



DMCH Capsule

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DMCH : North India's first AHA accredited training site – Basic & Advanced Cardiac Life Support Courses (BLS/ALS)

DMCH earned the distinction of being the first medical institution in northern region (Punjab, Haryana, Himachal Pradesh and J&K) to be accredited internationally by the prestigious American Heart Association (AHA) as a training site for imparting training in Basic Life Support and Advanced Cardiac Life Support Courses, under the supervision of AHA's - International Training Centre at MAMC, New Delhi. Sh. Prem Kumar Gupta, Secretary, Managing Society inaugurated the 'DMCH-AHA' Training site. Dr. AK Aggarwal (Dean, MAMC & LNH, New Delhi) was the guest of honour. Principal, Dr. Daljit Singh emphasized on acquiring standardized universally accepted life skills based on latest guidelines. Dr. Sunil Katyal,

(course director) and Dr. Anju Grewal (course co-ordinator) and 10 AHA accredited instructors (P3) provided hands on training to 42 participants from all specialities. [Pic. A, B, C & D]



Dear Friends

Our sense organs are the gateway to the mind, projecting information from the surroundings. What happens inside the brain is, however, a different matter.

Passive input from the senses carries no meaning unless we consciously process it. Several people may be exposed to the same environment or witness an event, but there is tremendous variation in the extent to which the relevant details are imbibed. It depends on the attentiveness and intent with which we notice things.

As suggested by the 'Thought for the month' (last page), you may miss critical observations if you are not fully alert and aware.

Dr. Daljit Singh
Principal



Seminar on Movement Disorders

Dr. Gagandeep Singh, Dr. Rajinder Bansal and Dr. Birinder Paul (Neurology) under the aegis of Movement Disorders Society - Asian and Oceanian Section organised a two day educational course on patterns, diagnosis and causes of 'Movement Disorders'. The faculty for the course comprised Prof. Philip Thompson (Adelaide, Australia), Prof. Kapil Sethi (Georgia, United States), Prof. Madhuri Behari (New Delhi) and Dr. Mohit Bhatt (Mumbai). The format of course included didactic lectures on hypokinetic as well as hyperkinetic movement disorders profusely interspersed with elegant and exemplary videos bought by the faculty as well as live cases that were recruited locally.

The course was inaugurated by Prof. JS Chopra, former Professor & Head of Neurology PGIMER. [Pic. E, F, & G]



Congratulations

Dr. Vineeta Malhotra (Pathology) has been conferred membership of Renal Pathology Society.

Dr. BS Shah (Pathology) has been selected Vice President, Society of Andrology of India, co-ordinator of committee to frame teaching curriculum for semen analysis in medical institute of ICMR. He was also selected Chairman of IMA House Committee Punjab.

Dr. Manish Munjal (ENT) has been elected as executive member of the North-West Zone Association of Otolaryngologists of India (NWZAOL)

DMCH has been identified as Adverse Drug Reaction Monitoring Centre for induction into Pharmacovigilance programme for India. It is among the twenty such ADR monitoring centre selected all over the country.

World Cancer Day

On the occasion of World Cancer Day a function was organised at College of Nursing.

Dr. Devinder Singh Sandhu (Medical Oncologist) delivered a talk on various aspects of cancer and explained that cancer is preventable (to the extent of 43%) and is treatable.

International Fellowship

Dr. Pankaj Mahindra (Orthopaedics) completed six weeks A.O. fellowship in complex trauma at the Kanton Hospital Lucerne, Switzerland. [Pic. H]



International Conference

Dr. Vineeta Malhotra (Pathology) attended the International Congress on Sports Medicine at Guru Nanak Dev University, Amritsar and delivered a talk on Pathophysiology and healing of musculoskeletal injury.

Guest lectures/Sessions Chaired/Papers Presented

Dr. BS Shah (Pathology) presented a paper entitled "Semen Analysis" at a conference in Jodhpur on 20-22 Dec, 09 and chaired a session on male erectile dysfunction.

Dr. GS Bajwa (Ophthalmology) delivered a guest lecture on 'Unusual cases' at the Punjab Ophthalmological Society Conference at Amritsar, and moderated a quiz and chaired an interactive session on 'Uveitis'. He chaired a session on inflammation and presented a scientific paper on Intra Ocular Foreign Body Acute and Chronic Retinal Toxicity at All India Ophthalmological Society Annual Conference, Calcutta. [Pic. I]



Dr. Hemant Chopra (ENT) attended the Annual Conference of the Associates of Otolaryngologists of India at Mumbai. He chaired a session and judged the poster session at the conference.

Dr. Manish Munjal (ENT) delivered a guest lecture on 'Vertigo pathophysiology and management' at IMA meet, Ahmedgarh.



He presented his original work on "Endoscopic surgery of the sinuses" and "Sinus pneumatizations" and also chaired the junior consultant award

paper session at the Annual Conference of the Associates of Otolaryngologists of India, Mumbai. [Pic. J]

Dr. Dinesh Garg (Ophthalmology) presented a paper entitled 'Secondary PCIOL Implantation with Iris Repair' and moderated free paper presentation at Punjab Ophthalmological Society Conference, Amritsar.

