



DMCH Capsule

• ECTOPIA • SMASH
PULLOUT

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Dear Friends

We often tend to wish away our troubles by hoping that they would resolve spontaneously. Actually, difficult situations usually worsen or become more complicated if not tackled properly.

There are issues which are of significant importance or urgent nature, and demand timely intervention. The more we apply our mind, consider options and choose an appropriate course of action, the better will be the result.

As suggested by 'Thought for the month' (last page), it is much better to confront and handle a problem than to just avoid it.

Dr. Daljit Singh
Principal



State Task Force Meeting (RNTCP)

State Task Force Meeting was held at DMCH with a comprehensive presentation of status reports of activities of different medical colleges under Revised National Tuberculosis Control Programme (RNTCP), followed by a lecture on "HIV-TB" by **Dr. Jai Kishan**, DRME, Punjab and Chairman, Zonal Task Force (RNTCP).

Dr. Jagdeep Whig, Vice-Principal (Chairman STF) extended a warm welcome to the dignitaries. **Dr. Daljit Singh**, **Dr. Maninderjit Singh** (Civil Surgeon) and **Dr. PK Sridhar** (State TB Officer, Punjab) were also present on the occasion.

Dr. Priyanka (WHO Consultant, RNTCP, Punjab) briefed the participants on "HIV-TB Coordination Rolling out an intensified package". **Dr. Gautam Ahluwalia** (Medicine) spoke on guidelines for thesis grant under RNTCP. This was followed by a panel discussion on HIV-TB. [Pic. A, B]



CME on Trans Esophageal Echocardiography (TEE)

A CME on "Perioperative & Critical Care Trans-esophageal Echocardiography" was organised at DMCH. A large number of Anaesthesiologists and Critical Care experts of the region attended this event. **Dr. John Pulido**, Anaesthetist and Intensivist from Mayo Clinic, USA and **Dr. Andreas Fiehn** from Germany delivered lectures on the role of TEE in ICU. The International faculty was welcomed and introduced by **Dr. PL Gautam** and a vote of thanks was proposed by **Dr. Suneet Kathuria**. [Pic. C]



MCI Workshop at New Delhi

"National Workshop on Alternate Model of Undergraduate Medical Education" under chairmanship of **Dr. Ketan Desai**, President, Medical Council of India (MCI) was held at New Delhi to introduce Bachelor of Rural Health Care (BRHC) for rural students trained at medical schools in District Civil Hospitals. **Dr. Baldev Singh Aulakh** Executive Member, MCI) attended the workshop. [Pic. D]



Guest lectures

▲ **Dr. Anu Trehan**, Consultant in Acute Medicine at Salford Royal University Teaching Hospital, UK and Honorary Lecturer of Nephrology at University of Manchester and Royal College of Physician's Tutor



E

delivered a lecture on 'Kidney diseases'. **Dr. Daljit Singh**, Principal felicitated the guest speaker and welcomed this interactive sharing of the latest know-how in various disciplines of medicine with the faculty at DMCH. The panelist during the lecture were **Dr. Navdeep Singh Khaira** (Nephrology), **Dr. J.S. Sandhu** (Nephrology), **Dr. Baldev Singh Aulakh** (Urology & Transplant Unit) and **Dr. Sandeep Puri** (Medicine). [Pic. E]

▲ **Dr. Rita Jerath** (Pediatric Rheumatologist, Georgia Medical College, USA) delivered a talk on "Immunological Disorders in Pediatrics" to the faculty and PG students at DMCH.

▲ **Dr. Ravinder Jerath** (Associate Prof. Obst & Gynae, Georgia Medical College, USA) delivered talks on "Stress urinary incontinence and Benefits of deep breathing on prevention of pre-eclampsia in pregnant females." He imparted hands-on-training along with a video presentation on MINI ARCH Device implantation to faculty and PG students of OB department, DMCH.

▲ **Dr. Arvind Pandey**, Director, NIMS, ICMR, New Delhi and **Dr. Abha Aggarwal**, Co-ordinator CTR & Deputy Director, NIMS, ICMR, New Delhi delivered a guest lecture on "Clinical Trials Registry of India". They apprised the interns, PG residents and faculty on the methodology and importance of registration of clinical trials.

International Conference

Dr. V Malhotra (Pathology) chaired the session "Differential Diagnosis of Benign & Malignant Endocrine Tumors" at the International Pathology Update, PGI, Chandigarh.

