



# DMCH Capsule



A Monthly Update From the Principal's Desk

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November-December, 2009

## Dear Friends

*Emotions are based on what we feel about the conditions we are facing at that moment. However, it is our thought process which determines how we interpret our internal and external environment.*

*There is a misconception that emotions are 'natural' and depend purely on what we are experiencing. Rather, it is a common observation that different people react differently to the same situation. We can actually control our response to circumstances.*

*As suggested by "Thought for the month" (last page), you can choose to be miserable or to remain happy.*

Dr. Daljit Singh  
Principal

## World Mental Health Day

To mark World Mental Health Day an awareness programme was organised on Suicide and its Prevention. Sh. Harish Rai Dhanda, Chief Parliamentary Secretary was the guest speaker. The programme was inaugurated by Sh. Prem Kumar Gupta, Secretary, DMCH Managing Society.

Dr. Ranjive Mahajan (Psychiatry) stated that according to WHO estimates, one million suicides occur every year across the world and are expected to rise to 1.5 millions by 2010. Dr. Daljit Singh in his address said that it is very important for a doctor to keep track of the patients having a tendency to commit suicide and refer them for the expert care at the earliest. Sh. Harish Rai Dhanda spoke on the intricacies of suicide and the need to reconsider Article 309 of IPC, which makes suicide as a punishable offence. [Pic. A, B]

## Neonatal Advanced Life Support Programme

Department of Pediatrics organised Neonatal Advanced Life Support Programme for the pediatricians, obstetricians, anaesthetists and general practitioners. Dr. Harmesh Singh Bains (Pediatrics) welcomed the chief guest Dr. JP Singh, Director, Health Services, Family Welfare, Punjab and other dignitaries including Dr. Mamta Sharma, Joint Secretary, NNF from Delhi and Dr. Maninderjit Singh, Civil Surgeon.

The resource faculty for the workshop included Dr. Mamta Sharma, Dr. Daljit Singh and Dr. Harmesh Singh Bains. The delegates were given hands-on training for actions to be undertaken for saving the life of an infant, immediately after the birth, even with minimal medical facility or equipment. [Pic. C, Masthead]

## 6th Annual NZAPSI

Two-day 6th Annual North Zone Association of Plastic Surgeons of India (NZAPSICON-2009) was inaugurated by the Chief Guest Dr. CP Sawhney, Former President of APSI-National Chapter. The guests of honour during the conference were Dr. Arun K. Singh and Dr. PS Chari.

The concluding day had a scientific session on Cranio Facial and Cosmetic Surgery. Dr. Sanjeev Uppal discussed the innovations in hair transplant. Dr. RK Sharma, Dr. Adil Hafeez Wani, Dr. Ravinder Tah were other distinguished speakers. [Pic. D, E]



## Congratulations

Dr. BS Shah (Medical Supdt.) has received Appreciation Award for commendable work done as a chairman for IMA House Committee by the State IMA Committee.

## Fellowship

Dr. Vishal Kalia (Radio Diagnosis) underwent one month Fellowship by Indian College of Radiology in GI Interventions at Sanjay Gandhi PGI, Lucknow.

## RNTCP Sensitization

A sensitization lecture on Revised National Tuberculosis Control Programme (RNTCP) was organised for the faculty and post graduate students. The programme was inaugurated by Dr. Daljit Singh, Principal and Dr. Jagdeep Whig, Vice Principal cum STF (State Task Force)-RNTCP Chairperson, Punjab. [Pic.F] Dr. HS Dhooria and Dr. Amit were the guest speakers.



