



DMCH Capsule



Dear Friends

Relationships are built over a considerable period of time, developed on trust, understanding and mutual respect. However, they need constant reinforcement, and must not be taken for granted.

A trivial error in communication may result in an unintended breach of faith, unnecessarily straining or even breaking a longstanding relationship. Also, deliberate mischief by some other person who is envious or jealous, can create havoc.

As suggested, "Thought for the month" (last page), do not allow old bonds to be wrecked by misunderstanding or doubt.

Dr. Daljit Singh
Principal

Welcome Function for Freshers

To welcome the freshers of batch 2009, students of MBBS Batch 2008 organised a colourful cultural programme at Dumra Auditorium on 9th Sept. Those present during the function included Sh. Prem Kumar Gupta, Secretary, DMCH Managing Society, Dr. Daljit Singh, Principal, Dr. Rajoo Singh Chhina, Acting Dean Academics and Dr. BS Shah, Medical Supdt. and other faculty members.

The programme began with a "Prayer song" followed by various cultural activities dances, songs and choreography. The fresh students were finally introduced to the faculty and senior students. An impressive slide show depicting the memorable moments of Batch-2008 was well received by the audience. [Pic. A, B]

IAP Pediatrics PG Quiz

Department of Pediatrics organised the 3rd Indian Academy of Pediatrics Quiz for Post graduate students PG-2009. The teams that participated in the quiz included PGIMER-Chandigarh, CMC-Ludhiana, DMC-Ludhiana, GMC-Patiala and SGRD-Amritsar.

Dr. HS Bains conducted the quiz. The winners of the quiz were Dr. Supreet and Dr. Jasmeet from DMCH, while the team from PGIMER was runners up. [Pic. C, D, Masthead]



Congratulations

Dr. Anju Grewal (Anaesthesia) being appointed as Joint Secretary of the Executive Body of Association of Obstetric Anaesthesia, India.

Dr. Manish Munjal (ENT) being awarded the "Tuli Sunder Das Memorial Award" at North West Zone Association of Otorhinolaryngologists of India (AOI) (ENT) conference at Govt. Medical College, Chandigarh.

Classical Dance - "Kathak" performed at DMCH

In joint effort with Apeejay College of Fine Arts, Jalandhar, a classical dance programme on "Kathak" was organised by **Dr. Santosh Vyas** and **Mrs. Virender Khajuria**.

The programme opened with a "Ganesh Vandana" followed by different compositions and footwork on Amod, Tora, Chakardar paran, Tatkar and Ram vandana. The highlight of the programme was impressive performance by the dancers on a ghazal song. [Pic. E]

International Conferences

Dr. Jagdeep Whig (Pulmonary medicine) attended European Respiratory Society Congress 2009 at Vienna, Austria and presented a paper entitled "Experience of bronchial artery embolization (BAE) in massive haemoptysis in 48 patients in a tertiary care centre in India".

Dr. Praveen Sobti (Pediatrics) presented a talk on "New economy, new problems in Indian Adolescents" at the 3rd Joint meeting on Adolescence Medicine at Catanzaro (Italy). She has been re-elected as member of Mediterranean and Middle East Action Group on Adolescent Medicine and Member of Editorial Board of Italian Journal of Adolescent Medicine. [Pic. F]

Training

Dr. Deepak Jain (Orthopedics) attended the AAO Fellowship at Queen Elizabeth Hospital, Hongkong from 17th Aug. to 11th Sept.

IMA conference

Dr. Daljit Singh (Pediatrics) was invited as Guest of Honour and spoke on the topic "Danger signs in pediatrics" at Regional Medical Update 2009 being organised by IMA Bathinda under the aegis of

IMA Academy of Medical Specialities and Punjab Medical Council. **Dr. GS Wander** (Cardiology) spoke on the topic "Indian guidelines for management of hypertension."

