



SGRD

Synapse

**A Monthly Update of Sri Guru Ram Das University
of Health Sciences, Sri Amritsar
Vol. I/ No. I/ January 2020**

▶ International Conference

A joint venture of Sri Guru Ram Das University of Health Sciences and the International Institute of Organisational Psychological Medicine presented Joint International Conference on Workforce Health and Potential Enhancement on 13th November 2019. The primary focus was on enhancing human capital potential of an organisation, identifying, preventing and managing workplace related psychological pathologies in human capital. IIOPM has offices in USA, UK and Australia and opened its first registered office in India at SGRD University. An MoU was signed with representatives of IIOPM including Executive Director Global, Prof Russell D'Souza, Prof F Thibaut (France), Dr JS McIntyre (USA), Dr R Tandon (USA), Dr S Nimmagadda (UK) and Dr E Mohandas (Kerala).



▶ International Live Surgical Workshop: ENT Conclave

A three-day International Live Surgical Workshop, ENT Conclave, was held on 6-8th December 2019. It was attended by over 300 delegates from all over the country. Latest ENT techniques were demonstrated by faculties of international acclaim like Dr Wolfgang Gubish (Germany), Dr. Sean Flanagan (Australia) and Dr. SP Dubey.

Dr. Pankaj Chaturvedi, Deputy Director, Tata Memorial Centre, Mumbai was the Chief Guest and launched "SOCH" (Screening of Oral Cancer & Hygiene) campaign for screening all the villages of Punjab. Population based cancer registry system has been established under the same.



Dear Friends,

The progress of SGRD Institute over the years has been phenomenal. From humble beginnings in 1977 as a Charitable Hospital in the old city, the medical college started with 50 MBBS seats in 1997 and shifted to the present campus in 2007. We have evolved into the Sri Guru Ram Das University of Health Sciences in 2016, making it one of the fastest growing medical institutions in the country. The University is still in its infancy, but the campus is already vibrant with about 1900 students enrolled at present. Apart from 150 MBBS seats per year, we now have MD/MS course in 18 subjects along with 9 PhD and 4 nursing courses as well as 15 paramedical degree/diploma courses in different disciplines. Off-campus colleges will be affiliated in due course. We aim to constantly upgrade the quality of our services in terms of patient care, research and higher education. This inaugural issue of monthly newsletter is the first step towards sharing information about our activities and development.

Dr. Daljit Singh
Vice Chancellor



► Inter-School Quiz: HEAL

Sri Guru Ram Das University of Health Sciences in collaboration with UNESCO Chair of Bioethics celebrated Children's Day in a novel way by organising an Inter School Quiz related to Health, Environment, Aptitude and Learning (HEAL). About 120 teams comprising of 500 students from different schools participated with great enthusiasm in the event. The motive of the quiz was to sensitise young minds about environment and health.



► Centre for Palliative Care

SGRD is the regional centre for providing palliative care as approved by Indian Association of Palliative Care (IAPC). First batch of certificate course in Essentials of Palliative Care was started in November 2019. The purpose is to train the doctors, nurses and volunteers on total care of patient, inclusive of psychological, social, cultural, ethical and spiritual concerns, who are not responsive to curative treatment.



► Shoulder Arthroscopy Workshop

Department of Orthopedics Organized Shoulder Arthroscopy Live Workshop on 8th December. Dr. Sanjay Desai, (recipient of the prestigious Dr. BC Roy award and President Asian Shoulder Association) conducted live surgery on latest techniques of Arthroscopic Rotator Cuff repair and delivered lecture on shoulder joint injuries.



► Hospital Based Cancer Registry

Hospital based Cancer Registry System in association with TATA Memorial Institute was started. Dr. Harjot Singh (Community Medicine) and Mr. Harinder Singh attended six days training from Dec 16 - 21, 2019 on a software named CanReg5 (used for collecting cancer patient data).

► Interventional Radiology Meet

SGRDUHS in collaboration with Indian Society of Vascular & Interventional Radiology (ISVIR) & National Academy of Medical Evaluators and Interpreters organised 2nd Annual Interventional Radiology Meet cum Workshop. About 400 delegates from different parts of the country attended. In addition to scientific lectures, live demonstrations were shown on Biliary Stenting and Drainage, Microwave Ablation for HCC, RFA for Varicose Veins and Percutaneous Placement. Five workshops were held on Hardware (Vascular & Non Vascular), Angio simulator (Hands-on Angiography) and Hands on workshop on FNAC/ Biopsy and PICC Line.



► Treatment Paradigm With High Tech Radiation



Conference of North Zone Chapter of Association of Radiation Oncology of India (NZAROICON - 2019) conference was organized by Department of Radiation Oncology.