Dr. Praveen Sobti (Pediatrics) attended an International update on cancer and blood diseases in children and adolescent at Indraprastha Apollo Hospital, New Delhi.

Dr. Sanjeev Uppal (Plastic Surgery) delivered a lecture entitled "Laser Hair Removal at Unusual Places" at the 5th International Tutorials on Unresolved Issues in Aesthetic Surgery at Bombay Hospital, Mumbai. [Pic. F]



F

Dr. Gagandeep Singh (Neurology) attended an International Workshop on Epilepsy and delivered a talk on "Surface EEG and Invasive evaluation" at GB Pant Hospital, New Delhi. He also delivered a lecture on Newer Antiepileptic Drugs in a conference on "Controversies in Neurology" at Lalit Intercontinental Hotel, New Delhi.

Guest lectures/Sessions Chaired/Papers Presented

◆ **Dr. Ashok K. Gupta**, (Plastic Surgery) chaired session at National Conference of National Academy of Burns-India, JIPMER, Pondicherry (NABICON 2010). [Pic. G]



G

◆ **Dr. (Mrs.) BK Gill** (Obst. & Gynae) delivered a guest lecture on "Cancer Cervix and its Prevention" at DMCH,

Ludhiana. She also attended a CME and workshop on "Critical Care and Eclampsia" as guest speaker and delivered a talk on "Massive Haemorrhage & DIC" at PGIMER, Chandigarh.

◆ **Dr. Promila Jindal** (Obst. & Gynae) attended the All India Conference of Obst. & Gynae.-AICOG-2010 at Guwahati and delivered talk on "Differentiated diagnosis of proclentia". She also chaired a session on "Complications of Pregnancy" [Pic. H]



H

◆ **Dr. Rajoo Singh Chhina** (Gastro) delivered a lecture on "Management of Fulminant Hepatic Failure" at CME - Medicine Update 2010, at Banur Medical College and Hospital, Patiala.

◆ **Dr. Manish Munjal** (ENT) delivered a guest lecture on "Alternative therapy of vertigo" at Ludhiana. [Pic. I]



I

◆ **Dr. Anju Grewal** (Anesthesiology) attended a CME-RACE 2010 (Ramachandra Anesthesia Continuing Education) as faculty at Sri Ramachandra University, SRMC&H, Chennai and delivered talks on "Cannot intubate, cannot ventilate in obstetrics" and "Anesthesia for placenta percreta planned for elective LSCS".

◆ **Dr. Harpal Singh Selhi** (Ortho) attended the NZIOA Annual Conference as a guest faculty at Medical College, Jammu and delivered a talk on "Rotator Cuff Disease and Impingement". [Pic. J]

◆ **Dr. Devinder Singh Sandhu** (Oncology) delivered a guest lecture to the faculty and students of GGN College, Ludhiana on World Cancer Day in association with Indian Medical Association. [Pic. K]

Ectopia

February 2-4, 2010

Three-day cultural programme 'Ectopia-2010' got off to a colourful start on February 2 with much fanfare at Dumra Auditorium. Students of various MBBS batches compete with one-another in this annual feature for top honours in various talent hunt competitions including:

- Ad Fads
- Bol Baby Bol
- Bheja Fry
- Quiz
- Aantaskhri
- Solo Songs & Dances
- Instrumental
- Parody
- Choreograph
- Fashion Show



SMASH 2010

The 45th Annual Sports Meet of DMCH held on 24th February for medical and nursing students evoked a lot of passion and fervour among the students and the faculty as well.





Conferences/CME/Workshops attended

Dr. V. Malhotra, Dr. Neena Sood, Dr. Harpreet Kaur, Dr. Monica Saluja, Dr. Bhavna Garg & Dr. Pavneet Kaur (Pathology) attended the International Pathology Update held at PGI, Chandigarh.

Dr. Manish Munjal (ENT) attended the National Conference of the Indian Society of Otolaryngology at Coimbatore.

