



SGRD

Synapse

An Update of
Sri Guru Ram Das University of Health Sciences, Sri Amritsar
Vol. 1/No. 9-10/ September-October 2020

SGRD University Launches Online Palliative Care Course

On the occasion of World Hospice Day, Sri Guru Ram Das University of Health Sciences, in collaboration with National Association of Palliative Care for AYUSH and Integrative Medicine (NAPCAIM) and Cancer Aid Society, has launched its Punjab Chapter, inaugurated by the Vice Chancellor.

Due to present pandemic scenario, virtual Inaugural Ceremony was held by officials of SGRDUHS, Dr Moe Abdo, Chief Operating Officer, Fight Cancer Global, USA, Dr Abhijeet Dam, President NAPCAIM, Dr Piyush Gupta Secretary NAPCAIM & Cancer Aid Society and Dr Geeta Joshi, Director International Institute of Distance learning.

The University will train and offer a 2-month Foundation certificate course to all the doctors, nurses and other paramedical staff including AYUSH practitioners, followed by 6 months fellowship and 1 year master course in Palliative care.



Dear friends,

'This will happen' and 'That cannot happen' are words of people who have not realised that there are no guarantees in life.

The law of probability operates universally. We must not rush to make assumptions or jump to conclusions. Life is full of uncertainties and most things are beyond our control. This does not mean that we should just sit and do nothing. It merely implies that we must not presume that the future will be exactly as we wish or expect it to be.

The result of our actions may be quite different to what we anticipate. We need to be prepared for unexpected twists and turns in events, and equip ourselves with the ability to adapt and respond to changing situations.

Taking things for granted is a recipe for surprise, disappointment and failure.

It is a point to ponder (last page).

Dr. Daljit Singh
Vice Chancellor



Collaboration with CanSupport

SGRD University in collaboration with CanSupport started an online 13 weeks certificate course to introduce Palliative Care for doctors and nurses working in the University. Dr Harjot Singh is the nodal officer for the course. CanSupport is an NGO 'Where People with cancer and their families live with dignity, hope and comfort'. It also provides a wide range of services designed for cancer patients of all ages.

Achievements and Awards

Medical Education Unit

- ★ Indian Pediatrics has brought out a book "Current trends in Medical Education" containing papers published on Medical Education during the last few years. Out of 36 papers included in the book, Dr Tejinder Singh is the author for 22 of them.

Department of Ophthalmology

- ★ Award of Honour 'Cornea Hero' was given by Punjab Government to Dr Shakeen Singh in recognition of his excellent contribution to the cause of eye donation and corneal transplant surgery.
- ★ Dr Taranpreet Kaur started retinopathy of prematurity screening (ROP) and lasering in OPD for neonates.

Department of Community Medicine

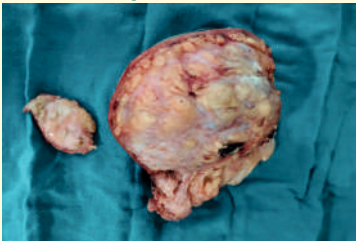
- ★ Dr Manisha Nagpal contributed a chapter "Research on Taking Depression As A Predictor Of Treatment Outcome In Multi-Drug Resistant Tuberculosis Patients Under Programmatic Management Of Drug Resistant Tb Services in Amritsar, Punjab" in the book - Challenges in Disease and Health Research Vol. 3 and "Treatment success rate in Patients of Multi Drug Resistant Tuberculosis Treated with Shorter Drug Regimen under PMDT Services in Amritsar, Punjab" in the book - Advances in Health and Disease Vol 23.

College of Nursing

- ★ Dr Sukhbir Kaur was appointed as 'Editorial Board Member' of American Journal of Nursing and Health Sciences.

► Clinical Snippet

Post Mastectomy Breast Reconstruction



A 45 yr old lady visited SGRD Hospital with a large breast lump involving all the quadrants of breast. FNAC from lump suggested phyllodes tumor. Mastectomy was done by Dr MS Uppal and reconstruction of breast was done by Dr Seema Mittal using latissimus dorai myocutaneous flap to help the patient cosmetically and psychologically. Nipple and areola reconstruction will be done later after three months.