CME/Workshops/Guest lectures

- ◆ **Dr. Daljit Singh**, Principal, participated in the Pediatric conference of North India-2009, organised by Indian Academy of Pediatrics held at New Delhi. He was panelist for discussion on "Current Antimicrobial Armamentarium in pediatric office practice" and speaker in debate for the motion : "It is the right time to introduce HPV, Pneumococcal and Rotavirus Vaccine in National Immunization Program."
- ◆ **Dr. Lily Walia**, **Dr. Jasdeep Sandhu**, **Dr. Ritu Purohit**, **Dr. Mandeep Kaur** and **Dr. Vishavdeep Kaur** (Physiology) attended the National Symposium on "Emerging role of Physiology and Lifestyle Interventions in Health Sciences (EPLI-2) : An Update on Nutrition" at Delhi. [Pic.G]
- ◆ **Dr. Gautam Ahluwalia** (Medicine) delivered a guest lecture on current concepts of Swine origin H1N1 influenza virus organised by IMA, Jalandhar in collaboration with Civil Surgeon's Office .
- ◆ **Dr. Deepak Bhat** (Pediatrics) was invited as a guest of honour at a Playway & Nursery School in Ludhiana. On this occasion parents were given safety tips on safe Diwali celebrations. [Pic. H]
- ◆ In 2nd National Conference of the Association of Obstetric Anaesthesiologists, PGIMER, Chandigarh (18th -20th Sept.)-
 - **Dr. Sunil Katyal & Dr. Dinesh Sood** chaired a session on "Medical conditions in pregnancy" and "Obstetrics Analgesia" respectively.
 - **Dr. PL Gautam** delivered a guest lecture on "Obstetric Anaesthesia and Analgesia for a patient with mitral valve disease."
 - **Dr. Anju Grewal** conducted a workshop on "Resuscitation of pregnant patient". She also delivered a talk on "Why is it difficult to resuscitate a parturient and how to resuscitate a parturient."



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

New 128-Slice CT Scanner



New 128-slice CT scanner, which provides the fastest and highest-resolution imaging (complete head-to-toe scan in 10 seconds) in the field of radiology, has recently been installed at DMCH. It adds many more comfort features, including a larger opening that gives an open feel and a wider table that can accommodate patients upto 300 kgs of weight.

The new scanner is the world's first adaptive scanner, which means it reduces exposure while still capturing the most intricate images. The machine recognises the target area and adjusts the dose to protect you from unnecessary radiation.

- Dr. M Rupinder delivered a guest lecture on "Neuromuscular disorders and pregnancy."
 - ◆ Dr. Rajoo Singh Chhina (Gastroenterology) delivered a guest lecture at Chandigarh organised by CII on "Is regulation enough or do we need something beyond "for biomedical waste management. He also chaired a session at National Endoscopy Conference at PGI, Chandigarh.
 - ◆ Dr. Lily Walia, Dr. M.K. Narula, Dr. Vidushi Gupta, Dr. Hem Lata Badyal, Dr. Joginder Sidhu and residents (Physiology) attended CME on "Depression - an Update" at CMC, Ludhiana under the aegis of APPI Ludhiana Chapter. Dr. Walia was a judge for Oral PG Presentations. [Pic.I]
- Dr. Rupesh Chaudhary (Psychiatry) delivered a lecture on "Prevalence & aetiopathogenesis - depression"
- ◆ Dr. Sarit Sharma (Community Medicine) attended the Protocol Development Workshop for Tuberculosis Control organised by International Union Against Tuberculosis and Lung Diseases (IUATLD) at National Tuberculosis Institute, Bangalore from 21st-25th Sept. [Pic.J]

Camps

◆ **Blood Donation Camp**

Department of Transfusion & Medicine conducted 4 camps in collaboration with Salaam Zindagi Foundation, JCI Ludhiana, Aasra Welfare Society, Bathinda and City Club, Kotkapura and collected 416 units of blood.

◆ **Special Infertility Camp**

A special camp was organised by the Department of Obst. & Gynaecology in the OPD Block to create awareness regarding various aspects of infertility in couples. Dr. Suman Puri conducted the camp.

◆ **Free Eye Camp**

39th Free Eye Camp was conducted in the OPD in which 14 patients were examined, 10 refractions and 6 surgeries were done.

◆ **Free Medical Check up Camp**

Dr. Dinesh Jain (Medicine) examined workers of a Sugar Mill at Nawanshahr.

◆ **Free Medical and Cardiac Camp**

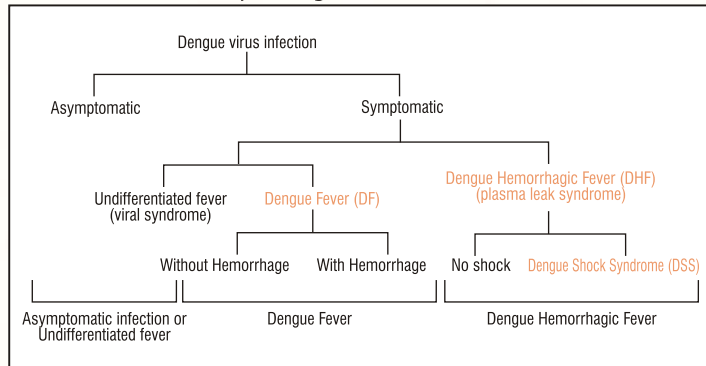
Over 500 patients were examined by Dr. Vineet Mahajan, Dr. Rohit Tandon and others at a free medical and cardiac camp held during Kisan Mela at PAU premises. Free medicines were distributed to the patients and Echo and ECG tests were done free of cost. The patients were also advised to maintain hygiene and preventive measures to keep away from viral infections and communicable diseases, have intake of nutritious diet and adopt balanced life-style. 'Senior Citizen Cards' were also issued to the persons of or above 65 years of age. Children with congenital deformity of cleft lip were also registered for free surgery. [Pic. K]