## Pediatric BLS Provider Course

Department of Pediatrics organized Pediatric BLS (Basic Life Support) Provider Course for pediatricians, physiotherapists and the nursing staff. Dr. Harmesh Singh Bains and Dr. Daljit Singh (Pediatrics) gave an overview of the course. The participants were given hands-on training for actions to be undertaken for saving the life of a patient, when no medical facility or equipment is available. The course includes the technique of CPR (cardiopulmonary resuscitation) in children and infants with one or two rescuers, the method of giving rescue breaths and bag-mask ventilation, chest compressions and use of AED (Automated External Defibrillator). [Pic. G]



## International Conferences

Dr. Harpal Singh Selhi (Orthopaedics) attended a conference at OTA Annual meeting in San Diego and presented a paper entitled "Outcome in patient's with infected non union of the long bones treated with Reinforced

Antibiotic Bone Cement Rod (RABC)". The paper was selected as one of the three best papers and he has been invited to submit the same for publication in Journal of Trauma. [Pic. H]

Dr. Pramod Sood attended the 22nd Annual Congress of European Society of Intensive Care Medicine, Vienna, Austria.

## Guest lectures/Sessions Chaired/CME/Workshops

- ◆ MICROCON (NW)-2009 (Microbiology) held at CMC, Ludhiana
  - Dr. Raj Kumar delivered a keynote on "Emerging pathogens with vengeance" and chaired a session.
  - Dr. Deepinder Chhina chaired a session and was judge in oral paper presentation.
  - Dr. Veenu Gupta presented a case report (Poster Presentation).
- ◆ 10th OZ-ISACON 2009 (Anaesthesiology) at Patiala
  - Dr. Sunil Katyal presented a guest lecture on "Recent advances in anaesthesia for laparoscopic surgery."
  - Dr. PL Gautam presented a guest lecture on "Embolitic phenomena in polytrauma". He also conducted Anaesthesia quiz in resident hour session.
  - Dr. Dinesh Sood delivered guest lecture on "Laser and anaesthesia."
  - Dr. Anju Grewal gave a guest lecture on "Unpredicted difficult airway" and was faculty for Airway and CPR Workshops.
  - Dr. M. Rupinder Singh presented a guest lecture on "Geriatric pitfall and its management".
- ◆ Dr. Kavita Sagar (Radio Diagnosis) delivered a guest lecture "Injuries of the knee : Strategic Approach to MR Interpretation" at ICRI-CME 2009 at Amritsar and another guest lecture on diagnostic imaging at NSCASI-9th CME at Ambala.
- ◆ Dr. Rajoo Singh Chhina delivered a lecture on the topic "Advance in management of IBS " in Annual Conference-IMSACON-2009 at Chandigarh. He was also invited by Doordarshan Kendar, Jalandhar for a talk on Health related topics.
- ◆ Dr. Anju Grewal and Dr. M. Rupinder Singh (Anaesthesia) participated as faculty in Annual National Conference of RSACP at New Delhi and delivered talks on "How to get your scientific paper accepted" [Pic.I], and "Crisis Management in Anaesthesia" respectively.



- ◆ Dr. Deepak Jain delivered a talk on "ACL Reconstruction in Advanced knee workshop" at 8th Annual Congress of Indian Anthroscopy Society at Ahmedabad.
- ◆ Dr. Amarjit Kaur (Transfusion Medicine) was the chief co-ordinator of the programme held at Blood Bank, Civil Hospital, Phagwara and spoke on the Importance of voluntary blood donation programme and Dr. Rajesh Kumar spoke on importance of blood donors, motivators, donor care and retention.

- ◆ Dr. Devinder Singh Sandhu (Medical Oncology) participated in the Cancer awareness seminar at a Village in Jalandhar Distt. held in association with Cancer Council of India-CCI. [Pic. J]
- ◆ Dr. Harmesh Singh Bains (Pediatrics) chaired a session at Pediatric Cardiology Symposium in Annual Conference of Pediatric Cardiac Society of India at Chandigarh.
- ◆ Dr. BS Aulakh (Urology & Transplant) chaired a session at Annual Conference of Urological Society of India (NZ) at Amritsar and was judge for the Best Paper Award. [Pic. K]
- ◆ Dr. Alka Dogra (Skin & VD) chaired a session in the 2nd Annual Conference of IADVL (North Zone) and 35th Annual Conference of IADVL (Pb, Chd, HP) held at Chandigarh.



