

SGRD Celebrates World Hearing Day



World Hearing Day was jointly celebrated by the Department of ENT & Pediatrics. The theme was 'Hearing Loss: A Neurological Emergency-Importance of Early Screening and Intervention in Treatment of Newborns with Hearing Impairment'. The occasion was graced by Dr. Sukhchain Singh, IPS, Commissioner Police as Chief Guest. He congratulated the institute on completion of 100 successful Cochlear Implant surgeries and encouraged parents of the operated children to spread awareness so that more kids may benefit from the facilities provided. Video message from Mr. Brett Lee was the highlight of the event.

This year, the WHO has given the theme "To hear for life, listen with care" for the World Hearing Day. SGRD has initiated a step in this direction by launching the program 'SHOR – Stop Honking on Roads'.

'SHOR'

S - STOP H - HONKING O - ON R - ROADS

Dear friends,

The vast majority of problems in relationships at an individual level as well as in organisations occur as a result of faulty communication. Either exchange of thoughts and opinions is lacking, or incorrect information is being transferred.

Most interpersonal issues can be sorted out with frank and elaborate discussion without being biased or judgmental. The skill of conflict management lies in ensuring that channels for expression and clarification of views remain open.

The degree and quality of communication is at the root of both the creation of problems in relationships as well as their prevention and resolution.

It is a point to ponder (last page).

Dr. Daljit Singh
Vice Chancellor



Simulation centre/ Skill lab updates

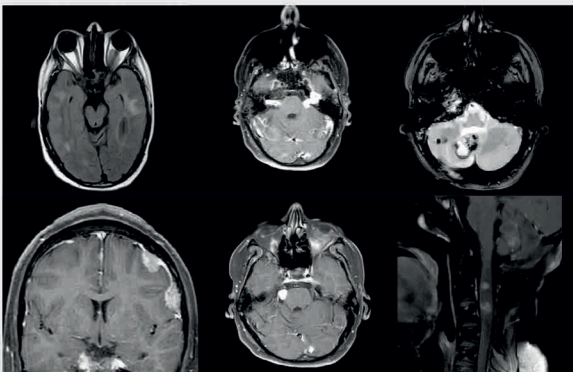


In accordance with MCI/NMC recommendations, the Skill Lab was established in the Institute in 2019. Hands-on workshops were organised for the students by Laerdal and the department of Physiology, followed by a skills training workshop for the faculty. Modules for use of different simulators were created by the Skill Lab committee members. Faculty and PG students were trained in various scenarios for skill development and assessment on full body mannequins and trauma mannequins.

In the last couple of years, Covid-19 hampered all activities, and virtual sessions became the new teaching learning modality in the Lab. Following guidelines GOI and NMC to establish a Covid Skill Lab, the lab was readied for necessary training in this context. From implementation of comprehensive training of students, we focused on training the Health Care Workforce for Covid 19 preparedness. Workshops were organized to equip HCWs on donning and doffing of PPE, nasopharyngeal swab collection, oxygen therapy, endotracheal intubation, as well as preparation and care of Covid-19 patients requiring ventilation and physiotherapy.

► Clinical Snippet

Multicentric CNS Masses in Neurofibromatosis II



An 18-year-old male with neurofibromatosis II presented with progressive bilateral hearing loss and diminished visual acuity on the left side. MRI brain showed varicoid mass lesions in relation to bilateral internal auditory canal- Schwannomas, three dura-based enhancing extra-axial lesions- multiple meningiomas, right cisternal segment of trigeminal nerve mass, a mixed signal solid cystic mass right cerebellum- pilocystic astrocytoma, left retrobulbar enhancing mass- Optic nerve meningioma and two homogeneously enhancing intramedullary lesions opposite C2 and C3 vertebral bodies- cervical cord ependymoma.

Dr. Arvinder Singh
Professor & Head Radiodiagnosis

Awards and Achievements



Department of Radiology

- 1 Dr Amandeep Singh has been unanimously elected as secretary of the Punjab IRIA for 2022-23. He was the co-ordinator north zone for the IRIA-ICRI YUWA National PG Quiz and judge for scientific papers at Global Radiology Summit-2. Dr Gursangeet Randhawa (JR) won second prize in scientific paper presentation.

