



SGRD Synapse

An Update of Sri Guru Ram Das University of Health Sciences Sri Amritsar

Vol. 1/No. 11-12/November-December 2020



Cochlear Implant Program Reaches Milestone

The Department of ENT reached a milestone by completing 50 Cochlear Implant (CI) surgeries for congenitally deaf children. SGRDUHS became the first private university to be enrolled in the Assistance to Disabled Persons (ADIP) scheme in 2017. The SOUND project, inaugurated by the famed cricketer Brett Lee, was also launched for screening of neonatal deafness, and an average of 180 newborns are being screened per month using OAE test.

A special program was held to commemorate the achievement. Bibi Jagir Kaur, Chancellor SGRDUHS and President SGPC, applauded the doctors and staff, and blessed the children who presented a colourful program displaying their amazing speech development following surgery and rehabilitation. So far 57 children aged 5-7 years have been successfully treated with the combined efforts of the departments of ENT, Paediatrics, Radiology, Neurology, Psychiatry and Anaesthesia.



Dear friends,

The scope of human performance is amazing, sometimes incredible. The limits of physical endeavour have been consistently challenged, of course, but the range and extent of mental accomplishment is no less remarkable.

It is true that all activity is driven by the mind. A defeatist attitude retards meaningful action, while a positive and energetic approach with hope and anticipation of success promotes the focused and intense effort that precedes success.

Don't imagine failure even before trying. The first step to accomplishing a feat is to believe in your ability to do it. The results can be surprising.

You can achieve anything if you have trust in yourself.

It is a point to ponder (last page)

Dr. Daljit Singh
Vice Chancellor



Achievements and Awards

Medical Education Unit

- Dr Tejinder Singh and Dr Sahiba Kukreja contributed a chapter 'Dealing with the supervisor: Mentor-Mentee Relationship' in the book 'How to write a thesis and thesis protocol' by Piyush Gupta and Dheeraj Shah. Dr Sahiba Kukreja and Dr Rohit Arora contributed a chapter 'Role of Phytochemicals in Modulating Signaling Cascades in Cancer Cells.' in the book 'Pharmacotherapeutic Botanicals for Cancer Chemoprevention'. Dr Sahiba Kukreja participated as adjunct faculty for 10th MCI online ACME conducted by CMC Ludhiana from 26th October - 7th November 2020, also participated as chairperson and judge for paper presentation in National PG Update cum CME at AMBI on 1st-2nd November 2020.

Department of Community Medicine

- Dr Harjot Singh participated in Inaugural U.S World Hospice & Palliative Care Day Celebration held on 10th November 2020, chaired a session and got best research paper award in National Conference of EFI held at AIIMS, Rishikesh, chaired a session as judge for Amrita International Public Health e-Conference 2020.
- Dr Amanpreet Kaur won best paper award in poster presentation in National Conference of EFI. Dr Amanpreet Kaur, Dr Manisha Nagpal and Dr Pooja Sadana chaired a scientific session in the same conference.

Department of Physiology

- Dr Sukhjinder Kaur participated as a judge in virtual ICONBAP 2020 organized by Sikkim Manipal Institute of Medical Sciences, Gangtok.

▶ Clinical Snippet

Customised face mask: Solution to facial nerve blocks in COVID-19



Customised face mask with landmarks

During COVID-19 pandemic, managing patients with uncontrolled cranial neuralgias may require nerve blocks on the face. The chance of acquiring COVID infection through aerosols becomes multifold if the patient's mask is removed. This problem was tackled by customizing the face masks by having a smaller footprint covering only the nasal and oral apertures. A smaller size cloth was cut and sewn. A single elastic band was attached from the edges of the mask, wrapped around the head, and combined with a flexible strip at the nasal end to ensure a proper fit and seal. The mask has been used for performing infra-orbital, mental mandibular, maxillary and glossopharyngeal nerve blocks for more than 10 patients visiting pain clinic.