Dr. Prabhdeep Nain and Dr. Varun Gupta (General Surgery) attended the 9th National conference and workshop on minimal access surgery at New Delhi. [Pic. L]



Dr. Lily Walia, Dr. MK Narula, Dr. Vidushi Gupta, Dr. Hem Lata, Dr. Joginder Sidhu and Dr. Garima Sharma (Physiology), Dr. Sandeep Kaushal, Dr. Kanchan Gupta, Dr. Bharti Mahajan & Dr. Kirandeep Kaur (Pharmacology) attended a CME on "Alternatives to animals in medical education" at CMC, Ludhiana. [Pic. M]



Dr. M Rupinder Singh (Anesthesiology) attended the 4th Perioperative and Critical Care Transesophageal Echocardiography Workshop at Advanced Cardiac Centre, PGIMER, Chandigarh.

Dr. Sandeep Kaushal, Dr. Shalini Arora, Dr. Kanchan Gupta, Dr. Bharti Mahajan and Dr. Kirandeep Kaur (Pharmacology) attended a CME on "Obesity - A grooming challenge" at Govt. Medical College, Chandigarh.

College of Nursing organised a two day workshop on "Care of unconscious patient" at old DMCH Campus which was attended by 180 nursing students. The topics included airway maintenance, nutritional need, oxygen administration, skin care, elimination needs and care of I.V. Site.

What's



at DMCH....

Procalcitonin Test



- ▶ Department of Microbiology has started a new rapid immunochromatographic test for semi- quantitative estimation of Procalcitonin (PCT) in serum or plasma which is the "Newest biomarker for bacterial sepsis".
- ▶ Measurement of PCT for an early and effective diagnosis is recommended in all patients in whom sepsis and Systemic Inflammatory Response Syndrome (SIRS) is suspected.
- ▶ Daily changes of plasma/serum PCT levels give an indication of the course and the prognosis of the bacterial sepsis.
- ▶ Procalcitonin levels 2 ng/ml signifies SIRS.

Camps

Blood Donation Camps

- ▶ The Department of Immunohaematology and Blood Transfusion organised voluntary blood donation camps along with various NGO's and collected 488 units of blood.

Pulse Polio Campaign

- ▶ The Pulse Polio Campaign covered 9660 children supervised by Dr. Sunil Kumar Juneja & Dr. Sangeeta Girdhar. Dr. RK Soni was appointed as independent monitor by WHO for National Pulse Polio Campaign for migratory population in urban and rural areas of Ludhiana.

Free Eye Camps

- ▶ Free eye Camps were conducted in the DMC Eye OPD and village Badra, Distt. Barnala in which 98 patients were examined and 70 refractions and 9 surgeries were performed

Congratulations

Dr. (Mrs.) BK Gill (Obst & Gynae) on being appointed Vice-President FOGSI North Zone, Chandigarh, for the year 2010-2011.

Dr. Ashish Gupta (Plastic Surgery) won the best paper award at NABICON-2010, JIPMER, Pondicherry.

Dr. Suresh K Sharma (Nursing) on successfully passing Ph.D. examination from the Department of Public Administration, Panjab University, Chandigarh.

DAYANAND MEDICAL COLLEGE & HOSPITAL, LUDHIANA

Childhood Immunisation Schedule

Name of Vaccine	Doses	Time Schedule
BCG	One	At birth
OPV	Six	At birth, 6, 10, 14 weeks, 18 months, 5 years
Hepatitis B	Three	At birth, 6 weeks, 6 months
DTP/ATaP	Five	6, 10, 14 weeks, 18 months, 5 years
Hib	Four	6, 10, 14 weeks, 18 months
Measles	One	9 months
MMR	Two	15 months, 2 months after 1st dose or upto 5 years
IPV	Four	6, 10, 14 weeks, 18 months
Typhoid		First 2 years then every 3 years
HPV	Three	0, 1-2 months and 6 months (girls between 9-25 years of age)
TDaP	One	10 years
Varicella	One (<13 years) Two (> 13 years)	After 15 months of age 0, 2 months later
Hepatitis A	Two	18 months, 6-12 months later
Rota virus	Two	2, 4 months (till 8 months)
PCV	Four	6, 10, 14 weeks, 18 months

