



DMCH Capsule



A Monthly Update From the Principal's Desk

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June, 2009

Dear Friends

We have all spoken some words in our life which we have regretted later. It is obvious that the moment we speak out what is in our mind, we have reached a point of no return. Those who keep ignoring this fact have to suffer the consequences.

Relationships are easily spoilt, sometimes irreversibly, by rash comments that disturb or hurt someone. It is better to curb expression of negative thoughts and emotions, and wait for them to change.

As suggested by 'Thought for the month' (last page), impulsive people tend to talk in haste and repent at leisure.

Dr. Daljit Singh
Principal

Thalassemia Day

In view of 18th International Thalassemia Day, Departments of Transfusion Medicine and Pediatrics jointly organised "10th Annual Medicos Voluntary Blood Donation Camp" at DMCH. Sh. Prem Kumar Gupta, Secretary, DMCH Managing Society, graced the occasion as the Chief Guest and Dr. Daljit Singh, Principal, was the Guest of Honour. The day is observed all over the world to commemorate the death anniversary of George Englesoz of Cyprus, who died at the young age of 26. Dr. Amarjit Kaur (Tranfusion Medicine) extended a warm welcome to the dignitaries and voluntary blood donors. Dr. Parveen C Sobti (Pediatrics) In-charge of Thalassemia Unit, proposed a vote of thanks. [Pic. A, B, Masthead]

Dr. Sandeep Puri, MS, was honoured with gold medal for holding the distinction of being the leading blood donor of DMCH. Other regular blood donors amongst the faculty members include Dr. Gautam Ahluwalia, Dr. Navjot Kaur Bajwa, Dr. GS Bajwa, Dr. Rajesh Arya, Dr. PPS Gill and Dr. Gautam Biswas.

World Asthma Day

College of Nursing, DMCH celebrated World Asthma Day. The event was graced by Dr. Jagdeep Whig, Vice Principal, DMCH, Dr. Jasbir Kaur, Principal, College of Nursing, DMCH, and the other dignitaries.

Dr. Anil Kashyap (Chest) delivered a lecture on treatment of asthma. A panel discussion on the theme of World Asthma Day, "You can control your Asthma", was organised. This included topics like epidemiology of asthma, prevention and emergency treatment, new approaches to management, anger management, and beneficial effects of yoga on the asthmatic patient. This was followed by a quiz on asthma.

In addition a free asthma camp was organised for asthma patients. 150 patients were examined during the camp, out of which spirometry test was done on 65 patients. Dr. Anil Kashyap, Dr. Vineet, Dr. HS Bains, Dr. Siddharth and Dr. Sushil, and Dr. Sanjeev Singh Rawat participated. [Pic. C, D]



International Nurses Day

“International Nurses Day” was celebrated at DMCH. The theme of the day was “Delivering Quality Service to Community : Nurses Leading Care Innovation”.

The function was held on the occasion of birth anniversary of Florence Nightingale. **Sh. Prem Kumar Gupta**, Secretary, DMCH Managing Society was the chief guest and **Sh. Satish Sanwalka**, Treasurer, was the guest of honour. [Pic. E, F]

A poster competition on the theme of the day was organised.



E



F

Workshop on Stress Management

A workshop on “Stress Management” was organised on May 6 for the doctors, staff nurses and employees posted in the Emergency Department under highly stressful working conditions. The workshop was



G

inaugurated by **Sh. Prem Kumar Gupta** and **Dr. Daljit Singh**. **Dr. Sanjeev Uppal**, **Dr. Rajoo Singh Chhina** and **Dr. Gautam Ahluwalia** convened the workshop. **Dr. Sanjeev S. Rawat** (yoga consultant) delivered a lecture on “Yoga as a remedy to stress”. **Dr. BP Mishra** (Psychiatry) spoke on how to cope with stress. [Pic. G, H, I]

Stress is a potent precipitant of emotional disorders. To a certain extent, stress is constructive since it “oils up” the physiological mechanisms essential to adaptation. It becomes abnormal when proper adaptation process cannot be made. Stress reactions are major factors in the etiology of illnesses like heart disease and stomach ulcers. Stress activates a massive conditioned nonspecific reaction to prepare for coping with an actual or anticipated threat. Once a situation is perceived and evaluated by the brain as dangerous, several sub-cortical centers come into play, leading to excessive production of cortisol. This, over a short-term period, is helpful in dealing with the problem. Excessive cortisol production over an extensive period leads to psychosomatic problems.



