



DMCH

Capsule

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Dear Friends

'Work made fun gets done'. If you are not fortunate enough to be engaged in an activity which you love and enjoy, you should modify the way you execute it. Otherwise, it is best to look for some other assignment.

In case it is not within your power to change your work, there is no point of perpetually grumbling about it. It would be much better to adjust your own approach, so that a positive attitude makes the task enjoyable, fruitful and fulfilling.

As suggested by 'Thought for the month' (last page), do what you love and love what you do.

Dr. Daljit Singh
Principal

CME on Neonatal Emergencies

Department of Pediatrics and National Neonatology Forum, Punjab State Branch jointly organized a CME on Neonatal Emergencies, which was inaugurated by the Chief Guest **Dr. Sushma Nangia**, Secretary NNF. **Dr. Daljit Singh**, Principal, stated that neonatal emergencies are challenging and it is very important to keep abreast with the latest techniques in treating critically ill newborns. **Dr. HS Bains** delivered a talk on transport of the sick newborn and stressed upon stabilization of the baby and maintaining temperature during transport. **Dr. Sushma Nangia** delivered a talk on "Approach to a baby with respiratory distress". **Dr. JP Dadhich** Consultant, SL Jain Hospital spoke on "Recent advances in the management of Neonatal sepsis.", followed by a lecture on "Management of Neonatal seizures" by **Dr. (Col) RG Holla**, Consultant, Fortis Hospital, Delhi. **Dr. Praveen C Sobti**, **Dr. Puneet Pooni** and **Dr. Deepak Bhat** conducted the proceedings. [Pic. A, B]



Ultrasound Guided Regional Anaesthesia CME cum workshop

The department of Anaesthesiology, organized Ultrasound Guided Regional Anaesthesia CME cum workshop.

Chief Guest **Shri Amrit Nagpal**, Vice President, DMCH Managing Society, lauded the initiative of the department to educate all anaesthesiologists in the latest technology. **Dr. Sunil Katyal**, Organizing Chairperson and **Dr. M Rupinder Singh**, Organising Secretary, stressed upon the importance of acquiring standardized skill with ultrasound machine.

Skillfully performed nerve blocks facilitate pain management, fast-tracking, promote early mobilization, decrease hospital stay, reduce unanticipated hospital admission and reduce overall health care costs. They highlighted the availability of a new modality of ultrasound guided nerve blocks which has added a new dimension for both acute and chronic pain management in DMCH. Nationally renowned faculty **Dr. Vrushali Ponde**, Grants Medical College, Mumbai, **Dr. Baljit Singh**, G B Pant Hospital, Delhi, **Dr. YK Batra**, **Dr. Babita Ghai** PGIMER Chandigarh and **Dr. Satinder Goobar**, **Dr. Sanjeev Palta** and **Dr. Richa Saroa** GMCH, Chandigarh imparted hands on skills to nearly 100 delegates. [Pic. C]



International Thalassemia Day and World Red Cross Day

The department of Transfusion Medicine and Punjab Thalassemia Society jointly organized a Seminar and the 11th Annual Medicos Voluntary Blood donation camp. **Shri Prem Kumar Gupta**, Secretary Managing Society DMCH was the Chief Guest. This day is observed the world over to commemorate the death anniversary of George Englesoz of Cyprus, an active member of Thalassemic International Federation who worked tirelessly despite suffering from thalassemia.

Dr. Amarjit Kaur (Transfusion Medicine) informed that 200 units of blood were collected during the camp and

acknowledged the active support of all medical professionals and voluntary NGO's in donating blood for the noble cause.

Dr. Praveen C Sobti (Pediatrics) stated that DMCH is catering to the needs of 276 thalassemic children and expressed gratitude to the welfare societies and organizations for their noble contribution. [Pic. D, E]



Nursing Care Workshop on International Nurses Day

College of Nursing, DMCH organized a six day workshop on Nursing care to celebrate "International Nurses Day" from 10-15th May 2010, to commemorate the birth anniversary of Florence Nightingale.

