



SGRD

Synapse

A Monthly Update of Sri Guru Ram Das University of Health Sciences, Sri Amritsar
Vol. 1/ No. 3/ March 2020

Inauguration of Thalassemia ward



A 6-bed ultra-modern Thalassemia ward has been inaugurated at SGRD Charitable Hospital by Dr Daljit Singh, Vice Chancellor SGRDUHS along with Dr AP Singh (Dean) and Dr MS Uppal (Director Principal). Blood

transfusions using leuko filters and other facilities will be provided free of cost. A blood donation camp was held in which 85 medical students and others donated blood for the patients. A cultural program was presented by Thalassemic children and a painting competition for them was organised by Dr Karuna Thapar and Dr Gursharan S Narang (Pediatrics). Dr Praveen Sobti (Director SGTB Hospital Ludhiana) delivered a Guest Lecture on basic concepts of Thalassemia disease and its management. Members of NGOs supporting the cause were felicitated.

IAP-BLS Course for Health Care Providers



Department of Pediatrics conducted IAP-BLS Provider course for Health Care Providers (HCPs). Faculty designated by IAP conducted the course. Fifty participants including faculty from basic and clinical departments, post graduates and interns and all successfully

completed the course. The department received accreditation as CPR centre certified to conduct independent training courses and three faculty members (Dr Karuna Thapar, Dr Kawalinder Girgila and Dr Gurpreet Chhabra) are now trained as Instructors.

Dr Roop Singh, Secretary SGRD Charitable Trust felicitating Mr Anubani (CEO), Dr Banawali (Director Academics) and Dr Kumar Prabhash (Head Medical Oncology) from Tata Hospital Mumbai during their visit to the Institution following an MOU.

Dear Friends,

Change is inevitable. More often than not, it is for the good. Even so, there is a tendency to prefer remaining in our comfort zone. We hesitate to leave a familiar and predictable environment just to avoid the discomfort associated with change.

The beginning of any new endeavour is tough and even painful, but as you settle into it the benefits emerge and it becomes easier. As medical people, we should embrace rather than resist change, since all progress and advancement comes from moving forward with ideas and initiatives.

If you want to accomplish something, be ready to change. And if you are ready for the change, be ready to be a bit uncomfortable.

It is a point to ponder (last page).

Dr. Daljit Singh

Vice Chancellor





CME: Nutrition Therapy in Lifestyle Disorders



The Department of Dietetics in collaboration with Indian Dietetic Association, Punjab Chapter, organized a CME on Medical Nutrition Therapy in Lifestyle Disorders. Dr Walia (PMC member) announced 4 credit hours. Mrs Amandeep Nijjer, Organising Secretary, stated that dietitians Mrs Gurdeep Kaur (AIIMS), Mrs S Malhotra (PGI), Dr Jaspreet Kaur (Convener IDA Punjab) discussed the role of nutrition in kidney, cardiovascular and fatty liver diseases and concluded that the same meal plan cannot be followed by all patients as requirements vary. Dr. Harjot Singh (Community Medicine) emphasised on palliative care along with different types of diets and meal plans.

Workshop on Skill Lab



Around 50 faculty from various medical institutions attended. This workshop was significant in the wake of the CBME Curriculum implementation by MCI which has a focus on skill development for UG and PG students.

World Cancer Day



Students of SGRD presented a skit on World Cancer Day. Faculty of Community Medicine Department conducted an awareness camp about cancer preventive measures, importance of screening and information about facilities available under the national program. The activity was acknowledged and appreciated by Union of International Cancer Control, Geneva, Switzerland.

Course on Research Methodology



2 days workshop on 'Introductory Course on Research Methodology and Biostatistics' was organized at SGRD College of Nursing under Dr Padam Singh Research and Development Scheme with collaboration of NICPR, NIMS and IAS under the aegis of ICMR, New Delhi.

