



SERD
Synapse

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ENT CONCLAVE 2022: International Live Surgical Conference



SGRD University of Health Sciences hosted the 5th International Live Surgical Conference ENT Conclave 2022. Dr Arun Banik, Director National Centre for Disability Studies, New Delhi was the Chief Guest. Over 300 ENT doctors from all over India witnessed live surgeries demonstrated by the renowned Otolaryngologists. Dr S Dubey from Bhopal conducted 3 cochlear implant surgeries, Dr S Jain from Jaipur did 5 skull base surgeries, Dr R Vincent from France operated 6 patients with conductive deafness, Dr R Virk from PGI conducted 2 Laser cancer surgeries and Dr HM Patel from Mumbai demonstrated Ossiculoplasty on 4 cases. Speakers emphasised on the latest advancement in the treatment of ENT diseases in the post Covid era.



Dear friends,

The saying "Count your blessings" is inappropriate, because we have all been bestowed too many blessings to actually count. To start with, life itself is an amazing gift from the Almighty. There are an infinite number of divine benedictions we have received.

Positive happenings are generally taken for granted, as if God is obliged to provide us good things all the time. We tend to focus on our share of deficiencies, adversities and unfortunate events.

There are no guarantees in life and everything works as per the law of probability. A positive attitude with a feeling of gratitude will not only keep us in a proper frame of mind, but will attract more blessings.

Remaining in a state of gratefulness will allow us to experience peace and happiness

It is a point to ponder (last page).

Dr. Daljit Singh
Vice Chancellor



Thalassemia Mukht Bharat Program Started



SGRD Thalassemia Welfare Society started an awareness program with its motto 'Make India Thalassemia Free'. Mr. Gurpreet Ghuggi, famous comedian, was the chief guest and Dr. Shruti Kakkar, Senior Haemato-oncologist was the Guest of Honor. Painting/drawing competition, cultural program, dance and singing competition were conducted on the theme 'Be aware, share, care'. Dr GS Narang, Secretary Thalassemia Society said that 65-70 thalassemic children 1-18 years of age come every month. All the necessary facilities including blood transfusion and filters are provided to these children free of cost by SGRD.

Virtual Training Program on Omicron

A nation-wide virtual training program for 'Capacity Building of Nurses on Comprehensive Management of Variant of Concern (Omicron) Revised Treatment Protocols and post Covid-19 Sequelae' was conducted on 23rd May by Ministry of Health & Family Welfare in collaboration with College of Nursing and ECHO India. Nearly 450 participants attended through a zoom link. Dr R Balachandran, ADG (Nursing), Dte GHS, MOHFW was the organiser, Dr S Gupta, Chairperson Training and Dr S Maheswari was Mentor of the program. A series of lectures were delivered.

► Clinical Snippet

Solitary osteochondroma in lumbar spinous process



A 23-year-old man presented with solid painless mass at lower lumbar region. The lesion was treated with en-bloc resection. Histopathology confirmed the diagnosis of osteochondroma. No post op neurological complications noted. Osteochondroma is a benign bone tumour, pedunculated or sessile, arising by progressive enchondral ossification of growing cartilaginous cap. It is usually found in the metaphysis of long bones. Exophytic lumbar variety is uncommon presenting with palpable mass or spinal deformity.

Dr. Gagan Khanna
Professor of Orthopaedics

AMACON - 2022



Dr Daljit Singh was Guest of Honor in 1st AMACON-2022 hosted by Amritsar Medical Association. He and Dr MS Uppal participated in a panel discussion on current issues faced by the medical profession.

World Yoga Day Celebrated



World Yoga Day was celebrated on 21st June. VC Dr. Daljit Singh conducted a pranayama and meditation session for faculty and students of Medical and Nursing college. Earlier, a session was conducted by Dr. Sanjeev Rawat Yoga consultant DMCH, Ludhiana who demonstrated many important Yogasanas and taught students breathing exercises which can help to destress themselves and keep their bodies healthy.

World Hypertension Day Celebrated



Medical Surgical Nursing department along with BSc (N) students celebrated World Hypertension Day on 17th May in the OPD. Role play, races and a yoga session was conducted for patients and family members.

Nurses Week Celebrated



Nursing College celebrated Nurses Week by organising activities like health talks, role play and fun filled activities at Mental Hospital, Urban Health Centre and Postnatal ward of SGRD Hospital.



Awards and Achievements



NAPCAIM

- * NAPCAIM Punjab Chapter is now an Associate of United Nations, Department of Global Communications.

Department of Ophthalmology

- 1 Dr Shakeen Singh was elected vice president of Ocular Trauma Society of India. He delivered two talks, chaired a scientific session and was judge in a free paper session at annual meeting at Gwalior.

Department of Gynaecology

- 2 Dr Sangeeta Pahwa was awarded certificate of excellence in reviewing, editor in chief Journal of Obst & Gynae Surgery.

Department of Genetics

- 3 Dr Prabhjot Kaur Gill was nominated as an external member of the ethics committee of Adesh University, Bathinda.

Courses Completed



Department of Dermatology

- 1 Dr Guneet completed a master class program on Cosmetic Procedures for Pigmentation.