The theme of the workshop was "Delivering Quality, Serving Communities: Nurses leading Chronic Care." **Dr. Daljit Singh** (Principal), **Dr. Sandeep Puri** (MS), **Dr. BS Shah** (MS) and **Mrs. Gurpreet Kaur** (NS) highlighted the contribution of nursing profession to health care system and need for continuous education for nursing staff.

Dr. Suresh K Sharma (Vice Principal College of Nursing), highlighted the current issues and challenges faced by the nursing staff in their day-to-day working. Various topics like Basic Nursing, Gastro, Neuro, Maternal, Pediatric, and Critical care were elaborated upon during the week long celebrations.

Dr. J Whig (Vice Principal) awarded certificates to nursing students. **Dr. Rajoo Singh Chhina**, **Dr. BS Shah**, **Dr. HS Bains**, **Dr. PL Gautam**, **Dr. Ashima Taneja**, **Mrs. Gurpreet Kaur**, delivered guest lectures, while **Mrs. Nidhi Sagar**, **Mrs. Prabhjot Saini**, **Mrs. Anju Lata**, **Mrs. Anita Yadav** and **Mrs. Bindu K** coordinated various events. [Pic. F]



Guest Lecture on Vasculitis

Dr. Michael Charles Venning, Senior Consultant, University of Manchester delivered a guest lecture on "Vasculitis" at DMCH. In an interactive session he discussed various case studies and their management. [Pic. G]



International Conferences

Dr. Rajoo Singh Chinna (Gastro) delivered a talk on 'Hepatic Manifestations of Tropical diseases' and participated in panel discussion on 'Tropical Gastroenterology diseases' at the Digestive Disease Week 2010, New Orleans, USA. [Pic. H]



Dr. Praveen C Sobti (Pediatrics)

delivered a guest lecture on "Combination therapy as an option" at the 4th National Thalassemia Seminar, Kuala Lumpur, organised by the UKM Medical Molecular Biology Institute, Ministry of Health, Federation of Malaysian Thalassemia Societies and Malaysia Society of Pediatric Haematology & Oncology.

Resource faculty and Guest lectures

Dr. Sandeep Puri (Medicine) delivered a talk on "Management of dengue fever and use of blood components" at the CME organized by IMA Sangrur.

Dr. Dinesh Garg (Ophthalmology) delivered guest lecture on "Diabetic Retinopathy-Medical management" at the CME organized by Bhatinda Ophthalmological Society.

Dr. Puneet Pooni (Pediatrics) participated as faculty in a Workshop on Pediatric Mechanical ventilation organized by Intensive Care Chapter, Punjab at Apollo Hospital, Ludhiana. She delivered a talk on "Weaning from ventilator" and conducted a workshop session on "Management of obstructive lung disease".

Mechanical ventilation is the major intervention to prevent morbidity and death from respiratory failure. Average PICU has >30% patients on mechanical ventilation for a mean of 5-6 days. Prolonged ventilation is associated with nosocomial pneumonia, ventilator induced lung injury, cardiac associated morbidity and upper airway problems. But extubation failure and premature discontinuation of mechanical ventilation increases stay in PICU and costs. Optimal weaning would mean minimizing the duration of mechanical ventilation without incurring risk of reintubation to prevent complications.

Training Courses Imparted

American Heart Institute Accredited DMCH Training Site conducted an AHA-accredited Basic Life Support & Advanced Cardiac Life Support Provider course to 36 healthcare professionals at Apollo Hospital, Ludhiana. **Dr. Sunil Katyal** (Chairman), **Dr. Anju Grewal** (Coordinator), **Dr. Rupinder M. Singh**, **Dr. Shikha Gupta**, & **Dr. Vivek K Gupta** conducted the course alongwith Instructors from AHA International Training Site, MAMC, New Delhi.