► Blood Donation Camps

- Beer Baba Budha Ji - 2 Days
- Gurdwara Sri, Fatehgarh Sahib - 2 Days

► Medical Camps

- Medical Camps - Daroli Kalan, Sathiala
- Medical Camps - Sultanpur Lodhi - 12 days
- Medical Camp - Gurdwara Sahib, Ranjit Avenue
- Medical Camp for Staff - Millennium School, Majitha Road
- Medical Camps - Mata Gujri College, Sri Fatehgarh Sahib - 3 Days

- Mobile Dispensary Van- Shabad Guru Yatra, Nagar Keertan - 7 Camps upto 10 Days each
- Medical Camp for Students- DAV International School, Delhi Public School, Mananwala - 4 Day



► Physiology Quiz

Inter-Medical College Physiology Quiz and Simulation Workshop was conducted by Department of Physiology in which 48 teams from all over the India participated. Dr. Cheng Hwee Ming, Professor, University of Malaya, Kuala Lumpur was the quiz master.



► Foundation Course

Foundation Course was started in the institution as a part of the new curriculum CBME for the MBBS admission batch of 2019. The topics included Bioethics, Communication Skills, BLS course, Time Management, Simulations, Group Dynamics, Biowaste Management, Disaster Management, Community Based Teaching, Mentoring, Training in IT (PPT preparation, use of Boolean Operator Scientific paper search) etc. The students gave a very positive feedback for the program.

► Research Paper and Thesis Writing

ICMR/ NIMS/ NICPR conducted a six-day workshop with Dr Sahiba Kukreja (Biochemistry) as the regional Coordinator on research paper and thesis writing, under the Dr Padam Singh Research and Development Scheme.

► Award for students

Under the guidance of Dr Sahiba Kukreja and Dr Manmeet Kaur, students (Dr. Harshdeep Singh Dhingra, Dr. Mehakpreet Kaur and Dr. Gursimran Kaur) bagged 2nd prize in e-poster competition in Bioethicon 2019, an International Conference hosted by SRM Medical College, Chennai.

► MoUs

Memorandum of Understanding (MoU) for academic collaboration has been executed between SGRDUHS and:

- ♦ St. Vincents Hospital Sydney, Australia for fellowship program in Otolaryngology and Cochlear Implant.
- ♦ Marienhospital Stuttgart, Teaching Hospital of the University of Tübingen for exchange fellowship program in Rhinoplasty - Head Neck every year.
- ♦ Department of Laryngology, Deenanath Mangeshkar Hospital & Research Center (DMH) for fellowship program in Laryngology every year.
- ♦ Australasian College of Health Services Management Australia.
- ♦ Clinique Du Docteur Jean Caussee (Caussee Ear Clinic, Beziers, France) for fellowship program in Otolaryngology every year.
- ♦ The Royal Wolverhampton NHS Trust, UK for PG training and research opportunity.
- ♦ Institute of Palliative Medicine (WHO Collaborating Center for Community Participation in Palliative Care and Long-Term Care) for Organization of Joint Research Programs, Exchange of Academic & Non-academic Staff and Publication.

► Marching forward....

We are committed to making healthcare affordable while providing excellent care, with the latest equipment and a team of highly trained professionals. We are going to install ten more ventilators to meet the requirements of ICU. Liquid Oxygen Plant will be installed soon. The Microelectron HDR Brachytherapy Unit has become obsolete due to unavailability of spare parts, it will be replaced with the latest Brachytherapy unit Cobalt Source Based for Gynecological Cancers as per workload requirements in the department of Radiotherapy.



Brachytherapy Cobalt Source Based

Dr. AP Singh
Dean, SGRDUHS

► Lectures Delivered/ Resource Faculty



♦ Dr. Sahiba Kukreja (Biochemistry) - Conducted National Quiz for PG Students of Biochemistry at AMICON, DMC Ludhiana on Dec 12-15.

♦ Dr. Jasleen Kaur (Dermatology) delivered a guest lecture on Atopic Dermatitis in Pediatric Derma update at GMC, Amritsar on Dec 5.



♦ Dr. Arti Dewan (Orthopaedics), delivered four guest lectures in 71th Annual International Congress of The Egyptian Orthopaedic Association from Dec 16-19 at Cairo, Egypt.

♦ Dr. Neeraj Jain (Radiotherapy & Oncology) delivered:

♦ Guest Lecture on Dietary Habits as cause of cancer worldwide in Nutrition World Science and Technology Conference in Dubai on Dec 9-10.



♦ Guest Lecture on Principles of Radiotherapy in Head and Neck Cancers in 2nd World Congress on Cancer Science and Therapy at Bangkok on Dec 2-3.



♦ Dr. Harjot Singh (Community Medicine) represented SGRDUHS at Global Level during WHO Global Meeting to Accelerate progress on SDG target 3.4 on NCDs and Mental Health-Partnership Forum held in Muscat, Oman on Dec 9-12.



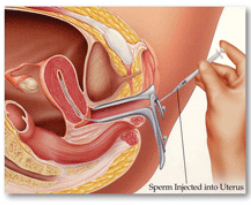
Case Scenario

IUI PREGNANCY

Mrs. 36 and Mr. 42 came to the Gynae OPD with complaint of primary infertility for 13 years but conception failed in spite of treatment from various IVF centres. The wife's periods were irregular, BMI was 26 and she was suffering from PCOS and hypothyroidism. She was given counselling regarding lifestyle modification to optimize weight and was put on thyroid medication.