Lectures/ Resource Faculty for Online Webinars

Department of Dermatology



Dr Jasleen Kaur participated as panelist in CME on Hyper Pigmentation and in CME on Urea-a-Versatile Molecule.

Department of Surgery



Dr Sudershan Kapoor was invited as chairperson faculty in GURUKULCON PG teaching course, as judge in ASOMACON and in ASICON 2020, Centre appraiser for National Board of Examination December 2020. Three residents were selected for affiliated membership for Royal college of Surgeons of Edinburgh.



Dr Seema Mittal delivered a talk on facial rejuvenation at rotary club, Amritsar.

Department of Ophthalmology



Dr Shakeen Singh conducted Online Meeting as POS President and delivered a Lecture & Video Education on Video Bouquet of learning in Cataract surgeries by AIOS.



Dr Manish Chhabra conducted DAMS Mentorship session at MAMC, New Delhi. Also launched a PDF file 'Knowledge Bubbles' on eMedicoz app.

Department of Community Medicine



Dr Priyanka Devgun chaired a session as judge in International Conference on "Conquering Covid ...we can and we will" and won 2nd prize in oral presentation in faculty category. Dr Harpreet Kaur presented a poster, Dr Manisha Nagpal, Dr Pooja Sadana and Dr Harjot Singh presented research papers in International Virtual Conference WCPH held at Malaysia. Dr Shivesh Devgan contributed a guest editorial in Annals of Community Health.

Department of Forensic Medicine



Dr Navpreet Kaur delivered a lecture 'Safeguarding Human Rights through Forensic Medicine' in Annual National Hybrid Conference of PAFM held at GMC, Amritsar.

Department of Biochemistry



Dr Jyot Amrita presented poster 'Role of arterial blood gas as a valuable assessment tool of disease severity in SARS-CoV-2 patients' in International Virtual Conference WCPH 2020 held in Malaysia.

College of Nursing



Dr Manpreet Kaur delivered a lecture on 'Research Paper Writing' in International Research & Methodology workshop organized by Eudoxia Research Centre India.



Dr. Amandeep Kaur Bajwa delivered a guest lecture on 'Stress and self-care for nurses in COVID-19 Pandemic' in e-Seminar organized by Anand College of Nursing, Jethuwal.



Mr Gopal Singh Charan delivered a lecture on Assessing quality measurement tools in research' in webinar organized by Rajiv Gandhi College of Nursing Jammu.

Publications

Department of Community Medicine

- * Kaur A, Devgun P, Gill KP. A Cross-sectional Study to Assess the Knowledge, Attitude and Practices about Organ Donation among the Medical Students of Punjab. Ann Community Health 2020;8(4):130-134.
- * Nagpal M, Kaur H, Sadana P, Kaur M. Impact of Coronavirus Disease-19 Pandemic on Mental Health of Housewives – A Cross-sectional Study. Ann Community Health 2020;8(4):3-7.
- * Gill KP, Devgun P, Kaur A. Impact of Women Empowerment on Infant Mortality Rate – Spatial Lag and Error Regression Model. European Journal of Medical and Health Sciences; 2(6):1-4.
- * Sadana P, Nagpal M, Kaur H. Impact of Coronavirus Disease-19 Pandemic on the Academics of Adolescents of Amritsar City. Ann Community Health 2020;8(4):30-34.
- * Singh H, Mahajan SL, Kaur S, Kahlon A. Epidemiological Study of Swine Flu (H1N1) in Punjab in Year 2018. Ann Community Health 2020;8(4):163-167.

Department of Biochemistry

- * Amrita J, Mahajan M. Prevalence of AdipoQ (+276 G/T) gene polymorphism in Punjabi menopausal women with and without family history of cardiovascular disease. Injt J Clin Biochem Res 2020;7(2):191-196.

