



DMCH Capsule

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Dear Friends

We all have different capabilities as well as strengths and weaknesses. In the theatre of life, each one occupies a certain place and has a particular role to play.

A wise person knows where he stands and is conscious of his potential as well as his limitations. He is aware that it is undesirable and sometimes even dangerous to deviate too much from the role that is appropriate for him.

As suggested by 'Thought for the month' (last page), a growing bubble soon bursts and loses its life, while a deflated balloon fails to fulfil its purpose and loses its charm.

Dr. Daljit Singh

Dr Daljit Singh
Principal

Workshop on 'Thesis Plan Writing'

A one day workshop was organised for the post graduate students on 'Thesis Plan Writing'. **Dr Daljit Singh**, Principal, elaborated on the component of the thesis, features of a good plan, and the important guidelines. He emphasized that a well drafted thesis plan acquaints the readers clearly with the work to be carried out. **Dr Rajoo Singh Chinna**, Dean Academics, elaborated on 'Thesis Plan Format' which should be according to the University requirements so that the PG student can get the approval and complete the thesis without undue difficulties.

Dr Sanjeev Uppal (Plastic Surgery) apprised the students about 'Introduction and Review of Literature' which is a critical part of the basis of study. **Dr Sandeep Kaushal**, Asst Dean Academics, informed that one needs to make a proper hypothesis and plan accordingly.

The topic pertaining to 'Observation Tables and Statistics' was delivered by **Dr RK Soni** (SPM) followed by 'Bibliography and Legal Aspects' by **Dr Gautam Ahluwalia** (Medicine) and "Preparation of Master Chart" by **Dr Shalini Arora** (Pharmacology). [pic. A, B] The students were provided a soft copy of the presentations.



Workshop on Advanced Laparoscopic Urological Procedures

Workshop on advanced laparoscopic urological procedures was conducted by **Dr Baldev Singh Aulakh** (Urology & Transplant Surgery) with **Dr Mallikarjuna Reddy** from Hyderabad as guest faculty. Two new advanced urological procedures were started in the Department for the first time in Punjab viz. partial nephrectomy for renal cell carcinoma (nephron sparing surgery) and repair of the retrocaval ureter. [pic. C]



Kongratulations.....

Dr Baldev Singh Aulakh (Urology and Transplant Surgery) was conferred the State Award as 'Learned Professional' for his services in the field of Urology and Transplant Surgery. The Award was conferred at the State function by Hon'ble Chief Minister **S. Parkash Singh Badal** on 15th August. [pic. D]



Dr V P Singh (Forensic Medicine) successfully completed LLB 1st division from University Institute of Laws (Punjab University Regional Centre, Ludhiana).

Dr Anil Kashyap (Pulmonary & Critical Care Medicine) successfully completed the 'Fundamental Critical Care Support (FCCS) Instructor Course' held at DMCH and conducted by Society of Critical Care Medicine, California, USA.

Introductory Session for MBBS Freshers

An introductory programme was arranged for the MBBS Admission Batch-2010. It was attended by the freshers along with their parents, faculty members and members of the Managing Society including Vice Presidents **Sh. Gian Chand Dhawan** and **Sh. Amrit Nagpal**, Secretary, DMCH Managing Society - **Sh. Prem Kumar Gupta** and Senior Member **Sh. Balraj Kumar**.

Dr Rajoo Singh Chinna welcomed the students and their parents. During the session all the fresh students introduced themselves.

Speaking on the occasion **Dr Daljit Singh** said that in order to strive and deliver the best medical services to the people, doctors should adopt a role model and work with dedication. He further exhorted the new batch of MBBS students to focus on intellectual development and pursue the profession to become effective leaders in health care delivery. [pic. E-I]



Breast Feeding week

Breast Feeding Week was celebrated in the first week of August in collaboration with IAP Ludhiana.

A declamation contest was organised for the post graduate students. The importance of exclusive breast feeding and advantages over formula feeding on brain development, prevention of infections and allergic disorders was highlighted by the contestants. The judges for the contest were **Dr Daljit Singh**, Principal, **Dr BS Shah**, Medical Supdt., **Dr HS Bains** (Pediatrics), **Dr Promila Jindal** (Obst. & Gynae) and **Dr Ashish Wadwa**, President IAP, Ludhiana. [pic. J, K]