Dr. Gautam Ahluwalia (Medicine) was invited as a guest faculty and delivered a lecture on 'Dengue Fever in India - An overview' at the Annual Conference of Association of Physicians of India APICON-2010 at Jaipur. [Pic. K]



Dr. Anju Grewal (Anaesthesiology) delivered a guest lecture entitled 'Propofol in children' in the Pediatric Anaesthesia speciality session of the 57th Annual National Conference of the Indian Society of Anaesthesiologists at Chennai.

Dr. Gurdeep Singh Dhooria (Pediatrics) presented papers on 'Impact of gluten free diet on clinical profiles', 'Clinical, Neuroimaging and laboratory profile of children with Acute Disseminated Encephalomyelitis' and on 'Renal Hemorrhage during High Dose Valproate Monotherapy' at the 47th National Conference of Indian Academy of Pediatrics at Hyderabad.

Dr. Sarit Sharma, Dr. Sangeeta Girdhar and Dr. Mahesh Bhatija presented their papers viz. 'Hand hygiene compliance in the Intensive Care Units (ICU's) of tertiary care hospital : an observational study', 'Knowledge and practice regarding universal precautions among nursing students', 'Declining sex ratio at Birth - A community based study in a Rural area in Punjab' respectively at the 54th Annual National Conference of Indian Public Health Association at Andhra Medical College, Vishakhapatnam. [Pic. L]



- ◆ **Dr. Anu Sharma** (Anatomy) presented a paper entitled 'A study in attitude towards sports in North West Indian Children' at 12th Asian Federation of Sports Medicine Congress at GNDU, Amritsar.
- ◆ **Dr. Amit Bery** (Medicine) presented a paper titled 'Renal dysfunction in hematological malignancies - A Study of 100 consecutive patients' and a poster titled 'A study of tuberculin reactivity status in patients of neurocysticercosis' at 65th Annual Conference of Association of Physicians of India 'Apicon 2010' at Jaipur. [Pic. M]



- ◆ **Dr. Paramdeep Singh** (Radio diagnosis) presented a Research Paper titled "Magnetic Resonance Analysis of Hippocampi in Normal Indian Subjects and in patients with intractable Temporal and Extra Temporal Epilepsy" jointly authored by **Dr. Kavita Saggarr** and **Dr. Gagandeep Singh** at 63rd National conference hosted by Indian Radiological and Imaging Association (IRIA) at Ahemdabad. [Pic. N]



Conferences attended/CME/Workshops

Dr. Daljit Singh, Dr. Harmesh S. Bains and Dr. Gurdeep Dhooria (Pediatrics) conducted Pediatric Advanced Life Support Course at Apollo Hospital as Course Director and Faculty respectively.

Dr. Hitant Vohra and Dr. Anu Sharma, Dr. Sonia Singh and Dr. Seema Gupta (Anatomy) attended the 12th Asian Federation of Sports Medicine Congress at GNDU, Amritsar.

Dr. RK Kaushal (Neurosurgery) attended a workshop on Epilepsy surgery conducted by Asian Epilepsy Academy (ASEPA) at AIIMS, New Delhi.

Dr. Gurdeep Singh Dhooria (Pediatrics) attended the National Workshop on Current evidence-based management of Diarrhea at Maulana Azad Medical College, New Delhi.

Dr. Sunil Kalyal, Dr. Anju Grewal, Dr. Rajesh Mahajan, Dr. Rupinder Singh, Dr. Shikha Gupta, Dr. Anurag Tewari, Dr. Sushil K. Gupta and Dr. Vivek K. Gupta participated in the AHA-BLS & ACLS course as instructors.

What's



at DMCH....

DMCH Faculty is e-linked!



dr_firstname_lastname@dmch.edu

The institutional website www.dmch.edu has linked the details of entire DMCH faculty on its homepage. The link gives comprehensive information about the faculty categorized under different specialties. The users can communicate directly with a faculty member through the e-mail IDs mentioned in the website.

Dr. Sandeep Kaushal (Pharmacology) attended Indo-French meet as an invited expert held at Pondicherry. He was invited as a subject expert for the brain storming workshop on "National Pharmacovigilance Programme: The way ahead" at AIIMS, New Delhi. He presented a report on Pharmacovigilance : the Indian



Scenario in collaboration with Prof U Thatte and the SOPs and the protocol development for the short listed centres under this programme. [Pic. O]

Camps

▲ Blood Donation Camps

The Department of Immunohaematology and Blood Transfusion organised voluntary blood donation camps along with various NGO's and collected 583 units of blood.

▲ Free Medical Camps

Free medical camps were organised by various departments of DMCH at Moga and Tohana in which 1821 patients were examined.

