

DAYANAND MEDICAL COLLEGE & HOSPITAL

DMC&H
Capsule



VOLUME-19 No.1 January to March 2024

Dear Reader,

We have been able to cover only a few events of our vibrant institution, from last three months in this news letter. There have been many new additions in the faculty, equipments and infrastructure. The faculty has been very active in holding conferences, training programmes and have received various awards. This has been possible due to the very positive and progressive policies of our management headed by our President, Mr. Sunil Kant Munjal and Secretary, Mr. Bipin Gupta. The management has always chosen the best technology and equipment. This has allowed all of us to express ourselves professionally and progress in our fields.

The basic ethos of the institution is 'Patient first' in everything. What is good for the patient is good for everyone. Our focus is on better communication and shared decision making of the treatment with the patient and the family.

We will continue to serve the public of Punjab & surrounding states with the best-in-class technology at affordable rates and with utmost compassion and care. We are expanding our services of renal and Bone Marrow transplant, video assisted thoracic procedures, total artery bypass surgery, trans catheter Aortic valve replacement, interventional radiology and cerebral interventions for the benefits of the patients. The capsule team will be happy to have feedback on this volume.

Dr Gurpreet S Wander
Principal

“DMC&H Patient App” launched

For the benefit of the patients, we have launched “DMC&H Patient App”. President, Managing Society, Mr. Sunil Kant Munjal said that the patients would now be able to make registrations, payments, fix appointments for consultation with doctors and avail many other services through this patient app on their phones.

This newly launched app is our one such effort to use technology for the benefit of patients, doctors and the entire Hospital eco system.



Download the app



ANDROID APP ON
Google play



Download on the
App Store

“INDIAN HYPERTENSION CONTROL INITIATIVE” (IHCI) An ICMR funded project

Under the leadership of Dr Bishav Mohan, Professor, Department of Cardiology, Hero DMC-Heart Institute has initiated 'Mission Swasth Kavach' to implement, monitor, and sustain the essential components of the Indian Hypertension Control Initiative (IHCI) at private healthcare facilities operating in diverse settings within Ludhiana district.

By employing a six-step implementation paradigm to implement hypertension control models, the aim of this project is to demonstrate a replicable service delivery model that could ensure that both private practitioners and people living with hypertension receive the requisite support to ensure treatment continuity, follow-up monitoring based on a standardized evidence based treatment protocol for hypertension management.



Events & Conferences



Hero DMC Heart Institute had training program for surgeons from India and abroad

In a significant step towards international collaboration in healthcare, Hero DMC Heart Institute opened its doors to a delegation of Cardiovascular Surgeons from Gagan Lal Hospital, Nepal. The focus of their visit was to undergo specialized training in Coronary Artery Bypass Grafting (CABG) techniques, with a particular emphasis on the intricate procedure of Bilateral Internal Mammary Artery (IMA) CABG.

'POACON 2024' organised by Department of Orthopaedics

A two day conference 'POACON 2024' on the theme 'Collaborate & Assimilate and Advance together in skills and knowledge' was hosted by Department of Orthopaedics. Dr Rajnish Garg served as the organising chairperson, while Dr Harpal Singh Selhi acted as the organising secretary. The event was organised for beginners and experienced surgeons in trauma pertaining to hip, joint replacement surgery & arthroscopy as well. Additionally the conference featured three comprehensive cadaveric courses organised in collaboration with the Department of Anatomy. More than 250 delegates participated from across the country.



'Crisis Resource Management & Patient Safety' with faculty from Mayo Clinic, USA



The Department of Critical Care Medicine and the Department of Anaesthesia collaborated to host a two-day conference on 'Crisis Resource Management and Patient Safety'. Dr PL Gautam was the organising chairperson, while Dr Suneet Kant Kathuria served as the organizing secretary for the CME. The conference featured distinguished national and international faculty from Mayo Clinic, USA, including Dr Gurinder M. Vasdev, Dr Brendan Wanta, Dr Kent Rehfeldt, Dr Sarah Dodd, Dr Lauren Licatino and Dr Jennifer Henderson. The event saw an impressive turnout of more than 275 delegates from across the country.