Workshop attended

Dr. Shalini Arora (Pharmacology) attended Basic Course in Medical Education Technologies sponsored by MCI at CMC, Ludhiana.

Sessions Chaired

Dr. Promila Jindal (Obst & Gynae) chaired a session on "Pre-menopause and surgical Menopause" at the First Zonal Conference of Indian Menopausal Society, Jalandhar Chapter. [Pic. I]



Camps

▶ International Labour Day Blood Donation Camp by DMCH employees :

The employees of DMCH donated 153 units of blood in an unique initiative to celebrate International Labour Day. Chief Guest, **Dr. Sandeep Puri**, Medical Superintendent who has himself donated blood 76 times, stressed on the importance of voluntary donation especially for thalassaemic children. [Pic. J]

▶ 721 units of blood were collected in various camps held in commemoration of International Thalassaemia Day & World Red Cross Day (200 units), May Day (153 units), by All India Youth Federation, Ludhiana (26 units), Dist Youth Congress, Ludhiana (Urban) (112 units), Jain



Sabha Kendra Prem Nagar, Ludhiana (75 units), Sri Mahavir Jain Yuvak Mandal (75 units) and Vardhman Textiles (80 units) under the supervision of **Dr. Amarjit Kaur**.

▶ Pulse Polio Camp

About 4100 children below age of 5 years were covered under the Pulse Polio Campaign from 23-25 May 2010 under the supervision of **Dr. Sunil Kumar Juneja** (OBC).

Over 2000 children below the age of 5 years were covered under the supervision of **Dr. Anurag Chaudhary** and **Dr. Mahesh Satija**.

▶ Free Asthma Camp

A free asthma camp was organized for adults and children to commemorate "World Asthma Day". **Dr. J Whig** (Vice Principal), **Dr. Anil Kashyap**, **Dr. Rahul Gupta**, **Dr. HS Bains**, **Dr. Siddharth** attended the camp and examined patients besides performing free Lung function tests and providing free medicines. **Dr. J Whig** formally inaugurated the camp and elaborated on the etio-pathophysiology of asthma. There is an alarming increase in the morbidity and mortality due to asthma which is characterized by recurrent episodes of breathing difficulty and wheezing precipitated by inhaling environmental allergens. [Pic. K]



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



Artificial Cervical Disc Arthroplasty



The modality of microscopic discectomy and artificial disc replacement is now available to patients at DMCH in the deptt. of Neurosurgery. This technique incorporates a new artificial disc, designed to alleviate neck pain associated with disc herniations, spinal arthritis and spine degenerative conditions, and also permits more motion of the neck.

Dr. HS Bains (Pediatrics) stressed on prevention of asthmatic attacks especially in pregnant mothers and an aggressive & optimal management of exacerbations as about 1% of pregnancies are complicated by asthma.

Dr. Anil Kashyap (Chest) said that the important contributing factors for poor asthma control were delayed diagnosis, under-assessment and under-treatment of disease. Myths, inadequate information and lack of awareness make people neglect the disease.

▶ Free Medical Checkup Camp

Dr. Sunil K Juneja (Obst & Gynae), **Dr. Ajay** (Medicine), **Dr. Deepak Bhat** (Pediatrics) attended the Medical check up camp organised by Helping Hands Charitable Welfare Society, Halwara.

▶ Free Eye Camp

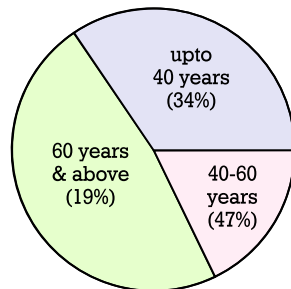
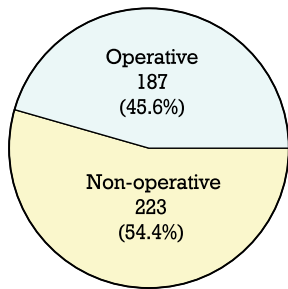
A free eye camp was conducted in the eye OPD wherein refractions were done and surgeries advised.

