



DMCH Capsule

Vol. 8 | No. 5 | May, 2010

Dear Friends

The face is a reflection of how you are feeling. The beholder can usually judge your mood and temperament simply by studying your countenance. Strangely, it is also true that by maintaining a pleasant disposition you can actually modify the state of your mind.

A smiling face creates a congenial atmosphere for interaction and work. Productivity and output increase, and energy is saved from being dissipated in useless negative activities.

As suggested by 'Thought for the month' (last page), increase your 'smiles per hour' for personal and professional benefit.

Dr. Daljit Singh
Principal



World Health Day

In order to spread a message about health challenges associated with urbanization, College of Nursing celebrated 'World Health Day, 2010' by organising an 'Awareness Walk' and screening clinic for obesity, hypertension and diabetes in Rose Garden. The Chief Guest **Mr. Mohinder Pal Gupta**, Joint Commissioner, Municipal Corporation, Ludhiana stressed upon individuals to keep themselves and their environment healthy. **Dr. Daljit Singh**, Principal, **Dr. Rajoo Singh Chhina**, Dean Academics, **Dr. Jasbir Kaur**, Principal, College of Nursing and **Mrs. Gurpreet Kaur**, Nursing Superintendent and the faculty of College of Nursing were present. [Pic. A, B]

This celebration is a part of the global goal for participation of 1000 cities in the health campaign.



First DMC Alumni CME

First DMCH Alumni CME was inaugurated by former Principal **Dr. SB Khurana** in the presence of **Mr. Amrit Nagpal**, **Mr. Gian Chand Dhawan**, **Mr. Balraj Kumar**, **Mr. Satish Sanwalka**, **Dr. RS Chhina**, **Dr. S Puri** and **Dr. BS Shah** and **Dr. GS Grewal** (Member, PMC).

The guest speakers were alumni of DMCH including **Dr. Vikas Suri** (PGIMER, Chandigarh) who spoke on "Rational Use of Antibiotics" followed by **Dr. Dinesh Khullar** (Sir Ganga Ram Hospital, New Delhi), who delivered a lecture on "Hypertension in special situations." Vice Principal **Dr. J Whig**, gave a lecture on "Overview of Revised National Tuberculosis Control Programme (RNTCP)"

A lecture on "Legal Aspects in Medical Practice" was delivered by **Dr. RK Gorea**. [Pic. C]



CME on 'Migraine'

Departments of Pharmacology & Physiology organised a CME on migraine under the aegis of Association of Physiologists and Pharmacologists of India, Ludhiana Chapter. Over 145 delegates attended. The guest speakers included **Dr. Nilima Shanker** (Physiology), New Delhi, **Dr. Gagandeep Singh** (Neurology),

Dr. Sandeep Kaushal (Pharmacology), **Dr. Vivek Lal** (Neurology), PGIMER, Chandigarh. The chief guest was **Dr. SB Khurana**, and **Sh. Amrit Nagpal** was the Guest of Honour. [Pic. D, E]



Burns Update-2010

"Burns Update" was organised to enhance the knowledge and skills of personnel working in Burns ICU and Plastic Surgery Ward.

The seminar began with lecture on "Primary Care in Burns" by **Dr. Sanjeev K Uppal**. **Dr. Ramneesh Garg** spoke on "Fluid Resuscitation and Monitoring" followed by "Early Signs of Septicaemia in Burns" by **Dr. Rajinder Mittal**, "Acute Renal Failure and its Management" by **Dr. Navdeep Khaira**, "Universal Precautions in ICU" by **Sister Lakhbir Kaur** and "Ventilator Handling" by **Dr. Shikha Gupta**.

Lectures on "Pain Management in Burns" by **Dr. Suneet Kathuria**, "Selection of Antibiotics" by **Dr. Raj Kumar**, "Pediatrics Burns" by **Dr. Puneet Aulakh Pooni** and "Nutrition in Burns" by **Sister Amanpreet Kaur** were delivered. The valedictory function was presided over by Vice-President, DMCH Managing Society **Sh. Amrit Nagpal**. [Pic. F, G]



CME on Endoscopic surgery of the pituitary

A video conference was held between DMCH and Bombay Hospital on endoscopic surgical approaches to the pituitary.