Free Medical Camp held at College of Nursing, Malakpur

To commemorate 100th birth anniversary of Late Shri Brij Mohan Lall Munjal (Former President DMC&H Managing Society), Department of Community Health Nursing, College of Nursing organized a free medical camp at college campus, Malakpur in which more than 200 people were benefited. Special health education, related to diabetes mellitus, hypertension, arthritis, stress and anemia was also given to the public. It was emphasised that early detection of disease was very helpful in proper and timely cure. An expert team of doctors from Medicine, Obstetrics & Gynecology gave their services.



Evening Clinic for Patients

For the convenience of patients, an Evening Clinic was started from 1st January, 2024 in all specialities. Starting at 4:00 PM, now patients can receive multispecialty consultation services in the evening on all days, including holidays and Sundays.

With just one visit, a person can not only consult doctors from different specialities, but also get all the prescribed tests done and get required medicines as well. Dedicated staff of all cadre has been posted for the convenience of patients. To further facilitate the patients, complementary valet service is also being provided in the evening.

Dedicated appointment numbers for Evening Clinic are **90564-99930**, **90564-99931**, **90564-99932** (timings 9:00 am to 8:00 pm)

Guest Lecture (International Faculty)

Dr Mark Johnson, Director of Research and Development, **Imperial College, London** Professor of Clinical Obstetrics, Chelsea and Westminster Hospital, London delivered a talk on '**Medical disorders in pregnancy**'. During his talk, Dr Mark highlighted that conditions like gestational diabetes, pre-eclampsia, and thyroid disorders require careful management during pregnancy to ensure the good health of both the mother and baby. Because of increasing incidence of hypertension & cardiac diseases in pregnancy, Dr Mark emphasised the role of cardio-obstetrics team. He said, regular monitoring and coordination between healthcare providers are crucial for successful outcomes.



Welcome!

Whats **NEW** at DMC&H....

Recently Joined Faculty Members



Dr Gurvinder Kaur
Professor & Head
Ophthalmology



Dr Vikas Kumar
Incharge Renal Transplant
Assistant Professor
Urology



Dr Arunesh Gupta
Assistant Professor
Gastro Surgery



Dr Kritarth
Assistant Professor
Pulmonary Medicine



Dr Isha Arora
Assistant Professor
Endocrinology



Dr Eshani Dewan
Associate Professor
Microbiology



Dr Monika
Assistant Professor
Medicine



Dr Aarish Bali
Assistant Professor
Medicine



Dr Swati Aggarwal
Assistant Professor
Physiology



Dr Varun Modgil
Assistant Professor
Forensic Medicine



Dr Deepika Aggarwal
Assistant Professor
Transfusion Medicine



Dr Khusboo
Assistant Professor
Anaesthesia



Dr Gurleen Kaur
Assistant Professor
Anaesthesia



Dr Kamya Bansal
Assistant Professor
Anaesthesia



Dr Swati Jain
Assistant Professor
Obst. & Gynaecology



Dr Surbhi Handa
Assistant Professor
Obst. & Gynaecology



Dr Muskan Chaudhary
Assistant Professor
Obst. & Gynaecology



Dr Nitika Hans
Assistant Professor
Pharmacology

Newly Acquired Equipments

- **State of the art 'FIBROSCAN' (Endoscopy)** cost- 2.20 CR : Assesses liver status by measuring liver stiffness (fibrosis) and fat content.
- **Ultra- modern 'IVUS' (Cath Lab)** cost 65 lakhs: Used in Cath Lab for evaluation of lesions and better coronary interventions.
- **Advanced 'DEXA' (Radiology):** Used for estimation of bone mineral density, fracture risk, vertebral deformity assessment and body composition analysis.
- **High-tech 'PENTAHEAD MICROSCOPE' (Pathology):** Equipped with five viewing ports, allowing multiple users to simultaneously observe a specimen / slide.
- **SPIROMETRY (Chest Lab):** Measures the lung function by assessing the volume and flow of air breathed in and out of the lungs over time.
- **AMBULATORY EEG 32 CH (Neurology Lab):** Records brain activity over an extended period while the patient conducts normal day to day activities.

