



DMCH Capsule

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Dear Friends,

We make assumptions about people, events and conditions, and are taken aback when they turn out to be different to what we had thought.

When anything is taken for granted, we tend to give less importance to it; the value is realized only when it is not there any longer. Remember, the good things bestowed upon us can disappear without warning.

As suggested in 'Thought for the month' (last page), there is no guarantee for anything in life, or, for that matter, of life itself.

Dr Daljit Singh
Principal

2nd DMCH Alumni Meet

DMCH Alumni Committee organised the 2nd Alumni meet which was attended by nearly 300 old students. Secretary, Managing Society, **Sh Prem Kumar Gupta** inaugurated the CME, along with Former Principal **Dr LS Chawla** and Former Professor and Head of Medicine, **Dr GL Avasthi**.

Chairperson, Alumni Committee **Dr Jagdeep Whig** recalled some of the most memorable moments with former teachers. In his message, **Dr LS Chawla** expressed his pride and appreciation over the outstanding achievements of DMCH as an institution. The alumni guest speakers were: **Dr Rohit Gulati** from University of Baltimore, USA, **Dr Ashok K Gupta** from PGIMER, Chandigarh and **Dr Anil** from Max Hospital, New Delhi. [pic. A-C]



DMCH-BLS Course for Ludhiana Dental Association

Basic Life Support (BLS) hands-on course for 20 practicing Dental Doctors of Indian Dental Association, Ludhiana Branch was organized by American Heart Association Accredited BLS & ACLS Instructors- **Dr Sunil Katyal, Dr Anju Grewal, Dr Rupinder M Singh, Dr Vivek Gupta & Dr Shikha Gupta**. Dayanand Medical College & Hospital has earned the distinction of being the sole American Heart Association (AHA) Accredited Training Site in the Northern Region. Principal **Dr Daljit Singh** laid emphasis on the importance of acquiring standardized universally accepted life saving skills for all health care providers and also for lay public, as per the latest 2010 guidelines. The main skills imparted on manikins were the technique of giving high quality chest compressions, with effective breaths, in a protocol based manner. BLS encompasses a combination of skills which are performed in a standard sequence for victims of cardiac arrest with the aim of providing a small but critical amount of blood flow to heart and brain. This helps in keeping the victim alive till trained help arrives. [pic. D]



Staff Cultural Event & Prize Distribution

A spectacular cultural programme and prize distribution ceremony was organized by the employees of DMCH and HDHI to mark the end of "6th Annual Employees Sports Meet".

The chief guest Secretary, DMCH Managing Society, **Sh Prem Kumar Gupta** and Guest of Honour, Film Producer and CEO of Sky TV, **Sh Sukhwant Singh Dhadha** gave away prizes to the winners of sports meet and the cultural programme. Among the prominent guests present were Vice Presidents of DMCH Managing Society- **Sh Gian Chand Dhawan** and **Sh Amrit Nagpal** and Member - **Sh Balraj Kumar**. [pic. E-I]



International Conferences

- ◆ **Dr Praveen C Sobti** (Pediatrics) attended the 'Iron Summit for Thalassaemia and SCD and MDS' at Dubai, UAE.
- ◆ **Dr PS Nain** (Gen. Surgery) participated in the educational activity titled 'SAGES-2011' at the Henry B. Gonzalez Convention Centre, San Antonio, USA. He also participated in the Hands-on course in Bariatric Surgery. [pic. J]



Special visit of MBBS students

A special visit was organised by the Department of Community Medicine for students of MBBS Batch-2008 to Pingalwara, Amritsar. The faculty members **Dr RK Soni**, **Dr Sangeeta Girdhar** and **Dr Mahesh Satija** accompanied the batch. Many students pledged to undertake service for the inmates of Pingalwara during their vacations.

Training

Dr Shweta Gupta (OB Gynae) successfully completed a Clinical Observership in Urogynaecology at KK Women's and Children's Hospital, Singapore. [pic. K]



Resource faculty/Guest lectures/Sessions chaired

Dr Daljit Singh (Pediatrics) delivered a talk on 'Growth monitoring - a forgotten area' at the Annual Conference of IAP Punjab Adolescent Chapter at Jalandhar.

Close growth monitoring in childhood is necessary to identify deviations from the normal pattern so that underlying pathological conditions can be managed early for optimum final stature. Measurements beyond 3rd percentile or 97th percentile and crossing of centile lines generally indicates abnormality. Age of onset of puberty determines the period of pubertal growth spurt and the eventual height. Correspondence of 'height age' and 'bone age' to 'chronological age' are important for prognostication.

