



# DMCH Capsule

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## Dear Friends

*The good things in life are often taken for granted, and unfulfilled desires leave one feeling deprived.*

*We must not forget the countless 'gifts' bestowed upon us in various forms by the Almighty. The realisation that one is fortunate to be showered with a never-ending list of blessings, without earning or even deserving most of them, is a humbling thought.*

*As suggested by the 'Thought for the month' (last page), an unwavering sense of gratitude is the key to remain in a state of happiness.*

Dr Daljit Singh  
Principal



## International Symposium on Knee Replacement

Department of Orthopedics organized a symposium on "Revision & High Performance Knee". The symposium included live surgery workshop on knee replacement surgery and was inaugurated by **Dr Daljit Singh**, Principal, along with **Dr Jagdeep Whig**, Vice-Principal, **Dr Rajoo Singh Chinna**, Dean Academics, **Dr Sandeep Puri** and **Dr BS Shah**, Medical Supdts and course director **Dr Mohammad Yamin**.

**Dr Peter James** (United Kingdom) spoke on "Achieving High Flexion in Total Knee Replacement (TKR)" followed by live demonstration of Rotating Platform Flex knee. **Dr Sanjeev Mahajan**, Organizing Secretary, spoke on "Achieving Alignment in Valgus Knee". He informed the audience that arthritis of knee is the leading cause of disability and conventional knee replacement is well-known modality for treatment because it provides excellent results in relieving pain.

**Dr Atul Mishra** (Delhi) spoke on "Soft tissue balancing in TKR" and **Dr H Tandon** (Delhi) spoke on "TKR alternative for severe Varus Knee" and "TKR in Fixed Flexion Deformity". [Pic. A, B, C]



### 23rd Indian Academy of Pediatrics (IAP) quiz

The college round of IAP quiz for undergraduates was held on 29 July. Five teams participated in the quiz which focused on different aspects of pediatric diseases, their management and treatment. **Dr Daljit Singh**, Principal was the quiz master and conducted the entire programme in a very interesting and informative manner. **Dr Harmesh Singh Bains** (Pediatrics), Coordinator, mentioned that the basic objective of the quiz is to create interest in pediatrics among the undergraduate medical students. [Pic. D, E]

### Workshop on Respiratory Tract Infections (RTI)

Workshop on "Group Education Module on Respiratory Tract Infections" was conducted under the aegis of IAP Ludhiana, on 18 July. **Dr Daljit Singh**, **Dr Harmesh Singh** and **Dr Puneet A Pooni** from Department of Pediatrics were the faculty. **Dr Gurdeep S Dhooria** attended the same.

**Dr Daljit Singh** discussed the approach to management of child with upper respiratory tract infections in children. **Dr Bains** discussed management of bronchiolitis and pneumonia in children and **Dr Puneet** discussed hospital acquired pneumonia and approach to recurrent pneumonia in children.

About 3 million under 5 children die every year due to RTIs, of these, 1.9 million deaths occur in India. Commonest reasons for antimicrobial drug use among children with respiratory conditions include nonspecific upper respiratory tract infections, pharyngitis, otitis media, pneumonia, asthma, bronchiolitis, WALRI and sinusitis. Erroneous trust in our ability to treat all infections (with fever) with antibiotic prescription is the main cause of development of drug resistant strains. Many fevers are not due to bacterial infections, a large majority of infections seen in general practice are of viral origin. Antibiotics are often prescribed in the belief that they will prevent secondary bacterial infections but there is no evidence to support this benefit except in few uncommon situations where chemoprophylaxis helps.

### ORS Week celebrated at DMCH

ORS week was celebrated on 30 July in the Department of Pediatrics in conjunction with IAP Ludhiana. It included Role Playing by Nursing Students. The importance of ORS in the management of Acute Diarrhea was highlighted through role play, which was impressively conveyed by the contestants. The judges for the contest were **Dr Daljit Singh**, Principal, **Dr Rajoo Singh Chhina**, Dean Academics, **Dr Harmesh S Bains**, Head, Pediatrics, **Mrs. Gurpreet Kaur**, Nursing Superintendent and **Dr Ashish Wadwa**, President IAP Ludhiana. [Pic. F, G]

Acute diarrheal diseases are among the leading causes of mortality in infants and young children in India. ORS day is celebrated with the aim to promote the use of Oral Rehydration salt solution and to educate the people about its use. Dehydration from diarrhea can be prevented simply, effectively and cheaply in all age-groups by using ORS solution.

