



SGRD

Synapse

An update of
Sri Guru Ram Das University of Health Sciences, Sri Amritsar
Vol.1/No.7-8/ July-August 2020



Advanced Wound Care Center launched

Advanced Wound Care Center was inaugurated at Sri Guru Ram Das Charitable Hospital, Vallah. Dr. Hardas Singh was the Chief Guest. The center will deal with complex and



neglected wounds as in diabetic foot ulcers, bedsores, varicose veins, lymphedema, leg ulcers and non-healing wounds etc. Diabetic foot care will be an integral part of the center where all the related specialties will have a holistic approach for early wound healing and prevention of limb amputation.

COVID-19 Update

Apart from SARS-Cov-2 testing by RT-PCR and rapid COVID-19 antigen test, the Institution has started Anti SARS-Cov-2 Total Antibody test, Anti SARS-Cov-2 IgG Antibody Test and Covid Panel (which includes IL6, D-Dimer, CRP, S Ferritin, LDH, Creatinine Kinase) in Clinical Biochemistry laboratory at nominal charges with turn-around time of four hours.

Dear friends,

Success is generally not the result of some massive or dramatic action. Even if there appears to be overnight transformation of one's destiny, it is the result of replicated small improvements which may not be noticeable but give remarkable results as they accumulate and multiply over time.

Small changes appear to make no difference until a critical threshold is crossed and new level of performance is reached. Faced with the fork-like options in the path of our progress, a seemingly tiny or trivial step in the right direction leads us to a favourable outcome.

Progress is not linear and powerful outcomes are delayed, but certainly the starting point for a significant change is a small one compounded over time.

It is a point to ponder (last page).

Dr. Daljit Singh
Vice Chancellor

For Private Circulation only



National Plastic Surgery Day celebrated



National Plastic Surgery Day was celebrated on 15th July. An awareness program was conducted. Chief Guest Dr. Hardas Singh along with reputed plastic surgeons previously associated with our institute Dr. Bhupinder Singh, Dr. Ravi Mahajan and Dr.

Gurwinder shared their experience. Dr Vikas Kakkar and Dr. Seema Mittal informed that our institute is doing maximum microvascular reconstructions for head and neck cancer. Fellowship course in Breast Cancer Reconstruction and Aesthetic has been started. Several patients successfully managed for head and neck cancer, breast cancer and burns shared how their quality of life has changed.

Book on Medical Education



Dr Tejinder Singh (MEU) has authored a book "Humanities in Medical Education". Dr Sahiba Kukreja contributed two chapters "Need and Purpose" and "What makes a good doctor". The book will serve as a useful complement to the teaching of AETCOM competencies for Indian Medical Graduate.



Recent Surgical Technique for the Repair of Recurrent Pilonidal Sinus



30 years old male presented with recurrent discharging sinus in the upper natal cleft for which two previous operations had been done. Although several treatment options are available, Dr MS Uppal and his team, Dr AS Bhatia and Dr Akshdeep, preferred the most recent treatment option- Rhomboid flap repair in which a rhomboid was drawn around the sinus and excised down to gluteal fascia. The flaps were raised and mobilized by incising to gluteal fascia and transposed to fill the defect. The flaps were secured with sc vicryl sutures and skin closed with 2-0 prolene suture using mattress technique.

Lectures/ Resource Faculty for Online Webinars

Department of Radiology



Dr. Vijinder Arora delivered a lecture on 'MRI of Muscle pathologies'. Conducted by IRIA ICRI Symposium on Musculoskeletal Imaging.



Dr. Kunwarpal Singh delivered a lecture on 'Diabetic peripheral neuropathy ultrasound and nerve conduction studies correlation. Tips and tricks'. Conducted by National Musculoskeletal society.

Department of Community Medicine



Dr Priyanka Devgun was a Resource person for a webinar on 'Strategies to eliminate Malaria' and delivered a lecture on 'Primary Health Care Scenario in India' in a webinar organized by Virtual AMSEP, Philippines.



Dr Harjot Singh (Nodal Officer Election Commission for SGRDUHS, Amritsar) conducted online zoom meetings regarding registration of students for voter card as per the directions of Electoral Registration Office.

Department of Obst. & Gynae



Dr. Sangeeta Pahwa participated as a panelist in a webinar on 'PCOS – A lot to learn about'.

Department of Ophthalmology



Dr. Shakeen Singh participated as a panelist in 4 webinars, chaired two scientific sessions and presented a paper in 3rd International Silver Jubilee Symposium and in the webinar by Academy of Amritsar ophthalmologists.



Dr. Pawan Prashar presented a paper Viral Conjunctivitis during COVID times in online webinar by Academy of Amritsar Ophthalmologists.



Dr. Manish Chhabra conducted online mentorship sessions in Medical Colleges of different states of India.