Husband's semen analysis showed oligozoospermia with significant pus cells. Treatment was given after semen culture. Tubal patency was normal. She ovulated on 13th day after induction. Single sitting IUI was done. Patient conceived and pregnancy was confirmed by urine test.

Dr. Madhu Nagpal and Dr. Sangeeta Pahwa stated that by proper selection of cases and good semen preparation best results can be achieved by appropriate simple cost effective technique IUI.



FACILITIES AVAILABLE AT SGRD

- Male and female counselling by experts.
- Husband semen analysis.
- TVS for ovulation induction.
- HSG, Hysteroscopy, Laparoscopy.
- Well equipped IUI lab.

Point to Ponder...



What is worth doing is worth doing well....

Executive Team - SGRD Synapse

- Dr. Daljit Singh (Chairperson),
- Dr. Anupama Mahajan (Vice Principal),
- Dr. Deepinder Kaur Gandhi (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

Q1 - What is infertility?

A - Infertility is defined as failure of couple to conceive after 1 year of unprotected intercourse in women <35 yr and after 6 months in women >35 yr. It could be primary or secondary.

Q2 - What is effect of age, BMI and occupation on infertility?

A - Prevalence of infertility is about 10-15 % in couples of reproductive age. It increases with age as quality and quantity of gametes deteriorate. High BMI is associated with decrease in fertility potential. Infertility causes anxiety and depression. Smoking, alcohol, physical and chemical hazards at work places have negative impact.

Q3 - What specific tests should be recommended for diagnosis?

A - Infertility can be due to problems in male (30%), female (40-50%) or both. In some couples etiology is unexplained (10-15%). Both partners should be thoroughly evaluated; husband for semen analysis and wife for hormonal profile, ovulation study, tubal patency tests, laparoscopy and hysteroscopy.

Q4 - What are the treatment options for female infertility?

A - Management depends on age, duration, cause of infertility and prior treatment failures. Counselling regarding fertile period, ovulation induction for dysfunction, and tubal microsurgery by laparoscopy or hysteroscopy depending on occlusion site are needed. In minimal endometriosis ovulation induction and IUI is better option. In unexplained and cervical factors, IUI is treatment of choice.

Q5 - What are treatment modalities for male infertility?

A - Treatment is challenging. Varicocele and obstructed vas can be repaired surgically. Sperm can be directly retrieved from testis or epididymis if absent in ejaculate. Proper antibiotic treatment for epididymo-orchitis, counselling on erectile dysfunction or premature ejaculation and hormonal treatment may be required.

Q6 - What is artificial insemination?

A - Sperm (partner/donor) suspension is injected into uterine cavity (IUI) or cervical canal (ICI). Intrauterine is more widely used in unexplained infertility, cervical factors, male infertility, endometriosis and anovulation. Patient should be ovulating with at least one tube patent. IUI with superovulation has higher success. Semen processing removes prostaglandins and protein.

Q7 - Timing and success of IUI?

A - Best timing is within 6 hours on either side of ovulation. When based on HCG injection it should be done 36 hours after HCG (single sitting). Two IUIs if done are at least 24-48 hours apart with equal success rate; 10-20% <35 yr and 2-5% after 40 yr. Peak effect is seen in 3-4 cycles. IUI is noninvasive, simple, painless and cost effective (IUI 5-10K vs IVF 2-3 lac). Success rate is good with >5 m/ml sperms. After 3 failed cycles other ART may be required.

Foundation Course under new Competency Based MBBS Curriculum



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A1 to 5 - White Coat Ceremony

B - Cadaveric Oath

C - Simulations

D1 & 2 - Scenario Based Disaster Management

E - Live demonstration of wearing PPE

F - Biomedical Waste Management with color coding

G - Visit to Rural Health Center

H - Communication: short movie

I 1 & 2 - Group Dynamics

J 1 to 3 - Role play and case presentation



Synapse



A



B



C



D



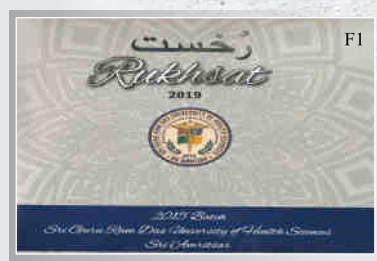
E2



E1



E2



F1



F2



F3



G

- A - Faculty with outgoing MBBS batch.
- B - Inaugural Ceremony during ENT Conclave
- C - Dr. Daljit Singh taking over as Vice Chancellor from Dr. Kulwant Singh Ded
- D - Fond farewell on retirement to Dr. Kulwant Singh Ded, Dr. Ashok Khurana and Dr. Chunni Lal Thukral.
- E1 to 3 - Lohri Celebration by nursing staff.
- F1 to 3 - Parting after success is such a sweet sorrow: 'Rukhsat' (outgoing MBBS batch)
- G - Fresher Party 'Parwaaz' for 2019 admission batch.