RNTCP Workshop

A five day modular training workshop on RNTCP was conducted for batch of faculty. The workshop was inaugurated by **Dr Daljit Singh**. **Dr Jagdeep Whig**, Vice Principal and Chairman State Task Force welcomed the delegates. **Dr Sarit Sharma**, **Dr HS Dhooria** and **Dr Amit Bery** were the Master Trainers for this workshop. The workshop was attended by 17 faculty members from departments of Pathology, Microbiology, Community Medicine, Pharmacology, Obstetrics & Gynaecology, Medicine, Surgery, Orthopaedics and Neurology. **Dr Sarit Sharma** was appointed as a member of the internal evaluation team by the state-programme officer-RNTCP Punjab. [pic. L, M]



Visiting Faculty

Dr RS Sharma, FAMS, Deputy Director General (SG) and Scientist-F Division of Reproductive Health & Nutrition, Indian Council of Medical Research, New Delhi delivered a guest lecture on 'Guidelines for Assisted Reproduction Techniques in India.' [pic. N]





Dr MC Gupta, Prof. & Head of Pharmacology from PGIMS Rohtak delivered a guest lecture on 'Basics of Clinical Research.' [pic. O]

International Conferences

Dr Praveen C Sobti (Pediatrics) presented a poster on 'Epidemiologic profile of road traffic accidents in a tertiary care centre of North India' at the 26th International Pediatrics Association Congress of Pediatricians at Johannesburg, South Africa.

She also attended two workshops on 'IPA-WHO Adolescent Resource Kit' & 'Interpreting the child's chest x-rays.'

Dr Deepak Bhat (Pediatrics) presented two papers at the Congress on 'Epidemic dropsy in disguise of dengue hemorrhagic fever' and ADEM - A rare CNS manifestation of dengue hemorrhagic fever. [pic. P]



CME/Workshop attended

Dr Promila Jindal (Obst & Gynae) was a guest faculty at a CME "Nutrition in normal pregnancy" at Govt Medical College, Patiala. [pic. Q]

A pregnant mother should consume balanced diet providing 2400 K.Cal/day; adequate proteins and fats. For vitamins and minerals she should consume variety of fruits and vegetables.

Dr Sandeep Kaushal (Pharmacology) attended 6-day workshop on 'Research Methodologies' organised by Dept of Science and Technology, Govt of India at AIIMS. [pic. R]



Training

Dr Suman Puri (Obst & Gynae) attended product training on harmonic use in total Laparoscopic Hysterectomy and Endoscopic Suturing with needle holders with international faculty at 'Ethicon Institute', New Delhi.

Resource Faculty and Guest Lectures

Dr Harmesh S Bains and **Dr Gurdeep S Dhooria** (Pediatrics) were invited as resource faculty for the Pediatric Advanced Life Support Course held in PGIMS Rohtak.

Dr Ranjive Mahajan (Psychiatry) delivered a guest lecture on 'Psychiatric co-morbidity in Parkinsonism' at a CME, Indian Psychiatric Society North Zone, AIIMS, New Delhi.

Parkinsonism is a neuro-psychiatric disorder with >60% patients having co-morbidity. Psychosis and depression in Parkinson's disease is bi-directional. Dopaminergic therapy has addictive potential and can lead to disorders like pathological gambling, hyper sexuality and paraphilias.

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

Rare Laparoscopic Bilateral Adrenalectomy

A rare Laparoscopic bilateral adrenalectomy was performed by **Dr Baldev Singh Aulakh** and his team on a 18 year old patient who was diagnosed to have Bilateral Primary Nodular Hyperplasia and Cushing's Syndrome. Laparoscopic adrenalectomy is technically more demanding but complication rates decrease with this procedure.



Dr Amarjit Kaur (Immunohaematology & Transfusion Medicine) delivered a guest lecture at Ludhiana on the occasion of Teacher's Day.

Dr Suman Puri (Obst & Gynae) was invited as a faculty in a group discussion on "Comprehensive endometriosis management" which included surgical approaches to endometriosis. Medical management of endometriosis, managing recurrent endometriosis, endometriosis in ART, and deep or recto vaginal endometriosis were discussed.

Endometriosis should be detected as early as possible as it is a recurrent condition which often leads to infertility.

Seminar on Diabetes & Obesity Surgery

A Seminar on "Diabetes and Obesity Surgery" was organised which was attended by around 100 overweight and diabetic patients. It was chaired by **Dr Parminder Singh** (Endocrinology) along with **Dr PS Nain** and **Dr Ashish Ahuja** (Surgery), Chief Dietician **Mrs. Ritu Sudhakar** and Dietician **Shewta Bhat**.

Camps

► Voluntary Blood Donation Camps

Department of Immunohaematology and Blood Transfusion organised voluntary blood donation camps with the help of various organisations, and collected 1095 blood units.

► Free Eye Camp

A Free Eye Camp was conducted in the Eye OPD on 8th Aug, 2010 in which patients were examined and refractions were done.