- ◆ Dr. Poonam Singh, Dr. Hitant Vohra, Dr. Anu Sharma, Dr. Ajay Kumar, Mrs. Anshu Soni, Dr. Sonia Singh, Dr. Seema Gupta (Anatomy) participated in the 9th CME and 4th Annual Meet of North State Chapter of Anatomical Society of India at Ambala. Dr. Poonam Singh was the guest of honour and chaired a session. She along with Dr. Ajay Kumar were nominated as executive members of NSCASI for the year 2010.
- ◆ Dr. Anurag Chaudhary, Dr. Mahesh Satija (Community Medicine) and Dr. Deepak Jain (Orthopaedics) attended the WHO workshop on violence injury prevalence and injury surveillance at Government Medical College, Chandigarh.
- ◆ Dr. Anurag Chaudhary (Community Medicine) attended the International workshop on "Micronutrients and Child Health" at AIIMS, New Delhi.
- ◆ Mr. Anurag Bhai Patidar (Nursing), presented a paper at 8th meeting of Association of Cardiac Nurses at Gurgaon.

### Conferences attended

Dr. Praveen C. Sobti (Pediatrics) attended the 9th International Conference on Thalassemia held at New Delhi.

Dr. Jagdeep Whig (Respiratory Medicine) & Dr. Sarit Sharma (Community Medicine) attended the Zonal Task Force of RNTCP at Srinagar.

Dr. Gurdeep Singh Dhooria (Pediatrics) attended the Pediatric Conference of North India, 2009 at New Delhi.

Dr. GS Bajwa (Ophthalmology), attended the North Zone Ophthalmological Society (NZOS) conference at Gurgaon. He chaired the session on Recent Trends of Ophthalmology and was one of the judges for posters session. [Pic. L]

Dr. Anurag Chaudhary, Dr. RK Saini, Dr. Sarit Sharma, Dr. Sangeeta Girdhar, Dr. Mahesh Satija and Dr. PJS Gill (Community

What's



at DMCH....



### Service Block



Spread over the sprawling area of 13,000 square feet, newly constructed Service Block has several offices under one roof including Estate Office, Building and Maintenance Department, Purchase Office, General Store and Building Department.

Medicine) attended the Annual Conference-Indian Association of Preventive and Social Medicine (Punjab Chapter) at Ludhiana.

Mrs. Prabhjot Saini (Nursing) attended the SNA conference held at Kolkata.



### Camps

#### ◆ Blood Donation Camp

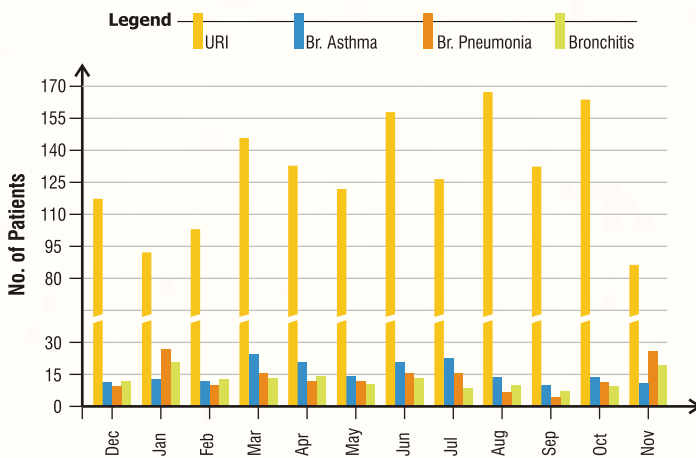
Department of Transfusion Medicine organised blood donation camps in collaboration with Rotary Club, Hero Charitable Trust, Shaheed Bhagat Singh Youth Federation and Rockman Industries at Ludhiana and collected 159 units of blood.

#### ◆ Free Eye Camp

41st free eye camp was conducted in Eye OPD at DMCH.

DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

**Month Wise Trend of Major Respiratory Diseases  
in Pediatrics OPD  
Dec 2008 to Nov 2009**



**WHAT YOU MUST KNOW ABOUT...  
'Swine Flu' (H1N1)**

**Dr. Harmesh Singh Bains, Professor & Head, Department of Pediatrics**

**Q. Why is Swine flu so called?**

A. The 2009 H1N1 virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America.

**Q. When to suspect H1N1?**

A. Swine influenza should be suspected in a person with acute febrile respiratory illness with:

- ▶ Onset within 7 days of close contact with a confirmed case or
- ▶ Within 7 days of travel to community where there are one or more confirmed cases or
- ▶ Resides in a community where there are one or more confirmed cases.

**Q. What are the common features of flu?**

A. Sudden onset of chills and fever (101-103F), headache, extreme tiredness, fatigue, malaise, sore throat, dry cough, terrible muscle aches, eye aches and sensitivity to light, burning sensations in the chest, nausea, vomiting, diarrhea, dizziness, nasal stuffiness/Rhinitis. Sporadic cases can also occur.

**Q. Can we clinically differentiate between H1N1 and common cold?**

A. It is difficult to differentiate between the two. If the patient apart from respiratory difficulty also has diarrhoea and vomiting, the suspicion of H1N1 is higher. If signs and symptoms are only above the neck region, it is usually common cold.

**Q. How is flu transmitted?**

A. Mode of transmission is by Aerosol and direct/indirect contact. Incubation period is about 2 days (1-5 days). The infectious period is 1-2 days prior and 4-5 days after onset of symptoms.

**Q. How do we categorize swine flu?**

A. They are categorized into category A, B and C.

- ▶ Category A has features of category B but are more severe and there will be breathlessness, with signs of other systemic illness. Admitted and given antiviral therapy.
- ▶ Category B patients have mild fever, sore throat, running nose, diarrhea and body aches : Treated symptomatically. In appropriate clinical setting, given antiviral and sent home.
- ▶ Category C have no signs or symptoms as described for category B. Treated symptomatically at home without antivirals.

**Q. How do we diagnose swine flu?**

A. Provisional diagnosis is based on - clinical picture+outbreak in the locality. The nodal person at civil hospital is informed who takes the throat swabs and provides antiviral drugs.

**Q. What is the treatment of swine flu?**

A. Treatment is largely supportive : Antipyretics and analgesics (no aspirin for ages 6months-18years), bed rest, consumption of more fluids, cough suppressants, Drugs-Oseltamavir and Zanamivir have been approved for the use in H1N1 (category A & B).

**Q. When to start antiviral drugs?**

A. If clinically diagnosed, as soon as possible after the onset of symptoms, within 48 hours of illness. Should not wait for laboratory confirmation of influenza to begin treatment with antiviral drugs. The recommended duration of treatment is 5 days.

**Q. How to prevent swine flu?**

A. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water. An alcohol-based hand rub can be used. Avoid touching your eyes, nose or mouth. Use of N95 or three ply masks also prevent its spread. Chemo prophylaxis in the form of anti-viral drug is given to the close contacts for a period of 10 days.

**Q. What are the complications of swine flu?**

A. Following are the complications of swine flu:

- ▶ Pulmonary-Bacterial pneumonia, Bronchitis, Viral pneumonia,
- ▶ Non-pulmonary-Myositis, Myocarditis, Encephalopathy, Reye syndrome Guillain-Barre syndrome, renal failure.

**Q. Is any swine flu vaccine available in India?**

A. No, there is no specific swine flu vaccine available in India at present. Trials are in progress.

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



**Percussion**

Auenbrugger, an Austrian physician and son of an innkeeper, in 1761 devised medical percussion from the practice of tapping wine barrels to find how much was left. It gave him the idea of tapping the chest similarly to elicit sounds. When tapped, a healthy chest produces a hollow sound, but fluid changes this to a dull, flat thud.



**Thought for the Month**



**You feel as you think**

**Executive Team – DMCH Capsule**

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