



SRI GURU RAM DAS UNIVERSITY
OF HEALTH SCIENCES, SRI AMRITSAR

SRD
Synapse

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An Update of
Sri Guru Ram Das University of Health Sciences

IAPA WEBCON 2021

13th National Conference & 1st Webcon of Indian Association of Paediatric Anaesthesiologists was organized by the department of Anaesthesia on 27th & 28th March 2021. Dr. Elsa Varghese, National President IAP and Dr. MSRC Murthy, Secretary IAPA joined the ceremony online. The IAPA Newsletter was released. More than 1000 delegates participated. The aim of the conference was to advance the science and practice of paediatric anaesthesia and to improve the quality of care and safety of children undergoing anaesthesia.



Dear friends,

The concept of evidence based medicine is an important consideration in scientific practice today. There are many levels of evidence, the highest being randomised double blind placebo controlled multicentric trials. Personal experience is the lowest form of evidence!

History is replete with examples of practices being either established or abandoned on the basis of emerging knowledge. However, obtaining higher levels of evidence is relatively difficult in many situations or is not just feasible.

No doubt we should accept a concrete fact, but if validation of something is not possible, or proof cannot be established, it does not necessarily mean that it is not the truth. We need to keep an open mind.

It is a point to ponder (last page)

Dr. Daljit Singh
Vice Chancellor



Nursing College Celebrates World Health Day



Community Health nursing department celebrated World Health Day on 7th April on the theme "Building a Fairer, Healthier World".

Nursing students from the different courses participated in various competitions like poster making, slogan writing, wall mural, photography, debate, selfie frame and best-out-of-waste. Dr. Sushma Saini lecturer, PGIMAR, Chandigarh delivered a virtual Guest lecture "Bridging the Gap-MLHP".

Courses Completed

- Dr Anupama Mahajan, Dr Sahiba Kukreja, Dr Manmeet Gill, Dr Roopam Bassi, Dr Harpreet Kaur, Dr Amanpreet Kaur, Dr Manisha Nagpal, Dr Pooja Verma, Dr Harjot Singh, Dr Paramjot Bindra, Dr Amritpal Singh Brar, Dr Jyot Amrita, Mr Sanjeev Kumar Saggat and Mrs Mandeep Kaur successfully completed Foundation Course in Palliative Care conducted by National Association of Palliative Care for AYUSH & Integrative Medicine affiliated with SGRDUHS, Sri Amritsar.
- Dr Manisha Nagpal and Dr Pooja Verma completed the online IPA Vaccine trust course - Level -1 offered by International Pediatric Association .
- Dr Kawalinder Kaur Girgla completed the Question Paper Designing course organized by MEU India.

» Clinical Snippet

SKIN MANIFESTATIONS ASSOCIATED WITH COVID-19

The following are six main clinical patterns of COVID-19 associated cutaneous manifestation. These skin lesions can help clinicians in diagnosis of the patients who present with other COVID-19 symptoms.



Wheals	Erythematous macules and papules	Erythematous papules and vesicles	Erythematous violaceous macules and patches	Reticular erythematous violaceous macules	Violaceous papules ulceration
Trunk, Limbs	Trunk	Trunk	Lower Limbs, Feet	Lower Limbs	Lower Limbs

Publications

Department of Dermatology

- Sharma S, Kaur J, Kaur T, Bassi R. Fractional Carbon Dioxide Laser versus Combined Fractional Carbon Dioxide Laser with Platelet-rich Plasma in the Treatment of Atrophic Post-acne scars: A split-face comparative study. *Journal of Cutaneous and Aesthetic Surgery* 2021; 14(1):35-40
- Kaur T, Budhwar J. Arsenical keratoses: case report from non endemic area of Amritsar. *Clin Dermatol Rev* 2021; 5:117-9.

Department of Obst & Gynae

- Pahwa S, Kaur T, Kaur A. Intracranial Hemorrhage in Eclampsia: An Unusual Case Report. *CTDT* 2020; 4(2):105-106.

Department of Anaesthesia

- Kaur G, Kaur P, Gupta R, Kullar K, Bhangu GS, Sandhu SS. Discharge readiness after minor gynaecological surgeries comparing dexmedetomidine and ketamine premedication in bispectral index (BIS) guided propofol-based anaesthesia. *Indian J Anaesth.* 2021; 65:34-40.
- Mahajan L, Singh AP, Gifty. Clinical outcomes of using remdesivir in patients with moderate to severe COVID-19: A prospective randomised study. *Indian J Anaesth* 2021; 65:41-6.
- Gupta R, Arora D, Kaur S, Kaur B, Kaur S. Comparative study of hemodynamic effects of intrathecal bupivacaine with butorphanol in cardiac and non-cardiac patients. *J Anaesthesiol Clin Pharmacol* 2020; 36:511-7
- Abbi P, Kumari A, Gupta R, Monga N, Kaur H, Kullar KK. Effect of Fentanyl on Block Characteristics as Adjuvant to Intrathecal Bupivacaine for Lower Limb Surgeries. *Anesth Essays Res.* 2020; 14(2):343-8.
- Janagal A, Pushkarna G, Gupta R. Nerve Stimulator vs Ultrasound-guided Femoral Nerve Block for Ease of Positioning before Spinal Anesthesia in Fracture Femur Patients: A Randomized Comparative Study. *Curr Trends Diagn Treat* 2020; 4 (2): 78-83.
- Gupta R, Mahajan A, Kaur T, Mahajan A. Customised face mask: Solution to facial nerve blocks in COVID-19. *Indian J Anaesth* 2020; 64:1081.