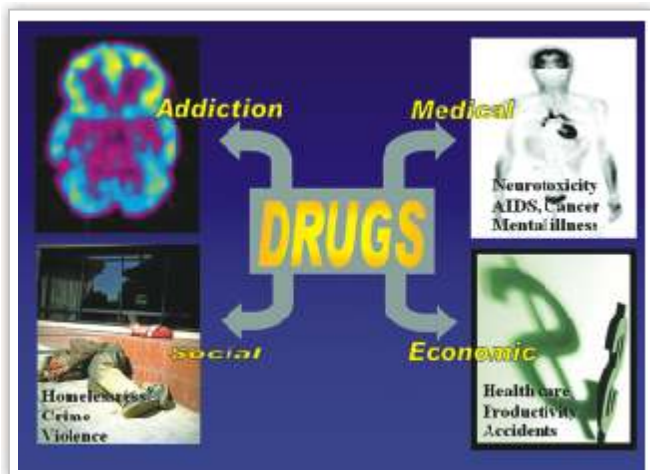
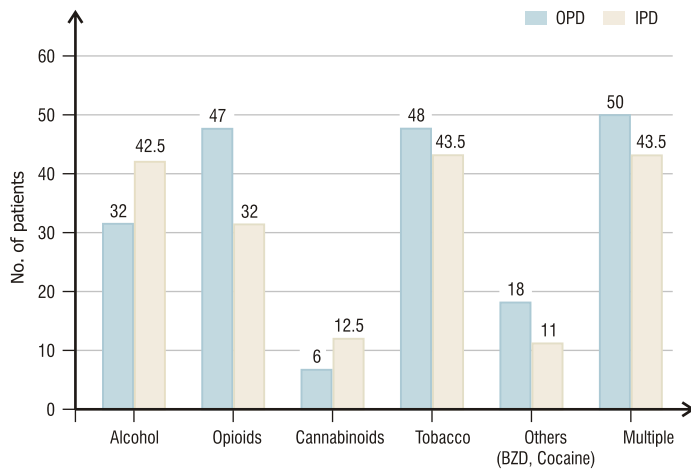
Farewell.....

The DMC family bid adieu to **Dr N S Khaira**, Prof & Head of Nephrology. He served the institution for 19 years.



DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

Drug addiction cases (July 2009 - July 2010)



WHAT YOU MUST KNOW ABOUT...

DEADDICTION

Dr Navkiran S Mahajan, Associate Professor, Dept of Psychiatry

Q. What is drug addiction?

A. Drug addiction is defined as the repeated & increased use of a drug, the deprivation of which gives rise to symptoms of distress and an irresistible urge to use the drug again and which leads to physical, mental and social deterioration.

Q. What are the common drugs causing addiction?

A. Tobacco, Alcohol, Cannabis, Opioids (opium, poppy husk, smack, heroin, cough syrups, fortwin), Pain killers, Cocaine, Inhalants, Benzodiazepines (eg. diazepam), Party drugs and Date Rape Drugs (LSD, GHB, Ketamine, Ecstasy, Rophynl, Ice)

Q. How common is drug addiction and do people become addicted to drugs?

A. The prevalence rate is about 28.77%. Drug availability, social acceptability and peer pressure initiate experimentation with the drug but psychological factors like personality and individual biology are instrumental in having dependence.

Q. What are the complications of drug addiction?

- A.
- a) Medical : Cancers – oral, lung, gut and hepatic cancer; Cirrhosis; HIV, HCV and HBV infections.
 - b) Psychiatric (Present in >50%) : Mood disorders esp. depressive, Anxiety disorders; Psychosis; Psychosexual and sleep disorders; Suicide.
 - c) Other : Increasing violence, crime and delinquent behaviours; Road side accidents.

Q. Can drug addiction be treated?

- A. Yes, a holistic treatment strategy is required which includes.
1. Motivation : to motivate the person to leave the drug and seek help.
 2. Detoxification : Reversal of short and long term neuroadaptive changes in the brain and body chiefly by pharmacological methods and psychotherapy.
 3. Relapse prevention : long term goal to prevent relapses. Done by a combination of pharmacological methods and psychotherapy.

Q. What about the highly publicized Painless One Day Detoxification Method?

A. These are hand alone therapies and such methods have not been approved or endorsed by any National & International regulatory and professional body. Moreover, they are not painless and are contra-indicated in multiple drug addiction.

Q. Is this facility available at DMCH?

A. All modalities of treatment e.g. counseling, and motivation, detoxification and relapse prevention (short & long term) are available in the Dept of Psychiatry. In addition, adjunctive treatments like Family and Marital therapy are also available.



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