Books Published

- **"Forensic Medicine & Toxicology"** by Dr Gautam Biswas, Department of Forensic Medicine
- **"Clinical Anatomy – Early Clinical Exposure"** by Dr Ajay Kumar & Dr Anu Sharma, Department of Anatomy
- **"Year Book of Cardiology 2023- CVD in women"** by Dr Shibba Takkar Chhabra, Department of Cardiology
- **"Histology Quick Review, Volume -1"** by Dr Hitant Vohra & Dr Sonia Singh, Department of Anatomy

Training Received

Dr Abhishek Goyal, Professor, Department of Cardiology, recently completed a specialized three-month training program in Electrophysiology, FUWAI HOSPITAL, National Center for Cardiovascular Diseases, **Beijing, China** from Prof Yan YAO, M.D., Ph.D.

Achievements

Dr Vivek Gupta, Assistant Professor of Cardiac Anaesthesia & Intensive Care was invited as Faculty speaker during SWAAC ELSO (South West Asian African Chapter of Extracorporeal Life Support Organization) in Kuwait. He was Elected President, ECMO Society of India for the year 2024-2025.

Dr Suman Puri, Professor & Unit Head of Obstetrics & Gynaecology, received the Legendary Award representing the Punjab Chapter of the Indian Association of Gynaecology Endoscopists at the National Conference of Indian Association of Gynaecology endoscopists held at Varanasi.

Dr Anurag Chaudhary, Professor & Head of Community Medicine, was awarded the Fellowship of the Indian Association of Preventive and Social Medicine (FIAPSM) during the National Conference held at Kasturba Medical College, Mangalore.

Dr Veenu Gupta, Professor & Head of Microbiology, was invited as the resource faculty for national seminar on 'One Health for Sustainable Future Issues and Challenges' at Govt. College for Girl's, Ludhiana. She also participated as a panelist in Biofire user meet at Chandigarh in Jan, 2024.

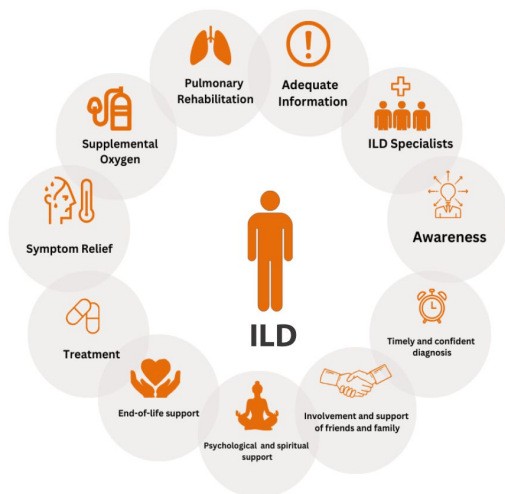
Dr. Sarit Sharma, Professor of Community Medicine, participated as a panelist during the 'Annual National Conference of the Indian Association of Public Health (IPHACON 2024)' held at ABVIMAS, Manali, in March 2024. Additionally, he was invited to chair a scientific session on the occasion of World TB Day 2024 at AIIMS Rishikesh in March 2024.

Dr Ashvind Bawa, Professor of Surgery was invited as faculty to the Hernia Carnival in Chennai. He spoke on the "Future of Hernia Surgery - What role can AI play?". He has been appointed as a 'Hernia Consortium Member' by the Association of Minimal Access Surgeons of India.

Dr Omesh Goyal, Professor of Gastroenterology was invited as a part of the National Gastro Faculty Panel for a three-day teaching program for DM Gastroenterology (2nd year) students from all across India, at Hyderabad, in Jan 2024.

Dr Nandita Maini Jindal, Assistant Professor of Biochemistry, participated in the 10th Annual conference of Association of Clinical Chemistry and Lab Medicine Practitioners (ACCLMP) 2024 held at Udaipur and received 2nd prize in faculty oral presentation.

Public Awareness



Sourced from pulmonaryfibrosis360.com

Understanding Interstitial Lung Disease (ILD)

(Dr Kritarth, Assistant Professor, Dept of Respiratory Medicine)

Q1: What is Interstitial Lung Disease (ILD)?

