



DMCH Capsule

Vol. 8 | No. 7 | July, 2010

Biomedical Waste Management Week

Coinciding with the World Environment Day observed by WHO, Biomedical Waste Committee organized a one week workshop on "Biomedical Waste Management" for the residents, nursing and para-medical staff. More than 400 medical personnel participated in the sensitization workshop conducted by **Dr Gautam Ahluwalia** (Convener) and **Dr Deepinder Chhina** (Co-convener). The aim of the workshop was to conduct an interactive session regarding the day-to-day queries and problems encountered by the hospital employees during the disposal of biomedical waste.

The Government of India notified National Bio-Medical Waste Regulations in July, 1998. It is a statutory requirement for all the health care facilities in the country. The most important aspect in the management of biomedical waste is appropriate segregation as per colour coded containers at the point of generation. **Dr Rajoo Singh Chhina** (Coordinator) emphasized that biomedical waste and infection control practices are the two very important areas on which the committee is going to concentrate in the coming months. **Dr Daljit Singh**, Principal, lauded the efforts of Biomedical Waste Committee. [Pic. A, B, C, D]

Dear Friends

How big a problem is, depends on your viewpoint. If you stand at the foot of a mountain, it presents an unnerving sight. However, once you have reached the top, your perception is dramatically different!

You need not be daunted or overawed by seemingly insurmountable difficulties looming in front of you. Just remain determined and work for the solution, and the picture will change.

As suggested by 'Thought for the month' (last page), you will be surprised how insignificant a problem appears to become once you have overcome it.

Dr Daljit Singh
Principal



Congratulations.....

Dr Suneet Kathuria & Dr Shikha Gupta (Anaesthesiology) successfully completed the "Fundamental Critical Care Support Provider Course" from Society of Critical Care Medicine, held at DMCH.

Dr Rachna Mittal (Psychiatry) was awarded the 2nd prize at a CME (PG Development Programme) on cognitive behaviour therapy.

AHA Accredited BLS & ACLS Provider Course

The Department of Anaesthesiology, conducted an AHA accredited BLS & ACLS provider course for a batch of 28 doctors from all over Punjab.

Dr Daljit Singh, Principal, inaugurated the course and told that DMCH has taken a lead in regular training of medical professionals and lay public. **Dr Raj Kumar**, **Dr Sunil Kumar** and **Dr SD Sharma** from AHA ITC, MAMC, monitored and conducted the course alongwith **Dr Sunil Katyal**, **Dr Anju Grewal**, **Dr Vivek K Gupta**, **Dr M Rupinder Singh** and **Dr Shikha Gupta**. [Pic. E, F]



NABH Accreditation Workshop

A sensitization workshop was conducted by National Accreditation Board for Hospitals & Healthcare Provider (NABH) Consultants to



assess the existing service delivery standards of the hospital and identify and benchmark the baseline level of all quality indicators. Guidance was given in the workshop to implement alterations in structural designs of the facilities, and laying down standard operating procedures for various activities in all levels of care. The topics covered in the workshop included Access, Assessment and Continuity of Patient Care, Management of Medication, Patients Rights and Education, Hospital Infection Control, Continuous Quality Improvement and Responsibility at various levels. [Pic. G, H, I, J]

Guest Lecture

Dr U Kaiser from Germany, conducted a seminar on "Monitoring of Steam Sterilization Process in Hospitals", encompassing Micro-biological, technical & legal aspects. [Pic. K]



International Conferences

Dr Ranjive Mahajan (Psychiatry) presented a poster on 'Personality characteristics of faith healers in North India' at the International Conference on Transcultural Psychiatry at Amsterdam, Netherlands. [Pic. L]



Dr Navkiran Mahajan (Psychiatry) presented a poster on 'Psychiatric Morbidity in first generation interstate migrants in India' at the same conference. [Pic. M]

Dr Gagandeep Singh (Neurology) delivered a talk on 'Cancer Risk in People with Epilepsy' on 9th European Congress Epileptology at Rhodes, Greece.

Dr Jasbir Kaur (Principal CON) delivered a guest lecture on 'Ageing-coping with psycho-social stresses of elderly women' in the International Federation on Ageing-10th Global Conference at Melbourne, Australia. [Pic. N]

Stress score of rural women was more than urban women and the rural widows were the most stressed. Majority of the elderly women used religious and spiritual coping strategies to manage their psychosocial stress.