Training under MINerVA Project



Dr Kanwal Preet Gill (Community Medicine) attended training of Part Time Enumerator (PTE) under MINerVA (Mortality in India through Verbal Autopsy) Project to overcome the gap in the information about the cause of maternal deaths because of the large number of home deliveries conducted by untrained health workers. First session for District Amritsar and Taran Taran was held in Department of Community Medicine. Subsequent sessions will be held at Gurdaspur, Ferozpur and Hoshiarpur.

Student Exchange Program



Fellowship was awarded under the 'Student Exchange Program' to Dr Mikhail Zvonik from Germany. He carried out a series of Head & Neck dissections in the Anatomy department.

Achievements & Awards



Dr Ruchi Gupta (Anaesthesia) has been imparted Fellowship in Pain Medicine (FIPM) from ISSP.



Dr Sahiba Kukreja (Biochemistry) participated as faculty in CMCL FAIMER 2020 and was nominated by MCI as observer for rBCW conducted at AIMSR, Bathinda.



Dr Tavleen Kaur (Anaesthesia) won Lokapur foundation best research poster award (1st prize) for her paper at ISSPCON 2020, Ahmedabad.



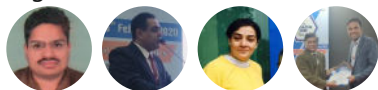
Mr Inder Mohan Singh Sandhu (Geneticist) won best poster award at Sant Longowal Institute of Engineering & Technology, Sangroor.

Dr Shaina Gakhar, Dr Nehmat, Dr Sidhant Sachdeva (PG Students, Medicine) were awarded 2nd prize in quiz at RHEUMATOCON-2020 Patiala Chapter.



Scientific Programs

NZOACON-2020 (Orthopedics), Rishikesh: Dr Raj Kumar Aggarwal, Dr. Gagan Khanna, Dr Aarti Dewan and Dr Aditya Bhardwaj delivered guest lectures.



NZISACON-2020 (Anaesthesia), Amritsar: Dr Ruchi Gupta and Dr Shubhdeep delivered guest lectures. Dr KS Aujla and Dr Sunil Chawla chaired sessions. Dr Anita Kumari and Dr Sunil Chawla participated as judges. Dr Chiteshwar Walia participated as panelist. Dr Balpreet Kaur, Dr Suzen S Kaur, Dr Simrandeep K Gill presented posters.



IAPACON-2020 (Anaesthesia), Varanasi: Dr Ruchi Gupta participated as instructor in PPLS workshop and delivered a talk.

ISSPCON-2020 (Anaesthesia), Ahmadabad: Dr Ruchi Gupta delivered a guest lecture. Dr Ishpuneet Singh and Dr Rubinder Kaur presented posters.



AIOC-2020, (Ophthalmology) Gurugram: Dr Shakeen Singh participated as Guest Speaker, Judge, Co-Instructor for SSTC & TSTC and Moderator of a session. Dr Pawan Prasher presented a paper, e-poster, physical poster and three videos.



Dr Harjot Singh (Community Medicine) presented a poster at 27th International Conference of Indian Association of Palliative Care at Guwahati.



Dr Shubhdeep (Anaesthesia) participated as Faculty Instructor in Advanced Airway workshop (ENT) at Airway Congress 2020 by AMF at New Delhi.



Dr Vijinder Arora (Radiology) delivered faculty lecture at 7th Annual Conference of Chandigarh Chapter of IRIA at PGI Chandigarh.



Dr Meena Sudan and Dr Neeraj Jain (Radiotherapy) chaired a session at RGCON, New Delhi.



Dr Neeraj Jain chaired a session at Apollo Cancer Conclave, Hyderabad.



Dr Manmeet Gill (Microbiology) presented a poster in 'FAIMER Fellowship Program' at CMC Ludhiana.



Dr Guneet Kaur (Dermatology) delivered a talk at Amritsar Women Dermatologist Forum.



Mrs Manpreet Kaur (Nursing) delivered a lecture at 1st National Conference of Nursing Society of Public Health, Education, Research and Empowerment. She chaired a session and was nominated as executive member of SPHERE. M.Sc. Nursing students presented posters in the conference.



