



DMCH Capsule

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Dear Friends,

You can influence the lives of others in many ways. Sometimes, their success or failure may depend entirely on you.

A supportive and caring attitude, particularly towards your subordinates and colleagues, acts as a catalyst for progress. If you cannot help others, at least do not try to suppress their growth.

As suggested by 'Thought for the month' (last page), use your power to support and uplift others rather than to prevent them from thriving.

Dr Daljit Singh
Principal

CME on Sterilization Practices & Hospital Infection Control

DMCH organized CME "STERICON-2011" on the critical subject of Sterilization Practices and Hospital Infection Control, which was inaugurated by the Secretary of DMCH Managing Society **Sh Prem Kumar Gupta**. Organising Secretary **Dr BS Aulakh** informed that considering the magnitude of Hospital Acquired Infections (HAIs) an attempt should be made to spread awareness about the sterilization & disinfection practices. The CME was attended by hospital administrators, departmental and unit heads of surgical disciplines, anesthesiologists, microbiologists and hospital infection control committee members. [pic. A-C]



North Zone TOT Workshop on Adolescent Care

First North Zone workshop for Training of Trainers on 'Adolescent Care in Office Practice' was organized by the department of Pediatrics. The pediatricians were trained in dealing with adolescent problems in interactive sessions and three different workstations. **Dr Harmesh S Bains** and **Dr Puneet A Pooni** were the trainers from the department. [pic. D, E]



Workshop for Better Patient Care

A workshop for "Better Patient Care" was organized by DMCH in collaboration with Dr Reddy's Foundation for Health Education. The workshop focused on the issues pertaining to skill development in areas related to patient care and patient safety to provide quality service. Other aspects included motivation of health care professionals and self-assessment with the objective of continuous improvement and efficiency enhancement at all levels. [pic. F]



Introductory Session for MBBS freshers

An introductory function was organised to welcome the new batch (2011) of MBBS students, which was attended by the freshers along with their parents, faculty members and members of the DMCH Managing Society. The audience was addressed by Principal **Dr Daljit Singh**, Dean Academics **Dr Rajoo Singh Chhina** and Assistant Dean Academics **Dr Sandeep Kaushal**. All the freshers introduced themselves personally to the audience. [pic. G-I]



World Teenage Day



As a part of World Teenage Day celebrations, Department of Pediatrics and Ludhiana Academy of Pediatrics & Adolescent Health organized a

declamation contest on the theme "Booze and Abuse-Either lose them or lose yourself". The speakers highlighted various social and physical issues related to the use of alcohol by adolescents. [pic. J]

Guest Lecture

Sh Karunesh Garg (Punjab Pollution Control Board) delivered a guest lecture on 'Biomedical Waste Handling Management' at Dumra Auditorium. The lecture was attended by all the members of Quality Control team, Nursing Instructors, Ward incharges, Nursing students, Sanitation Supervisors and Nursing staff. [pic. K]



Overseas Conference

Dr RK Soni (Community Medicine) presented a paper on 'Health problems and concerns of middle aged rural women of Punjab (India)' at World Congress of Epidemiology held in Edinburgh, Scotland.

Resource faculty/Guest lectures/Sessions chaired

Dr Sunil Katyal (Anaesthesia) and **Dr Ashish Ahuja** (Surgery) delivered talks on 'Post operative pain control in morbidly obese patients' and 'Role of Bariatric Surgery in treatment of morbid obesity' respectively at a CME organised by IMA Khanna.

Dr Promila Jindal (Obst & Gynae) delivered a talk on 'IUGR-Treatment Options' in the Quarterly meeting of FOGSI (Northern Chapter) at CMC, Ludhiana. [pic. L]

There are various management modalities like bed rest, nutritious diet, hydration etc., but treatment of the causative factor is most vital for IUGR management.



She was also a panelist for the session on 'Management of labour in special cases' and speaker on 'Induction of labour-when and how?' during a CME at Patiala.