Resource faculty and Guest lectures

Dr Sandeep S Sidhu (Gastro) delivered a lecture "Rifaximin improves cognitive functions and Health Related Quality of Life in patients with Minimal Hepatic Encephalopathy" at 'Digestive Diseases Week-2010' at New Orleans, USA. His clinical research paper was selected as the "Distinguished Clinical Practice Paper". [O]



A significant percentage (40.9%) of patients with liver cirrhosis have a complication called Minimal Hepatic Encephalopathy (MHE). It is called minimal because patients have no gross complaints. Clinical examination is normal. These patients however have impaired fine motor skills, attention, concentration and slow speed of mental processing. MHE patients have poor health related quality of life. A prospective randomized double blind placebo controlled trial (the RIME trial) was conducted in the Gastroenterology OPD. 486 patients with cirrhosis were screened. 94 patients were diagnosed to have MHE and enrolled. Rifaximin, a non-absorbable gut selective broad spectrum antibiotic (1200mg/1day) significantly improved both the cognitive functions and HRQOL in patients with MHE. It was safe and well tolerated.

Dr Sandeep Kaushal (Pharmacology) delivered a talk on 'Pharmacokinetics / Pharmacodynamics in an era of MDR Gram negative organisms' at a conference on Infection Management in critically ill patients at Mohali.

Dr Sunil Kumar Juneja (Obst & Gynae) was the panelist for the discussion on Heart Disease Complicating Pregnancy at Kangra.

The incidence of heart disease complicating pregnancy is less than 1%; with the ratio of congenital to acquired Rheumatic heart disease being 1:10 in developing countries.

Mitral stenosis is the commonest acquired Rheumatic heart disease. Haemodynamic changes that occur in pregnancy from 6-8th week onwards can get accentuated leading on to Pulmonary oedema & right heart failure and consequent complications.

A multidisciplinary team consisting of an Obstetrician, Cardiologist, Neonatologist and Anaesthesiologist should be involved in the care of such a patient during labour and delivery.

Dr PS Nain (Surgery) attended 7th Fellowship Course and live workshop on Laproscopic Surgery at FIAGES 2010, Hyderabad.

Dr Suresh K Sharma (Vice-Principal CON) delivered a guest lecture on the topic 'Reforms in clinical evaluation ; OSCE/OSPE' in a workshop on strategies for effective evaluation at BFUHS. [Pic. P]



Camps

► Blood Donation Camp

Department of Immunohaematology and Blood Transfusion organised a voluntary blood donation camp with the help of various organisations i.e. Salaam Zindagi Foundation and Ludhiana units of All India Rahul Gandhi Yuva Brigade, NIRC of ICAI, and District Youth Congress collected 285 units of blood.

► Pulse Polio Camp

About 5524 children were covered under the Pulse Polio Campaign on June 20-22. The SPM department was involved in conducting and monitoring of the pulse polio drive on behalf of WHO in the Ludhiana (Urban) from June 20-23.

► Free Medical Checkup Camp

Medical checkup at a camp organised by NGO (Lazarous Ministries, Ludhiana) on June 16 was done by **Dr Sandeep**

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



Renovated Lecture Theatre, Dumra Auditorium



Lecture Theatre No.1 in Dumra Auditorium has recently been renovated. It has a chic contemporary look with new paneling, seats and excellent acoustics.

Chhabra & Dr Prema Goyal (Medicine), **Dr Namita Budhiraja & Dr Harleen Kaur** (Dental), **Dr Karandeep Singh Kochar & Dr Vikram Bhardwah** (ENT), **Dr Sumeet, Dr Shyna & Dr Saurav** (EYE).

Dr Deepak Bhat, Associate Professor (Pediatrics) and team examined around 250 students at Haibowal. Free medicines were also dispensed. [Pic. Q]

► Free Eye Camps

Free Eye Camps were conducted in the Eye

OPD wherein 202 patients were examined, 142 refractions and 25 surgeries were advised.



