



SORD Synapse

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Monthly update of Sri Guru Ram Das University of Health Sciences, Sri Amritsar

MBBS White Coat Ceremony



White Coat Ceremony was held for MBBS students of 2022 Batch, in which 150 new entrants were initiated to wear their white coats indicating entry into the medical professional. They were administered the Maharishi Charak Shapath. Candle light was passed amongst the students, signifying spreading of knowledge and collaborative learning in their professional career. The students were advised to be regular and punctual in their studies. They were advised not to lose any opportunity of learning from their teachers and patients.

PG Orientation Program



A 5-days PG Orientation Program was conducted for Batch 2022.

Separate sessions on introduction to hospital facilities, procedure for patient admission, medicolegal issues, prescription writing, good laboratory practices, bioethics, thesis timeline, biomedical waste management & BLS were taken by faculty. Sessions on pranayama & meditation, communication skills and 'theatre of the oppressed'. Comprehensive feedback was obtained from the students.

Cadaveric Oaths Ceremony



The ceremonial cadaveric Oath was taken by MBBS Students of 2022 Batch in the presence of the faculty of Anatomy in the Dissection Hall. The ceremony instills respect and dignity for the cadaver, the first teacher, in the impressionable minds of the first-year students. This will translate into respect for patients in the future.



Dear friends,

In resumption to the legacy of 'Synapse', I am publishing another issue under my supervision.

Food for thought in our daily working

Is it overwhelm or overload? What's the difference, you ask? Overwhelm is a state of being; an emotional reaction to a perception. Overload is just a fact - how much there is to do divided by the amount of time there is to do it.

A lot of people believe overload causes overwhelm however that's not true. Our thinking is actually what causes overwhelm. The state of being overwhelmed impedes performance significantly. Simple remedy for being overwhelmed is to slow down and get crystal clear about the facts.

If you are overloaded, i.e., too much to do in the amount of time there is to do it, there is also a simple solution. Get clear on the 'must do's' from the 'should do's' on your list of things to accomplish. If you want to avoid being overloaded in the future, stop making promises you can't keep. In the fast-paced, grind culture we live in, there is a constant message to do more. Being overwhelmed is not a badge of honor. Rather, it's a path towards burnout and destruction.

Slowing down, getting clear and taking action will enable you to perform at your best and perhaps even enjoy the ride.

Dr. Manjit Singh Uppal
Vice Chancellor

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International Week of Person with Disability Celebrated



The annual observance of the International week of Persons with Disability was commenced from 29 Nov to 3 Dec 2022

by BASLP Students. Events like Awareness Relly, Sports events, Flash mob, Poster and debate competition on issue of persons with Disabilities was conducted. Honorable Dean Dr. A.P Singh whole heartedly supported the entire event and appreciated the zeal and enthusiasm of the BASLP students towards making a positive change for the people with Disabilities/Divyangan.

Ambulance Donated to Hospital



As a part of its corporate social responsibility programme, the ICICI Bank donated a hi-tech and fully equipped ambulance to Sri Guru Ram

Das Charitable Hospital. Zonal Head, ICICI Foundation, Mr. Abhay Sharma presented the keys of the vehicle to Dr. AP Singh, Additional Secretary of the Institution. Dr. AP Singh said that the vehicle would act as a lifesaver for victims of road accidents and other emergencies.

► Clinical Snippet COVID-19 Newer Symptoms

There has been a continuous evolution of symptoms cluster and clinical manifestations along with evolving strains of COVID-19. But with evolving strains and the administration of newer vaccines, there is a change in the landscape of symptoms. It seems as the newer sub-variants of Omicron like BA.1, BA.2, BA.4, and BA.5 changed their potential sites to upper airways from the lungs and nervous tissue. The newer variants cause more of a sore throat, hoarseness of voice, severe easy fatigability, even disturbed sleep, brain fog, and dementia. In adult patients, delirium is common and still persistent from the beginning. The presence in the upper airways has made it more contagious and transmissible. Another persistent major risk is increased chances of clotting, acute coronary syndrome, and even stroke. Still COVID spectrum range from a simple cold or predominantly upper respiratory involvement to extensive vascular damage, cerebral and cardiovascular emergencies, pulmonary emboli, acute kidney injury, cytokine injury, and ARDS. Persons with comorbidities like obesity, diabetes, heart disease, and inflammatory or autoimmune disease have lower physiological and immune reserves, so more chances of severe disease. Only proper masking and avoiding unnecessary crowds and gatherings will help to prevent the widespread surge in COVID-19 cases.

Dr Gurinder Mohan
Prof. & Head, Dept. of Medicine

New Born Week Celebrated



Department of Pediatric Nursing along with Pediatric Medicine Department, B.Sc.(N) 3rd Year and Post Basic B.Sc.(N) 1st Year students celebrated New Born Week. Role Play and Poster Making competitions were organised. Patient interaction session was also done in Pediatric OPD.