H



I

International Conference

Dr. Sunil Kumar Gupta (Skin & VD) attended the 10th International conference of Dermatology organised by World Congress of the International Society of Dermatology at Prague, Czech Republic.

Training/Workshops

Dr. BS Shah (Pathology) attended the training course on Application of Research Techniques in Reproductive Biomedicine sponsored by ICMR, New Delhi, Meerut Institute of Engineering and Technology and

Meerut Society of Andrology. He also delivered a guest lecture on FNAC Testis.

Dr. Harish Matta (Surgery) attended and chaired a clinical observership in Laproscopic Oncology organised by Indo American Cancer Institute and Research Centre at Hyderabad.

Laparoscopic handling of intraabdominal tumours is associated with decreased incidence of dissemination and local implantation thus decreasing the chances of recurrence besides reducing operative morbidity and mortality. Now, all intraabdominal tumours viz. stomach, small gut, colon, rectum, uterus etc. can be dealt optimally by laparoscopy. Eventually, it leads to speedy recovery, decreased hospital stay and has the cosmetic advantage of minimal scars.

Dr. Praveen Sobti (Pediatrics) attended a workshop on ‘Ethics in Biomedical Research’ organised by Indian Institute of Public Health, Gandhinagar with the help of National Academy of Medical Sciences (India), New Delhi and Gujarat State AIDS Central Society (GSACS), Ahmedabad. [Pic. J]



J

Faculty/lectures

♦ **Dr. PL Gautam** (Anaesthesiology) was invited as faculty instructor to coordinate a skill session in ‘Fundamental Critical Care Support’ (SCCM, USA certified) held at Jaipur. He also delivered two lectures.

He has authored a book entitled “Step by Step Anaesthesia in Obstetrics and Gynaecology” published by Anshan Bothers, UK. He has also contributed a

chapter on 'Operative Obstetrics and Gynaecology on operation theatre set up' published by Jaypee Brothers, New Delhi.

- ♦ Dr. Deepak Bhat delivered a lecture on "Childhood respiratory allergies" at a meeting organised by IAP, Jalandhar. [Pic. K]



Allergic diseases like asthma, atopic dermatitis, allergic rhinitis are common illness that have been increasing in prevalence. There are now more children with asthma, hay fever and eczema than ever before.

Environmental factors play very important role in triggering these allergies. It includes the internal environment of the house like type of bedding, number of domestic pets, number of smokers etc.

The interrelationships of the upper and lower airways suggest that treating upper airway symptoms improves asthma control.

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

New Surgery Recovery

A new surgery recovery room has been recently constructed with all the adequate facilities for high quality post-surgery patient care.

The new surgery recovery with a capacity of 28 beds has 13 multi-parameter vital signs monitors and provides a variety of monitoring options for constant assessing of the vital signs of post-operative patients as the effects of anesthesia wear off. The patients can also be observed for a longer duration of time.



Camps

Blood Donation Camps

- ♦ 207 units of blood were collected jointly by the deptt. of Transfusion Medicine and Pediatrics in the 10th Annual Medicos Voluntary Blood Donation Camp.
- ♦ 121 units of blood were collected in a camp organised with the help of Krantikari Shaheed Bhagat Singh Sewa Dal, Ludhiana.

Eye Camp

- ♦ 33rd eye camp was conducted in the Eye OPD in which 15 patients were examined, 12 refractions and 2 surgeries were done.

Congratulations

Dr. (Mrs.) BK Gill on being elected as Vice President of Obst. & Gynaecological Society of North India, Chandigarh for the year 2009-2010.

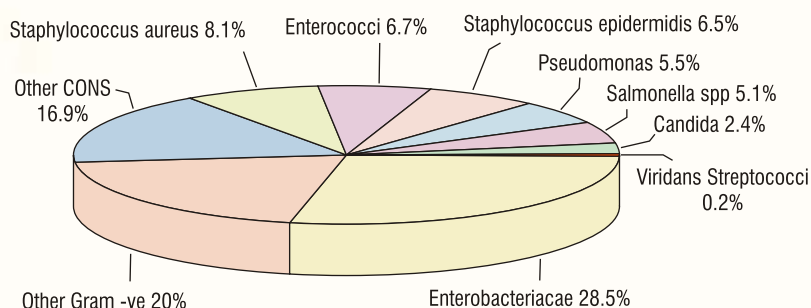
CMEs, Conferences attended / Sessions chaired