Ms Ranganayaki L (Nursing) presented a paper at National Conference of SOCHNI at CMC, Vellore.



► Marching forward....

Finecare FIA Meter has been introduced in the clinical biochemistry laboratory. It works on the principle of fluorescence immuno-chromatographic analysis method. It can be used for diagnosing infections, diabetes, cardiovascular diseases, renal injuries and cancers using urine and blood samples. Various parameters shifted from ELISA method on this instrument are CEA, procalcitonin, NT-ProBNP, FSH and LH.



Finecare Fia Meter

Dr A P Singh
Dean, SGRDUHS

Special Activities

◆ Mentor Dr SP Dubey (Cochlear Implant Surgeon) from Bhopal performed five Cochlear Implants on a single day.



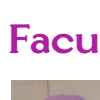
Dr Subhdeep, Dr Geetanjali, Dr Gaganjot, Dr Seema (Anaesthesia) conducted AHA accredited BLS/ ACLS program for 24 interns.



Dr Shivesh Devgan (Community Medicine) participated as Assessor for National Cold Chain & Vaccine Management Resource Centre (NCCVMRC), New Delhi to monitor supply chain management in



Mr Naveen Kumar (Nursing College) was nominated for ToT on 'Simulation Based Education' at SGT University, Gurugram.



Faculty Development Program



Dr Tejinder Singh (MEU Unit) conducted MCQ workshop based on CBME Module as part of inhouse faculty development program related to medical education, attended by HODs and senior faculty members.

Courses

- Post Doctoral Fellowship program of one year duration in 'Pain Medicine' under the department of Anaesthesia with two candidates has been started.
- Dr Rahat Kumar (Pharmacology) completed Audio Course on 'Fundamentals of Medical Laws' in India'.
- Dr Kanwal Preet Gill (Community Medicine) completed a course on 'Population Health & GIS' from University of Victoria, Canada.
- Dr. Anju and Dr. Neha Uppal (Biochemistry) were awarded ACME certificates from CMC, Ludhiana.



Breast Cancer

Dr Abhinav Mahajan, Surgical Oncologist, Asst Prof of Surgery

Case Scenario

Breast Conservation Surgery

A 28-year-old female presented to surgical OPD with lump in her right breast for 20 days. On examination it was firm in consistency and free from overlying skin and underlying muscle. Core cut needle biopsy done which came out to be infiltrating Ductal Carcinoma. After evaluation of any Metastatic Disease, Breast Conservation Surgery (Lumpectomy with Type 1 Oncoplasty and level 2 Lymph Node clearance) was done. Histopathological examination came out to be Stage 2 Breast Cancer. Adjuvant chemotherapy and radiotherapy was done. Patient was well with 6 months of follow up.



Q1 - Are all breast lumps cancerous?

A - No. Many times we come across patients with lump in the breast having a lot of concern which is fueled by incomplete knowledge. All breast lumps should be evaluated irrespective of age, but about 80% of them come out to be benign.

Q2 - How do we evaluate a breast lump?

A - The principle of evaluation follows the long-standing dictum of "noninvasive investigation first". A mammography should be the first investigation followed by core cut needle biopsy depending on mammography findings. Sonomammography is recommended below 40 years of age when breast density is high and some lumps may be missed by X ray mammography.

Q3 - FNAC vs Core cut needle biopsy. How to decide?

A - Core cut needle biopsy is now the standard of care for evaluation of breast lumps. Core cut needles provide adequate tissue for histopathology and are able to differentiate carcinoma in situ from invasive cancer. Immunohistochemical examination for ER PR and Her2 neu can also be easily done on biopsy tissue. FNAC can only tell us about cytology and is unable to differentiate between invasive and in situ cancer.

Q4 - What is the risk of a person to suffer from breast cancer if they have a first degree relative who has breast cancer?