College of Nursing

- * Bajwa A, Kaur A. A study to assess the knowledge and Attitude of Family members towards ill-effects of alcoholism at selected hospitals, Amritsar, Punjab. GJMR 2020; 20(12):25-32.
- * Kaur R. Retrospective analysis to assess the clinicopathological factors of Breast Cancer among patients at Sri guru Ram Das Rotary Cancer Hospital, Vallah, Sri Amritsar. IJON 2020; 6(2):34-40.

Courses Completed

Department of Community Medicine



Dr Harpreet Kaur completed IAPC Certificate course in Essentials of Palliative Care.

Department of Physiology



Dr Deepinder Kaur completed a course 'Good Clinical Practice' by NIDA Clinical Trials Network Organisation, USA.

Updating Nursing Skills on COVID-19



Students of Nursing college won 1st prize in India contest held by Generation India in collaboration with TNAI.

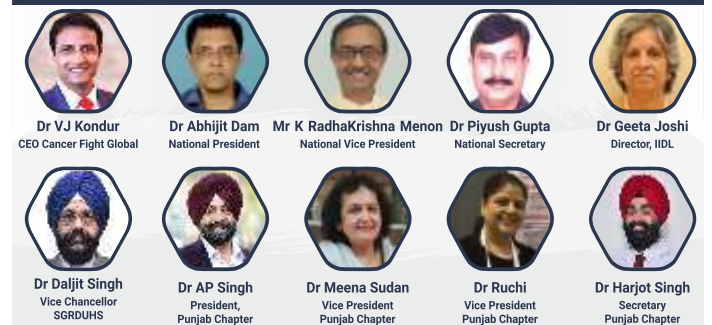
▶ Marching forward....



Focus on e-learning

In the wake of the coronavirus pandemic, the concept of e-learning was put into practice at SGRDIMSR in the year 2020 in its true sense with online classes on 18th March before any other medical institution in North India. The MEU faculty also conducted in-house faculty development workshops on designing good MCQs, item analysis, blue printing, clinical teaching modules, student doctor interaction, appropriate usage of log books and workplace-based assessment.

Dr. AP Singh
Dean, SGRDUHS



Six months fellowship was started through distant learning mode under the banner of International Institute of Distance Learning, affiliated to SGRD University of Health Sciences, Sri Amritsar (Punjab).

Sayonara- Batch 2015





LOW BACK PAIN

Dr Ruchi Gupta, Prof. & Head, Department of Anaesthesia

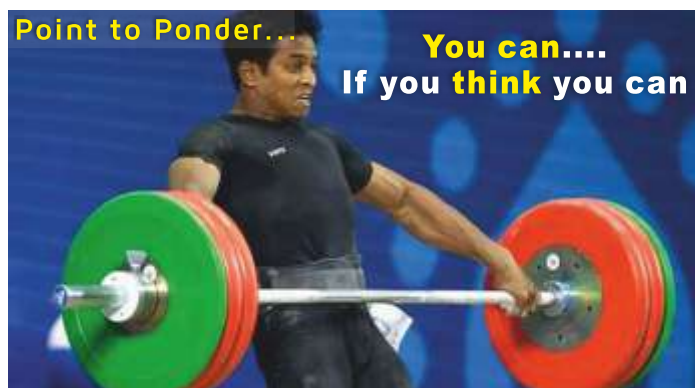
CASE SCENARIO

LOW BACK PAIN: DEGENERATIVE DISC DISEASE



A 60 yr old lady came to the Pain Clinic on a wheelchair with complaint of low back pain for 1 year, intolerable in the last 15 days. The initial intermittent mild pain gradually became continuous and severe, with episodes going from the lower back down till ankle. She could not stand erect or walk more than 2 steps and her household routine, socio-cultural life and sleep patterns were severely affected. She underwent X-ray guided epidural injection of local anaesthetic with steroids. She reported immediate pain relief and was discharged on medication after a few hours. After one week, she came walking on her own and reported 70% reduction in pain with regained ability to stand erect and walk for more than 30 minutes. Ultrasound guided dry needling was done to relieve spasm of lower back muscles. After another 2 weeks she was 90% relieved of pain and quality of life had improved drastically. Now, she is leading a normal healthy life with no recurrence of back pain.