Department of Psychiatry

- Singh A, Dhillon R. A Comparison on Psychological Variables in Alcoholics and Non Alcoholics. *Indian Journal of Psychology* 2020; 11(4):338-343.

Department of Community Medicine

- Sharma M, Devgun P, Gill KK, Kaur A, Kaur S. Perceptions, attitude, practices and barriers to evidence based medicine among practitioners of clinical medicine in a tertiary care institute, Punjab. *J Evid Based Med Health C* 2021; 8(7):350-354.
- Devgun P. The health of the health care systems during Covid-19. *Rivista Medicine* 2021; (1):01-05.

Department of Anatomy

- Saxena A, Mahajan A, Nagtilak S, Bahuguna SN. Elucidation of in-vitro Anticancer Effects of Lutein on HeLa Cells. *J Adv Med Dent Sci Res* 2020; 8(12):229-236.

Department of Pathology

- Garg P, K Harjot, Bairagi S, Tayal I. Importance of Cytology in Diagnosis of Sialadenosis-A Rare Entity. *NJLM* 2021; 10(1):10-12.

Department of Pharmacology

- Kumar R, Singh P, Thaman R, Choudhari R, Kaur S. SARS-CoV (COVID-19) Pandemic—Detailed Insights into Diagnosis, Management, and Role of Indian Herbal Drugs. *CTDT* 2020; 4(2):95-102.
- Tikoo D, Gupta M. Off-label Prescription and Challenges in Clinical Practice: An Abridged Review. *CTDT* 2020; 4(2):87-90.

Resource Faculty – Webinars And Scientific Sessions

Department of Radiology



Dr Vijinder Arora delivered a guest lecture in 8th Annual Conference of Chandigarh chapter of IRIA.

Department of Obst & Gynae



Dr Sangeeta Pahwa was guest speaker in 3 virtual CMEs. She is Founder President of Amritsar Menopause Society.

Department of Medical Education



Dr Tejinder Singh delivered a lecture and Dr. Sahiba Kukreja was judge in the poster session during VICHPE 2021 organised by Era University, Lucknow and Al Sadiq International Virtual University, USA. Dr Tejinder Singh was a guest speaker in virtual I-MECON: International Medical Conference conducted by University Center for Health Professions Education, Sri Devraj Urs Academy of Higher Education and Research, Tamaka, Kolar. He participated as Faculty in the Task Force Meeting for Early Childhood Development in UG/PG Curriculum organized by Indian Academy of Pediatrics at New Delhi



Department of Ophthalmology



Dr Shakeen Singh was co-chairperson in a session of Ocular Trauma Society of India.



Dr Pawan Prashar delivered a guest lecture at Amritsar. Dr Manish Chhabra delivered Lectures on Ophthalmology in different Medical Colleges of Kerala.

Department of Anaesthesia

13th National IAPA & 1st Webcon 2021



Dr Ruchi Gupta and Dr Shubhdeep chaired a scientific session. Dr Ruchi Gupta delivered a talk during an interactive session. Dr Mehak Sharma presented a scientific paper.

RSACPCON 2021

Dr Ruchi Gupta chaired a scientific session. Dr Simrandeep K Gill got 2nd prize in paper presentation. Dr Suzen Sumeet Kaur, Dr Sukhvir Kaur, Dr Balpreet Kaur presented scientific papers.



APPEC-2021

Dr Ruchi Gupta chaired a scientific session.

Department of Community Medicine



Dr Priyanka Devgun was designated editor of journal 'Rivista Medicine'.



Dr Amanpreet kaur completed online workshop on "Qualitative Data Analysis with NVivo"



Dr Harjot Singh was part of National Organising Committee in Virtual IAPSM Young Leaders National Conclave 2021

▶▶ Marching forward....

MOU on Joint Research Program



MoU was signed between GNDU and SGRDUHS to focus on joint research program in area of medical sciences. joint seminars, workshops, conferences, scholars exchange etc. will be undertaken in the

above area. The faculty of GNDU was invited to play advisory role in developing the curriculum for quality education of the student and to promote the inter-institutional collaboration for cutting edge research in the area of modern biology which is the need of the hour during this corona pandemic.

Dr. AP Singh
Dean, SGRDUHS

College of Nursing



Dr Manpreet Kaur was a moderator in webinar series on research methodology organised by SPHERE. She delivered lecture at Solan and also in Graduation ceremony of Foundation course on Palliative Care.

Dr Amandeep K Bajwa was moderator and Mr. Gopal S Charan was resource person in 2nd National Online conference on Statistics in Evidence Based Research.