Workshops

Flexor Tendon Repair

A 'Hands on Workshop on Flexor Repair' was jointly organised by the Departments of Plastic Surgery and Orthopaedics under the aegis of Association of Plastic Surgeons in the Department of Anatomy. **Dr. Vaikunthan Rajaratnam**, Consultant, Birmingham Hand Centre UK was the chief instructor.

The workshop was inaugurated by Principal **Dr. Daljit Singh** along with Organising Chairpersons - **Dr. Sanjeev Uppal** (Plastic Surgery) and **Dr. Mohammad Yamin** (Orthopaedics). **Dr. Harpal Selhi** (Orthopaedics) stressed on the need for bone stabilization in hand injuries for better outcome. **Dr. Rajinder Mittal** (Plastic Surgery) emphasised upon the importance of physiotherapy and splint to facilitate rehabilitation of these patients. [Pic. H]



Practical Pediatric Oncology

Department of Pediatrics and Arpita Cancer Society for children jointly organised a two-day Practical Pediatric Oncology Workshop. **Smt. Harish Rai Dhanda** presided as the Chief Guest and **Dr. RK Marwaha** (PGIMER, Chandigarh) was the Guest of Honour.



Dr. Praveen C Sobti (Pediatrics) extended warm welcome to **Mr. Suresh Munjal**, **Mrs. Rama Munjal**, **Dr. Rashmi Dalvi**, **Dr. Daljit Singh**, **Dr. Sandeep Puri**, **Dr. BS Shah** and **Dr. Rajoo Singh Chhina**. Also present were children who are regularly getting treatment from Pediatric



Oncology Unit of DMCH, and their parents. [Pic. I, J]. **Dr. Amarjit Kaur**, **Dr. JS Sekhon**, **Dr. DS Sandhu**, **Dr. Jatinder Goraya**, **Dr. Veenu Gupta** and **Dr. PC Sobti** were the speakers.

Sensitization Workshop on HIV/AIDS

A day-long sensitization workshop on HIV/AIDS was jointly organised by Department of Microbiology and Integrated Counseling and Testing Centre (ICTC). The programme was inaugurated by **Dr. Daljit Singh**. **Dr. Raj Kumar** (Microbiology) welcomed the gathering which included administrative and technical staff of the hospital. **Dr. Rajoo Singh Chhina**, Co-ordinator, Hospital Infection Control Committee, said that the workshop would educate about measures to be adopted to stave off the insidious entry of HIV virus.

The speakers who participated in the workshop included **Dr. BK Gill**, **Dr. Gautam Ahluwalia**, **Dr. Deepinder Chhina**, **Dr. Veenu Gupta** and **Mrs. Rachna Jain**. [Pic. K]



Guest lectures/Sessions Chaired/Papers Presented

- ◆ **Dr. Daljit Singh**, **Dr. HS Bains** and **Dr. SS Dhooria** (Pediatrics) were faculty at a BLS Course for Medical Professionals at CMC, Ludhiana.
- ◆ **Dr. Daljit Singh** delivered a talk on "Approach to Respiratory Sounds in Children" during Punpedicon 2010, Hoshiarpur.
- ◆ **Dr. Sandeep Puri** (Medicine) gave a lecture on "Newer Investigations in connective tissue diseases" at the National Biochemistry CME 2010 at Amritsar.
- ◆ **Dr. Rajoo Singh Chhina** (Gastroenterology) delivered a talk on "Helicobacter Pylori-Recent concepts" at Chandigarh and on "Pathogenes of Helicobacter Pylori" at Patiala.
- ◆ **Dr. Amarjit Kaur** (Transfusion Medicine) spoke on "Barriers to voluntary blood donation" at a voluntary blood donation camp organised by "Niswarth Sewa Society". [Pic. L]
- ◆ **Dr. Renuka Sood & Dr. Indu Verma** (Biochemistry) attended the National Biochemistry CME, 2010 "Recent advances in Laboratory Medicine" as chairpersons at GMC, Amritsar. **Dr. Satinder Kaur** also attended. This workshop included the latest techniques in molecular biology. [Pic. M]



