



# DMCH Capsule

A MONTHLY UPDATE FROM THE PRINCIPAL'S DESK

For patients' information only

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## Dear Friends

*When faced with an obstacle or problem our first response often is to become upset or anxious. However, adversity not only poses a challenge to overcome hurdles, but at the same time provides a chance to explore fresh ideas. Just as a bit of stress drives and motivates, tough circumstances enable us to unearth new possibilities and come out better and stronger. Winds blowing against the flight of a bird cause it to rise even higher!*

*As suggested in the "Thought for the Month" (last page), we should not shy away from demanding situations.*

(Dr Daljit Singh)

## Workshop on Hands-on Cadaver Dissection and Live Endoscopic Sinus Surgery

A two-day workshop was organized jointly by the Departments of ENT and Anatomy on 21-22nd July. There were 100 delegates out of whom 25 were given hands-on experience on endoscopic sinus surgery. The guest faculty included Dr Tulsi Dass (Apollo Hospital, Chennai), Dr Hetal Patel (KEM Hospital, Mumbai), Dr PP Singh (UCMS, Delhi) and Dr Ashok Gupta (PGI, Chandigarh).

**Dr Hemant Chopra, Dr Poonam Singh, Dr Manish Munjal and Dr Kapil Dua** deserve special mention as the key organizers. (Pic -A to D)

It was stressed that the incidence of sinusitis is on the rise due to increase in the pollution, allergy and infection. The treatment of sinusitis has been revolutionized with the development of endoscopic surgery. Latest surgical techniques, instrumentation and proper care of nasal and sinus problems were emphasized upon.



### Congratulations

**Dr. Kuldip Singh** (Surgery), for becoming the first surgeon of Northern India to be felicitated with Fellowship ad eundem by the Royal College of Surgeons (FRCS) which was conferred at a ceremony held on 11th July in London. (Pic-E)

### Welcome

The institute extends a warm welcome to **Dr Kirandeep Kaur** who joined as Assistant Professor in the Department of Pharmacology.



### Neonatology Quizes for Postgraduates and Nurses

The 10th postgraduate quiz in Neonatology and 1st Neonatology quiz for nurses were held by Department of Pediatrics with **Dr BK Jain** as Chairperson under the aegis of National Neonatology Forum at DMCH on 11th July. **Mr Prem Gupta**, Secretary Managing Society inaugurated the quiz. **Dr Daljit Singh**, Principal, delivered the welcome address. **Dr Harmesh Singh Bains**, conducted the quiz for postgraduates and Dr AS Chawla (Ludhiana) for nurses. (Pic-F&G)

The teams participating in the PG quiz were PGI & GMC Chandigarh; GMC Amritsar; GMC Patiala; CMC and DMCH Ludhiana. The team from DMCH comprising Dr Sachin Mittal and Dr Harsh Sharma emerged the winners

in the postgraduate quiz.

In the quiz for nurses, five teams participated - PGI & GMC Chandigarh; CMC, Mohan Dai Oswal Cancer Hospital and DMCH Ludhiana. Karamjit and Kamaljit from DMCH were the winners.

### International Conferences/Workshop/Meet

*International Symposium, CME & Workshop on Quality Assurance & Innovations in Medical Education & Research at Sawangi, Wardha*

**Dr J Whig** (Chest) and **Dr Rajesh Mahajan** (Medicine) attended the CME at Datta Meghe Institute of Medical Sciences, from 6-8th July.

*28th Annual AMDAANA Convention, Toronto, Canada*

**Dr J Bindra** (Dentistry) delivered a lecture on 'Easy solution for difficult lower loose denture' on 14th July.

### Fellowships

*Heinz Visiting Fellowship at York, UK*

**Dr Ashwani Singal** (Pediatrics) completed 3 months fellowship of Royal College of Pediatrics and Child Health, UK. He also delivered a talk on 'Indian

**First rule of superior inferiority**

*Don't let your enemies know you're better than they are*



Perspective in Neonatology' and learned about the latest developments in the field of neonatal care. (Pic-H)

#### *Mayo Clinic Visiting Fellowship at Rochester, USA*

**Dr Brinder Vij** (Medicine) was Visiting Fellow for a period of 1 month. He had the opportunity to work with world renowned rheumatologists Dr H Luthra, Dr D Pardi and Dr Chari, and did research on rheumatological manifestation in 'Graft vs. Host disease'.



#### **Training**

#### *Endoscopic training programme at PGI, Chandigarh.*

**Dr Shweta Gupta** (Obs. & Gynae) underwent training on 'Minimally Invasive Gynaecology' from 17-30th July.

#### **Guest Lectures/Talks**

#### *CME on Endoscopic Sinus Surgery at Parwanoo, Himachal Pradesh*

**Dr Manish Munjal** (ENT) was panelist in the session on 'How to avoid complication in endoscopic surgery' held on 16th July.

