



SRI GURU RAM DAS UNIVERSITY
OF HEALTH SCIENCES, SRI AMRITSAR

SGRD
Synapse

Vol. 2/ No. 1-2/ January-February 2021

An update of
Sri Guru Ram Das University of Health Sciences

National Medical Commission designates SGRDIMSR as Regional Centre for training of PG teachers

The National Medical Commission approved SGRDIMSR as a Regional Centre in Medical Education Technologies to conduct the revised Basic Course Workshop for PG teachers (rBCW-PG). A committee headed by Senior Advisor, NMC earlier verified the standard of infra-structural facilities including Skill Lab and expertise in the Medical Education department for conducting Faculty development programs.

MoU with SMVDU for Human Genetics Research



An MoU has been signed between Centre for Advanced Research and Diagnostics (CARD), SGRD University of Health Sciences and Human Genetics Research Group (HGRG), Sri Mata Vaishno Devi University, Katra, J&K, for collaboration in the domain of disease diagnostics, development of diagnostic test/ kits and molecular genetic diagnostics of various genetic disorders.



Dear friends,

Major successes do not come overnight. They are preceded by a series of small steps of achievement. The gratification derived from even a tiny accomplishment motivates for further effort in the right direction.

Unfortunately, this phenomenon operates for negative habits too. One may get away with a small lie, a minor theft, or a trivial risky activity. If it 'works', it encourages the person to not only repeat the behaviour but to escalate the scale.

We must ensure that success is defined only in positive terms. A satisfying performance will form the platform for similar attempts on the path to triumph and victory.

Relish the good things you do. You will do them again.

It is a point to ponder (last page)

Dr. Daljit Singh
Vice Chancellor



Achievements and Awards

Department of Medical Education



Dr. Tejinder Singh, Professor of Pediatrics and Medical Education delivered the Hon. Surg. Cmde. late Dr. Shantilal C Sheth Oration at the national annual conference of Indian Academy of Pediatrics (IAP) at Mumbai. The topic of

his oration was 'Assessment for Competency-based Medical Education'. Sheth Oration is the highest academic award of IAP and is a star attraction of IAP annual conferences.

- * IAP is venturing into an ambitious project of introducing nurturing care for early childhood development with support of WHO, UNICEF, FOGSI and IAPSM, entailing funding of more than 4 crores. One of the actionable points is to introduce the concept for pre-service and in-service training for both UGs and PGs. Dr. Tejinder Singh has been appointed the National Coordinator for the pre-service component and will work on introducing it in UG and PG curriculum.
- * IAP has created a Medical Education Chapter to make medical education relevant to Indian needs. Dr. Daljit Singh is the founder Executive Board member of the chapter from North Zone. The chapter also plans to bring out a journal exclusively devoted to medical education. Dr. Tejinder Singh has been designated as Editor-in-Chief of this journal.

Department of Radiology

- * Dr Vijinder Arora and Dr Amandeep Singh were awarded a certificate of appreciation from the President of IRIA.

Department of Community Medicine

- * Dr Harjot Singh was the part of short film "WHO NCD Meeting" which was played in a Global Seminar.

► Clinical Snippet

UNMASKING HYPOXIA IN COVID 19: 6 MIN WALK TEST

The 6-minute walk test (6MWT) is a validated easy and safe screening clinical tool to initiate higher level of care at the earliest. The importance of this test came to light when timely intervention could be made for a COVID patient A.S. admitted in the isolation ward. He appeared comfortable on rest with SO_2 maintained above 94% but he used to complain of breathlessness after using the washroom. The doctors on duty decided to perform 6MWT on him. He was made to walk in the isolation ward for 6 mins and towards the end his saturation was noted which had dropped to 92%. He was then shifted to HDU for strict monitoring and treatment was upgraded.



White Coat Ceremony for new MBBS students

White Coat ceremony has been in vogue to induct the students into the medical profession but has received renewed interest following the emphasis laid on professionalism and ethics in the new competency-based curriculum launched by National Medical Commission (NMC). The ceremony was held for the 2020 Batch of MBBS Students after completion of a 3 week long Foundation Course introduced by the NMC, in which 150 new entrants were initiated to wear their white coats. Principal Dr MS Uppal administered the traditional Hippocratic Oath pledging allegiance to the medical profession, their companions and seniors as well as commitment to their duty towards patients. Candle light was passed among the students, signifying collaborative learning in the professional career.



Lectures/ Resource Faculty for Online Webinars

Department of Pediatrics

- * Dr Daljit Singh, Vice Chancellor, was designated Founder Chairperson of Respiratory Chapter Punjab and Chandigarh of Indian Academy of Pediatrics. He made an online presentation on 'Acute Cough' in the Cough module of IAP. He also presented a guest lecture on 'Rational Drug Therapy for Pediatrics Population' at the 12th Indian Society for Rational Pharmacotherapeutics (ISRPT) Program, PGI, Chandigarh.