It was reiterated that there is a need to expand usage of this inexpensive and readily available intervention which can help reduce death from dehydration caused by diarrhea. It will also help to reduce number of days of hospitalization, length of treatment and costly intravenous treatment. Experience and research has validated the same and it was hailed by the Lancet as ".....potentially the most important medical advance of the 20th century...."

### Sensitisation workshop under RNTCP

Training and sensitization programme under RNTCP was conducted by **Dr RK Sharma**, In-charge. DOTS Centre (DMCH). 23 staff nurses were sensitized on the issues regarding implementation of RNTCP and function of DOTS Centre for the control, treatment, prevention and eradication of tuberculosis.

### Visiting Faculty

**Dr Jose F Diaz Fernard** from Spain visited Hero DMC Heart Institute on 24 July. He worked in Cath Lab and assisted a team of cardiac surgeons in cardiac interventions like Coronary Angioplasty.

### Resource Faculty and Guest Lectures

**Dr HS Bains** and **Dr Gurdeep S Dhooria** (Pediatrics) were instructors for "BLS course for Lay persons" at PAU, Ludhiana.

**Dr Gurdeep S Dhooria** (Pediatrics) delivered lectures on "Osteopenia of Prematurity" and "Anti-helminthic use in children" at IAP, Barnala. [Pic. H]

### CME/Workshop attended

**Dr Jagdeep Whig** (Pulmonary Medicine), **Dr Deepinder Chinna** (Microbiology), **Dr Gautam Ahluwalia** (Medicine), **Dr Sarit Sharma** (Community Medicine) and **Dr Anil Kashyap** (Pulmonary Medicine) attended the CME-cum-STF meeting on RNTCP at GMC, Patiala. **Dr Whig**, Chairman STF, chaired the session on DOTS-plus. **Dr Sarit**



delivered a talk on "Basis of RNTCP" and chaired a session on "TB-HIV Collaborative Intervention in India".

**Ms Doreen Jacob, Ms Amandeep Kaur and Ms Poornima Nahar (CON)** attended the workshop on "Biomedical Technology for nurses" from 8-17 July at PGI, Chandigarh. The workshop included various topics like 'Need of Biotechnology for nurses, Indoor air quality, manifold gases, ventilator, autoclaves, Go green concept' and also on time management and coordination in the hospital.

## Training Course

**Dr Shruti Sharma (Intensivist)** successfully completed the "Fundamental Critical Care Support (FCCS) Provider Course" held at DMCH and conducted by Society of Critical Care Medicine, California, USA.

## Camps

### ▶ Voluntary Blood Donation Camp

Department of Transfusion Medicine under the supervision of **Dr Amarjit Kaur** collected 571 units of blood in the month of July from various camps organized in association with NIRC of ICAL, Ludhiana (117 units), District Youth Congress, Ludhiana (34 units), Govt. Medical College, Faridkot (172 units), Salaam Zindagi Foundation (118 units), Bhai Ganhaiya Ji Water Saving and Supply organization (30 units) and Shaheed Bhagat Singh Sewa Society, Mansa (100 units).

### ▶ Pulse Polio Campaign

About 8004 houses were covered and 2879 children under 5 years were immunized under the Pulse polio campaign organized in UHC, Kirti Nagar, Ludhiana under the supervision of **Dr Anurag Chaudhary** and **Dr Mahesh Satija** (Community Medicine).

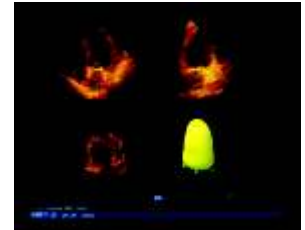
About 5559 children below 5 years of age were immunized from 25-27 July under the supervision of **Dr Sunil Kumar Juneja** (Obs. & Gynae).

Department of Pharmacology contributed as WHO monitor for the pulse polio campaign for urban Ludhiana area.



## What's at DMCH....

### New Colour Doppler Echocardiography System



The 3D and 4D Live Colour Doppler echocardiography system available at Hero DMC Heart Institute helps in improved diagnosis of structural heart disease. It has unprecedented levels of image quality, quantification, clinical performance and information management. The system is capable of real time generation of volume data for instantaneous display of live 3D images.

### ▶ Free Eye Camp

Department of Ophthalmology conducted the 7th free eye camp under the supervision of **Dr GS Bajwa** on 11 July wherein number of refractions and surgeries were done.

