



DMCH Capsule

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International CME-cum-Workshop on Urogynaecology

Departments of Obstetrics & Gynecology and Urology & Transplant organized International CME-cum-Workshop on stress incontinence, cystocele and rectocele, which was inaugurated by Commissioner of Police **Mr. Ishwar Singh**, IPS. Organizing Secretary **Dr Baldev Singh Aulakh** and Organizing Chairperson **Dr BK Gill** stated that one in four women suffers from incontinence which can be cured with surgery. An awareness walk on 'Live Urinary Leakage Free Life' was also held. Eminent Urologist **Dr Amit Chakrabarty** from USA and **Dr Rakesh Kapoor** from SGPGI, Lucknow, performed surgeries which were telecast live to more than 200 delegates including surgeons, gynaecologists, urologists and physicians. [pic. A]



Pelvic and Acetabular Course



Pelvic and Acetabular Course organized by the Department of Orthopaedics was inaugurated by Principal **Dr Daljit Singh** along with Vice-Principal **Dr Jagdeep Whig**, Dean Academics **Dr Rajoo Singh Chhina**, Medical Suptds. **Dr Sandeep Puri** and **Dr BS Shah**. Organising Secretary **Dr Rajnish Garg** stated that the scientific sessions included talks on varied topics by national experts in the field of pelvic and acetabular surgery who shared their invaluable experiences and latest advancements in this field. [pic. B]

ENT Conference

Department of ENT and Head & Neck Surgery and Department of Anatomy organized three-day '34th Conference of Association of Otolaryngologists of India, (North West Zone)' and 3rd Endoscopic Sinus Surgery Workshop. The workshop was designed to provide the fundamental and practical information regarding the contemporary care of patients with voice and other disorders. **Dr Hemant Chopra** was elected President of the Association. [pic. C, D]



Dear Friends

Sometimes things seem to be beyond us or out of reach. It may appear that the way forward is obstructed. However, an apparent roadblock may turn out to be only a minor hindrance.

Do not accept defeat by seemingly huge obstacles. There may be a way out even from a perceived dead end. It could be easier than you thought, and all that may be required is a push. What you need is persistence, a sense of commitment and appropriate effort.

As suggested in 'Thought for the month', do not presume that a difficult situation is insurmountable.

Dr Daljit Singh
Principal



Congratulations.....

DMCH ICU has been approved for Diploma in Critical Care Medicine by ISCCM.

Dr Rajoo Singh Chhina (Gastro) on being selected as Advisory Board Member of Journal of Gastrointestinal Infection for 2010-2013 by the Gastrointestinal Infection Society of India.

Dr Manish Munjal (ENT) on being awarded "Tuli Sunder Das Memorial Award" at NWZAOS ENT conference for his indigenous muscle flap techniques in the surgery of the ear.

Dr Dinesh Garg (Ophthalmology) for contributing a chapter titled 'Tractional Retinal Detachment' in the Retinal section of the book 'Ready Reckoner in Ophthalmology' under the aegis of AIOS.

Dr Sarit Sharma and **Dr Mahesh Satija** (Community Medicine) being appointed as members of State Surveillance Team for monitoring HIV Sentinel Surveillance-2010 by PGIMER School of Public Health, Chandigarh.

World Alzheimer's Day

On World Alzheimer's Day, Department of Neurology organized a public awareness camp for dementia patients and care givers. A memory clinic is being started in the OPD every Thursday at 2-4 pm to be run by **Dr Rajinder Kumar Bansal** (Neurology) for comprehensive dementia care. [pic. E]



World Suicide Prevention Day

On the occasion of 'World Suicide Prevention Day', a lecture was delivered by **Dr Navkiran Mahajan** (Psychiatry). She elaborated on suicide prevention which begins with recognizing the warning signs and taking them seriously. **Dr Ranjive Mahajan** (Psychiatry) emphasised on creating awareness among health professionals including physicians. [pic. F, G]



Workshop on Basics of Elementary Biostatistics

Workshop on Basics of Elementary Biostatistics was organized. Principal **Dr. Daljit Singh** emphasized on the importance of elementary biostatistics in medical education and research. **Dr Atul Juneja** from National Institute of Medical Statistics, ICMR, New Delhi was the guest speaker. Dean Academics **Dr Rajoo Singh Chhina**, spoke on 'Introduction to Biostatistics', **Dr Shalini Arora** on 'Presentation of Data' and **Dr RK Soni** on 'Measures of Central Tendency & Dispersion'. **Dr Sandeep Kaushal** highlighted the usage of MS Excel. [pic. H]



Workshop on Laparoscopic removal of Prostate

Live Operative Workshop on 'Laparoscopic Removal of Cancer-bearing prostate and Adrenal Cancers' was conducted by **Dr Baldev Singh Aulakh** (Urology) and visiting surgeon **Dr Anup P Ramani** from Mumbai. The aim of the workshop was to spread awareness about prostate cancer and share the knowledge and new technical skills with the doctors. [pic. I]