▲ Pulse Polio Campaign

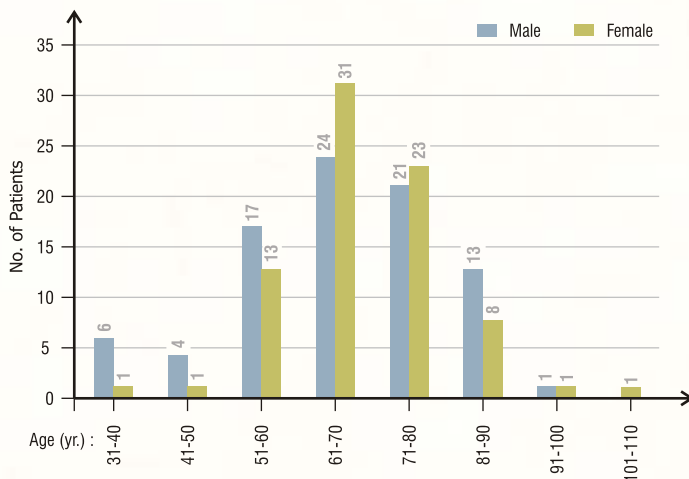
3766 children were covered under the Pulse Polio Campaign which was supervised by Dr. Sunil Kuamr Juneja (Obst & Gynae).

▲ Free Eye Camp

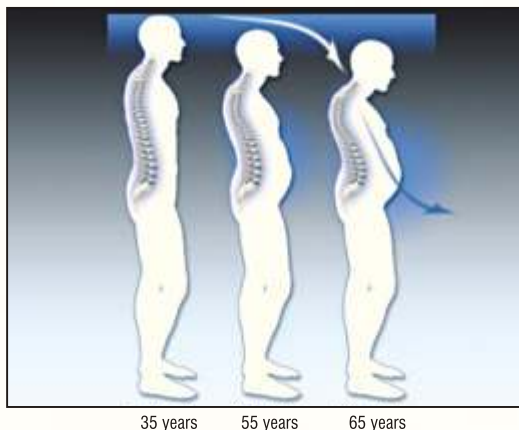
Free Eye Camp was conducted in the DMC Eye OPD in which 14 patients were examined and 12 refractions and 1 surgery was performed.

DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

Osteoporotic Hip fractures treated in the year 2009



Deterioration of Vertebral Support



Thought for the Month



**Don't just hear : listen
Don't just see : look**

WHAT YOU MUST KNOW ABOUT...

'Osteoporosis'

Dr. Harpal Singh Selhi, Associate Prof., Department of Orthopedic Surgery

Q. What is Osteoporosis?

A. Osteoporosis is low bone density characterized by deterioration in bone microarchitecture and reduced bone strength. WHO defines Osteoporosis as BMD 2.5 Standard Deviations (SD) or more below the mean for young adults (i.e. T Score < -2.5).

Q. What are the symptoms ?

A. It is called Silent Thief as the majority of patients have no symptoms till they suffer fragility fracture of the Hip, wrist, ribs or spine. The patients may sometimes complain of bony pains, aches, backache and tiredness. Some of the patients (elderly ladies) present with hunchback.

Q. Is Osteoporosis common?

A. It is so common that 1 out of 8 males and 1 out of 3 females in India suffer from Osteoporosis making India one of the largest affected countries with about 36 million patients of Osteoporosis in 2013. In India, there is high incidence among men and lower age of peak incidence which is very disturbing trend.

Q. What are risk factors ?

A. Sedentary life style, smoking, dietary deficiency, family history, menopause and age are major risk factors. Other factors, which cause osteoporosis, include steroid use, thyroid disease, alcoholism and malignant disease.

Q. Is Osteoporosis preventable?

A. Osteoporosis can be prevented but the efforts have to begin in childhood to achieve good Peak Bone Mass. We should encourage regular exercise, nutritious balanced diet with calcium and Vitamin D supplementation. Smoking, alcohol, steroids should be avoided. One should also aim for good control of thyroid disorder.

Q. How is Osteoporosis diagnosed?

A. Osteoporosis is diagnosed from good clinical history (bony pains) and examination and confirmed by DEXA (Dual Energy X-ray Absorbtometry). Serum calcium, VIT D levels should also be done.

Q. Is it treatable?

A. Osteoporosis is treatable. The management involves regular physical activity or exercise, balanced diet, calcium and Vit D supplements. We also have different drugs to decrease the loss of bone architecture and hormonal supplements to increase bone mass in severe cases.

Q. What facilities are available at DMCH?

A. DMC & Hospital has DEXA Scan, Serum calcium, Vit D levels monitoring facilities. In addition, collaborative effort of Orthopedics and Endocrinology department provides the best care to patients of Osteoporosis. The Hospital also has facilities and is providing the state of art treatment for Osteoporotic fractures especially hip fractures. The hospital also has Senior citizen cell.

Executive Team – DMCH Capsule

Dr. Harmesh Singh Bains (Convener), Dr. Praveen C. Sobti (Co-ordinator),
Dr. Anju Grewal (Secretary), *Dr. Manish Munjal, Dr. Deepinder Kaur Chhina,
Dr. Sandeep Kaushal, Dr. Rama Gupta, Dr. Harpal Singh, Dr. Gautam Biswas,
Dr. Pavneet Kaur, Dr. Deepak Bhat and Dr. Amit Bery

*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