



SRI GURU RAM DAS UNIVERSITY OF HEALTH SCIENCES, SRI AMRITSAR

SGRD
Synapse

Vol. 2/ No. 9-10/ September - October 2021

An Update of
Sri Guru Ram Das University of Health Sciences

13K litre Liquid Medical Oxygen Plant Installed



President SGPC Bibi Jagir Kaur inaugurated a Liquid Medical Oxygen facility with storage tank of 13000 Liter capacity, which once filled is sufficient for 15 to 18 days of oxygen requirements. The arrangement with INOX ensures consistent high quality medical

oxygen safeguarding from shortages. A similar 6000 Liter plant is in process for the City hospital.

NCHPE-2021 organised



SGRDUHS organized 12th NCHPE-2021 under the aegis of Academy of Health Professions Educators in hybrid mode on the theme 'Looking back to leap forward: Curriculum innovation'. The chief patron was Dr. JS Sandhu, Vice Chancellor, GNDU, Amritsar. More than 500 participants attended the conference. Twelve workshops were organized, 104 e-posters were presented and panel discussions were held regarding the new competency-based curriculum developed by the National Medical Commission.

Dr Sahiba Kukreja, Organising Secretary, Dr Tejinder Singh, Advisor, and Dr Daljit Singh, VC, participated in panel discussions and many faculty members contributed chairperson/ moderators in different workshops/ sessions.



Dear friends,

Except for highly self-motivated people, workers in all fields tend to gradually relax and take it easy if they are left to themselves. Their effort decreases over time if they know that no one is monitoring their work or output.

The 'Hawthorne effect' refers to the change in behavior of people at a job, when they are under observation even without intervention, leading to better productivity simply because they are being watched.

Keeping track of progress and providing regular feedback is an important strategy for enhancing performance in education as well as at work.

It is a point to ponder
(last page).

Dr. Daljit Singh
Vice Chancellor



'Poshan Maah' Celebrated



Clinical Nutrition & Dietetics Department celebrated September as Nutrition Month. A plantation drive of fruit bearing trees was held to emphasise on the "eat local principle". Nutrition kits were distributed to children and lactating mothers in the Pediatrics department. Educative sessions were taken for parents regarding low-cost recipes and interventions.

Achievements and Awards



Department of Radiology

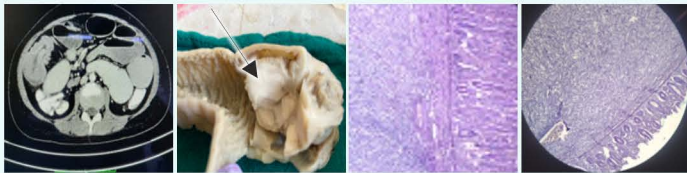
- 1 Dr Kunwar Pal Singh was selected as official peer reviewer for the World Journal of Radiology.
- * PG students won several prizes: Dr Simranpreet Kaur, Jr 3rd for poster (SONOSUMMIT), Dr Sumanpreet Kaur 1st, Dr Parmeet Kaur 2nd for oral presentation, Dr Mehak Arora 2nd, Dr Japsimran Kaur 3rd for poster presentation (Dr Rajindra Rao).

Department of Pathology

- 2 Dr Harjot Kaur was awarded Punjab State Blood Transfusion Council Award of Excellence by Deputy CM Punjab.

Clinical Snippet

A rare case of ileo-ileal intussusception secondary to Burkitt's Lymphoma



A 12-year-old male known case of ALL was admitted with acute abdomen and a diagnosis of intussusception was made on CT scan. On gross examination of the specimen of ileo-ileal resection, the segment of ileum was seen telescoping into itself. The cause of this was a firm grey white mass. On histopathology and immunohistochemistry, it was found to be non-Hodgkin's lymphoma, diffuse, consistent with Burkitt's Lymphoma (immuno-positive for CD20, BCL6, CMYC and Cd10).

Dr Karanjit Singh Gill
HOD, Pathology

Conference on Palliative Care



SGRDUHS and NAPCAIM organized a Palliative Care conference, endorsed by Cancer Fight Global, USA, on the occasion of World Hospice & Palliative Care Day. Dr. Baljit Kaur, Assistant Director, Health Services Punjab was the Chief Guest. Dr. Abhijit Dam, President and Dr Piyush Gupta, Secretary, NAPCAIM, were present. The theme for the conference was "Leave no one behind, equity in access to Palliative Care".

Convocation was held for 65 (including 25 from SGRD) persons who have completed Fellowship in Palliative Care.



Courses Completed



Department of Dermatology

- 1 Dr Saurabh Sharma completed the 2nd in the series of 4 e-workshops on 'Psoriasis & Psoriatic Arthritis'.

Department of Ophthalmology

- 2 Dr Taranpreet Kaur completed a course in Optical Coherence Tomography in glaucoma diagnosis and update on automated perimetry by American Academy of Ophthalmology.