Department of Genetics

- 2 Dr AJS Bhanwer has been appointed as Chairperson of the Institutional Ethics Committee (Project using human biological samples) at GLA University, Mathura and contributed a chapter in the book 'Issues and developments in medicine and medical research', volume 6.

Department of Biochemistry

- 3 Dr Shaiba Kukreja contributed a chapter: Review of literature. In: Mahajan R, Singh T, eds, Thesis Writing The T,H,E,S,I,S Approach, 1st edition.

Department of Radiodiagnosis

- 4 Dr Neeraj Jain was elected President North Zone by the Association of Radiation Oncologists of India.

Department of Pediatrics

- * Dr Daljit Singh was elected Chairperson, National Respiratory Chapter Pb & Chd branch for 2022. He has been designated as Chairperson and 5 Dr GS Narang as National Coordinator of the CBME Curriculum Implementation and Monitoring committee by IAP Medical Education Chapter.

College of Nursing

- * Dr Parvesh Saini received 'Lifetime achievement award certificate' and reviewed 4 chapters in 'Reader's maternity nursing'. Dr Karuna Sharma inducted in 'Hall of fame' by Nursing Scholar Society.
- * Dr Amandeep Kaur Bajwa was appointed as Editorial board member of IJPS and reviewed a book 'Mental health and psychiatric nursing'.
- 6 Dr Sukhbir Kaur published the 2nd edition of the textbook of nursing management and won 2nd prize for presenting a paper at the 7th conference of Indopacific Academy of Forensic Nursing Science.

World Cancer Day Celebrated



Community Health Nursing department celebrated World Cancer Day on 3rd and 5th February, 2022 on the theme of 'Close the care gap'. Various competitions like Slogan writing and Pencil drawing were organised along with Fund raiser challenge for Cancer fund. Dr Paramjot Bindra delivered a guest lecture.



Resource Faculty for Scientific Sessions

Department of Surgery



Dr Sudershan Kapoor chaired scientific session in Gurukul Scrub 2022.



Dr Vikas Kakkar chaired a scientific session and was guest speaker on Free Fibula in Head and Neck reconstruction ISRM 2022.

Department of Obst & Gynae



Dr Sangeeta Pahwa was guest speaker on the topic 'Q&A session' in CME by Abbott, panelist in public forum on nutritional facts by Kanpur Menopause Society and guest speaker on 'Congenital Uterine Malformations' in virtual CME and PG teaching program organised by MMU, Mullana, Ambala.

Department of Pediatrics



Dr Daljit Singh was guest speaker on 'How to critically appraise a scientific paper' by IAP MEC Training Program on basic research methodology, and was faculty member in Asthma Training Module for NRC J&K/Ladakh branch.

Department of Ophthalmology



Dr Shakeen Singh was a panelist in AIOS International Ocular Trauma Session 2022

Department of Anaesthesia



Dr Ruchi Gupta presented a lecture at APPEC 2022 and participated in case discussion at MAMC Anaesthesia Update 2022.

The Faculty of Anaesthesia department conducted AHA ACLS/BLS course for the interns.

Department of Anatomy



Dr Anupama Mahajan chaired a scientific session during 68th NATCON of ASI organised by department of Anatomy, King George Medical University, Lucknow.

College of Nursing



Dr Manpreet Kaur was a resource person for the 2nd National Conference of SPHERE organized by KBT College of Nursing, Bhopal.



Dr Amandeep Kaur Bajwa presented a scientific paper in an international virtual conference and was moderator for the 1st National level conference organized by VNC and NSS.

Azadi Ka Amrit Mahotsav



large. A discussion round between the medical students and the faculty was also held. The Psychiatry Department of Nursing College organized a panel discussion and competitions like poster making and Rangoli.

► Marching forward....

New Impedance Audiometer



Advanced portable screening impedance audiometer was installed in the ENT department, which will help in detecting middle ear disorders in one minute. This equipment will be helpful in camps and will make the

diagnosis and treatment more efficient. New speech language test batteries will help in diagnosing speech and language disorders like Autism, Attention Deficit Hyperactivity Disorder (ADHD), Aphasia, Dysarthria and Misarticulation.