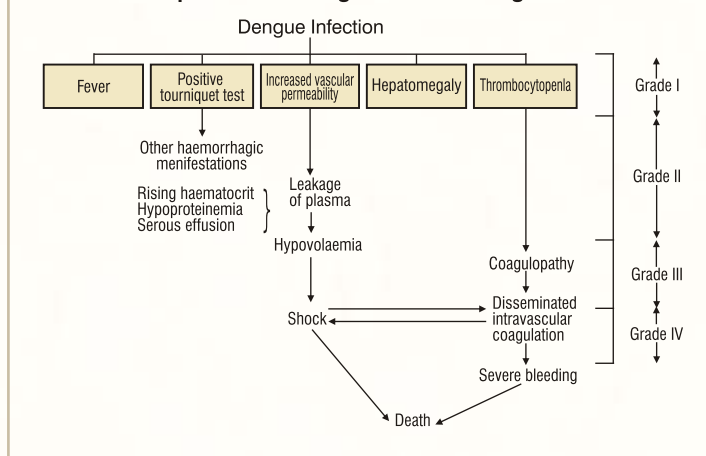
DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

Dengue

Separating Grain from Chaff



The Spectrum of Dengue Haemorrhagic Fever



Thought for the Month



*It takes seconds to destroy
what needs years to create.....*

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...

Dengue

Dr. Gautam Ahluwalia, Professor, Department of Medicine
& Medical Officer Incharge, Emergency Services

Q. Is dengue always a dangerous infection?

A. Most patients have dengue fever (DF) and not dengue hemorrhagic fever/dengue shock syndrome (DHF/DSS). DF is not a fatal condition if appropriately treated. DHF/DSS are potentially fatal. The major pathophysiological abnormality differentiating DF from DHF/DSS is the plasma leakage syndrome [hemoconcentration, hypoproteinemia and/or serous effusion (pleural and peritoneal)]. The severity of disease depends on quantum of plasma leakage and serotype of dengue virus, DEN-2 being the most virulent. In the diagnosis, dengue serology is positive after 5 days of illness.

Q. What is the most important factor in management of dengue?

A. There is no specific treatment like an antibiotic or a vaccine. Oral rehydration therapy (in the form of any liquid) should be initiated on the first day of the illness in DF as it prevents DHF and decreases risk for hospitalization and mortality. The fever should be controlled with paracetamol and by sponging. Non-steroidal anti-inflammatory drugs like ibuprofen, diclofenac, aclofenac are contraindicated.

Q. What is “Dengue Panic Syndrome”?

A. Unfortunately, patients as well as health care providers tend to “chase” platelet counts due to proliferation of “computerized laboratories” with automated ‘coulter’ machines. Often, the platelet count is underestimated by these computerized machines due to the clumping of platelets if they are not manually cross-checked. This “syndrome” of chasing platelet count in asymptomatic and convalescing patients can be labeled as “Dengue panic syndrome”.

Q. What are the symptoms which should NOT be ignored in dengue fever and may require hospitalization?

A. Persistent vomiting/abdominal pain unresponsive to oral antiemetic therapy; unable to maintain oral rehydration due to persistent vomiting; melena; bleeding from any site (In India, with very poor oral dental hygiene in most people, gum bleeding may occur even with mild thrombocytopenia); dizziness/vertigo on getting up from lying down position.

Q. Is platelet transfusion a “magic potion” for the management of dengue?

A. Platelet count is not predictive of bleeding. The unfortunate emphasis about platelet transfusion as a “cure” in the management of dengue needs to be dispelled. The threshold for prophylactic platelet transfusion is 10,000/mm³ in non-dengue patients. It can be suggested that since there is no other specific therapy for DHF/DSS, patients with bleeding tendency (which occurs irrespective of the platelet count in dengue) and/or a platelet count less than 20,000/mm³ may be transfused platelets empirically. However, this may still not result in increase of platelet count due to the severity of the disease.

Q. Does DMCH have facilities to manage critically ill DHF/DSS patients with multi organ failure?

A. At DMCH, all facilities to manage DHF/DSS patients are available including a state-of-the-art Transfusion Medicine department and Intensive Care Unit facilities.

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