### ▶ Free Health Check-up

Students of College of Nursing under the supervision of Ms Sandeep Kaur, Ms Archana Sharma, Ms Navdeep Kaur organized a health check-up camp at Adarsh Nagar, Ludhiana on 10 July. About 90 residents were examined which included BP check-up, Hb and RBS estimation, visual acuity and BMI assessment. [Pic. I]

### ▶ Free Cardiac Camp

About 50 patients were examined during a camp organised at Ludhiana at ICICI Bank, Ferozpur Road Branch on 2 July under the supervision of **Dr Rohit Tandon**.

### ▶ Cardiac Camps

Camp at Ludhiana at ICICI Bank, Ferozpur Road Branch on 24 July by **Dr Rohit Tandon**. 50 patients were examined during the camp.

## Congratulations.....

**Dr Praveen C Sobti** (Pediatrics) was awarded "Jagriti Award" by Divya Jyoti Jagrati Sansthan in recognition of her continuing social service for thalassemic children.

**Dr Sarit Sharma** (Community Medicine) has been appointed Convener Editorial Board of Indian Journal of Maternal & Child Health (IJMCH).

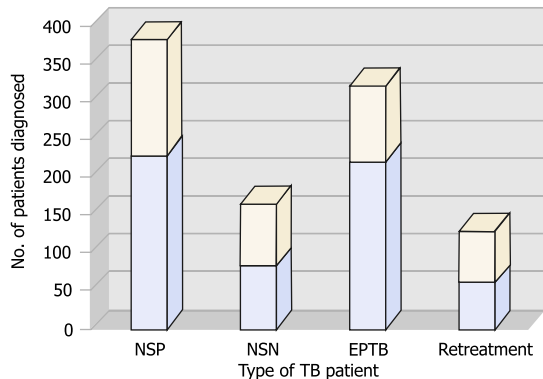
**Dr Gautam Biswas** (Forensic Medicine) has been appointed as member of the Editorial Board of "Indian Internet Journal of Forensic Medicine & Toxicology."

## DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

### Tuberculosis patients diagnosed and put on DOTS in DMCH

(Jan. 2009-June 2010)

NSP- New Sputum Positive TB Patients  
NSN- New Sputum Negative TB Patients  
EPTB- Extra pulmonary TB Patients



Referred for DOTS in patient's residential area (597)  
Put on DOTS in DMCH (403)



### Thought for the Month



**The Secret of Happiness:  
Be Grateful, Always**

## WHAT YOU MUST KNOW ABOUT...

### DOTS

**Dr Sarit Sharma, Associate Professor, Dept of Community Medicine**

#### Q. What is DOTS?

A. DOTS stands for Directly Observed Treatment Short course - the currently recommended treatment for tuberculosis. The DOTS strategy is in practice in more than 180 countries. By March 2006, all states of India have been covered under DOTS.

#### Q. What is RNTCP?

A. RNTCP is 'Revised National Tuberculosis Control Programme' applying the principles of DOTS to the Indian context. Under this programme, the diagnosis and treatment of TB is available free of cost at all the Government and selected private health facilities throughout India.

#### Q. Who should be screened for TB?

A. Any person having cough for 2 or more weeks with or without other symptoms (fever, tiredness, blood in sputum etc.) should consult the nearest health facility and get his/her sputum examined.

#### Q. What is the highest risk factor for tuberculosis in adults?

A. The Human Immunodeficiency Virus (HIV) is the highest risk factor for TB among adults. An HIV positive person is 6 times more likely to develop TB disease as compared to an HIV negative person.

#### Q. What is the duration of treatment for tuberculosis?

A. The duration of treatment under DOTS varies from 6-9 months depending upon the type of TB the person is suffering from.

#### Q. Is DOTS used in children?

A. Yes. Special patient-wise boxes, depending upon the weight of the child, are provided free of cost under the programme.

#### Q. What is Multi-drug-resistant tuberculosis (MDR TB)?

A. MDR TB is caused by strains of TB bacteria which are resistant to two of the most effective anti-TB drugs i.e. Isoniazid and Rifampicin. MDR TB occurs as a result of poor management of patients. It can only be diagnosed in a specialized laboratory. Management requires at least 18-24 months of treatment with medicines which are 100 times more expensive and often have many side-effects. The DOTS programme has been instrumental in preventing the emergence of MDR TB.

#### Q. Are facilities of DOTS available in DMCH?

A. Yes. DMCH is fully committed to the programme of DOTS and has a designated microscopy centre for diagnosing tuberculosis patients and a DOTS centre for treating the diagnosed patients. These facilities are provided free of cost to all the patients.

### 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