Symposium on Nutritional Anaemia

Department of Physiology under the aegis of Association of Physiologists and Pharmacologists of India (Ludhiana Chapter) organized a symposium on 'Nutritional Anaemia'. The conference was attended by 120 delegates. The scientific sessions included Physiology of Nutritional Anaemia by **Dr Randeep Mann** and Epidemiology of Nutritional Anaemia by **Dr Rupali Verma**. **Dr Gurleen Kaur** elaborated on Supplementation therapy in nutritional anaemia followed by clinical management by **Dr Savita Jain**. [Pic. J]



Anaesthesia & Critical Care Update

Department of Anaesthesiology & Critical Care Division, DMCH in association with faculty from Mayo Clinic, Rochester, USA organised the All India Multicentre Web CME "Anaesthesia & Critical Care Update", broadcast live at 10 satellite centers including-



Delhi, Mumbai, Kolkata, Bangalore, Chandigarh, Ahmedabad, Chennai and Ludhiana. About 150 delegates actively participated in discussions on recent developments in perioperative issues and management of critically ill patients. [pic. K]

Fourth IAP Quiz for PG students



Introductory Session for Fresh MBBS Graduates

A welcome session for the MBBS students Admission Batch 2010 was held at DMCH. The faculty members of 1st and 2nd Prof were present at the programme. [Pic. M]



Resource Faculty and Guest Lectures

Dr Daljit Singh (Pediatrics) attended 'Basic Course Workshop in Medical Education Technologies' at CMC, Ludhiana (MCI Nodal Centre for Faculty Development), as resource faculty.

Dr Daljit Singh, Dr Harmesh S Bains, Dr Puneet A Pooni and Dr Gurdeep S Dhooria (Pediatrics) were resource faculty at IAP workshop on 'RTIGEM for Pediatricians' at Jalandhar. They also conducted 'Pediatric Advanced Life Support (PALS) Provider Course' as faculty at DMCH, Ludhiana.

Dr Sandeep Puri (Medicine) delivered a guest lecture on H₁N₁ (Swine Flu) Cautions at Partap College, Ludhiana.

Dr G S Bajwa (Ophthalmology) attended a meeting at Civil Hospital, Ludhiana and delivered a talk on 'Eye Donation'.

He delivered a talk on 'Endophthalmitis' at Bhatinda and in DD Punjabi about 'Eye Donation and its present day relevance.' [pic. N]



Dr Sunil Katyal (Anaesthesiology) delivered a guest lecture on 'Anaesthetic Management of obese patient posted for bariatric surgery' in a PG CME at New Delhi.

Dr Amarjit Kaur (Transfusion Medicine) chaired a session at National CME in Transfusion and delivered talks on 'Evolution of reagents in Immunohaematology' and 'Quality issue in Blood bags'. [pic. O]



Dr Anju Grewal (Anaesthesiology) delivered a guest lecture on "Role of Epidural Blood Patch, Alternative Strategies & Adverse Outcomes in Postdural Puncture Headache (PDPH)" and was a panelist at 3rd National Conference of Association of Obstetric Anaesthesiologists at Shillong. She also attended the 26th South Zone ISA conference and Dr. KPR Memorial CME at Thissur Kerala and delivered a talk on "Maternal Collapse." She chaired a session and was a panelist in a session on 'Why Mothers Die?'

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



Message from the Secretary....

Expanded Emergency Department



For the last few months due to rising cases of dengue, the number of patients coming to DMCH Emergency has tremendously increased to about 130 per day. DMCH Emergency is well-equipped and till recently, had the capacity to accommodate and take adequate care of about 70 patients. Now the block has been expanded with further capacity of 30 well-equipped beds and separate cabins, effectively managed round the clock by the consultants, residents and emergency staff.

Prem Kumar Gupta

Secy DMCH Managing Society,, Ludhiana

CME organised

Dr GS Bajwa (Ophthalmology) organised a CME on 'Hands on Phaco' through Ludhiana Ophthalmological Society at Park Plaza.

Camps

► Physiotherapy Camp

On the occasion of 'International Physiotherapy Day' free physiotherapy camp was organized with the inauguration of newly-expanded and renovated Department of Physiotherapy.

► Free Eye Camp

A Free Eye Camp was conducted in the Eye OPD on 12th Sept. in which 17 patients were examined and 10 refractions and 2 surgeries were done.

Two free eye camps were organised outside DMCH in collaboration with Army Ex-Serviceman Welfare Club at village Barewal and Hero Cycles Ltd. on 8th and 13th Sept respectively. 750 patients were examined in these camps and 500 refractions and 14 surgeries were done.

► Pulse Polio Campaign

6893 children below the age of 5 years were covered under the Pulse Polio campaign organised from 19th to 23rd Sept. The Department of Pharmacology contributed as WHO monitor for this campaign.