Low Back Pain	Interventions	Percentage of Cases
Prolapsed Intervertebral Disc/ Internal Disc Disruption	Epidural Steroids, Transforaminal Injections, Ultrasound guided Dry Needling, Pharmacotherapy	66%
Facet Joint Arthropathy	Facet Joint Blocks, Median Branch Blocks, Radiofrequency Ablation, Pharmacotherapy	13%
Backache Only	Interlaminar Epidural Steroids, Pharmacotherapy, Ultrasound guided Dry Needling	10%
Lumbar Canal Stenosis	Interlaminar and Caudal Epidural Steroids, Pharmacotherapy	8%
Sacroiliac Joint Pathology, Piriformis Syndrome	Sacroiliac Joint Block, Piriformis Block, Pharmacotherapy, Physiotherapy	3%



Q1 - What is the implication of low back pain?

- Low back pain involves the area between the lower border of last rib and gluteal folds. In some cases it may go down to legs especially when there is a slipped disc. It can occur after a fall, gymming, lifting heavy loads, sports or automobile accident injuries. It is not a disease entity but a symptom of an underlying disorder. If it resolves within 12 weeks of onset, it is defined as acute; if it continues longer even if the underlying cause has been treated it is termed chronic.

Q2 - How does low back pain occur?

- Anatomically, our spine is made up of vertebra linked by joint capsules, intervertebral discs, muscles, tendons and ligaments. It has developed to protect the spinal cord and nerves at multiple levels. An insult or injury of any kind leads to inflammation resulting in back pain.

Q3 - How does a person with low back pain present?

- A patient can have just low back pain, or pain with radiation to the leg. There can be difficulty in walking, standing erect, sitting, standing up from a sitting position or vice versa. Pain can also aggravate while lying down or taking a turn in the bed.

Q4 - What are the causes?

- Degenerative discs (age related), internal disc disruptions, herniated, prolapsed or ruptured discs, arthritis, spinal canal stenosis, infections (osteomyelitis, discitis), osteoporosis, myofascial syndrome, fibromyalgia, tumors, congenital abnormalities (spina bifida etc), skeletal irregularities (kyphosis, scoliosis), injuries etc. may be responsible.

Q5 - What is the mechanism of pain in degenerative disc disease?

- With age, the discs lose water and thereby elasticity and strength. They become less spongy leading to loss in height and bulging of the hardened discs into the spinal canal. This can lead to compression of spinal nerves causing inflammation and pain.

Q6 - How is low back pain treated?

- Early treatment: Bed rest for 48-72 hours, hot or cold packs, and core strengthening exercises later.
- Non-interventional modalities: Medications like- acetaminophen, NSAIDs, opioids, anticonvulsants, antidepressants and cognitive behavioural therapy.
- Interventional modalities: Trigger point injections, epidural local anaesthetic ± steroid injections, radiofrequency ablation. minimally invasive procedures (vertebroplasty, discectomy, foraminotomy, nucleoplasty etc.)
- In cases of bony lumbar canal stenosis, bowel-bladder involvement patients require surgical intervention.

Executive Team - SGRD Synapse

Dr. Daljit Singh (Chairperson),
 Dr. Anupama Mahajan (Vice Principal) Convener,
 Dr. Deepinder Kaur (Physiology), Dr. Punita Salwan (Anatomy),
 Dr. Amandeep Singh (Radiology), Dr. Jaskaran Singh (ENT),
 Dr. Pooja Verma (Community Medicine)

HELP LINES

EPABX: 0183-2870200, 0183-2870400
 EMERGENCY: 01832870281
 AMBULANCE: 0183-2870368
 FAX: 0183-2870205, 2870344
 E-MAIL: info@sgrduhs.in
 WEBSITE: sgrduhs.in