Budd-Chiari Syndrome" at DMCH on 21st March. In his lecture, he emphasized that there are some specific features which can help in early diagnosis. Interdisciplinary approach is required for management of BCS.



Annual Convocation 2009



Annual Convocation

Annual convocation was held at DMCH on 7th March for batch 2003 medical graduates. Dr. SS Gill, Vice Chancellor, BFUHS, Faridkot was the chief guest. Principal Dr. Daljit Singh read out the annual report of the college and highlighted the achievements and progress made by various departments and faculty in the last one year. Dr. J Whig administered the Hippocratic Oath to the fresh graduates. The prize distribution was co-ordinated by Dr. SC Chopra. The Gold medal for the best graduate was presented to Dr. Sheenam Sharma and silver medal to Dr. Shikha Madan. The best all-rounder award went to Dr. Harleen Kaur. The best Intern award was given to Dr. Surneet Kaur Hayer. Dr. Sandeep Puri proposed the vote of thanks. The Chief Guest was felicitated by Sh. Sunil Kant Munjal, President and Sh. Prem Kumar Gupta, Secretary, Managing Society.



Academic & Cultural Events March '09

CME-cum-workshop on Colposcopy



CME on Hypospadias



CME on Medicolegal update
and Consumer Protection Act



Tribute to
Sahir Ludhianvi

'Kabhie-Kabhie' - Inter college singing competition for students of medical, dental and nursing colleges of Ludhiana and a cultural programme by 'Dhvani' and DMC faculty.

Training courses imparted

Dr. Deepak Bhat (Pediatrics) participated as faculty for the training program for developing middle level trainers on 'Infant and young child feeding counselling- the 3 in 1 course', 16th-21st March, Ferozepur. [Pic. H]



A sensitization workshop on HIV/AIDS and ICTIC centers was conducted for all administrative and technical staff of DMCH on 13th March.

Camps

Blood Donation Camps

863 units of blood were collected under the supervision of Dr. Amarjit Kaur in voluntary blood donation camps held in collaboration with the following:

Social Welfare Organization Mandi Ahmedgarh; National Consumer Awareness Group (Regd.), Jagraon; Lions Club Mandi Nihal Singh Wala, Distt Moga; BSNL Employees Union, Ludhiana Telecom district; Shaheed Bhagat Singh Blood Donors and Welfare society, Raikot, Sri Guru Teg Bahadur Khalsa College, Anandpur Sahib.

Pulse Polio Camp

7862 children were covered successfully in Pulse Polio campaign from 1st-3rd March under the guidance of Dr. Sunil Kumar Juneja (OBG).

Medical Camp

A team of consultants and senior residents Dr. Rajoo Singh Chhina (Gastroenterology), Dr. Jasdeep Singh (Surgery), Dr. Rohit Tandon

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

Advanced Central Sterile Supply Department (CSSD)

CSSD has been equipped with the state-of-art sterilising equipments including five hi-tech autoclave machines, two bulk autoclave plants, two high speed autoclave machines and two ETO machines, in newly built premises.

A special Medical Grade Crepe Paper has been introduced for packing of medical goods like instrument trays, procedure sets and textiles. This new non-woven wrapping paper offers excellent drape ability and has over-average mechanical strength. It has a water resistant finish which is useful in steam, gas and gamma-ray sterilization and protects against contamination after sterilization. It also meets the requirements of EN 868, is convenient and economical. Damages due to puncturing or tearing are easily identifiable. Its specific pore distribution and high air flow resistance ensure extremely safe storage properties thus has a longer shelf life (upto six months when accurately wrapped and stored).



(Cardiology), Dr. Arvind Goyal and Dr. Maninder (Urology), Dr. Amandeep Singh (Medicine)) examined 300 patients under the aegis of Sardarni Kaur Memorial Charitable Hospital, Lohara, District Moga. Dr. B.S. Gill spoke about the various public health service plans offered by DMCH. [Pic. I]



Surgical and Medical Camp at Kisan Mela, PAU

370 patients were examined by a team of consultants Dr. Rajoo Singh Chhina, Dr. Amit Bery alongwith senior residents while 450 patients were given surgical consultation by a team of consultants under the supervision of Dr. Kuldip Singh (Surgery). Free tests for HIV were performed, all persons above the age of 65 years were issued

"Senior citizen card" and 70 patients had free ultrasound scans, on 19-20 March, at PAU, Ludhiana. [Pic. J]



Congratulations

❖ Dr. Jasbir Kaur (Principal, College of Nursing) on being appointed as Ph.D. Supervisor for Ph.D. in Nursing Programme by Indira Gandhi National Open University, New Delhi.