Dr PL Gautam (Anaesthesia) delivered a talk on 'Life Threatening Emergencies : Solo to Team Approach' at JPN Apex Trauma Centre, AIIMS, New Delhi.

Dr Dinesh Garg (Ophthalmology) delivered talks on 'Recent advances in Glaucoma management' and 'Automated static perimetry' at Sri Ganganagar [pic. L]



Raised Intraocular pressure is the single most important risk factor

leading to gradual loss of Retinal Nerve Fibre layer ultimately leading to Glaucomatous Optic Atrophy. Recent advances in diagnosis of Glaucoma have been the introduction of Automated Perimetry (Visual field Charting), Optic Nerve Head & Retinal Nerve Fibre layer analysis using Spectral Domain-Optical Coherence Tomography (SD-OCT). Using these modalities, we are able to pick up earliest changes in Primary Open Angle Glaucoma.

Dr M Rupinder Singh (Anaesthesia) was guest faculty for the session on 'Ultrasound Guided lower limb blocks' at 1st National Conference of Academy of Regional Anaesthesia Workshop-2011, Mumbai at Tata Memorial Hospital, Mumbai. **Dr Geeta Mittal** (Anaesthesia) presented a poster on 'Ultrasound Guided Popliteal block for above ankle amputation in a patient with dilated cardiomyopathy' and attended a Regional Anaesthesia Workshop.

Dr Harpal Selhi (Orthopaedics) was invited as National Faculty for Basic Course in Fracture Fixation organized by AO Foundation, Switzerland at Kochi. He delivered three lectures and participated in four discussions and one practical session. [pic. M]



Dr Anu Sharma (Anatomy) delivered a talk on 'Stem Cell Research: A promising venture in regenerative medicine' at North Zone Anatomy Seminar, Sri Ganganagar, Rajasthan. [pic. N]



Dr Gurdeep Singh Dhooria (Pediatrics) delivered a talk on 'Role of IPV in Polio Eradication' at IAP, Barnala.

Dr Deepak Jain (Ortho) delivered a guest lecture on 'LCP Elbow Plate' at XXX NZIOACON-2011, IGMC, Shimla.

CME/Workshops attended/Papers presented

Dr Sandeep Kaushal (Pharmacology) attended a workshop on 'Thesis Writing' at PGIMER, Chandigarh.

Dr Dinesh Garg (Ophthalmology) was panelist for the session on Live Surgery at 62nd Annual DOS Conference, New Delhi.

Dr Sarit Sharma (SPM) and **Dr Anu Sharma** (Anatomy) attended the Basic Course Workshop in Medical Technologies at the regional centre of MCI at CMC, Ludhiana.

Dr Harpal Selhi (Orthopaedics) presented the paper "Outcome in Distal Tibial Fractures managed with Distal Tibial Locking Plates" at North Zone Indian Orthopedic Association Annual Conference, Shimla.

Dr Rajinder Mittal (Plastic Surgery) received the Best paper award-'Review of techniques of Brachial Plexus Injury Reconstruction like Nerve Transfer, conduit, Muscle Transfer etc.'

Dr Gurdeep Singh Dhooria (Pediatrics) attended 'Workshop for training of National Faculty Neonatal Resuscitation Programme' (NRP) at NEOCON-2010, Jaipur. [pic. O]



Dr Omesh Goyal (Gastro) attended hands-on training workshop on Endoscopic ultrasound in Hepato-Biliary diseases at Meerut.

All faculty members of the **Department of Physiology** attended APPI Symposium on 'Vertigo' at CMC under the aegis of APPI, Ludhiana Branch. **Dr Lily Walia** chaired session on 'Vertigo' [pic. P, Q]



Camps

◆ Blood Donation Camps

1127 units of blood were collected in camps held in collaboration with New Five Star Club, Akhil Bhartiya Shri Sanghmeshwar Sewa Dal, Niswarth Sewa Society, BSNL Employees Union, National Consumer Awareness Group (NCAG), Carnival Troops Association, Nirankari Bhawan, Maharaja Friend Regency, Krantikari Shaheed Bhagat Singh Sewa Dal and Sant Nirankari Mandal.

◆ Free Neurology Camp

Free Neurology camp was conducted at Gidderbaha, Bathinda. Patients with epilepsy, stroke, neuropathy and headache were examined and advised treatment.