◆ **Dr. Manish Munjal** delivered a talk on "Management of vertigo in patient" at Ahmedgarh IMA Meet. [Pic. N]

◆ **Dr. Virender Pal Singh** (Forensic Medicine) delivered a talk on "Forensic Documentation of Injuries in a Trauma Case" at Pune. [Pic. O]



- ◆ **Dr. Deepak Bhat** (Pediatrics) participated in the Punpedicon-2010 as a chairperson at Hoshiarpur. [Pic. P]
- ◆ **Dr. GS Bajwa** (Ophthalmology) delivered a talk on "Common Eye Problems in Northern India" at the International Conference, Bilga General Hospital, Punjab.
- ◆ **Dr. Dinesh Garg** (Ophthalmology) delivered a talk as guest faculty on "Different Anti-VEGF available-Merits and Demerits" and was a panelist at the 61st Annual Conference of Delhi Ophthalmology Society.
- ◆ **Dr. Suresh K Sharma** (Nursing) delivered a talk "Efficacy of Chlorhexidine in Prevention of Ventilator Associated Pneumonia (VAP)" at the 3rd National Conference on Infectious Diseases at AIIMS, New Delhi.

International Congress

Dr. Pramod Sood (Critical care division) delivered two guest lectures on "Arterial Blood Interpretation" and "Intra Abdominal Hypertension and Acute Compartment Syndrome" at the 30th International Critical Care Congress at Seoul (Korea). [Pic. Q]



Conferences/CME/Workshops attended

- **Dr. Preeti Bajaj** (Pathology) attended the PPO Workshop at DMCH.
- **Dr. Vandana Kaushal** (Microbiology) attended the 3rd DBT course on Biotechnology at Lucknow.
- **Dr. Rajoo Singh Chhina** attended MCI Teachers' training Programme at Deputy Commissioner's office on health related needs of school children.

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



State-of-art Neuro Ortho OT Complex



After extensive renovation, the new Neuro Ortho OT Complex offers excellent facilities for advanced neurosurgery and joint replacement. Each of the six OTs is equipped with ultramodern Operation Table (Mizuho/ Maquet), Dragger's Fabius Plus Anaesthesia Workstations, Dr Mach's LED Lights, Martin's Cautery machines etc. It has an attached 15 bedded fully functional Recovery Room.

Camps

- ▶ Department of Immunohaematology and Blood Transfusion organised 5 voluntary blood donation camps in collaboration with *Salaam-e-Zindagi*, *Niswarth Sewa Society*, *Akhil Bhartiya Sewa Dal* and *Sant Nirankari Bhawan* and collected 524 units of blood.
- ▶ **Dr. Rajoo Singh Chhina** attended free medical camp and checked 750 patients.
- ▶ The pulse polio campaign covered 4827 children below the age of 5 years.

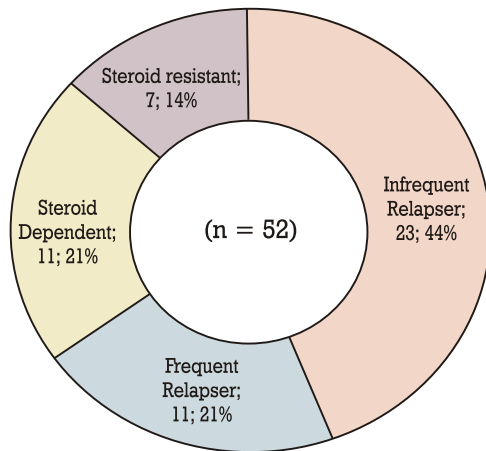
Congratulations

- **Dr. Kavita Sagar** (Radiology) has been elected as the Vice-President of Indian Radiology and Imaging Association, Punjab and Chandigarh Branch 2010-11.
- **Dr. PL Gautam** (Anaesthesia) on successfully completing the Advanced Trauma Life Support Course for Doctors.
- The following faculty members were elected as office bearers of the Association of Physiologists and Pharmacologists of India (APPI), Ludhiana Branch viz. **Dr. Lily Walia** (President), **Dr. Sandeep Kaushal** (General Secretary), **Dr. Hem Lata** (Central Executive Committee Representative), **Dr. Shalini Arora**, **Dr. Kanchan Gupta** and **Dr. Joginder Sidhu** (Executive Members).