Department of Radiology

- * Dr Kunwarpal Singh delivered a lecture on MRI anatomy of cranial nerves with a pictorial essay of common pathologies. He was moderator in 'case-based session on less common upper limb neuropathy' conducted by National Musculoskeletal Society.
- * Dr Amandeep Singh delivered a lecture on 'Role of TVS in the first trimester in pregnancy' conducted by IRIA ICRI Symposium on foetal imaging. He was moderator in two sessions on Urological Imaging in Sonocon 2020.

Department of Obst & Gynae

- * Dr Sangeeta Pahwa delivered a talk in the session 'Contraceptives & cancer risk' and was panelist in 'Case-based panel discussion on Menstrual Problems in Adolescence'.

Department of Ophthalmology

- * Dr Shakeen Singh was moderator for the session International Symposium day 25th as silver jubilee 'Chemical Injury & Ocular Surface', nominated for best video in 'Challenging Situations', presented a paper 'Steel Suture in PKP', chaired a scientific session in DOS annual meeting, evaluator for AIOC-ARC.
- * Dr Pawan Prashar presented a video 'Use of Smartphone microscope in eye clinics' in Keracon 2020.
- * Dr Manish Chhabra introduced the second edition of Ophthalmology resident training on master course Emedicoz app, and was resource person in a two day session on Ophthalmology at PIMS Jalandhar.

MEU India Group

- * Dr Richa Ghay Thaman and Dr Punita Salwan took a session as a resource faculty for online CBME physiology and CBME anatomy respectively.

Publications

Department of Radiology

- * Arora V, Goindi AS. Optic nerve enlargement in Krabbe's disease. *CTDT*;4(1):33-35.

Department of Obst & Gynae

- * Pahwa S, Kaur A, Kaur P, Kaur T. An unusual case of cervical leiomyosarcoma in an adolescent girl. *IJRCOG2020*; 9(12):5121-2123.

Department of Ophthalmology

- * Prasher P, Baghra D, Singh D, Thakur S, Gill NK, Kesavan AK. Molecular identification and phylogenetic relationship of Demodex mites based on mitochondrial 16S rDNA. *Trop Parasitol* 2020;10:136-41.

Department of Psychiatry

- * Singh A, Dhillon R. Psychological Differences in Alcoholics and Non-alcoholics. *Sambodhi Journal (UGC Care Journal)* 2021;44(1):97-102.

Department of Physiology

- * Mehta K, Mehta S, Chalana H, Singh H, Thaman R. Effectiveness of Rajyoga Meditation as an adjunct to first line treatment in patients with obsessive compulsive disorder. DOI:10.4103/psychiatry.IndianJPsychiatry_401_19.

College of Nursing

- * Karuna S. To Develop Self-instructional Module on 'Umbilical Cord Stem Cell Collection, Preservation and Utilization' and Evaluate its Effectiveness on Improving the Knowledge of Operational Level Nurse. *RRJoOH*. 2020;9(3):10-22p.
- * Kaur S, Kaur M. Nature of Obstetric Emergency Health Services in India. *International Journal of Biomedical Engineering*. 2020;6(2):23-37.
- * Kaur M, Kaur A, Kumar N. A study to assess the effectiveness of isometric exercises on level of pain and functional performance regarding osteoarthritis among residents of old age homes in selected districts, Punjab. *Int J Health Sci Res* 2021;11(2):177-189.

World Cancer Day



Warm farewell was accorded to faculty members on retirement

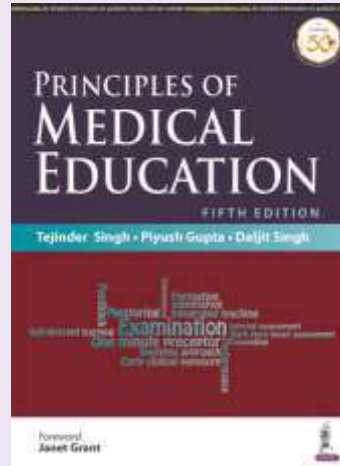


Dr Mridu Manjari
Prof. & Head,
Deptt. of Pathology



Dr Karuna Thapar
Prof. & Head,
Deptt. of Pediatrics

► Marching forward....



The fifth edition of the book 'Principles of Medical Education' was released by Indian Academy of Pediatrics. The book, authored by Dr. Tejinder Singh, Dr. Piyush Gupta and Dr. Daljit Singh, is very popular amongst medical teachers throughout the country. It has been revised to address the needs of medical teachers to effectively deliver the new

competency-based curriculum of the National Medical Commission.

Dr. AP Singh
Dean, SGRDUHS

Courses Completed

Department of Community Medicine

- * Dr Amanpreet Kaur completed a one week online training program on Statistical Data Analysis using SPSS, organized by Science Tech Institute, Lucknow.

Department of Physiology

- * Dr Deepinder Kaur completed the Certified Course in Essentials of Palliative Care from AIIMS, New Delhi.