Obituary



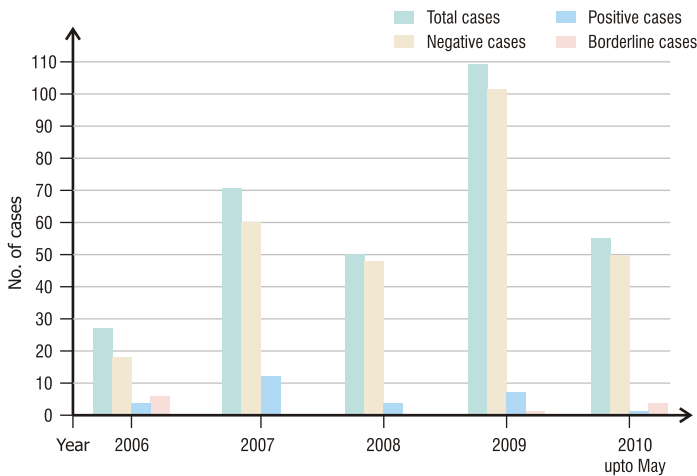
DMCH pays obeisance to **Dr Raj Kumar**, Professor and Head of Microbiology, who passed away on 28th June, 2010 after 26 years of distinguished service.

Born on	: 10th August 1955
MBBS	: 1980 Ranchi University
MD (Micro)	: 1984 GMC, Patiala
Lecturer	: 1984 Deptt of Microbiology, DMCH
Prof & Head	: 2006 Deptt of Microbiology
Former President of NW Chapter of IAMM	

Prof. Raj Kumar was a lifelong scholar. He was instrumental in starting the PG course in Microbiology and trained 21 candidates. He displayed admirable qualities of responsibility and commitment to both patient care and teaching. He was a very loving man and will be missed dearly not only by his family, but also by his colleagues, students and all those who came in contact with him.

DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

HPV-DNA Hybrid Capture Assay - Our Experience



Take time to WORK. It is the
PATH TO SUCCESS

Take time to MEDITATE. It is the
SOURCE OF INNER PEACE

Take time to PLAY. It is the
SECRET OF PERPETUAL YOUTH

Take time to READ. It is the
WAY TO KNOWLEDGE

Take time to be FRIENDLY. It is the
ROAD TO HAPPINESS

Take time to LAUGH. It is the
MUSIC OF THE SOUL

Most importantly, take time to LOVE. It is the
ESSENCE OF LIFE



Thought for the Month

**Mountains disappear once you
climb to the top**

WHAT YOU MUST KNOW ABOUT...

HPV DNA : A screening tool for cancer cervix

Dr Vineeta Malhotra, Prof & HOD, Dept of Pathology

Q. What is HPV?

A. Human papilloma virus (HPV) is a group of viruses that includes more than 100 different types, more than 40 of which infect the genital area.

Q. How does HPV spread?

A. HPV is spread through sexual contact. Most infected persons are asymptomatic and thus unaware that they are infected and can unintentionally transmit the virus to a sex partner. Rarely, a pregnant woman passes HPV to her baby during vaginal delivery.

Q. How serious is infection with HPV?

A. Most HPV infections do not cause any symptoms and eventually go away, as the body's own defense system clears the virus. Some people get visible genital warts, or have pre-cancerous changes in the cervix, vulva, anus, or penis. About 10% of women infected with HPV develop persistent HPV infection and are at greatest risk for developing cervical cancer.

Q. What cancers does HPV cause in humans?

A. Several types of cancer are associated with HPV.

- Cervical cancer: The most common HPV-associated cancer. Almost all cervical cancers are associated with HPV
- Vulvar cancer : 40%
- Vaginal cancer : 70%
- Penile cancer : 40%
- Anal cancer : 85%

Cancers of the head and neck are mostly caused by tobacco and alcohol, but recent studies show that about 25% of mouth and 35% of throat cancers may be linked to HPV.

Q. Is it important to screen for carcinoma cervix & how is it done?

A. Screening is very important and has shown to remarkably reduce the incidence and mortality of cervical cancer. Two techniques are used: PAP smear and HPV DNA testing.

Q. Is HPV DNA screening better than PAP smear?

A. Though PAP screening and HPV DNA testing are done simultaneously, HPV testing is more sensitive than cytology. Demonstration of a carrier status for high risk viruses might identify a high risk group of patients with normal cervical smears.

Q. What are the indications for women to undergo the HPV DNA test?

A. Following are the people who can undergo the test-

- A sexually active woman above the age of 30 years.
- A women having symptoms of pelvic pain / abnormal discharge/intermenstrual bleeding/ post coital bleeding/ menorrhagia
- A women who has at any time in life had abnormal PAP test.

Q. Are the facilities available in DMCH?

A. Complete gynaecological evaluation including PAP smear is routinely available. The Hybrid Capture Assay to detect HPV DNA is available at DMCH which can pick up high risk HPV infections.

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