Department of Anaesthesia

Faculty Members of the Department delivered lectures in the workshop on COVID-19 pandemic care organized by the Skill Lab for Health care workers.



Dr. Shubhdeep on 'Endotracheal Intubation in Covid-19 patients and presented a video on Airway management in COVID-19 patients.



Dr Geetanjali on 'Preparation & care of Covid-19 patients requiring ventilation'.



Dr Seema Sehgal on 'Oxygen therapy in Covid-19 patients'.

College of Nursing



Dr. Manpreet Kaur delivered a guest lecture on 'Psychological impact of Covid-19 and lockdown on the general public' under the aegis of N-SPHERE.



Mr. Gopal Singh Charan delivered a lecture on 'Psychological impact of Covid-19 on HCW' in an international online conference and also delivered a lecture on 'Basic concepts of statistics'.

Publications

Department of Radiology

- * Singh KP, Gupta K, Kataria N, Arora V, Nagpal N. High-resolution ultrasonography of the sural nerve in diabetic peripheral neuropathy. *Journal of Ultrasonography* 2020; 20(81).
- * Singh KP, Gupta K, Kaur I, Arora V. Role of High-Resolution Ultrasonography in Evaluation of Median Nerve and Thickness of Flexor Retinaculum in Patients with Hypothyroidism. *Indian J Musculoskelet Radiol* 2020;2(1):36-43.
- * Singh A, Malik S. Twin – Twin Transfusion syndrome: Antenatal Sonographic Diagnosis – A Case Report. *International Journal of Anatomy Radiology and Surgery* 2020;9(4):RC01-RC03.

Department of Dermatology

- * Rahuman R, Nerurkar S, Kaur J, Structured Education and Training in nonsurgical facial aesthetics. *Aesthetic Surgery Journal* 2020,1-2.

Department of Obst. & Gynae

- * Chopra S, Pahwa S. Role of lipid profile and uterine artery doppler in predicting risk of preeclampsia in early second trimester. *Int J Reprod Contracept obstet Gynecol* 2020;9(5):1806-1812.

Department of Pediatrics

- * Deep G, Singh G, Thapar K. Comparison of determinants of morbidities of late preterms and terms. *Int J Contemp Pediatr* 2020;7:814-19.
- * Kaur K, Thapar K, Malhotra P. Cord lipid profile comparison of newborns of hypertensive mothers. *Int J Contemp Pediatr* 2020;7:1038-42.
- * Malhotra P, Gupta P. Epidemiology of Viral infections in tropics. In: Shah CR (1st Ed) *IAP Textbook of Tropical Diseases*. New Delhi: Jaypee Brothers; 2020.303-08.
- * Ashiana S, Gurmeet S. Effects of Probiotics on stool frequency in term newborns. *Int J Contemp Pediatr* 2020;1256-9.
- * Kaur G, Arora S, Singh K, Singh M, Kaur A. Prevalence of thyroid dysfunction in neonatal population. *Int. J Contemp Pediatr* 2020;7:1519-23.
- * Kumar H, Khurana MS, Charan GS et.al. Knowledge and perception of health professionals towards Covid-19. *Int J Health Sci Res* 2020;10(7):123-129.

Department of Ophthalmology

- * Nagpal N, Prasher P. Curious Care of a Foldable Intraocular Lens that did not unfold *Journal of Clinical Diagnosis and Research* .14(8) NDOI-NDO3.
- * Prasher P, Singh B, Singh K. Novel use of Trypan Blue dye to stain Fungus in Corneal Scrapings in eye Clinicals. *Cornea*.2020; 10.1097.

Department of ENT

- * Kakkar, V, Sarin, V, Salwan, A et al. Our Experience in Oral Commissure Reconstruction after surgical excision of stage 3 and stage 4 oral cavity malignancy. *J. Maxillofac Oral Surg.* (2020).

Department of Pathology

- * Kaur A, Chawla A, Manjari M. Incidence and Clinicopathological Correlation of Cervical Cancer in a Tertiary Care Center: A 5-Year Retrospective Study *CTDT*. 2020;3(2):64-67.

Department of Biochemistry

- * Uppal V, Uppal N. Flipped jigsaw activity as a small group peer assisted teaching Learning tool in Biochemistry Department among Indian Medical Graduates: An experimental study. *Biochem Mol Biol Educ* 2020;1-7.
- * Sharma A, Uppal N, Kukreja S, Kaur M, Kaur S. Screening of Thalassemia in pregnant females visiting tertiary hospital in Amritsar. *Int J of Clinical Biochemistry and Research* 2020;7(2):226-231.

Department of Nursing

- * Kumar H, Khurana MS, Singh CG, Sharma K. Knowledge and Perception of Health Professionals towards Covid-19. *Int J Health Sci Res* 2020; 10(7):123-29.

» Marching forward....

