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
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 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.

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.

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.
- Dr. 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

Department of Dermatology

Department of Obst. & Gynae

Department of Pediatrics

Department of Ophthalmology

Department of Pathology

Department of ENT

Department of Anatomy

Department of Obstetrics & Gynecology

Department of Biochemistry

Department of Nursing

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 ‘Clinical Care Severe Acute Respiratory Infection’ and ‘Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19)’ from WHO under health emergencies programme.

Dr. AP Singh
Dean, SGRDUHS

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

The optimist sees opportunity in every difficulty...
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 debridement. Special silver based and hydrogel dressing were done. Patient returned home fully recovered in two months at 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

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Surgery</th>
<th>%age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ca Tongue</td>
<td>Commando with tongue reconstruction</td>
<td>22%</td>
</tr>
<tr>
<td>Ca Mandible</td>
<td>Hemi Mandibulectomy with Jaw reconstruction</td>
<td>15%</td>
</tr>
<tr>
<td>Ca Buccal Mucosa</td>
<td>Commando with Free Flap</td>
<td>14%</td>
</tr>
<tr>
<td>Ca Lower Lip</td>
<td>Commando + Free Flap</td>
<td>8%</td>
</tr>
<tr>
<td>Ca Maxilla</td>
<td>Maxillectomy + Free Flap Reconstruction</td>
<td>6%</td>
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</tbody>
</table>

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.