A - Only 5-10% of diagnosed breast cancers are hereditary; the rest are sporadic. Having a first degree relative (sister, mother) with breast cancer increases the risk by 1.5-3-fold. The age at diagnosis (more hereditary risk in younger age), co existent breast and ovarian cancer (Hereditary Breast and Ovarian Cancer Syndrome), number of relatives with breast or ovarian cancer, BRCA1 and BRCA2 gene mutations all influence the risk of hereditary breast cancer.

Q5 - What are the various surgical options available to a patient with breast cancer?

A - Breast conservation surgery (BCS) is the standard of care for early breast cancer. In patients who want to conserve the breast, BCS should be done in tumors with size less than 5cm and a favorable tumor: breast ratio. Oncoplastic techniques are used to conserve shape and contour of the breast. Modified radical mastectomy is usually done in locally advanced cancer. Sentinel lymph node biopsy is being increasingly used nowadays to decrease lymphedema after axillary lymph node clearance.

Q6 - What is breast conservation therapy (BCT)?

A - Breast conservation therapy consists of breast conservation surgery and radiotherapy. This has equivalent oncological results as compared to a modified radical mastectomy and is now the standard of care. Radiotherapy in breast cancer patients who have undergone BCS is done to decrease ipsilateral breast tumor recurrence (IBTR).

Q7 - What is the role of screening in breast cancer?

A - Screening mammography is the single modality that has decreased breast cancer mortality by 33%. According to American Cancer Society, annual mammographic screening should be started at the age of 40 yrs till 65 yrs. In the Indian scenario, no specific guidelines exist but extrapolation of the above data suggests that screening will be helpful in early detection and prompt management.

Breast Conservation Surgery over last 1 year (N=11)

Age	<40 yrs: 9	>40 yrs: 2
Histopathology Stage	Stage-1: 6	Stage-2: 5
Tumor Size	<3 cm: 9	3-5 cm: 2
Node Positive	<4: 7	>4: 4
Biopsy	FNAC: 4	Core Cut: 7
ER/ PR Status	+ve: 6	-ve: 5

Point to Ponder...

Every Change is **UNCOMFORTABLE** even if is **GOOD** for you...



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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SORD
Synapse

Inauguration of Thalassemia Ward



A8



A9



A10



A11



A1



A2



A3



A4



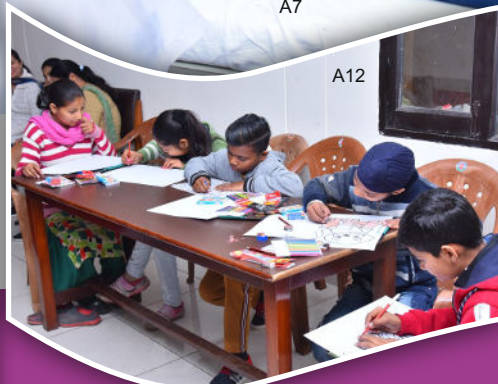
A5



A6



A7



A12



A13

- A1 to A6 – Cultural Program by Thalassemic Children
- A7 – Blood Donation Camp
- A8 – Felicitation of members of NGOs
- A9 – Prize Distribution
- A10 to A13 – Painting Competition for Thalassemic Kids

IAP-BLS Course for HCPs



Workshop on Skill Lab



B1 – Inauguration of IAP-BLS Course for HCPs

B2 – BLS faculty: Dr Harmesh Singh (Course Director), Dr Harinder Singh, Dr Anuradha Bansal, Dr Manmeet Sodhi, Dr Ravi Paul Singh and Dr Gunjan (IAP Observer) with participants

B3 to B7 – Faculty from basic and clinical departments, post graduates and interns participating in the course

B8 & B9 – Dr Karuna Thapar, Dr Kawalinder Girgla and Dr Gurpreet Chhabra certified as Instructors

C1 – Inauguration of Skill Lab

C2 – Road map to skills lab made easy by Prof. Farzana Mahdi

C3 – Hands on activity on mapping of skills in curriculum by Dr Sucheta P. Dandekar

C4 – Participants with Era University faculty -VC Prof. Farzana Mahdi, Dr Sucheta P. Dandekar & Anuja Bhargava