Biomedical Research

- * Dr Priyanka Devgan, Dr Harpreet Kaur, Dr Amandeep Kaur, Dr Manisha Nagpal, Dr Pooja Sadana, Dr Sanjeev Kumar Sagggar, Dr Monika Piplani and Dr Kanika successfully completed the Basic Course in Biomedical Research.

Competence Based Medical Education

- * Dr Harpreet Kaur, Dr Amanpreet Kaur, Dr Manisha Nagpal, Dr Pooja Sadana and Dr Kawlinder Girkla completed the CBME course conducted by MEU India.

Cadaveric Oath



The students took the Cadaveric Oath in the Anatomy dissection hall as part of the curricular module and discussed how the cadavers helped them to learn through prose, poetry and sketches etc.

Everything we hear is an option, not necessarily a fact...



CASE SCENARIO

Thalassemia - Autosomal Recessive Disorder



A 3 years old female child presented with anemia and had received blood transfusions on and off since 9 months of age from a local hospital. Her weight and height for age were <3rd percentile. She had pallor, mild icterus and classical chipmunk facies characterized by depressed nasal bridge, frontal bossing, maxillary hyperplasia, retracted upper lip and saddle nose. Liver and spleen were palpable 4 cm below the costal margins. Hb was 6.6g/dl and the peripheral smear revealed microcytic hypochromic picture, anisopoikilocytosis and target cells with a few normoblasts. Diagnosis of β - thalassemia major was confirmed on High Performance Liquid Chromatography (HPLC) which revealed HbA 17%, HbA2 2.6% and HbF 80% (very high). Other investigations like serum ferritin, serum iron profile and viral markers were done. X- Ray skull lateral view showed classical 'hair on end' appearance. Both parents were found to have thalassemia trait on Hb electrophoresis. Patient was registered in the thalassemia ward and has been advised to come for regular blood transfusions, haemoglobin monitoring and chelation therapy.

AGE GROUP (YEARS)	GENDER	CHELATION THERAPY STARTED
<10 (37%)	Male (48%)	Yes (71.5%)
11-15 (37%)	Female (52%)	No (28.5%)
>15 (25%)		



Management of thalassemia major

Dr GS Narang, Prof. & Head, Department of Pediatrics

Q1 - What is thalassemia?

- Thalassemia refers to a group of genetic disorders of globin- chain production in which there is an imbalance between the alpha and beta – globin chain production. It is an autosomal recessive disorder. It is classified as minor, intermedia and major.

Q2 - What is the typical medical care involved for a child with β -Thalassemia major?

- Leuco-reduced PRBC (packed red blood cells) are required usually at the interval of 3-5weeks @ 10-20 ml/kg/session. Pre BT hemoglobin should be maintained between 9-10.5 g/dl.

Q3 - Whom to transfuse?

- Confirmed diagnosis of thalassemia major having Hb <7 g/dL twice > 2 weeks apart Or Hb> 7 g/dL with any of the following: Facial change/Poor growth/Fractures/Significant extramedullary hematopoiesis.

Q4 - What regular monitoring is needed in β -thalassemia patients who are on regular transfusions?

- Apart from regular blood transfusions these patients require regular assessment of iron status by periodic monitoring of serum ferritin levels. Serum ferritin level should be maintained between 1000-2500 μ g/L. Liver and myocardial iron content should be evaluated by T2* MRI. Patients have to be started on iron chelation therapy when serum ferritin levels are > 1000 μ g/L, and more than 10 - 20 blood transfusions have been given.

Q5 - What are the other supportive measures required apart from chelation therapy?

- Thalassemia patients are to be supplemented with folate, calcium and vitamin D. They require regular screening for infections like hepatitis A, B, C, HIV and should receive vaccination for hepatitis A and B.

Q6 - What are the possible complications of β -thalassemia?

- Frequent blood transfusions lead to iron overload which may cause multi-organ dysfunction, infections, bone deformities, splenomegaly, stunted growth, thrombophilia, hepatic, cardiac and endocrine abnormalities.

Q7 - Is thalassemia curable?

- Thalassemia cases can be treated with stem cell transplantation, bone marrow transplantation and gene therapy. Presently bone marrow transplantation or stem cell transplantation is the only approved curative approach for thalassemia. Maximum success rate is seen in the bone marrow recipients where the donor is a sibling.

Q8 - How can we reduce the national burden?

- One way to reduce the burden is to design a national health programme involving screening of adolescent girls, premarital screening and antenatal screening of pregnant mothers for thalassemia carrier state with Hb and HbA2. Antenatal diagnosis by chorionic villus sampling (CVS) to detect β - globin chain synthesis is possible. Screening for thalassemia can go a long way to reduce the disease burden. Keeping in mind the effect of regular transfusions leading to iron overload requiring chelation therapy, which affects the quality of life and life expectancy and financial psychological/ burden of disease on the entire family, the best strategy is to avoid the disease itself by following the maxim "Don't match the Kundli, Match the Blood."

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

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