Dr Anju Grewal (Anaesthesia) delivered a guest lecture on 'Anemia in Pregnancy' 9th Congress of SAARC-Association of Anaesthesiologists at Bangaluru and judged the poster session. **Dr Sandeep Kundra** (Anaesthesia) also presented a paper.

Anemia in pregnancy, defined as haemoglobin level of <10gm/dl results in a reduced oxygen (O₂) carrying capacity of the blood. The main anaesthetic considerations aim to minimize factors interfering with O₂ delivery, prevent any increase in O₂ consumption and to optimize partial pressure of O₂ in the arterial blood. Hypoxia, hyperventilation, hypothermia, acidosis and shift in ODC to left should be avoided.

Dr Anurag Chaudhary (Community Medicine) delivered a talk on 'Importance of breast feeding and timely complementary feeding for infants' during 'Breast Feeding Week at Pohir.

Feeding colostrum and timely starting of breast feeding within one hour after birth is of utmost importance to the newborn child as is the complementary feeding to be started at 6 months of age.

Dr Deepak Bhat (Pediatrics) delivered a talk on 'Lactose Intolerance in Children' during a CME at Jalandhar.

Dr Gurdeep S. Dhooria (Pediatrics) delivered a talk on 'Early Diagnosis and management of raised intra cranial tension in Pediatric ICU' at Annual Conference of NNF & IAP Intensive Care Chapter, Punjab State at Jalandhar.

Dr Omesh Goyal (Gastroenterology) attended a workshop on 'Breath testing for Gastro-intestinal diseases' and presented a paper at an International meeting of the Indian Motility and Functional Diseases Association at SGPGI, Lucknow.

Training courses/Workshops/CMEs attended

Dr Jagdeep Whig, Dr Sarit Sharma and Dr Anil Kashyap (Respiratory Medicine) attended the State Task Force (RNTCP) meeting at Bhatinda. [pic. M]



Dr Sandeep Kundra (Anaesthesia) attended a workshop on Neuromonitoring at NIMHANS, Bangalore.

Dr Shruti Sharma and Dr Gunchan Paul (Critical Care Division) attended the 9th Annual Conference of Indian Society of Critical Medicine (Delhi Chapter). They also attended a two day workshop on 'Ultrasonography in Intensive Care' at Gurgaon conducted by WINFOCUS and ISCCM.

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



Message from the Secretary.....

Fibroscan Machine



State-of-Art FibroScan machine that uses the latest technology for diagnosing liver damage is now available in Endoscopy Section of the department of Gastroenterology. The machine uses ultrasound elastography to measure hepatic stiffness and evaluate the extent of liver damage in patients suffering from chronic liver disease, irrespective of the underlying cause i.e. viral hepatitis, alcoholic liver diseases, autoimmune hepatitis, diabetes mellitus (NASH), drugs, biliary disease, haemochromatosis, steatohepatitis and steatosis.

Prem Kumar Gupta
Secy DMCH Managing Society, Ludhiana

Camps

◆ Blood Donation Camps

328 units of blood were collected by Department of Immunohaematology and Blood Transfusion by organising voluntary blood donation camps in collaboration with various organisations.

◆ Pulse Polio Campaign

6612 children below the age of 5 years have been covered under the pulse polio campaign.

◆ Faculty and Residents of Department of Community Medicine examined for nutritional status, anemia and visual acuity, and imparted health education to 560 children of 4 schools.

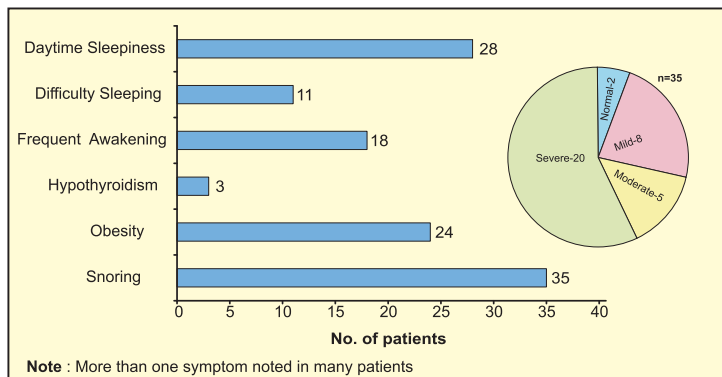
Congratulations.....