Lectures/ Resource Faculty for Online Webinars

Department of Obst & Gynae



Dr Sangeeta Pahwa was chairperson and panelist in webinar on 'Infertility due to Hyperprolactinemia', 'Win The War Over Anemia' and speaker in 'Ensuring Healthy Womanhood' e-CME on the topic 'Current Trends in Management of Luteal Phase defect'.



Dr Sukhpreet Kaur presented a poster on 'Pyometra: A rare presentation of Genital Tuberculosis' at FOGSI PG Forum national conference.

Department of Ophthalmology



Dr Shakeen Singh was panelist in 'Pole to pole trauma' online quiz and in AIOS Preventable Blindness, chaired scientific sessions 'Retina in everyday practice', 'Back to basic POS', coordinator in 'WorkPlace Trauma and Open Globe Trauma Pole to Pole repair' in 4th International OTSI Symposium and edited June-December Tropical Ophthalmology Journal 2020.



Dr Pawan Prasher delivered two guest lectures 'Recent Advances in the management of fungal Keratitis' in Netragyan Master Class and 'Current Trends in the Management of Cataract Surgery Complications' by City Eye Bank, Chandigarh. He also presented paper 'Use of Smartphone microscope in eye clinics', two e-posters 'Component cornea surgery: - relevance in Indian Scenario' and 'Atypical Eyelid infestations' in 38th Congress of European Society of refractive surgeons, Amsterdam.



Dr Manish Chhabra conducted online mentorship sessions in medical colleges of different states of India, delivered online lectures to medical students of different countries, conducted national level 'Grey Matter Quiz' and launched an online Ophthalmology course on eMedicoz app for PG students.

Department of Community Medicine



Dr Priyanka Devgun presented a review webinar on epidemiology and transmission dynamics of Covid-19. She was one of the judges for infographic posters and video infomercials organized by AMSACON.



Dr Harjot Singh presented an oral paper 'Best practices and challenges at SGRD Hospital regarding Covid-19 Biomedical Waste Management' in a UNIDO review workshop.



Dr Manisha presented a poster titled 'Niksha Poshan Yojna - the challenges ahead' in the 1st online National conference on nutrition and health.

College of Nursing



Dr Manpreet Kaur hosted a live chat show with corona warriors.



Dr Amandeep Bajwa delivered a lecture on 'Investment in Mental Health' in an online webinar organized by Jaiswal College of Nursing, Kota and on 'Suicide Prevention' organized by Saraswati College of Nursing, Kurali.



Publications

Department of Radiodiagnosis and Imaging

- * Arora V, Goindi AS. Optic Nerve Enlargement in Krabbe's Disease: A Case Report. CTDT 2020;4(1):33-35.

Department of Dermatology, Venereology and Leprosy

- * Kaur J, Sekhon HK. Dermatoscopic Evaluation of Nail Patterns in Rare Pulosquamous Skin Disorders: A Diagnostic Bonanza. CTDT 2020;4(1):11-16.
- * Sharma S, Kaur T, Bassi R. A split faces comparative study to evaluate the efficacy of skin microneedling and platelet rich plasma (PRP) combination versus skin microneedling alone for treatment of post acne scars. JPAD.2020;30(3):449-455.

Department of Obst & Gynae

- * Pahwa S, Kaur T. Adrenal hematoma in pregnancy. IJSR 2020;9:44-45.

Department of Ophthalmology

- * Nagpal N, Kaur I, Manjari M, et al. Proliferating Trichilemmal Cyst Presenting as a Limbal Mass. CTDT 2020;4(1):41-43.