Dr. AP Singh
Dean, SGRDUHS

Courses Completed

Department of Dermatology



Dr Guneet Kaur completed a virtual master class program 'The art of dermatosurgery' from Charma Institute, Bangalore.

Department of Psychiatry



Dr Amandeep Singh completed online course on 'National education policy' from Tapan Rehabilitation Society.

College of Nursing



Dr Parvesh Saini completed a 6 days 'virtual capacity building program' for midwifery faculty organised by INC and UNFPA.

Case Scenario Surgical Menopause



A 37 year old female presented with complaint of swelling on face, off and on constipation, pain epigastrium, hair fall and backache since 3 years. She had undergone abdominal hysterectomy at the age of 33 years outside. General physical examination, breast examination, per abdomen and per vaginal examination was normal. Her ultrasound whole abdomen + pelvis and mammography were normal. On risk assessment using GAIL score, CVD assessment, SARC- F score, DEXA scan, she was categorized in low risk. She was put on HMT- Tablet Premarin 0.325mg OD. She is doing well on follow up.

Menopause clinic patients (45 days): Symptoms

	Number n=35
Hot Flashes, Sweating	15
Sleep problems	13
Depressive mood	13
Irritability	11
Anxiety	11
Joint, Muscular discomfort	11
Heart discomfort	6
Sexual problems	4
Dryness of vagina	4
Bladder problems	3

Moderate : 19 Mild : 16

Point to Ponder



**Communication
is the key to relationships**

Q1 - What is menopause?

- It is defined as a permanent cessation of menstruation for a period of 1 year or more resulting from loss of ovarian follicular activity. It is a retrospective diagnosis which can only be made after 1 year of the final menstrual period.

Q2 - What are the common menopausal symptoms?

- Most common symptoms are menstrual irregularities, vasomotor symptoms (hot flushes, night sweats) mood disturbances, cognitive dysfunction, sexual dysfunction, somatic symptoms and urinary symptoms. Long term effects include osteopenia, osteoporosis, coronary heart disease, dementia and stroke.

Q3 - What risk assessment is required in menopausal subjects?

- For preventive health, menopause rating scale, BMI charts, CVD risk, osteoporosis risk, breast cancer risk and endometrial CA risk assessment are required. Various tools are available to assess this risk so that a decision can be made regarding.

Q4 - What is the role of lifestyle modifications?

- Menopausal women should be encouraged to perform weight bearing exercises including aerobic exercises, walking, jogging and yoga to improve bone mineral density. They should include 40-50 gm of protein per day in the diet (pulses, soyabean) and not more than 2-3 cups of tea/ coffee, as caffeine leads to bone loss.

Q5 - What is Menopausal Hormonal Therapy (MHT)?

- MHT is the administration of estrogen with progesterone for the treatment of vasomotor symptoms, vaginal atrophy and osteoporosis. Current guidelines recommend 0.3 mg of CEE for 6-12 months followed by evaluation.

Q6 - What is the role of MHT in various clinical situations?

- Use of estrogen combined with progesterone should be used in cases with intact uterus to prevent endometrial hyperplasia and cancer, whereas in hysterectomized patients only estrogen can be used. For urogenital atrophy and urinary symptoms, vaginal estrogen cream is preferred instead of oral HT.

Q7 - What are the adverse effects of menopausal hormone therapy?

- Adverse effects include venous and arterial thromboembolism, stroke, vaginal bleeding, breast cancer and endometrial cancer. Absolute contraindications to HMT are vaginal bleeding, breast cancer, thromboembolism and suspected pregnancy.

Q8 - What is a dedicated menopause clinic and its role?

- Dissemination of knowledge to larger groups of doctors involving physicians, psychiatrists, orthopedicians as well as dermatologists along with gynecologists is carried out. All these, and even eye, dental and physiotherapy personnel are involved in taking care of menopausal women.

Q9 - What is required for good menopausal health?

- The mantra for good menopausal health is living with a holistic approach: mind your food, mind your body, mind your mind, mind your sleep, mind your emotions and mind your activity. Menopause can be represented as Me(main)-no(nahi)-pause(rukunji).

Executive Team - SGRD

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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World Hearing Day



Recipients of cochlear transplant were felicitated



World Cancer Day



Azadi Ka Amrit Mahotsav Celebration of Global Women's Day