Department of Community Medicine

- 3 Dr Manisha Nagpal completed a fellowship in Palliative Care from Institute of Palliative Medicine, Kerala.

Department of Physiology

- 4 Dr Harkirat Kaur completed a course on Mutations and Vaccinations in COVID.

Department of Nursing

- 5 Dr Sukhbir Kaur completed an online course 'Alcohol Related Liver Diseases and its Management' organized by Institute of Liver and Biliary Sciences, New Delhi.
- * Dr Sukhbir Kaur and Ms. Gurjeet Kaur completed a ToT Programme on promotion of mental health of health care providers during the COVID-19 pandemic, organized by Central Institute of Psychiatry, Ranchi.



Resource Faculty for Scientific Sessions



Department of Radiology

- 1 Dr Vijinder Arora and Dr Kunwarpal Singh delivered faculty lecture at 23rd Asian Musculoskeletal society annual conference 2021. Dr Kunwarpal Singh presented a faculty lecture and a poster at Dr Rajindra Rao CME.
- 2 Dr Amandeep was co-org secretary. He was also judge for scientific prize paper presentation at 'Global Radiology Summit 2021'.

Department of Obst & Gynae

- 3 Dr Reena Sood delivered a lecture on Importance of Nutrition in preconception period in a webinar.

Department of Ophthalmology

- 4 Dr Shakeen Singh was speaker and panelist during 72nd Annual DOS International Hybrid Conference and panelist in session 'Learn from the masters-Cornea-Clinical Practice' in ISCKRD.

Department of Anaesthesia

- 5 Dr Ruchi Gupta chaired a scientific session and delivered a talk in 'NUCP-21' at AIIMS Bathinda.

Department of Anatomy

- 6 Dr Anupama Mahajan chaired a scientific session and
- 7 Dr Punita Salwan presented a paper during online CME and 3rd Annual Conference of NCAS, PGIMER, Chandigarh.

Department of Microbiology

- 8 Dr Sarbjeet Sharma chaired Epidemiology session at a CME, DMC.

Palliative Care Conference

Department of ENT, Psychiatry, Community Medicine, HR

- 9 Dr Manisha Nagpal 10 Dr Piyush Mahajan 11 Dr Harjot Singh 12 Dr Paramjot Bindra delivered lectures. 13 Dr Bhanu Bhardwaj and Dr Paramjot Bindra won 1st prize jointly in poster presentation competition.

Department of Pediatrics

- * Dr Daljit Singh, VC, delivered talks on 'Cough and cough syrups in office practice', NZ PEDICON, as faculty in 'National Tuberculosis Elimination Program' at Chandigarh, and on 'Allergic Rhinitis' in webinar organised by National Respiratory Chapter of IAP.

Publications

A total of 13 Scientific Papers were published in various journals during Sep-Oct 2021 from the departments of **Radiology** (6) Singh KP-2, Singh P, Gupta K-2, Singh GA, Singh A-2, Devgan A-2, Kaur S-2, Arora V-2, Kakkar A-2, **Dermatology** (1) Sharma S, Matharoo P, Bassi R, Awal G, Matharoo P, Kaur S, **Ophthalmology** (1) Nagpal N, Prasher P, Kaur L, Malhotra P, Kaur M, Kaur I, Kaur P, Malhotra N, Kaur M, Kaur I, Singh J, **ENT** (1) Ansari MS, Sood AS, Gill JS, **Community Medicine** (2) Devgun P, Devgan S, Singh H, Singh S, Singh A, **Anatomy** (1) Lalit M, Piplani S, **Physiology** (1) Kaur D.

▶ Marching forward....

Launching of Home-Based Palliative Care at Mallunangal



SGRDUHS and NAPCAIM launched Sri Guru Ram Das Home-Based Palliative Care at Rural Health & Training Centre, Mallunangal on the occasion of World Hospice and Palliative Care Day. The centre is first of its kind in Punjab. Community based palliative care is a cost-effective approach to serve the people of chronic and life limiting illness. The main goal is to provide comfort to the patients well as the care givers.

Dr. AP Singh
Dean, SGRDUHS

Student activities

Azadi Ka Amrut Mahotsav

MBBS students of SGRD University celebrated the 'Azadi Ka Amrut Mahotsav' with great enthusiasm and patriotism by organizing various stage shows/ dramas on the life history of Shaheed Bhagat Singh, Shaheed Udham Singh, Capt. Lakshmi Sahgal, Rani Laxmi Bai, Razia Sultan, Savitribai Phul, Dr Satya Pal, Gulab Kaur, Sarojini Naidu, Chandra Shekhar Azad, Begum Hazrat Mahal.

The participating students were Ishleen, Amandeep Kaur, Prabhnoor, Aakarshit, Kabir, Harkaran, Smile, Karleen, Vineet, Shubham and Jasmine.



During the NCHPE-2021 conference, the poster by undergraduate students Sehajnoor Singh, Kabir Madaan and Jasmeen Gill bagged the first position in the poster presentation competition.