Advanced Imaging System for Glaucoma Installed



Humphrey Field Analyzer 3 (HFA-3) has been installed in the Ophthalmology department. This is an advanced integrated imaging system for faster and more accurate diagnosis of glaucoma. Salient features include expansion of testing options, guided progression analysis to determine if visual field loss is progressing, streamlining of workflow and synchronisation of data.

Dr. AP Singh
Dean, SGRDUHS

Courses Completed

Department of Dermatology



Dr. Jasleen Kaur and Dr Saurabh Sharma completed Laser e-workshop on laser hair reduction organized by IADVL.



Dr Saurabh Sharma completed Laser e-workshop on Rejuvenation and Antiageing and online training module in Psychodermatology conducted by IADVL Academy.

Department of Psychiatry



Dr Amandeep Singh completed online courses 'Clinical Care Severe Acute Respiratory Infection' and 'Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19)' from WHO under health emergencies programme.

Department of Community Medicine



Dr Kawal Preet Kaur Gill, completed online course on Spatial Epidemiology and Epidemic Detection from University of Victoria, Canada.



Dr Pooja Sadana completed Certificate Course in Palliative Care from Indian Association of Palliative care.



Dr Amritpal Singh Brar and Dr Shivesh Devgan completed Basic Course in Biomedical Research as mandated by



Medical Council of India.



Common issues in Plastic Surgery

Dr Vikas Kakkar, Associate Professor, Plastic Surgery

Q1 - How to preserve the amputated finger?

- When a finger is cut off, the amputated portion of the digit should be wrapped in moist gauze but not wet or submerged in water. Saline is ideal.
- It should be placed in a clean zip-sealing plastic bag or sterile container in ice. **Do not** put the severed part directly on ice. **Do not** use dry ice as this will cause frostbite and injury to the part.

Q2 - What is oncoplastic breast surgery?

- Oncoplastic surgery is an evolving field in breast surgery combining the strengths of breast surgical oncology with plastic surgery.
- Large areas of the breast can be excised without compromising its aesthetic appearance.
- When a large lumpectomy is required that will leave the breast distorted, the remaining tissue is sculpted to realign the nipple and areola and restore a natural appearance to the breast shape.
- Breast reconstruction helps to restore physical and emotional balance after the surgery for breast cancer improved body image, self-esteem, well-being, and survival. It **does not** increase the risk of breast cancer recurrence and even if it occurs, does not hamper in its diagnosis or treatment.

Q3 - How should we take care of feet in diabetes?

- Wear comfortable, well-fitting shoes. Wear cotton socks and change them every day.
- Wash feet daily with warm water and mild soap. After drying, apply a moisturizing lotion. **Do not** put lotion between toes.
- Check feet daily for skin breaks, blisters, swelling. Trim toenails carefully, and **do not** cut the cuticles.
- **Avoid** activities that increase risk of foot injury- **do not** walk barefoot, **do not** use heating pads and **do not** put feet in a hot tub without checking temperature.
- Strive to keep blood sugar under control.

Q4 - What should be done in case of burns?

- Put the affected part under running tap water till the burning sensation stops.
- **Avoid** rupturing blisters. **Do not** apply any oil, toothpaste or egg white.
- Seek advice of a specialist for proper care.

Q5 - What are the techniques of hair transplantation?

- There are two primary methods: Follicular Unit Excision (FUE) and Follicular Unit Transplantation (FUT). Both procedures are similar in providing natural looking hair growth as each follicular graft is artistically placed one by one in the recipient site (bald area).
- The primary difference is that in FUT, a strip of donor skin is removed from the back of the head and follicles are extracted, whereas in FUE individual follicles are extracted directly from the scalp and transplanted.

CASE SCENARIO

Burn From Cylinder Explosion



National level hockey player Sukhmanjit Singh aged 16 years and state level player Gurinder Singh aged 22 years were burnt due to cylinder blast. After the death of his brother, Gurinder was brought in critical condition with 65% burns. Resuscitation and surgeries were successfully performed by a team of doctors led by Dr. Vikas Kakkar, requiring challenging tasks like repairing badly burnt limbs, small blood vessels and muscles. Patient was managed with hydrodissection for necrotic and eschar tissue debridement. Special silver based and hydrogel painless dressing were done. Patient wounds were made to heal with advanced wound care and preventing most of scarring and subsequent deformities. The patient returned home fully recovered in two months at the same cost as in the first five days outside.

Microvascular Surgeries done for various Head & Neck Cancer		
Diagnosis	Surgery	%age
Ca Tongue	Commando with tongue reconstruction	22%
Ca Mandible	Hemi Mandibulectomy with Jaw reconstruction	15%
Ca Buccal Mucosa	Commando with Free Flap	14%
Ca Lower Lip	Commando+Free Flap	8%
Ca Maxilla	Maxillectomy+ Free Flap Reconstruction	6%

Point to Ponder...

A SMALL CHANGE
CAN MAKE A
BIG
DIFFERENCE



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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