



DMCH Capsule

Vol. 8 | No. 1 | January, 2010

happynew
YEAR 2010

Dear Friends

Nothing is eternal, except perhaps the divine power we call God. Life, and everything else in the world, exists in cycles. Whatever has a beginning must come to an end at some time.

The old gives way to the new, and the whole process ought to be celebrated. Just as we welcome the new year, we should bid goodbye without regret when a thing, good or bad, passes.

As suggested by 'Thought for the month' (last page) when an era ends, a new beginning is ushered in.

Daljit Singh

Dr. Daljit Singh
Principal



World Day for Organ Donation and Transplantation

NGO named GLODAS (Gift of Life-Organ Donation Awareness Society) in collaboration with DMCH and KVM School celebrated "World Day for Organ Donation and Transplantation". Students of 50 schools and 20 nursing colleges participated in various poster making, dance, singing and quiz competitions. The chief guest was Vice Chancellor of BPUHS, **Dr. SS Gill**. Other prominent dignitaries include **Sh. RS Gill** (DGP, Punjab), **Dr. SS Chauhan** (DIG, Ludhiana Range), **Sh. Vikas Garg** (Deputy Commissioner), **Dr. SS Gill** (SSP) and **Sh. Prem Kumar Gupta** (Secretary, DMCH Managing Society). [Pic. A, B & C]



National Communal Harmony Week & Flag Day

The medical and nursing students participated in the Flag Day celebrations which were a part of week-long 'Communal Harmony Campaign & Fund Raising Week' observed under the aegis of National Foundation for Communal Harmony from November 19 to 25 every year. The function was organised by the Department of Community Medicine and **Dr. Anurag Chaudhary** was its co-ordinator.

The function was presided over by Member of DMCH Managing Society **Mrs. Sunila Gupta**. The programme included poster making and slogan competition, a declamation contest, patriotic songs and choreography items [Pic. D & E]



World COPD Day

World COPD day was held at DMCH on 18th Nov to raise awareness about chronic obstructive pulmonary disease (COPD) worldwide. The World Day theme, "Breathless not helpless" emphasizes that effective treatments are available for people who have been diagnosed with COPD, and raises awareness that - for people who have not been diagnosed - breathlessness is a signal that they should see the doctor for a lung function test.



Congratulations

Dr. Rajoo Singh Chhina (Dean Academics) has been elected as Executive Member of the Nutritional Society of Indian and Advisory member of the Journal of National Academy of Medical Sciences.

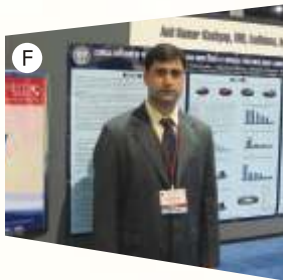
Dr. BS Shah (MS) was awarded Appreciation award for commendable work done as a chairman for IMA Committee.

Dr. Poonam Singh and **Dr. Ajay Kumar** (Anatomy) have been nominated as Executive members of NSCASI for the year 2010.

Dr. Manish Munjal (ENT) has been elected as Executive member of the National Equilibrimetric Society of India (NES).

Dr. Gurdeep Singh Dhooria (Pediatrics) has been elected as Executive member for NNF, Punjab.

Dr. Anil Kashyap (Pulmonary Medicine) has been awarded the fellowship (FCCP) of American College of CHEST Physicians. [Pic. F]



Free Diabetes Camp

On the occasion of "World Diabetes Day, a free check-up camp was organised in the OPD Block. About 300 patients were examined along with free blood sugar test. The highlight during the camp were the colourful posters made by the students of College of Nursing, depicting diabetes related symptoms and prevention to be taken for the disease. A lecture-cum-quiz competition for the students was also organised. [Pic. G]

Freshers' Talent Programme

To welcome the new batch of B.Sc. and Post basic B.Sc. Nursing students, College of Nursing organised a Freshers' Talent Programme-2009. The chief guest on the occasion was **Sh. Amrit Nagpal**, Vice President of DMCH Managing Society along with Guest of Honour **Sh. Satish Sanwalka**, Treasurer. Scholarships and awards were also given to the deserving students. [Pic. H]

Alumni Meet held

It was a trip down the memory lane for the alumni, who gathered at the Annual DMC Alumni Meet-2009. Three hundred old students of MBBS Batch 1984 were felicitated during the meet. [Pic. I]

Training

Dr. Sarit Sharma (Community Medicine) completed the Post Graduate Certificate Course in Hospital Management from National Institute of Health and Family Welfare (NIHFW), New Delhi.



Overseas Conferences

Dr. Anil Kumar Kashyap (Pulmonary Medicine) presented paper on 'Clinical outcome of patients of Tuberculosis under directly observed treatment short course in a tertiary care centre' at the Annual conference of American College of Chest Physicians, at San Diego, USA.

Dr. Kuldeep Singh and **Dr. PS Nain** (Surgery) attended the 9th Asia Pacific Congress of Endoscopic Surgery (ELSA-2009) at Xiamen, China. They delivered a lecture on "Strategies to prevent Bile duct injury during Laparoscopy" and chaired a session on Bariatric and Antireflux Surgery, respectively.

