



Golden Jubilee Year 2014

DMCH Capsule

A Monthly Update from the Principal's Desk

Vol. 12 / No. 02 / March, 2014

PULL OUT

50 years of... Anatomy
50 years of... Physiology

Dear Friends,

Confronted with a difficult situation, it is natural to be concerned and anxious. However, undue apprehension is counter-productive.

Fretting and agonizing about what has happened drains you. Rather, it is worth spending your energy on considering the options and on planning what to do.

As suggested by 'Thought for the month' (last page), just being upset is not the resolution of an issue; it is a wasteful exercise and a problem by itself.

Dr Daljit Singh
Principal

International Conference on Pharmacotherapeutics

2nd International & 8th National Conference of Indian Society for Rational Pharmacotherapeutics on the theme 'Quest for Responsible Use of Medicines' was organized. The conference was supported by Punjab Chapter ISRPT in collaboration with MCI, ICMR and UGC and accredited by Punjab Medical Council. **Dr Atul Sachdev**, Director-Principal of Government Medical College, Chandigarh, formally inaugurated the workshop.

According to Conference Secretary **Dr Sandeep Kaushal**, several scientific sessions during the conference provided an opportunity to exchange research evidence, experiences and ideas on issues related to Pharmacotherapeutics. Pre-conference workshops on "Pharmacokinetics in Clinical Practice" and "Applications of Biostatistics" were also conducted. [pic. A-D]



12th Annual Conference of Punjab Academy of Forensic Medicine & Toxicology (PAFMAT)

Department of Forensic Medicine & Toxicology organized 12th Annual Conference of Punjab Academy of Forensic Medicine & Toxicology (PAFMAT) on the theme 'Medicolegal Update-must for every Doctor'. More than 160 delegates from different parts of India attended. Guest speakers from Punjab, Chandigarh and New Delhi delivered guest lectures on various medicolegal issues, informed Organizing Chairperson **Dr Gautam Biswas** and Secretary **Dr Virender Pal Singh**. [pic. E-H]



CME and Hands-on Flap Dissection Course

Departments of Plastic Surgery and Anatomy under the aegis of North Zone Association of Plastic Surgeons of India (NZAPSI) jointly organized a CME & Hands-on Flap Dissection Course on fresh cadavers for the budding plastic surgeons. According to **Dr Sanjeev Uppal**, the course was specifically designed to address the needs of surgeons to enhance their skills in flap surgery. [pic. I-J]



Medical Certification of Cause of Death (MCCD) Training Workshop

A training workshop on Medical Certification of Cause of Death (MCCD) was organized. The medical officers of Ludhiana district and Coders from different health institutes of the city participated. This workshop, held in collaboration with the Directorate of Census Operations, Punjab (GOI), was inaugurated by Secretary of DMCH Managing Society, **Sh Prem Kumar Gupta**. **Dr R K Soni** (Community Medicine) discussed about the International Classification of Diseases (ICD-10). The coding of morbidity and mortality should be done as per ICD 10 pattern so as to have uniformity of data.

Dietetics Day celebrated

Department of Dietetics, under the aegis of Indian Dietetic Association (IDA) celebrated 'Dietetics Day' which was marked by various activities including educational lectures, display of banners and posters and counseling. Dean Academics **Dr Rajoo Singh**



Chhina and **Dr Subhasini Verma**, Former Head of Department of Home Sciences at PAU, delivered patient education lectures on nutrition. Dr Chhina strongly condemned the use of artificial food supplements and vitamins which people commonly use, Chief Dietician **Ms. Ritu Sudhakar**, Secretary of IDA Ludhiana informed that this day is celebrated to mark the inception of IDA. [pic. K-M]



Guest Lectures

- **Dr Charles B Rosen**, Associate Medical Director & Liver Transplant Surgeon from Mayo Clinic, USA delivered lecture on 'Liver Transplantation in Cholangiocarcinoma'. [pic. N]

Hilar cholangiocarcinoma (CCA) is a devastating disease. Even though resection is well established as conventional treatment, very few tumors are amenable to complete resection. Liver transplantation following high dose neoadjuvant radiotherapy with chemosensitization achieves excellent results for patients with early stage, unresectable Hilar cholangiocarcinoma or cholangiocarcinoma arising in the setting of primary sclerosing cholangitis.