IMMUNIZATIONS ਟੀਕਾ ਵਰਣ	NEXT VACCINATION DATE (ਮਹੀਨੇ/ਦੀਨ)	
	0-12 months	13-24 months
BCG (ਬੀ.ਸੀ.ਜੀ.)	At Birth	
Hepatitis B (ਹੈਪਟਾਈਟਿਸ ਬੀ)	At Birth, 6 weeks, 6 months	
OPV (ਓ.ਪੀ.ਵੀ.)	At Birth, 2, 4, 6, 18 months, 5 years	
IPV (ਆਈ.ਪੀ.ਵੀ.)	6, 10, 14 weeks, 18 months	
DTP/DTaP (ਡੀ.ਟੀ.ਪੀ./ਡੀ.ਟੀ.ਏ.ਪੀ.)	6, 10, 14 weeks, 18 months	
Hib (ਹੀਬੀ)	6, 10, 14 weeks, 18 months	
Rotavirus (ਰੋਟਾਵੀਰਸ)	2, 4 months (till 8 months)	
MMR (ਐਮ.ਐਮ.ਰੀ.)	15 months, 2 months after 1st dose or upto 5 years	
MMRV (ਐਮ.ਐਮ.ਰੀ.ਵੀ.)	15 months, 2 months after 1st dose or upto 5 years	
Varicella (ਵੈਰੀਸੇਲਾ)	15 months, 2 months after 1st dose or upto 5 years	
Hepatitis A (ਹੈਪਟਾਈਟਿਸ ਐ)	18 months, 6-12 months later	
Typhoid (ਟਾਈਫਾਈਡ)	First 2 years then every 3 years	
HPV (ਐਚ.ਪੀ.ਵੀ.)	0, 1-2 months and 6 months (girls between 9-25 years of age)	
TDaP (ਟੀ.ਡੀ.ਏ.ਪੀ.)	10 years	

Thought for the Month



Running away from a problem increases the distance from the solution

WHAT YOU MUST KNOW ABOUT...

'Childhood Immunisation-newer vaccines'

Dr. Deepak Bhat, Asst. Prof., Department of Pediatrics

- Q. What is a vaccine?**
A. Vaccines contain antigens of organisms that cause diseases. However, the antigens in vaccines are weakened or killed. This means they cannot produce the signs or symptoms of the disease, but they do stimulate the immune system to create antibodies. These antibodies help protect you if you are exposed to the disease in the future.
- Q. Which are the newer vaccines available?**
A. PCV (pneumococcal vaccines), HPV (human papilloma virus vaccine), Flu vaccine, Rotavirus vaccine, IPV (inactivated polio vaccine) are some of the recently used vaccines.
- Q. What does IAP (Indian Academy of Pediatrics) recommend regarding these vaccines?**
A. IPV, Tdap and HPV are strongly recommended by IAP whereas PCV, Flu vaccine and rota virus vaccine are to be offered after one to one discussion with the parents.
- Q. What is the pneumococcal conjugate vaccine?**
A. The pneumococcal conjugate vaccine (PCV) protects against a type of bacteria which can cause serious illnesses, such as meningitis and bacteremia (infection in the blood stream). Infants and toddlers are given 4 doses of the vaccine. The vaccine may also be used in older children who are at risk for pneumococcal infection.
- Q. What is the Tdap vaccine?**
A. The Tdap vaccine is used as a booster to the DTaP vaccine. It helps prevent tetanus, diphtheria and pertussis. It's given when your child is 10 years old or older and every 10 years throughout life.
- Q. What is the flu vaccine?**
A. The flu vaccine is given at the beginning of the flu season, usually in October or November. The flu shot is safe for children 6 months of age and older. Because flu virus strains change from year to year, it is required to get the vaccine each year so that he or she will be protected. The utility in India is doubtful as the prevailing strain may not be covered.
- Q. What is Rota virus vaccine?**
A. Rota virus is a major cause of diarrhea related morbidity and mortality in children worldwide. It is administered orally in a 2-dose schedule to infants below 8 months. It reduces the chances of severe diarrhoea needing hospitalisation.
- Q. What is Human Papilloma Virus (HPV) vaccine?**
A. The human papillomavirus (HPV) vaccine prevents infection with certain species of human papillomavirus associated with the development of cervical cancer, genital warts, and some less common cancers. They are recommended for females who are 9 to 25 years of age who have not been exposed to HPV. Three doses are given over six months.
- Q. Are these vaccines available for admn. in DMCH?**
A. Yes, all these vaccines are available at DMCH. Child Welfare Clinics are run on Tuesdays and Fridays.

Executive Team – DMCH Capsule

Dr. Daljit Singh (Chairperson), Dr. Praveen C. Sobti (Convener),
Dr. Manish Munjal (Co-ordinator), Dr. Anju Grewal (Secretary),
Dr. Deepinder Kaur Chhina, Dr. Sandeep Kaushal,
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