- Interstitial Lung Disease (ILD) refers to a group of disorders that affect the interstitium, which is the tissue that surrounds and supports the air sacs (alveoli) in the lungs. These disorders lead to scarring of the lung tissue, making it difficult for absorption of oxygen into the bloodstream.

Q2: What causes ILD?

- ILD can affect anyone. Genetics, smoking, exposure to potentially harmful substances like asbestos, some drugs, and therapies like chemotherapy or radiation can all raise the risk of or cause ILD. An ILD is also more likely to occur in patients with autoimmune disorders. Unfortunately, in many cases, the cause may also be unknown. Some common types of ILD include idiopathic pulmonary fibrosis (IPF), hypersensitivity pneumonitis, sarcoidosis and connective tissue disease-associated ILD.

Q3: What are the symptoms of ILD?

- ILD can cause a variety of symptoms, the most common ones being fatigue and weakness, persistent dry cough and shortness of breath, especially after physical exertion. Some patients may initially show no symptoms. When someone has a chest X-ray or tests done for another reason, the doctor may diagnose/detect it. Some auto-immune conditions that cause interstitial lung disease also have skin or manifestation.

Q4: How is ILD diagnosed?

- It requires comprehensive evaluation which includes detailed medical history, physical examination and pulmonary function tests to assess lung function, high-resolution computed tomography (HRCT) scan to detect lung abnormalities and blood tests to check for specific markers of ILD. Bronchoscopy and lung biopsy may occasionally be required for a definitive diagnosis.

Q5: How is ILD treated?

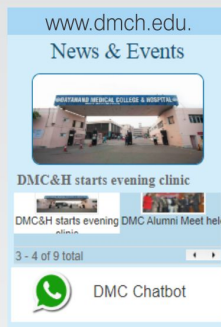
- Treatment varies based on the specific type and severity of ILD. It aims to manage symptoms, slow down disease worsening and enhance quality of life. Treatment options include corticosteroids, immuno-suppressants, antifibrotic medications, oxygen therapy and pulmonary rehabilitation to enhance physical stamina and strength. Lung transplantation for advanced cases is also an option.

Q6: Can ILD be cured completely?

- While ILD cannot be cured completely, early diagnosis and appropriate management can help slow down disease and greatly improve quality of life for patients. Patients can benefit from certain lifestyle changes, such as avoiding smoking and pollution; engaging in regular exercise; eating a healthy; balanced diet to maintain overall health, and seeking support and counselling to cope with the challenges of living with a chronic lung condition.

“DMC Chatbot” started

To provide patient-centric care, we have launched a 'Chatbot' for public to access healthcare services and information using WhatsApp. This interactive chatbot will serve as a virtual assistant, available 24x7 to address patients' queries and provide helpline numbers for patient's assistance. This Chatbot is accessible via our hospital website www.dmch.edu.



Facility of online payments

To enhance patient convenience, we have introduced an online payment facility for bill payments and registration fees. This initiative provides multiple payment options, including credit/debit cards, online banking, and other digital payment methods. By implementing this service, our aim is to enhance convenience, accessibility, and transparency in the hospital payment system. Moreover, this facility streamlines the payment process, benefiting both patients and hospital by simplifying transactions.



I played hide and seek in the hospital, but they kept finding me in the ICU.

Executive Team-DMC&H Capsule

Dr G S Wander (Chairperson), Dr Sandeep Kaushal
Dr Gautam Biswas, Dr Gurdeep Singh Dhooria
Dr Rama Gupta, Dr Ashvind Bawa, Dr Pankaj Kumar
Dr Monika Singla, Dr Omesh Goyal, Dr Gunchan Paul
Mr Gurjeet Singh
Editor: Ms Deepak Sharma and Ms Sumedha Sehgal

Helpline Numbers

DMC&H : 0161-4688800, 4687700 (60 lines)
HDHI : 0161-2304282 to 87
DMC&H Cancer Care Centre : 0161-4051111
Ambulance : 98155-55100
Fax : 0161-2302620
Website : www.dmch.edu

Please share your Comments & Suggestions at : consummate@dmch.edu