**Sayonara
MBBS Batch 2016**



THYROID EYE DISEASE

Dr. Gurinder Mohan, Professor & Head, Department of Medicine

Case Scenario

THYROID ASSOCIATED ORBITOPATHY



A 38-year old male known case of hyperthyroidism from 3 years presented with swelling of eyes, associated with redness and watering of eyes from 6 months. Patient also complained of loss of weight with preserved appetite, hyperdefecation, and tremors. No history of vision loss, diplopia, headache, or smoking.

On clinical examination bilateral proptosis along with redness and swelling of eyelids and conjunctiva but no retrobulbar pain and chemosis. Clinical activity score was 4/7 and moderate to severe TAO according to Severity Score. Stellwag's sign, Von Graefe's sign, Mobius sign, Kocher's sign positive. Complete blood count, thyroid, renal & liver function tests were normal. Bilateral mild exophthalmos and bulkier belly of extraocular muscles on CT orbit. The patient was given carbimazole, propranolol, cumulative dose of 4.5 gm of methylprednisolone and showed significant improvement.

	MILD	MODERATE TO SEVERE	SIGHT THREATENING	INDEX PATIENT
Lid retraction	<2 mm	≥ 2 mm		4 mm
Soft tissues	Mild involvement	Moderate to severe involvement		Moderate involvement
Proptosis	<3 mm	≥ 3 mm		Right eye 4mm Left eye 4.5 mm
Diplopia	Absent or Intermittent diplopia	Inconstant or constant diplopia		Absent
Corneal exposure	Absent	Mild punctate Keratopathy	Corneal breakdown	Mild
Optic nerve status	-	Normal	Compression/DON	Normal
SEVERITY SCORE				

Point to Ponder



Monitoring improves performance

Q1 - What is thyroid-associated orbitopathy (TAO)?

It is an autoimmune inflammatory extra-thyroidal manifestation of autoimmune thyroid disease characterized by inflammation of extraocular muscles and retro-orbital tissue.

Q2 - Can TAO occur in hypothyroid or euthyroid?

Yes. Graves hyperthyroidism is present in 90 % of TAO pts whereas the remaining 5 to 10 % can be euthyroid or hypothyroid.

Q3 - What is the pathogenesis of TAO?

Increased expression and activity of TSH receptor by their antibodies and overexpression of IGF 1 in orbital fibroblast.

Q4 - What are major risk factors?

Severe thyrotoxicosis at presentation, long-duration, persistent elevation of TSHRab, exposure to ionizing radiation, and cigarette smoking.

Q5 - How to assess the disease activity of thyroid orbitopathy?

The Clinical Activity Score (CAS) is used to assess the acute disease activity or inflammation in orbit and anterior region of eye. TAO is inactive at CAS < 3 and active at CAS ≥ 3. The Severity Score is used to assess the anatomical & functional abnormalities in closed retroorbital space.

Q6 - Which investigations are required?

Thyroid function tests FT3, FT4, TSH. Thyroid-stimulating hormone receptor antibody (TSHRab) and Thyroid peroxidase antibody (TPOAb). CT or MRI orbit if we are suspecting Dysthyroid Optic Neuropathy (DON) or unilateral disease.

Q7 - How is mild TAO treated?

Restore and maintain euthyroidism with antithyroid drugs or thyroidectomy along with selenium and elevation of the head end of bed.

Q8 - What is the treatment for moderate to severe TAO?

Patients with CAS ≥ 3/7 i.e. active disease require immunosuppression by intravenous methylprednisolone pulse therapy. Patient with CAS <3 i.e. inactive disease require decompressive or reconstructive surgery.

Q9 - How should we treat Very Severe TAO or Dysthyroid Optic Neuropathy (DON)?

Start immediately with 1 gm methylprednisolone for 3 consecutive days in the first week and repeated in the second week. Continue with oral prednisone if visual functions improve and if not, then urgent surgical decompression is indicated.

Q10 - What are the indications of orbital radiotherapy?

Orbital radiotherapy can be used in active moderate to severe cases in steroid non responders or intolerant patient.

Q11 - What is the role of biologics in TAO?

Biologics like teprotumumab, tocilizumab and rituximab have shown good results in steroid resistant patient.

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

EPABX: 0183-2870200, 0183-2870400
 EMERGENCY: 01832870281
 AMBULANCE: 0183-2870368
 FAX: 0183-2870205, 2870344
 E-MAIL: info@sgrduhs.in
 WEBSITE: sgrduhs.in



Rukhsat - 2021

The students, staff and management of the SGRD University bid adieu to the 2017 Batch at a grand farewell function. We wish all of our outgoing students the very best in the future, and look forward to ongoing interaction with them as Alumni members.



Freshers - 2020

Welcome party for newcomers (batch 2020) was hosted by their immediate seniors for happy interaction between juniors and seniors to get familiarized with each other. The event was marked with an array of cultural presentations by the students.