- **Dr Rakesh C. Gupta**, Consultant Pain Specialist from USA delivered lecture on 'Chronic pain Management'. [pic. O]



International Conference

- **Dr Sarit Sharma** (Community Medicine) presented paper on 'Clostridium difficile infection' during ID Week-2013 held at San Francisco, USA.

Lectures delivered/Resource faculty

- **Dr Gurdeep Singh Dhooria** (Pediatrics) participated as faculty member in Basic Life Support (BLS) programme at Indore.
- **Dr Omesh Goyal** (Gastroenterology) presented poster on 'Efficacy of Pegylated interferon & Ribavirin in treatment of chronic Hepatitis C patients in Northern India' at International Liver Symposium in Gurgaon. [pic. P]
 
- **Ms Prabhjot Saini** (Nursing) presented scientific paper on 'Prevalence of Obstructive Sleep Apnea (OSA) & Sleep Quality of Life (QOL) among CHF patients' at International Conference on Multidisciplinary Health Care held in AIIMS, New Delhi. The paper was awarded first prize. [pic. Q]
 
- **Dr Sarit Sharma** (Community Medicine) attended the ICMR workshop on 'Development of Model Projects for Knowledge Management Policy: Health Education, Service and Research' and presented a project titled 'Involvement of Information Technology in Primary Health Care at Rural Health Centre, Pohir, field practice area of Department of Community Medicine, DMCH.

Conferences/Fellowship attended

- **Dr Pushapindra Kaushal & Dr Priya Bansal** (Community Medicine) attended 2nd Workshop on Basic Epidemiology and Biostatistics organized by PGIMER, Chandigarh.
- **Dr Omesh Goyal** (Gastroenterology) presented paper on Hepatitis C Virus at ISGCON, Annual conference of the Indian Society of Gastroenterology at Ahmedabad.
- **Dr Geeta Mittal** (Anaesthesiology) did Fellowship on Pain Management from Daradia Pain Clinic, Kolkata.

Camps

✦ Blood Donation Camps

Department of Immunohaematology and Blood Transfusion collected 780 units of blood.

✦ Pulse Polio Camps

6643 children below the age of 5 years were covered under the pulse polio campaign.

What's at DMCH....

Message from the Secretary.....


De-Addiction Centre



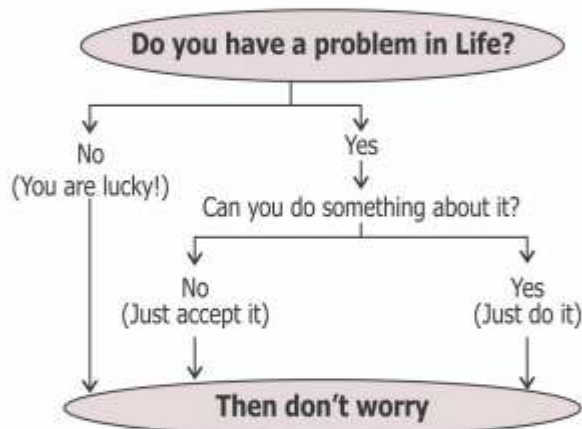
The Department of Psychiatry is running a comprehensive specialized de-addiction centre which is duly approved by the government. The services include in-patient and out-patient facilities with both acute and long term treatment. All modalities of treatment are available. Pharmacological treatment include acute detoxification of alcohol, opioids, smack, heroin, cannabis, cocaine, prescription drugs, tobacco, inhalants etc. Oral Substitution Therapy including Buprenorphine for opioids is available. Counselling and all forms of Psychotherapy are provided.

Prem Kumar Gupta
Secy DMCH Managing Society, Ludhiana

Congratulations

- **Dr Gurdeep Singh Dhooria** (Pediatrics) was enrolled as a National Instructor for Neonatal Resuscitation India courses after successfully clearing of the National Instructor TOT course at Hyderabad.
- **Dr Sarit Sharma** (Community Medicine) successfully completed his fellowship in Infection Control and Hospital Epidemiology from Detroit Medical Center, Wayne State University School of Medicine, USA. He was selected among Top 5 Finalists for Epi-Project Award 2013 at SHEA Spring Conference- 2013 held at Atlanta, USA. [pic. R]
 

DAYANAND MEDICAL COLLEGE AND HOSPITAL, LUDHIANA
No. of patients presenting to Psychiatry OPD : 2013



Thought for the Month



**Worry is a problem,
 not a solution**

WHAT YOU MUST KNOW ABOUT... Anxiety

Dr Ranjive Mahajan, Professor & Head, Deptt of Psychiatry

Q. What is anxiety?

A. It is a diffuse, unpleasant, vague sense of apprehension, often accompanied by physical symptoms such as headache, perspiration, palpitations, tightness in the chest, mild stomach discomfort and restlessness, indicated by an inability to sit or stand still for long.