Dr Deepak Bhat (Pediatrics) has been elected Treasurer of IAP-ICC Punjab State for the year 2011-12.

Dr Gurdeep Dhooria (Pediatrics) has been selected as District Level Instructor for 'Essential Newborn Care and Resuscitation Programme' of the IAP & NNF-FGM (First Golden Minute) Programme at Ludhiana.

DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA

Symptoms of OSA (Jun-Aug, 2011)



Epworth Sleepiness Scale (Self-assessment)

For each situation, a score is assigned that indicates the 'Risk of Dozing' i.e. likelihood a person would fall asleep. The scores range from zero to three (0=unlikely to fall asleep; 1=slight risk of falling asleep; 2=moderate risk of falling asleep; 3=high likelihood of falling asleep).

Situation	Score
Sitting and reading	
Watching television	
Sitting inactive in a public place	
As a passenger in a car riding for an hour with no breaks	
Lying down to rest in the afternoon	
Sitting and talking with someone	
Sitting quietly after lunch without alcohol	
In a car while stopped for a few minutes in traffic	
Total score	

Interpretation of Total Score :

- 0-9 = Average daytime sleepiness
- 10-15 = Excessive daytime sleepiness
- 16-24 = Moderate to severe daytime sleepiness

Thought for the Month

**Push forward,
not back**

**Pull up,
not down**



WHAT YOU MUST KNOW ABOUT...

Obstructive Sleep Apnea (OSA)

Dr Anil K Kashyap , Asst. Professor, Dept. of Pulmonary Medicine

Q. What is sleep apnea?

A. Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. Breathing pauses can last from a few seconds to minutes. They often occur 5 to 30 times or more an hour.

Q. What are the types of sleep apnea?

A. There are three types of sleep apnea : central sleep apnea (CSA), the commonest type obstructive sleep apnea (OSA) and mixed sleep apnea (both central sleep apnea and obstructive sleep apnea).

Q. What are Obstructive Sleep Apnea symptoms and warning signs?

A. The symptoms of sleep apnea may include daytime fatigue and sleepiness, insomnia, poor concentration and attention, memory problems, anxiety, irritability, headaches, and difficulty in performing work duties.

Q. Which people have the highest risk of having this disorder?

A. High risk people tend to be obese, have large neck or receding jaws, often middle aged adults. Men are a little bit more likely to have OSA.

Q. How should we investigate sleep apnea?

A. Besides history, physical examination and self assessment scoring scales (Epworth Sleepiness Scale), the primary objective test for obstructive sleep apnea is polysomnography, also referred to as a sleep study. A technician observes a person sleeping and monitors recording of physical and physiological parameters in the setting of a sleep laboratory.

Q. What are the risks of untreated OSA?

A. Untreated sleep apnea can increase the risk of high blood pressure, heart attack, stroke, obesity, diabetes, memory problems, weight gain, impotency, headaches, apathy and depression. It increases the risk of heart failure, make arrhythmias or irregular heartbeats more likely. OSA increases the chance of having work-related or driving accidents.

Q. How is sleep apnea managed?

A. Mild cases can be treated simply by a different pillow or sleeping situation such as not sleeping on the back to slightly alter the airways. Healthy diet and exercise program help by lowering body mass index (BMI). More severe cases require medical devices such as a continuous positive airway pressure (CPAP). This device opens up the airway by means of pressurized airflow into the throat. Oral Appliance Therapy (OAT) and surgical procedures to clear the airways are less often used.

Q. Is sleep study a safe procedure?

A. It is a non invasive procedure and a one night study under expert observation. It is a totally safe procedure.

Q. What facilities does DMCH offer to diagnose and treat sleep apnea?

A. The department of pulmonary medicine has a fully equipped 55 channel polysomnography machine and a dedicated equipped sleep lab.

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

*Issue Co-ordinator

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