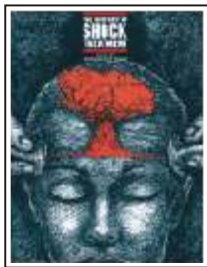


DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

Distribution of Nephrotic Syndrome cases in Pediatric Nephrology Clinic



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



Shock Treatment

More than 2,000 years before ECT (Electroconvulsive Therapy), the electric ray or torpedo fish provided the first electro therapy. Rays were kept in seawater tanks. The patients were immersed and suffered the 500-volt shocks through the water. This had been used to treat joint and muscle pain or paralysis.

Thought for the Month



There is no speed limit when it comes to 'smiles per hour'

WHAT YOU MUST KNOW ABOUT...

Childhood Nephrotic Syndrome

Dr. Gurdeep S Dhooria, Asst. Prof., Department of Pediatrics

- Q. What are the diagnostic features of Nephrotic Syndrome (NS)?**
 A. Nephrotic Syndrome is characterized by heavy proteinuria, Hypoalbuminemia (serum albumin < 2.5g/dl), hyperlipidemia (serum cholesterol > 200 mg/dl) and edema. Urine protein 3+/4+ on a dipstick test, spot protein/creatinine ratio >2 or urine albumin >40 mg/m2/h (on a timed sample).
- Q. What is the cause of Nephrotic Syndrome in children?**
 A. The condition is primary (idiopathic) in 95% cases. In others, the underlying cause may be Systematic Lupus Erythematosus, Henoch Schonlein Purpura and infections like HIV, hepatitis B and C.
 About 90% of idiopathic cases have 'minimal lesion' on histology and respond promptly to corticosteroid therapy. The remaining is contributed by focal segmental glomerulosclerosis (FSGC) and mesangioproliferative glomerulonephritis (MesPGN).
- Q. What can be the complications of Childhood NS?**
 A. Infection is commonest, followed by thromboembolic events. Hypertension, Hyperlipidaemia, corticosteroid toxicity and behavioural disorders are less frequent.
- Q. Do all patients require renal biopsy?**
 A. Renal biopsy is required in steroid resistance (no response within 4 weeks), age < 1 or > 15 yr, or if secondary causes are considered. A biopsy should be performed before starting cyclosporin.
- Q. What is the standard treatment schedule for childhood nephrotic syndrome?**
 A. The Expert Group of the Indian Pediatric Nephrology Group recommends treatment of the initial episode with prednisolone 2 mg/kg (max 60 mg) in 2-3 divided doses daily for 6 weeks, followed by 1.5 mg/kg (max 40mg) as a single morning dose on alternate days for next 6 weeks.
- Q. What are the medications for unsatisfactory response to steroids?**
 A. Levamisole, cyclophosphamide, cyclosporine and mycophenolate are beneficial in a variable proportion of patients with frequent relapses or steroid dependence.
- Q. What is the prognosis of children with Nephrotic syndrome?**
 A. More than 70% of children with steroid-sensitive nephrotic syndrome relapse and almost 50% have frequent relapses or steroid dependence. Their risk for progression to chronic failure is minimal.
- Q. What is the outcome of Steroid Resistant Nephrotic Syndrome (SRNS)?**
 A. In a small proportion of steroid resistant cases, Calcineurin inhibitors (cyclosporine, tacrolimus), mucophenolate, IV steroids (with alkylating agents) are capable of inducing remission in a significant proportion. In those who fail to respond, outcome is unsatisfactory with a risk of higher complications, progressive kidney disease and end stage renal failure.
- Q. Do we have special clinics at DMCH to deal with children with Nephrotic Syndrome?**
 A. Yes, there is Nephrology Clinic in the Pediatric OPD every Monday for children with nephrotic syndrome and other renal disorders.

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,
 Dr. Rama Gupta, Dr. Harpal Singh Selhi, Dr. Gautam Biswas,
 Dr. Pavneet Kaur Selhi, Dr. Deepak Bhat and Dr. Amit Bery

*Issue Co-ordinator

HELP LINES

EPABX: 0161-4688800, 4687700 (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