Oncology Nursing Conference Celebrated



Sri Guru Ram Das College of Nursing in collaboration with Oncology Nurses Association of India organized 4th International and 20th National Oncology Nursing Conference with theme 'One Team One Dream - Let's uplift Healing and Caring across the Cancer Continuum'. Dr. Achla (ADG Nursing, DGHS MOHFW, GOI) was the Chief Guest and Dr. Puneet Girdhar (Registrar, PNRC) was the Guest of Honor. Ms. Rupinder Kaur, Associate Professor was the Organizing Secretary. More than 700 delegates all over India participated in the conference.

Awards and Achievements



Department of Anatomy

- ★ Dr Anupama Mahajan honored with lifetime achievement award human anatomy by SSRS (PTH Professional Summit & Awards 2022).
- ★ Dr Monika Lalit conducted a workshop on Faculty Development Programme at DIDRS, Faridkot.

Department of Radiotherapy

- ★ Dr. Neeraj Jain was honored with ICRO Fellowship and Award of Honorary by AROI.

Department of Obst & Gynae

- ★ Dr Sangeeta Pahwa trained Chittor Society and Indore Society under FOGSI as per WHO GOI RAC Training Programme.

Department of Community Medicine

- ★ Dr Manisha Nagpal got Certificate of Appreciation as a "Mentor" in the Fellowship in Palliative Care from IPM, Kerala and St. Christopher's Hospice.

Department of Psychiatry

- ★ Dr. Amandeep Singh Malhari elected as Editorial Board Member of IJPBS for two years.

Resource Faculty for Scientific Sessions



Department of Radiotherapy

- * Dr Meena Sudan chaired the session at 'Oswal Cancer Conclave' on Endometrium Ca Brachytherapy at Ludhiana.

Department of Community Medicine

- * Dr Harpreet Kaur chaired the session at 25th Annual conference of NZ-IAPSM at AIIMS, Bathinda.

Department of Anaesthesia

- * Dr Ruchi Gupta delivered an Oration at North Zone ISACON.
- * Dr Geetanjali Pushkarna delivered a guest lecture at North Zone ISACON and SEPTICON 2022. She also conducted a workshop on 'Mechanical Ventilation' at 3rd National PG Meet 2022.

Department of Dermatology

- * Dr Jasleen Kaur was invited as faculty in SODC Delhi.
- * Dr Pooja Dhawan was speaker at SPETICON 2022.
- * Dr Guneet Awal delivered a faculty lecture at IMACON 2022. She also chaired a session at SEPTICON 2022.

Department of ENT

- * Dr Arvinder Singh Sood chaired a session at SEPTICON 2022.

Department of Obst & Gynae

- * Dr Sangeeta Pahwa delivered a lecture on Optimising IUI at Ferozepur and a lecture on Postpartum Sepsis at SEPTICON 2022. She was panelist at CMC and DMC Ludhiana.

Department of Ophthalmology

- * Dr Shakeen Singh was unanimously elected as chairman for North Zone - Eye Bank Association of India. He delivered a lecture at Gurugram and was judge in webinar ACOIN Pahelgam 2022.

Department of Microbiology

- * Dr Sarabjeet Sharma delivered a lecture in HICON 2022 at GMC Amritsar.

Department of Radiology

- * Dr Amandeep Singh was awarded 'Rising Star Award' in recognition of exemplary work in Radiology and chaired the session at 75th Annual Conference of TNPY Chapter of IRIA and 3rd conference of ISHNRO at Chennai.

Department of Orthopaedics

- * Dr Raj Kumar Aggarwal delivered a guest lecture at SEPTICON 2022.
- * Dr Gagan Khanna delivered lectures at IOACON, Arthroscopy Workshop at SGRD and GNDU Amritsar.
- * Dr Aarti Dewan chaired the session and delivered a lecture in WOICE, IOACON 2022 at GNDU, Amritsar.
- * Dr Gagan Khanna, Dr Rohit Sharma, Dr Rajan Sharma, Dr Aarti Dewan conducted workshops in IOACON 2022 at SGRDUHS, Amritsar.



SGRD Synapse

» Marching forward....

ECMO (Extracorporeal Membrane Oxygenation) started at SGRD



Since its inception in 2016, the goal & endeavour of Cardiology department has been to provide the most advanced cardiac care at affordable prices.

Another step in this direction was taken recently when an extremely complex angioplasty case was done using ECMO assistance by Cardiology unit.

This was first of its kind procedure in North India, where an old lady around 80 years of age presented with LV dysfunction & low ejection fraction. She was deemed high risk for bypass surgery, so her stenting was done using hemodynamic support of ECMO.

ECMO has been used in variety of clinical scenarios unique to provide both oxygenation & cardiac support simultaneously. Thus stabilising patients in circulatory and respiratory failure.