Dr. Harmesh Singh Bains and **Dr. Deepak Bhatt** (Pediatrics) attended APCCAN 2009, International Conference of "Child Abuse and Neglect" held at Perth, Australia and presented papers. [Pic. J, K]



Dr. Pankaj Mahindra attended the AO Fellowship programme at Lucerene Hospital, Switzerland.

Courses conducted

Dr. Daljit Singh along with **Dr. Gurdeep S Dhooria** (Pediatrics) conducted two PALS courses for Nurses at SPS Apollo Hospital, Ludhiana.

Guest lectures/Sessions Chaired/CME/Workshops

- ◆ **Dr. Daljit Singh** (Pediatrics) was panelist on 'Rational use of antibiotics in critically ill children' during the Annual Conference of NNF, Punjab Branch and Intensive Care Chapter, at Jalandhar.
- ◆ **Dr. Praveen Sobti** (Pediatrics) chaired a session on Acute ITP during the National Pediatric Haemato Oncology conference PHOCON 2009 at PGIMER, Chandigarh and on "Bleeding disorder in children" at the 13th Annual conference of the Pediatric Hematology-Oncology Chapter of IAP, Chandigarh.
- ◆ **Dr. Gurdeep Singh Dhooria** (Pediatrics) gave a talk on "Rotavirus disease and its prevention" in a CME organised by IAP, Amritsar and also delivered a guest lecture on "Care of new born, immunization, common gastrointestinal and renal problems" at Ludhiana.
- ◆ **Dr. Gagandeep Singh** (Neurology) delivered talks on "Cost of Epilepsy Surgery" at Asian Oceanian Society Workshop on Epilepsy Surgery, AIIMS, New Delhi and "Management of Partial Epilepsy" at Delhi Neurological Association, New Delhi and PGIMER, Chandigarh.

◆ **Dr. Deepinder Chhina** (Microbiology) attended the 33rd International Scientific Conference of the Australasian and South East Asian Tissue Typing Association "ASEATTA-2009" at AIIMS, New Delhi.

◆ **Dr. Dinesh Garg** (Ophthalmology) attended World ROP Congress 2009 at New Delhi. He was Co-

Chairman of the session titled 'Videos' at Annual Conference of Vitreo-Retinal Society of India at Palampur. [Pic. L]

- ◆ **Dr. Amarjit Kaur** (Blood Transfusion) was Guest of Honour and gave a motivational speech at a Dharamshala in Ludhiana. [Pic. M]

She also chaired three sessions in 34th Annual Conference of Indian Society of Blood Transfusion & Immunohaematology at AIIMS, New Delhi and delivered a lecture for promotion of voluntary blood donation at a College in Ludhiana.



- ◆ **Dr. Rajoo Singh Chhina** (Gastroenterology) delivered a lecture at the conference of International Medical Sciences Academy on "Advances in Management of IBS" at GMCH, Chandigarh. He also chaired a session in Liver Meeting on "Hepatocellular Carcinoma" at PGI, Chandigarh.
- ◆ **Dr. Gautam Ahluwalia** (Medicine) and **Dr. PL Gautam** (Anaesthesiology) delivered lectures on "Management aspects of disseminated intravascular coagulation" and "Minimizing Medical Mishaps" respectively at 62nd PIMACON 2009 at Jalandhar.
- ◆ **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 CME & 4th Annual Meet of North State Chapter of Anatomical Society of India at Mullana, Haryana.
- ◆ **Dr. BS Shah** (Pathology) chaired a session on AGOICON 2009, Annual Conference of Association of Gynaecologic Oncologist of India at Ludhiana. He also delivered a talk on DIC in 62nd PIMACON Conference at Jalandhar.
- ◆ **Dr. Devinder Singh Sandhu** (Oncology) delivered a lecture on Cancer Awareness at Ludhiana.
- ◆ **Dr. Raj Kumar** (Microbiology) delivered a lecture on "Laboratory Diagnosis of Influenza A/H1N1 (Swine Flu)" in the State Level Workshop on Pandemic Influenza A/H1N1 (Swine Flu) organised by Indian Medical Association, Punjab at Jalandhar.

Conferences attended/Papers presented

Dr. Anurag Chaudhary and **Dr. Mahesh Satija** (Community Medicine) attended the 13th Annual Conference of Indian Association of Preventive and Social Medicine at Gian Sagar Medical College, Banur.

Dr. Sumeet Chopra (Ophthalmology) presented a paper on "Removal of Subretinal Cysticercosis from Ora Serrata in a phakic patient with attached retina" at Annual conference of Vitreo-Retinal Society of India at Palampur.

Dr. Vandana Kaushal (Microbiology) attended 33rd Annual Conference of the Australian and South East Asian Tissue Typing Association 2009 organised by AIIMS, New Delhi.

Dr. V. Malhotra (Pathology) delivered a lecture on 'Intra operative assessment of hysterectomy specimen' and chaired a session at AGOICON 2009 at Ludhiana. **Dr. Neena Sood, Dr. B.S. Shah** and **Dr. Harpreet Kaur** also chaired sessions while **Dr. Monica Saluja** and **Dr. Pavneet Kaur** attended the conference.