Department of Medicine

- * Sachdeva S, Mohan G, Singh P. Amitraz Poisoning: An Emerging and yet Underestimated Poison—A Review. CTDT 2020;4(1):21-25.
- * Gupta R, Nayyar S, Mahajan S. Severe Life Threatening Hypercalcemia in Skeletal Metastasis from Malignancy of Unknown Origin: A Rare Presentation. CTDT 2020;4(1):36-37.
- * Chandey M, Kamboj R, Vaid A, et al. A Study of the Impact of Body Mass Index on Diastolic Function in Patients with Normal Left Ventricular Ejection Fraction. CTDT 2020;4(1):17-20.

Department of Surgery

- * Mittal S, Singla S, Kaur N. Verrucous Carcinoma of Vulva: A Report of Two Cases. CTDT 2020;4(1):44-45.

Department of Anesthesia

- * Arora D, Gupta R, Kaur G. Anesthetic Considerations in an Eclamptic Patient Undergoing Cesarean and Craniotomy Simultaneously: A Case Report. CTDT 2020;4(1):26-28.
- * Kaur J, Gill SK, Kumari A, et al. Generalized Tonic-clonic Seizures Following Spinal Anesthesia Using Bupivacaine for Cesarean Section: A Case Report. CTDT 2020;4(1):29-30.

Department of Anatomy

- * Mahajan A, Chaudhary RK, Khurana BS. Ethical Challenges of Autopsy, Embalming, and Body Donation in the Context of COVID-19 Pandemic. CTDT 2020;4(1): 46-50.

Department of Pathology

- * Madan M, Bhatia P, Sharma M, et al. Mixed Adenoneuroendocrine Carcinoma: A Case Report. CTDT 2020;4(1):38-40.

Department of Pharmacology

- * Gupta M, Tikoo D, Pal S. Assessment of Prescription Writing Skills and Impact of an Educational Intervention on Safe Prescribing among the First-year Postgraduate Medical Students of Tertiary Care Hospital. CTDT 2020;4(1):51-59.

Department of Nursing

- * Kaur M, Charan GS. Perception and preparedness of Nursing students regarding COVID-19. IJMER 2020;9(8,3):21-27.
- * Kaur R. Study to assess the knowledge regarding cervical cancer among reproductive age group women with a view to develop information booklet. UIJIR 2020;1(4).
- * Kaur S, Kaur R, Saini P. To develop a checklist on availability and utilization of equipment and supplies for labor room and obstetrics emergency settings. JoHP 2020;10(2):30-42.
- * Kaur K, Kaur A. A study to assess the effectiveness of structured teaching programmes on knowledge regarding MRSA among staff nurses at SGRD Hospital, Vallah, Amritsar. IJHSR 2020;10(9):441-446.
- * Nisha, Joshi U, Sharma K. A quasi experimental study to assess the effectiveness of training programmes on knowledge and skills of newborn care among fathers attending maternity ward at SGRD Hospital, Vallah, Sri Amritsar. IJHSR 2020;10(10):137-143.

▶ Marching forward....



New-look websites of Sri Guru Ram Das University of Health Sciences www.sgrduhs.in and Sri Guru Ram Das Institute of Medical Sciences and Research www.sgrdimsr.in have been re-designed to make them more attractive, user friendly, informative, dynamic and responsive for all types of e-gadgets. The websites cater to the requirements of all stake-holders, including faculty, students, prospective applicants, regulatory bodies, peers, patients, and the general public.

Dr. AP Singh
Dean, SGRDUHS

Courses Completed

Department of Dermatology



Dr Saurabh Sharma and Dr Pooja Dhawan completed "Device based Medifacial e-workshop" conducted by IADVL academy. Dr Saurabh Sharma also completed an online module in Female Genital Dermatoses, "PG online Medicolegal course" and completed first in the series of 3 e-workshops on "Understanding Digital Platform and Training Oneself for Virtual Practice: Must Know Parameters".



Dr Pooja Dhawan completed first in the series of 3 e-workshops on "Understanding Digital Platform and Training Oneself for Virtual Practice: Must Know Parameters".

Department of Psychiatry



Dr Amandeep Singh completed an online course on 'Occupational health and safety for health workers in the context of COVID-19' from WHO under health emergencies programme.