Dr. AP Singh
Dean, SGRDUHS



Department of College of Nursing

- * Dr Parvesh Saini, Mr Gopal Singh Charan, Mr Naveen Kumar chaired the session and Dr Manpreet Kaur, Ms Ranganayaki.L were the resource person at 4th International and 20th National Oncology Nursing Conference.
- * Dr Manpreet Kaur and Dr Amandeep Kaur Bajwa were speakers in 3rd National conference organized by UCN, BFUHS, Faridkot.

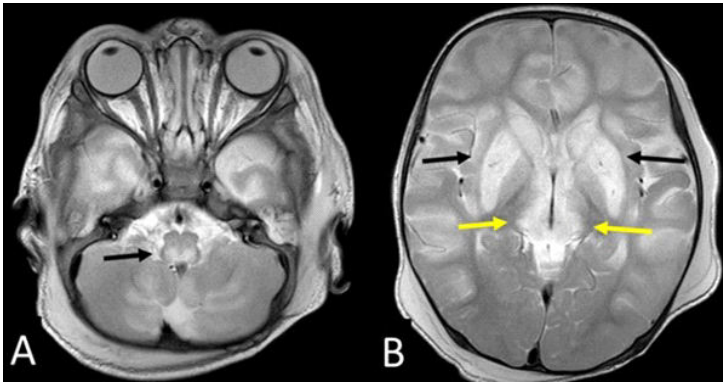
Courses Completed



- * Dr Jaskiran Kaur, Dr Amandeep Kaur, Dr Anju, Mrs Mandeep Kaur, Mrs Sukhjeet Kaur of Biochemistry department and Dr Harjot Kaur of Pathology department completed Professional Development Programme on Implementation of NEP-2020 for University & College Teachers.
- * Dr. Anju completed foundation course in Pain and Palliative Medicine.
- * Dr Kawalwinder Kaur Girgla completed fellowship in Palliative Care.

Case Scenario Leigh's Disease

A 1-year-old child presented to our hospital with history of sudden involuntary movements in bilateral upper limbs which persisted for few seconds. On examination, patient had gross hypotonic, irritable and agitated behaviour. For infantile spasms, patient was managed with antiepileptics but patient was refractory to most of them. Metabolic work-up was done to rule out the metabolic causes of infantile spasms. CSF glucose and lactate levels were also measured to rule out aciduria, the latter level was on the higher side. MRI brain was also done revealing symmetrical flair T2 hyperintensity in bilateral basal ganglia, brain stem and subcortical white matter area. (Figure 1) Patient was started on thiamine and co-enzyme 2-10 therapy, with which resolution of symptoms started. Patient was diagnosed to have mitochondrial encephalomyelitis likely to be Leigh's disease.



MR images show bilateral symmetric signal changes which were hyperintense on T2, involving brainstem dorsal tracts (black arrow, A), basal ganglia (black arrows, B), medial thalami (yellow arrows)

Food for thought



Q1 - What is Leigh's disease?

- Leigh's disease is a rare inherited neurometabolic disorder that affects the central nervous system. This progressive disorder begins in infants between the ages of three months and two years. Rarely, it occurs in teenagers and adults.

Q2 - How common is Leigh's disease?

- Classic (early-onset) Leigh syndrome affects approximately 1 in 40,000 newborns worldwide.

Q3 - Most symptoms caused by Leigh's disease?

- Weak muscle tone (hypotonia), involuntary muscle contractions (dystonia), and problems with movement and balance (ataxia). Loss of sensation and weakness in the limbs (peripheral neuropathy).

Q4 - What are investigation reports required for diagnosis?

- Blood tests to check for lactic acidosis and enzyme markers that indicate Leigh syndrome, Imaging scans like an MRI to check for damaged areas of brain tissue (lesions), Genetic test (a type of blood test) to determine the type of gene change causing the condition.

Q5 - What is the treatment of Leigh's disease?

- The most common treatment for Leigh's disease is thiamine or Vitamin B1. Oral sodium bicarbonate or sodium citrate may also be prescribed to manage lactic acidosis.

Q6 - What are the common structures of brain involved in Leigh's disease?

- Pathologically, Leigh syndrome is uniformly characterized by multifocal spongiform degeneration diffusely throughout the brain, including the basal ganglia, thalamus, cerebellum, brain stem, spinal cord, and optic nerves.

Q7 - What are the complications of Leigh's disease?

- Affected individuals may develop weak muscle tone (hypotonia), involuntary muscle contractions (dystonia), and problems with movement and balance (ataxia). Loss of sensation and weakness in the limbs (peripheral neuropathy), common in people with Leigh syndrome, may also make movement difficult.

Q8 - What are the differential diagnosis of Leigh's disease?

- Various DDs include-
 - Neonatal/ Perinatal Ashphyxia
 - Kernicterus
 - Wernicke's encephalopathy
 - Methylmalonic acidemia; propionic acidemia
 - Wilson's disease
 - Biotin responsive basal ganglia disease (BBGD)
 - Other mitochondrial myopathies