Surgical Training Program Launched

SGRDUHS in collaboration with Johnson & Johnson launched a Surgical Skill Training Program for different surgical specialities on 12th March 2021. Through the mobile training centre 'Johnson & Johnson Institute on Wheels', the program would enhance the surgical skills of doctors, nurses and para medical staff to address the demands of today's healthcare delivery system and provide better outcomes to patients.



Student Activity

College of Nursing

✦ Post Basic B.Sc(N) 2nd Year students organized an Exhibition on AV Aids and presented a Role Play Video Clip on COVID-19 in the AV Aids lab.

Those who understand will never judge...



Calcification in Coronary Arteries

Dr Gaurav Mohan, Assistant Professor, Department of Cardiology

CASE SCENARIO

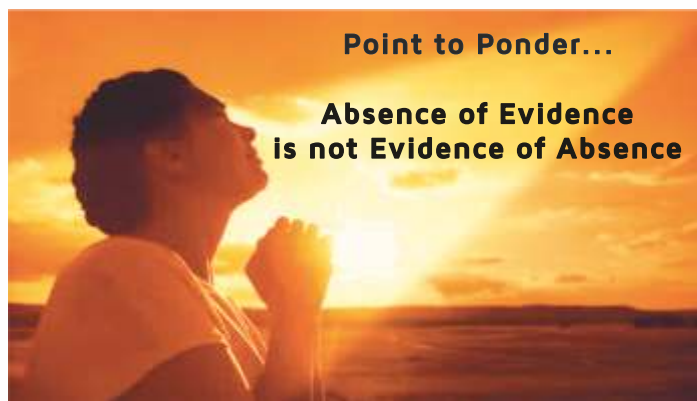
Calcium in Coronary Arteries causing Obstruction: Minimally Invasive Interventions

An elderly patient BS was referred with complaints of chest pain on exertion. He had undergone coronary artery bypass grafting (CABG) in the past. Coronary angiogram (CAG) revealed significant blockages with heavy calcium involving the left main coronary artery and its branches with occlusion of the bypass grafts.

The case was successfully treated using a combination of two methods for dealing with calcific blockages in the coronaries: traditional rotational atherectomy and the new technique of intravascular lithotripsy. To the best of our knowledge this combination of techniques was the first to be performed in this region.



S.No.	Patient Name	Age/Sex	ROTA BURR	IVL BALLOON	DIAGNOSIS	PRE-DIAMETER	POST-DIAMETER
1	BS	67/M	1.5MM	3.5X12MM	UNSTABLE ANGINA	2.85MM	4.00MM
2	JS1	62/M	1.5MM	3.0X12MM	Angina/ Post CABG x 3	2.55MM	3.45MM
3	PS	82/M	1.5MM	3.0X12MM	NSTEMI	2.70MM	3.65MM
4	JS2	67/M	1.5MM	3.5X12MM	ACS/HTN	2.90MM	3.80MM



Q1 - What is angioplasty and is it a major surgery?

- Percutaneous Coronary Interventions (PCI) are non-surgical procedures, performed by an interventional Cardiologist using a catheter to place a stent to open up coronary blood vessels. The procedure takes approximately an hour and is minimally invasive, resulting in faster recovery time.

Q2 - What is the best procedure for a patient?

- When deciding which procedure best suits the patient's condition, factors such as the severity and extent of CAD, overall heart function and the presence of other medical conditions (such as diabetes or prior stroke or heart attack), and the patient's personal preference are considered.

Q3 - What is the significance of coronary artery calcification and how does it affect angioplasty results?

- The presence of coronary artery calcification is age and gender dependent and is seen in 90% of men and 67% of women older than the age of 70. Heavily calcified lesions are difficult to dilate, and are more commonly associated with coronary dissection and perforation as well as failure to deliver stents, leading to higher rates of target lesion failure, restenosis, stent thrombosis, MI, and death.

Q4 - What are the tools used to treat calcified arteries?

- Older techniques include cutting balloon, scoring balloon, rotational atherectomy (RA), orbital atherectomy (OA) and laser. These techniques traditionally have been employed to enhance lesion preparation, stent implantation and optimization, aiming at improved patient outcomes. However, these often involve a long learning curve and are frequently associated with complications during the early phase of usage, evoking anxiety and fear in young operators, thus hampering their widespread usage. The new techniques are intravascular lithotripsy (IVL) are ultra-high-pressure balloons (OPN NC balloon).

Q5 - How are the new tools helping to change the outcome landscape for treating calcified coronary arteries percutaneously?

- The intravascular lithotripsy (IVL) system (Shockwave Medical) is a novel balloon catheter-based device that utilizes pulsatile mechanical energy to disrupt calcified lesions. Miniature emitters placed along the length of a semi-compliant balloon convert electrical energy into transient acoustic circumferential pressure pulses that disrupt both superficial and deep calcium within the vascular plaque. IVL uniquely modifies calcium both circumferentially and transmurally, and has a preferential effect on deep calcium compared with other ablation techniques in contrast to both RA and OA, which have a long learning curve. This new technology has garnered widespread acceptance because of the ease of use and minimal complication rate.

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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