Q. Can it be normal?

A. Yes, normal anxiety is adaptive. It is a normal emotion under circumstances of threat and is thought to be part of the evolutionary "fight or flight" reaction of survival. When anxiety is excessive and impairs functioning, it becomes abnormal or pathologic. Pathological anxiety can occur in various psychiatric disorder and also some medical disorders.

Q. What is worry then ?

A. Worrying is anticipating dangers before they arise. It is the mental part of anxiety and has to do with anxious thoughts 'what if?'

Q. What is fear / phobia ?

A. Fear is a response to a known external, definite threat. The term 'phobia' refers to an excessive fear of a specific object, circumstance or situation and is characterized by a phobic avoidance of the feared.

Q. What can be the effects of anxiety?

- A.
- **Physical effects :-**
Headache, perspiration, palpitations, stomach discomfort, restlessness.
 - **Psychological effects:-**
It narrows the field of attention and causes an inability to attend to the total situation as is necessary to act rationally.
 - **Social effects:-**
It makes you unable to convey the person that you are. It causes fear and avoidance of situations where previous attacks occurred.

Q. What are the different types of pathological anxiety disorders ?

- A.
- Panic disorder
 - Generalized anxiety disorder
 - Agoraphobia
 - Social phobia
 - Specific phobia
 - Obsessive compulsive disorder
 - Separation anxiety disorder

Q. How is anxiety treated?

A. Normal anxiety can be managed by various techniques such as:-

- Breathing exercises
- Exercise
- Meditation
- Yoga

To treat pathological anxiety, the first step is to establish the definitive diagnosis of particular Anxiety disorder along with psychiatric and medical comorbidity. It can be effectively managed by:-

- Pharmacotherapy
- Behavioral therapy
- Cognitive Behavioral therapy
- Psychotherapy

Q. Are these facilities available in DMCH?

A. Yes, all the modalities for management of anxiety and related problems are available.

Executive Team – DMCH Capsule

Dr Daljit Singh (Chairperson), Dr Anju Grewal (Convener),
 Dr Sandeep Kaushal (Co-ordinator), Dr Gautam Biswas (Secretary)
 Dr Gagandeep Singh, Dr Deepinder Chhina, Dr Rama Gupta, Dr Amit Bery,
***Dr Gurdeep Singh Dhooria**, Dr Seema Gupta, Dr Gurpreeti Kaur,
 Dr Kamaldeep Arora, Dr Pankaj Kumar, Dr Ashvind Bawa, Dr Shruti Kakkar

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For Comments & Suggestions : Mail us at dmchcapsule@gmail.com



Golden Jubilee Year 2014



Dr SP Thapar (1985-1992)



Dr Mohini Sud (1992-1996)



Dr Veena Sood (1996-2006)



Dr Poonam Singh (2006 - till date)



Dr N Dubey (1964-1986)

50 years of... Anatomy

The department of Anatomy metamorphosised under the leadership of **Dr N Dubey** who upgraded it from LSMF course to MBBS. At present, the thrust is in the area of latest technology assisted learning and new histology research with modern digital microscopes. The museum has a special cross section anatomy area, co-relating with MRI and CT scan gallery to highlight the importance of living anatomy. The anatomy department took a lead in the region to start voluntary body donation and this has given a boost to organization of cadaveric workshop for enhancement of surgical skills of clinicians. The next stepping stone will be setting up of an ultrasound and cyto genetic lab.





Dr AP Sharma (1964-1989)



Dr (Mrs.) GK Ahuja (1989-2005)



Dr Lily Walia (2005-2012)



Dr Vidushi Gupta (2012 till date)

50 years of... **Physiology**

The Department of Physiology was established in the year 1964. During its infancy, the department worked in collaboration with Biochemistry. The department is equipped with latest technology to perform Nerve Conduction Studies, Spirometric Studies, Evoked potentials, ECG, EMG and Automatic function tests. The entire faculty has received formal training in Medical Education and is involved in teaching of MD, MBBS, BSc Nursing and Paramedical Courses.

It is planned to set up a well equipped State-of-Art Clinical Physiology Lab.