Congratulations to

- **Dr. Dinesh Garg** (Ophthalmology) for inclusion of his surgical video on "Parsplana Lensectomy and vitrectomy with sclera fixated IOL following post-traumatic dislocation of lens", for publication in the Jaypee's Video Atlas of Ophthalmic Surgery.
- **Dr. Gautam Ahluwalia** (Medicine) for being elected unanimously to the "AIIMSONIANS" executive committee and for being nominated as Convener of the "Core Policy" subcommittee.
- **Dr. Puneet Pooni** (Pediatrics) for being designated as Scientific Advisor and **Dr. Deepak Bhat** being re-elected as Treasurer, Intensive Care Chapter, Punjab.
- **Dr. Anurag Chaudhary**, and **Dr. Sangeeta Girdhar** (SPM) for being elected as executive members of Indian Public Health Association, State Branch, Chandigarh.
- **Dr. Omesh Goyal** (Gastroenterology) for being awarded the Young Investigator Award on the Topic "Treatment of Alcoholic hepatitis" at the International Liver Congress (EASL), Vienna, Austria.

DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

In-patients of Cervical Spondylosis 2007-09
n=410 (M-249, F-161)



The Formula for Success

- P**ersist no matter what
- E**ndure discomfort
- R**equest for help
- S**teadfastly hold onto your beliefs and values
- E**nvision triumph
- V**erify results
- E**mbrace adversity as your teacher
- R**efuse to give up
- E**njoy and celebrate every tiny bit of progress



**If you do not find joy in your work, change it.
Or change yourself.**

WHAT YOU MUST KNOW ABOUT...

Cervical Spondylosis

Dr. Gulzar Gupta, Asst. Professor, Department of Neurosurgery

- Q. What is meant by cervical spondylosis?**
A. The term "spondylosis" refers to a degenerative condition where the vertebrae gradually form bone spurs and their shock absorbing disc slowly shrinks with age.
- Q. What causes cervical spondylosis?**
A. Cervical spondylosis can be caused by a slipped disc or a bony overgrowth or a combination of both.
- Q. How does cervical spondylosis manifest?**
A. One of the commonest complaints is neck pain which would be noted on neck movement or on coughing or sneezing.
- Q. What are the investigations required for cervical spondylosis?**
A. If there are no major signs or symptoms of neurological dysfunction, the patient may not need any investigations.
If indicated, plain x-rays of the spine may be ordered with or without blood investigations such as hemoglobin, ESR, CRP, RA test, serum calcium phosphorus and alkaline phosphatase.
Sometimes, in the presence of significant signs or symptoms, the patient may need MRI scanning. In some cases such as peripheral neuropathy or thoracic outlet syndrome, EMG-NCV test may be needed.
- Q. Is there any non-surgical treatment for cervical spondylosis?**
A. The type of treatment depends on the duration of the problem. Various non-operative means of treatment include painkillers, muscle relaxants, heat and electrical stimulation, cervical traction and activity restriction.
- Q. When is surgery essential?**
A. Surgery would be indicated when there is no relief of pain despite symptomatic treatment or, when there is significant neurological deficit or, repeated episodes of pain.
- Q. What is the nature of surgery?**
A. Microdiscectomy is the usual surgery for cervical spondylosis and is performed through the microscope. It is a relatively safe procedure. When many levels are involved, the surgery may be done from the behind, otherwise, it would be from the front.
- Q. What are the newer advances in the treatment of this condition?**
A. i. Microscopic discectomy : Allows good depth perception and is very safe.
ii. Percutaneous laser discectomy : It is not considered to be scientifically more superior to microdiscectomy.
iii. Artificial disc arthroplasty : The intervertebral disc is replaced by an artificial one.
- Q. Are these facilities available at DMCH?**
A. Yes, facilities for microscopic discectomy and artificial disc replacement are available in the department of Neurosurgery.

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

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