#### *Government in-service Training Centre, Ludhiana*

**Dr Rajoo Singh Chhina** (Gastroenterology) delivered a lecture on 'Re-orientation Science' at a seminar on Health Education held on 27th July.

#### **Camps Organized**

#### *Third Annual Voluntary Blood Donation Camp by Chartered Accountants at Punjab Trade Centre, Miller Ganj, Ludhiana*

The department of Transfusion Medicine under the supervision of **Dr Amarjit Kaur** organized a voluntary blood donation camp along with the Ludhiana Branch of Northern India Regional Council (NIRC) of Institute of Chartered Accountants of India on 1st July and collected 42 units of blood.

#### *Medical Camp at Village Rachhin, Mandi Ahmedgarh*

A team of doctors comprising of **Dr Sandeep Puri** (Medicine), **Dr Kapil Dua** (ENT), **Dr Aman Dua** (Skin) and **Dr Suman Puri** (Obs. & Gynae) examined around 230 patients in the camp organized on 8th July to commemorate the annual martyrdom anniversary of S Jagdish Singh Rachhin, a soldier in Sikh Regiment who laid down his life while fighting LTTE in Sri Lanka.

#### *Cardiac Camp in Kangra, Himachal Pradesh*

**Dr S Kumbkarni** of Hero-DMC Heart Institute in collaboration with Sewa Bharti Association organized a free camp on 23rd July wherein 150 patients were examined. Free echo and ECG were also done in addition to free medicines and health education lecture.

#### *Medical Camp at Haibowal Kalan, Ludhiana*

**Dr Rajoo Singh Chhina** (Gastroenterology), **Dr Dinesh Jain** (Medicine), **Dr Manish Munjal** (ENT) and **Dr GS Bajwa** (Ophthalmology) attended a free camp at Bhagat Tarsem Lalji Maharaj Charitable Hospital on 31st July and examined 455 patients.

#### **Whistler's law**

You never know who's right, but you always know who's in charge.

## Hero DMC Heart Institute

Pooja, a 10 year old patient with constrictive pericarditis, was operated free of cost at Hero DMC Heart Institute through a donation received from Bangalore based 'Have a Heart Sewa Free Clinic Association'. A complete pericardiectomy was done by a team of doctors lead by **Dr DP Marik**, Senior Consultant, Cardiac Surgery and **Dr NK Sood**, Senior Consultant, Cardiology.



*Thought for the Month*  
*There is an island of opportunity*  
*in the middle of every difficulty.*

### Executive Team

Dr. Harmesh Singh Bains (Convener), Dr. Praveen Sobti,  
Dr. J.L. Bassi, Dr. Navjot Bajwa, Dr. Manish Murjal,  
Dr. Dinesh Garg, Dr. Sandeep Kaushal, Dr. Rama Gupta  
Dr. Anju Grewal, Dr. Anurag Chaudhary and Dr. Gautam Biswas

## What You Must Know About ...

### PREVENTING MEDICAL LITIGATION

**Dr Gautam Biswas** (Assistant Professor; Forensic Medicine & Toxicology)

- **Awareness of potential areas of litigation and medico-legal problems:** Doctor should be aware of the risks involved in certain procedures.
- **Good 'doctor-patient' relationship:** Compassion, good rapport and taking keen interest in the patient's apprehensions and complaints are hallmarks in gaining the patient's confidence.
- **Appropriate training and maintenance of authorized protocol:** Up-to-date training of medical and nursing staff is needed. It is dangerous to venture beyond one's capability and qualifications. Maintaining a time-tested, well accepted protocol is necessary.
- **Maintaining standard medical service:** Limited work load and adequate infrastructure are needed to maintain good quality service.
- **Counseling and informed consent:** Proper counseling and informed consent is mandatory before each medical/investigative/operative procedure.
- **Proper investigation:** Appropriate non-invasive/invasive procedures should be done, provided the risks and benefits are duly informed and written consent has been taken.
- **Adequate supervision:** Adequate supervision by a well organized graded system is recommended. Early detection of complications by resident doctors and timely notification of the consultant may prevent a lot of mishaps.
- **Surgical intervention:** Surgical procedures should always be performed in places where there is sufficient equipment and qualified staff.
- **Timely referral:** Early detection of the complication and timely referral is mandatory especially in emergency cases.
- **Meticulous record keeping:** Often proper record keeping can come to the rescue of the doctor in the court.
- **Medical indemnity insurance:** The doctor must cover himself with indemnity insurance.

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