CMEs/Workshops attended

Dr Deepinder Chhina, Dr Rama Gupta and Dr Pooja Suri (Microbiology)
Dr Rajesh Kumar
Dr Rupinder and Dr Sandeep Kundra (Anaesthesia)
Dr Ranjive Mahajan (Psychiatry)

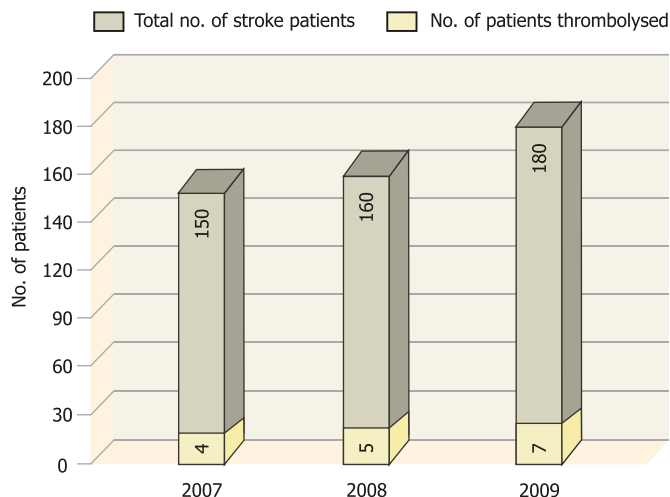
Dr Virender Pal Singh (Forensic Medicine)
Dr Anurag Chaudhary and Dr Sangeeta Girdhar (Community Medicine)
Dr. Neeru Luthra (Anaesthesiology)
Dr. Sandeep Kaushal (Pharmacology)

IX National Conference-cum-CME and Workshop of Indian Association of Mycoplasmologists at Chandigarh. Dr Chhina was the judge of poster session.
National CME in Transfusion Medicine at PGIMER Chandigarh.
Course on Comprehensive Trauma Life Support Course (CTLIS) at PGIMER, Chandigarh. .
CME on 'Physician Forum' at Jalandhar as a speaker and delivered a talk on 'Depression in General Medical Conditions'
CME as a guest speaker and delivered a talk on 'How to Prevent Litigation in Medical Practice.'
Basic Course Workshop in Medical Education Technologies at CMC, Ludhiana.
Workshop on National Initiative for Patient Safety on "Hand Hygiene and Infection Control" at New Delhi.
National Consultative Meeting "To finalize pharmacology curriculum for MBBS/MD/DM courses at National Level" Kolkata.

DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

Thrombolysis in stroke

The number of patients who reach hospital in time for thrombolysis is too low! Early recognition and reporting within 3-5 hours of developing stroke is required for good outcome using TPA.



WHAT YOU MUST KNOW ABOUT...

STROKE : Early treatment with TPA

Dr Monika Singla, Attending Consultant, Dept of Neurology

Q. What is Stroke?

A. A stroke occurs when there is interruption of blood flow to one hemisphere of the brain leading to paralysis of the other side of the body. When there is stroke, brain cells in the immediate area begin to die because they stop getting oxygen and nutrients for normal function.

Q. Is stroke a common medical problem?

A. Stroke is the third leading cause of death in the developing countries and a leading cause of serious, long-term disability in adults.

Q. What are the cardinal symptoms of stroke?

A. Sudden weakness of one side of the body, numbness of the side, facial paralysis with weakness and/or sudden swaying on the other side. If patient has any of these symptoms, he/she should be referred to a definitive stroke care centre urgently and should be evaluated.

Q. What is TPA (Tissue Plasminogen Activator)?

A. Tissue Plasminogen Activator is a recombinant human type protein which helps in dissolution of clot and is the only FDA approved therapy for acute stroke. It helps in reperfusion and salvage the area at risk.

Q. How early should patient reach definitive care?

A. Stroke is an emergency. Only patients with acute stroke presenting to the emergency within the time window of THREE HOURS are eligible candidates for thrombolytic therapy. Recently this time window has been extended upto 5 hours.

Q. Why we need to act fast?

A. When patient has a stroke, every minute counts, because longer the flow is cut-off, the greater is the damage. With the centre ischemic core there is surrounding area of penumbra, which can be salvaged by restoration of blood flow with TPA. It helps in reducing the severity and disability of stroke significantly.

Q. What are the risks of TPA?

A. Bleeding (haemorrhage), in the brain or in other parts of the body, can occasionally occur. In 6 out of 100 patients treated within 3 hours, bleeding may occur into the brain and cause further injury.

Q. How is DMC geared up for thrombolysis?

A. The DMC Emergency has a stroke team that is led by a 24-hours on-call neurologist. Once the patient with stroke reaches the Emergency, the patient will be seen immediately by a neurologist and a CT scan or MRI and other blood tests will be undertaken. Following this, a decision to administer TPA or not will be taken, within 3 hrs of onset of symptoms.

Q. What is the "Take home message"?

A. Be Stroke Smart. Recognize the symptoms of stroke and report to the DMCH Emergency immediately or call

24 hour Stroke Helpline, 99153-55200.

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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