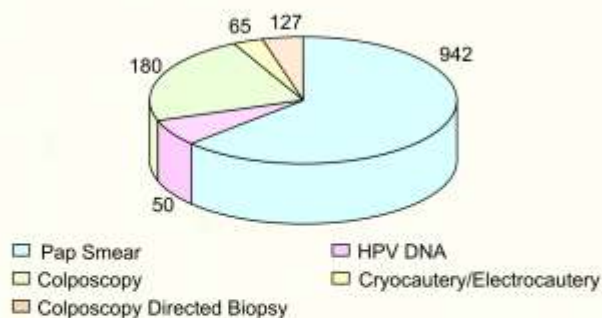
Sessions chaired / Conferences attended / Papers presented

- Dr. Daljit Singh (Principal, Pediatrics) and Dr. Rajoo Singh Chhina (Gastro)
- Dr. Rajkumar (Micro)
- Dr. Navjot Bajwa and Dr. Navpreet Kaur (Biochem.)
- Dr. RK Soni (SPM)
- Dr. Deepinder Chhina, Dr. Veenu Gupta, Dr. Pooja Suri (Micro)
- Dr. Dinesh Garg and Dr. Sumeet Chopra (Ophth)
- Dr. RK Soni and Dr. Sangeeta Girdhar (SPM)
- Dr. Omesh Goyal (Gastro)
- Attended as faculty the Platinum Jubilee Celebrations Commemorative International Workshop, New Delhi, 2nd-3rd March.
- Chaired session in the National Conference on Emerging Trends in Mycoplasmas, IGMC, Shimla, 26th March.
- Chaired sessions and attended the CME on Cancer Biochemistry, PGIMS, Rohtak, 28th March.
- Chaired session in ICMR Symposium cum training programme, National JALMA Institute for Leprosy and other mycobacterial diseases, Agra, 21st-23rd March.
- Attended conference on Emerging Trends in Mycoplasmas, IGMC, Shimla, 26th March.
- Attended Annual conference of Delhi Ophthalmological Society, New Delhi, 20th-22nd March.
- Presented papers on 'Obesity : An emerging public health problem in adult Punjabis' and 'Contraceptive practices and related factors among females in a rural area of Ludhiana' respectively at National Seminar on Population and Development : Issues and Challenges in Punjab, CRRID, Chandigarh, 3rd-4th March.
- Won the 'best paper award' for the clinical trial entitled, 'Role of pentoxifylline in severe alcoholic hepatitis: a randomized double blind placebo controlled study' at the Annual conference of Indian National Association for study of liver, New Delhi, 28th March.

Dayanand Medical College and Hospital, Ludhiana

Cases screened for Cervical Cancer

April 2008–March 2009



WHAT YOU MUST KNOW ABOUT...

Prevention of Cervical Cancer

Dr. B.K. Gill, Prof & Head, Deptt of Obst. & Gynae.

- Q. What is the incidence of cervical cancer?**
 A. Carcinoma cervix is the most common cancer in females and accounts for 80% of genital cancers in India. About 1.5 lakh women are diagnosed and 74,000 die of cervical cancer in India.
- Q. Why is it important to screen the women for cervical cancer?**
 A. India accounts for 27% of global deaths due to cervical cancer. It usually affects young women (35-45 yrs) who have a long premalignant phase (approx. 10yrs) and can be 100% cured when detected in the pre-invasive stage, so it is important to screen all sexually active women.
- Q. Is there any screening test available for the early detection of carcinoma cervix?**
 A. The easy accessibility of the cervix to inspection and tissue sampling have led to the availability of various screening tests like PAP smear, VIA (visual inspection after acetic acid application), HPV DNA test and colposcopy.
- Q. What is PAP smear? When should it be taken?**
 A. A PAP smear (PAP test) is a surface biopsy used to examine cells from the cervix and the vagina. All sexually active women over the age of 30yrs. should undergo an annual PAP test.
- Q. Why is it important to get HPV DNA test?**
 A. Infection with oncogenic HPV DNA types (16 and 18) is the most significant risk factor (99.7%) in cervical cancer etiology. Hence it is important to get HPV DNA test done, from 30 years onwards.
- Q. What is Colposcopy? What are its advantages?**
 A. Colposcopy is the method of examining the cervix and vagina under magnification using an external light source. It can detect suspicious lesions and localize abnormal areas. Biopsies from the selected areas can be obtained and appropriate treatment can be administered.
- Q. What the treatment modalities for early lesions?**
 A. The various treatment modalities available for CIN are ablative and excisional techniques. Ablatives are cryosurgery, laser vaporization, electrocautery. Excisional techniques are punch biopsy, conization, loop electrosurgical excision procedure (LEEP), large loop excision of the transformation zone (LLETZ).
- Q. Is there any vaccine available? What is the dosing schedule?**
 A. Primary prevention is now available in the form of HPV vaccines as a quadrivalent (Gardasil) and a bivalent (Cervarix) vaccine. 0.5ml of the quadrivalent vaccine (Gardasil) is administered intramuscularly in a 3 dose schedule (0,2,6 months) to females ages 9-26 years.
- Q. Are these facilities available in DMCH?**
 A. Yes, these facilities are available in the Obstetric and Gynaecology department.

From the pages of history of medicine.....



Stethoscope, the most important innovation was invented by **Rene Laennec** in 1816. While examining a young obese lady at Necker hospital having a heart problem bachelor Laennec was shy to follow the prevailing method of examination by placing the ear to the chest of the lady. He recalled a scene wherein he was called by two children playing with a log of wood, one tapping at one end and Laennec hearing the augmented sound.

He simulated the same using a rolled quire of paper into a short cylinder and applied one end of it to the chest of the lady and the other to his ear. To his surprise he heard the heart sounds more clear and distinct.

Later he modified his discovery into a wooden monaural stethoscope, 9" long, 1.5" in diameter divided into two portions screwed together with a removable chest piece at one end. The current binaural stethoscope with rubber tubes is a modification of this.

"Every physician who auscultates is by this act a disciple of Laennec, the founder of modern chest medicine."

Thought for the Month



When solving a problem, don't create a new one

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,
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