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



Message from the Secretary....

Board Room



Newly constructed Board Room in Dumra Auditorium bears an ultramodern look, featuring an impressive modular boardroom table with seating capacity of fifty people and facilities for latest audio visual equipments.

Prem Kumar Gupta
Secy DMCH Managing Society, Ludhiana

◆ Free Eye Camp

Free Eye Donation Awareness Camp was organised by the Department of Ophthalmology in collaboration with All India Sangheshwar Sewa Dal, Ludhiana. Dr GS Bajwa delivered a talk on Eye Donation. An Eye camp was conducted in the Eye OPD.

◆ Health Examination Camp

A health examination camp for school children was organised at RHC, Pohir in collaboration with Dept of Ophthalmology. As many as 323 school children were examined and screened for refractive errors. Health education was also imparted.

Congratulations.....

Dr Daljit Singh (Pediatrics) and **Dr Jagdeep Whig** (Pulmonary Medicine) have been nominated as members of the Faculty of Medical Sciences by BFUHS, Faridkot for the year 2011-2012. **Dr Daljit Singh** and **Dr Navjot Bajwa** (Biochemistry) have been appointed Members Board of Postgraduate Studies.

Dr GS Dhooria (Pediatrics) has been designated as resource faculty by NNF in neonatal Resuscitation.

Dr Monika Singla (Neurology) received the best Regional Co-ordinator award at the National Brian Bee Neurosciences Quiz-2011 conducted by PGIMER, Chandigarh.



DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

WHAT YOU MUST KNOW ABOUT...

SUSPECTED ADVERSE DRUG REACTION REPORTING FORM
The Voluntary Reporting of Adverse Drug Reactions to the Regulatory Authorities

CDCSCO
Central Drugs Standard Control Organisation
Ministry of Health and Family Welfare, Government of India

Form No. CDSCO/ADR/1/2013
Date of Issue: 12/01/2013

www.cdscsco.nic.in/pharmacovigilance.htm

Adverse Drug Reaction Reporting

Dr Sandeep Kaushal, Professor & Head, Department of Pharmacology

- Q. What is an adverse drug reaction (ADR)?**
A. A response to a drug which is harmful, unintended and which occurs at doses normally used or tested in humans for prophylaxis, diagnosis, or therapy of disease, or for modification of physiological function.
- Q. What is a serious ADR?**
A. An ADR is considered to be serious when it is suspected of causing death, danger to life, admission to hospital, prolongation of hospitalization, absence from productive activity, increased investigational or treatment costs, or birth defects.

- Q. Why monitor ADRs?**
A. Before approval of a drug from the regulatory agencies, its safety and efficacy experience is based primarily on the use of the drug in clinical trials. These trials mainly detect common adverse reactions. Some rare reactions may not be detected in the clinical trials. So, to gain a comprehensive safety profile of a drug, continuous monitoring is required.

- Q. How to monitor ADRs?**
A. The information of any ADR should be filled in a form (sample form from CDCSCEO). The report should contain the following data:
- Patient information (initials, age, gender)
 - Description of the reaction (including start and stop date)
 - Description of treatment being received and outcome of the treatment (improved or not)
 - Additional information like medical history, relevant laboratory data.

- Q. Who can report an ADR?**
A. Any doctor can report an ADR.

- Q. What happens to ADR information after reporting?**
A. These ADRs give us information about the spectrum of adverse effects to various drugs in our Indian population. These add to the national database at CDCSCEO as well to WHO Upsala Monitoring Centre (UMC) at Sweden, an international database. Based on the information compiled, decision regarding withdrawal of drug from market or cautions regarding its use are issued.

- Q. How do we monitor ADRs at DMCH?**
A. The department of Pharmacology monitors these and determines the relationship of the event to drug using international assessment scales. It is the first centre in Punjab for ADR monitoring under National Pharmacovigilance Programme of India.

DMCH joins anti-corruption movement



Faculty, students and employees of Dayanand Medical College & Hospital, Ludhiana extended support to the anti-corruption campaign being led by Anna Hazare by putting up their signatures on a massive card and called for a more transparent system of checks and balances at all levels.

Thought for the Month



Do not take anything for granted

Executive Team – DMCH Capsule

Dr Daljit Singh (Chairperson), Dr Praveen C Sobti (Convener),
Dr Manish Munjal (Co-ordinator), Dr Anju Grewal (Secretary),
Dr Deepinder 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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