- ♦ Dr. (Mrs.)BK Gill (Obst. & Gynae)
 - ♦ Attended 25th Annual Conference of Indian Society of Perinatology and Reproductive Biology (ISOPARB-2009) at Indian Habitat Centre, New Delhi. She also chaired a session on "Prenatal Diagnosis".
 - ♦ Chaired a session at CME and Annual Meeting of Obst. & Gynaecological Society of North India at PGI, Chandigarh.
- ♦ Dr. Sandeep Puri (Medicine)
 - ♦ Attended Medicine CME-2009 "Basic Haematology for Physicians" at GMCH, Chandigarh. He chaired a session on Lymphomas and was a panelist on 'Anemia' discussion. He also attended a National Conference TROPICON 2009 on Tropical Neurology at PGI, Chandigarh.
- ♦ Dr. BS Shah (Pathology)
 - ♦ Chaired a session on "Intra vas deferens lumen assembly of nano particles drug for prostate cancer prevention." at an ICMR conference at Meerut.
- ♦ Dr. Arvind Goyal (Urology)
 - ♦ Chaired a session of "Laboratory Diagnosis of Genetic Tuberculosis" at the same conference.

Dayanand Medical College and Hospital, Ludhiana

Common Bacterial Isolates from Blood

(2008-09)



WHAT YOU MUST KNOW ABOUT...

Blood Culture (BACTEC system)

Dr. Raj Kumar, Prof. & Head, Dept. Of Microbiology

Q. What is the role of blood culture?

A. It is to establish diagnosis in suspected septicaemia, endocarditis, bacterial meningitis, pericarditis, septic arthritis, osteomyelitis, pyelonephritis, enteric fever or PUO.

Q. What are the different methods available for blood culture?

A. The various methods include Conventional blood culture system using glucose broth and bile broth; Self contained sub culture system eg. BD septichek; Lysis centrifugation; Instrument based system: BACTEC systems, BacT/ Alert, ESP system etc.

Q. How does BACTEC system differs from conventional blood culture system?

A. The incubation period with the conventional system is at least 7-10 days and often extended to 14-21 days for suspected bacterial endocarditis, Brucella or yeasts. BACTEC system is a fully automated instrument based system with bar code scanning. This system has EpiCenter Data management system with bidirectional networking. BACTEC System has the following advantages:

- Decreased detection time
- Increased positive recovery
- Potential to decrease length of hospital stay
- Decrease in total patient costs
- Increased positives from patients on antimicrobial therapy
- Low false positivity

Q. How to collect the blood for culture and what precautions are needed?

A. Blood should be collected aseptically. Vein should be chosen by touching the skin prior to disinfection. Skin should be cleaned with 70% alcohol followed by 2% tincture iodine. Allow the iodine to stay there for at least 1 min. Insert the needle into the vein and withdraw blood. Do not change the needle before injecting the blood into culture bottle. Ideally, the sample is collected at the pyrexial peak and prior to antibiotic therapy.

Q. How much quantity of blood should be collected?

A. Adults : 10-20ml of blood per culture.
Children : 1-5ml of blood per culture.

Q. How many samples of blood should preferably be taken?

A. If the volume of blood is adequate, 2-3 blood cultures spaced an hour apart are sufficient to achieve optimum blood culture sensitivity.

Q. What are the common organisms isolated from blood?

A. *Staphylococcus aureus*, *E.coli*, CONS, Enterococcus sp, *Candida albicans*, *Pseudomonas aeruginosa*, *Klebsiella pneumoniae*, Viridans streptococci, *Streptococcus pneumoniae*, *Enterobacter cloacae*, Proteus species, beta hemolytic streptococci and Anaerobic bacteria Bacteroides and Clostridium species.

Q. What facility does DMCH have for blood culture?

A. DMCH has fully automated instrument based system BACTEC 9240 system which helps improve diagnosis and treatment and reduce health care cost by maximizing laboratory efficiency, safety and productivity.

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



The medical Logo mark is based on **Asclepius**, a god of medicine, and the snake around the stick is the Guinea worm! Dracunculiasis was endemic along the Red Sea in the era of the Old Testament. Guinea worm was called "fiery snake". It can be supposed that in the Greek era, Asclepius was especially good at removing the fiery snake by using a stick.



Thought for the Month



**Words, like arrows,
once released cannot be withdrawn**

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.

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