What's



at DMCH....

Collaboration with Rubin Institute, USA for Advanced Orthopaedic Care



In collaboration with The Rubin Institute, Sinai Hospital, Baltimore, USA, DMCH has started providing advanced orthopaedic care for the patients having disabling arthritis. Under the proposed project, 'Operation Walk Maryland' will coordinate free hip and knee replacement surgeries for poor patients. This non-profit, volunteer medical service organization has helped more than 3,000 patients in Russia, Cuba, Nepal, China, the Philippines, Nicaragua, Mexico, El Salvador, and the United States.

The collaboration will set up joint activities in areas of research and training including video-conferencing and telemedicine, clinical fellow and lecturer exchange programme, joint clinical studies and establishing charity care. **Dr. Harpal Khanuja** (sitting, centre) visited DMCH for initial interaction.

Dr. V. Malhotra and **Dr. Monica Saluja** (Pathology) attended a conference at CYTOCON 2009, PGI, Chandigarh. The latter participated in a Hands on workshop on molecular techniques in Cytology.

Dr. BS Shah (Pathology) delivered a lecture on DIC at PIMACON, Phagwara. He along with **Dr. Preeti Bajaj** attended the Golden Jubilee conference of Indian Society of Hematology & Transfusion Medicine at New Delhi.

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

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

Dr. Ajay Kumar (Anatomy) presented a paper entitled "Body donation programme-our experience" and chaired a session at the 57th NATCON of ASI at Belgium.

Camps

▲ Blood Donation Camps

The Department of Immunohaematology and Blood Transfusion organised Blood donation camps with the help of various NGOs and other voluntary organisations and collected 707 units of blood.

▲ Free Eye Camps

The Department of Ophthalmology conducted free eye camps in which 350 patients were examined, 211 refractions and 20 surgeries were done.

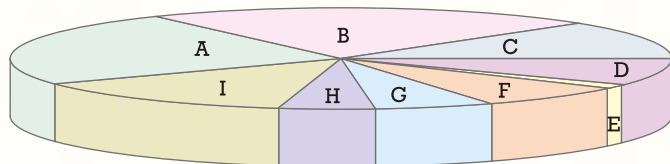
▲ Pulse Polio Campaign

14,643 children were covered under Pulse Polio Campaign organised by **Dr. Sunil Juneja** (Obst. & Gynae).

DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

Neonatal Surgery

Distribution of Pediatric Surgeries, 2009



- | | | |
|--------------------------|----------------------|---------------------------------|
| A. Genitourinary (81) | D. Others (29) | G. Head & Neck Surgery (20) |
| B. GI Surgery (75) | E. Hepatobiliary (5) | H. Thoracic(excluding TOF) (16) |
| C. Neonatal Surgery (42) | F. Colo-Rectal (26) | I. Hernia (47) |



The 'Capsule' team that put in long hours of work to bring out the bulletin regularly in 2008-2009

Thought for the Month

There cannot be a beginning without an end

WHAT YOU MUST KNOW ABOUT...

'Congenital Diaphragmatic Hernia (CDH)'

Dr. R.J. Singh, Professor & Head, Department of Pediatric Surgery

Q. What is Congenital diaphragmatic hernia (CDH)?

A. It is a defect in developing diaphragm of foetus leading to herniation of abdominal viscera into the thorax.

Q. What is the incidence of CDH?

A. The incidence of CDH is about 1 in 5,000 live births.

Q. What are the types of CDH?

A. There are three types of CDH, namely Bochdalek, Morgagni (Anterior Diaphragm) and Central Tendon Defects.

Q. Which is the most common type of CDH?

A. The most common type is Posterolateral Diaphragmatic Hernia (Bochdalek).

Q. What are the clinical features of CDH?

A. The clinical features include dyspnea, severe retractions, cyanosis and displaced heart sounds to the right side (left sided CDH being commoner). Abdomen may appear scaphoid.

Q. What are the diagnostic modalities used in CDH?

A. The diagnosis is made by Foetal Echocardiography, Chest X-Ray, USG and MRI.

Q. At which gestational age can CDH be diagnosed antenatally?

A. It can be diagnosed as early as 16-24 weeks of gestation.

Q. What is the typical finding of CDH on Chest X-Ray?

A. Gastric air bubble or loops of bowel are visible within chest.

Q. Can we use bag & mask for resuscitation of a baby with CDH?

A. No, Bag and mask ventilation is contraindicated. Endotracheal intubation for controlled ventilation is recommended. In fact, CDH may be first suspected if an asphyxiated newborn worsens on bag and mask ventilation as air enters the stomach which is situated in the thorax and further compresses the lungs.

Q. What are other congenital anomalies associated with CDH?

A. These include Pulmonary Hypoplasia, Renal Defects, Cardiac Defects and Neural Tube Defects.

Q. Which chromosomal defects are associated?

A. Trisomy 13,18 and Turner syndrome may be associated with CDH.

Q. What are the facilities for management of CDH at DMCH?

A. All the treatment modalities for surgical and post-surgical management are available at DMCH .

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

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