Department of Community Medicine



Dr Harpreet and Dr Manisha completed an online certificate course 'Multivariate analysis using SPSS' organized by Dr Sandheep Sugathan from RVTEK Technologies Pvt. Ltd.

College of Nursing



Mr Gopal S Charan, Dr Sukhbir and Mr Naveen completed one month introductory course on 'Research Methodology and Biostatistics' organized by Institute of Applied Statistics in collaboration with ICMR.



CASE SCENARIO

Autologous Bone Marrow Transplantation



A 42-year-old female with diagnosed multiple myeloma presented with fatigue and bone pains. She underwent induction chemotherapy with 6 cycles of bortezomib, lenalidomide and dexamethasone, followed which she was in complete remission and was subjected to autologous bone marrow transplantation after fully explaining the benefits and risks. Stem cells were mobilised from the bone marrow to peripheral circulation with G-CSF for 5 days. About 12 hours before collection, stem cell mobiliser Plerixafor was given and adequacy of sample size was checked with TLC and mononuclear cell count. It was verified with stem cell marker, CD 34 count by flow cytometry and was found adequate. On Day 0, high dose Melphalan 200mg/m² was administered to ablate the bone marrow maintaining adequate hydration and electrolyte balance. On Day 1, Stem cells were reinfused for bone marrow reconstitution. She engrafted on Day 10 with absolute neutrophil count >500 and platelets >50,000/mm³. She was discharged on Day 13. On regular follow up she received maintenance treatment with low dose lenalidomide to be continued for 2 years, and was leading a normal healthy life with no evidence of relapse.



Point to Ponder...

Never take anything for granted

An Overview....

Bone Marrow Transplantation

Dr Rajeev Gupta, Medical Oncologist, Associate Professor, Medicine

Q1 - What is stem cell transplantation?

- A bone marrow/ stem cell transplant is a procedure that infuses healthy blood-forming stem cells into the body to replace the damaged or diseased bone marrow. It may use cells from one's own body (autologous transplant) or from a donor (allogeneic transplant).

Q2 - What is the importance of bone marrow transplantation?

- It safely allows treatment with high doses of chemotherapy or radiation by replacing or rescuing the bone marrow damaged by treatment and replaces diseased or damaged marrow with new stem cells, which can help kill cancer cells directly.

Q3 - What are the indications of Allogenic BMT?

- It can benefit people with a variety of both malignant and benign diseases such as acute leukemia, adrenoleukodystrophy, aplastic anemia, bone marrow failure syndromes, chronic leukemia, hemoglobinopathies, Hodgkin's lymphoma and immune deficiencies.

Q4 - What are the indications of Autologous BMT?

- It is helpful in malignant conditions such as multiple myeloma, non-Hodgkin's lymphoma, Hodgkin's lymphoma, germ cell tumor, neuroblastoma and non-malignant conditions like autoimmune disorders, systemic sclerosis and amyloidosis.

Q5 - What are the risks involved in bone marrow transplantation?

- Risk depends on many factors including the disease, the type of transplant, age and overall health. Possible complications from BMT include graft-versus-host disease (allogeneic transplant only), graft failure, organ damage, infections, cataracts, infertility, new cancers and death.

Q6 - What are the various Pre transplant tests and procedures?

- The patient will undergo a series of tests to assess the general health and status of the condition. The evaluation may take several days or more. An intravenous catheter (central line) is placed in a large vein in the chest or neck to infuse the transplanted stem cells, medications and blood products into the body.

Q7 - How the stem cells are collected for autologous and allogeneic transplant?

- If a transplant using the patient's own stem cells (autologous transplant) is planned, he undergoes a procedure called apheresis in which blood is drawn from a vein and circulated through a machine that separates the stem cells. In allogeneic transplant, a donor is required. Once the donor is identified, stem cells are gathered from that person. Another type of allogeneic transplant is cord blood transplant. The blood from the umbilical cord is frozen and is stored in a cord blood bank.

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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