Department of Surgery

- 2 Dr Seema Mittal completed a master course on Microblading, Micropigmentation and BB Glow from New Delhi.

Department of Psychiatry

- 3 Dr Piyush Mahajan completed a 3-month certificate course on Sleep Medicine.

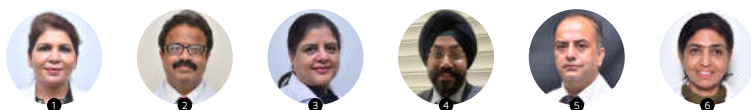
Department of Community Medicine

- 4 Dr Harpreet completed PG diploma in Hospital and Health Management by IGNOU.
- * Dr Harpreet and 5 Dr Manisha completed an online course on 'Covid-19: Learn and Lead' by ICMR & NIE.

College of Nursing

- 6 Dr Sukhbir Kaur completed a faculty development program organised by Chitkara University, HP.

Resource Faculty for Scientific Sessions



Department of Dermatology

- 1 Dr Jasleen Kaur judged the award paper session in CDSI 2022.

Department of Medicine

- 2 Dr Gurinder Mohan delivered a guest lecture in APICON 2022.

Department of Anaesthesia

- 3 Dr Ruchi Gupta delivered a guest lecture in a workshop at DMC, Ludhiana.

▶ Marching forward....

Neonatology Fellowships Accredited by NNF



Neonatal intensive care unit (NICU) has been accredited to level IIB of neonatal care by National Neonatology Forum of India. This will give the opportunity to train budding doctors and nurses in advanced neonatal care with fellowship courses. The unit has 30 NICU beds, 6 Neonatal ventilators (conventional and high frequency), Incubators, latest bubble CPAP, high flow nasal therapy and all other facilities to manage extremely preterm neonates, critical medical/surgical conditions and shifting of sick neonates in transport incubator.

Dr. AP Singh
Dean, SGRDUHS

Department of Radiology

- 4 Dr Amandeep Singh was chief guest cum moderator for 'Samrakshan - preeclampsia' webinar series and was organising secretary of 'Jalcon - 2022'.

Department of Surgery

- 5 Dr Vikas Kakkar was a speaker in a workshop at New Delhi. He was awarded Fellowship of FIPA (Indian Podiatry Association).

Department of Gynaecology

- 6 Dr Sangeeta Pahwa was guest speaker in two CMEs, presented a talk during round table meet and was organiser, moderator and panel expert on Pelvic Pain in a webinar organised by Amritsar Menopause Society.



Department of Anatomy SOCA - 2022

Dr Anupama Mahajan and Dr. Monika Piplani were elected executive members of SOCA 2022-2023.

- 7 Dr Anupama Mahajan, 8 Dr Seema and 9 Dr Monika Piplani chaired scientific sessions in the conference at Govt. Doon Medical College, Dehradun.
- + Dr Anupama Mahajan is editorial board member of National Journal of Clinical Anatomy, volume 10.

College of Nursing

- 10 Dr Parvesh Saini was Guest of Honor on International Nurses Day and 11 Dr Manpreet Kaur was the resource person on the eve of World Environment Day at Khalsa College of Nursing.
- 12 Dr. Amandeep Kaur Bajwa was a resource person in a session organised by SGRD Nursing Institute, Pandher.



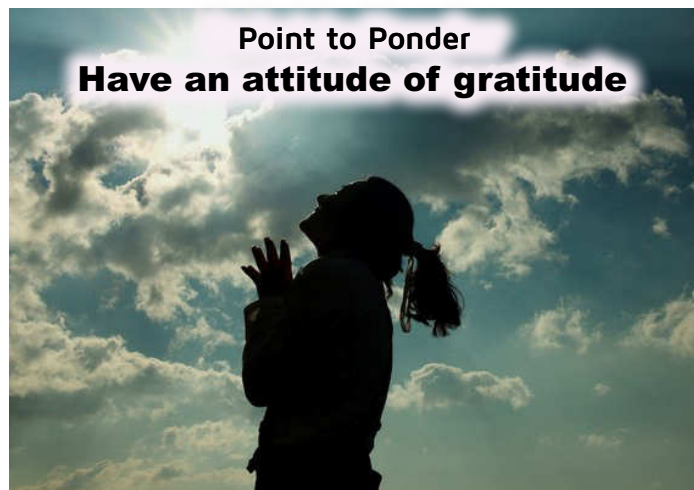
Case Scenario

Toxic epidermal necrolysis (TEN)



An 8 years old male presented with rapidly spreading skin lesions over 48 hours after medications for an acute febrile illness. There were painful vesico-bullous skin lesions with erythema involving face, ears, chest and back. Nikolsky sign was positive. Oral mucosa was severely involved. After ruling out sepsis, he was treated with IV dexamethasone and cyclosporine and supportive care was given with IV fluids, skin care, Ryle's tube feeds, Clindamycin and Linezolid. Femoral central venous line was maintained for 10 days. He had concomitant severe drug induced liver injury (DILI) (total bilirubin 23 mg/dl, SGPT 540 IU/L). He was discharged uneventfully after 14 days.

SJS/TEN cases in our institute (2019 onwards)			
Age	Gender	Type	Outcome
<20 yrs - 2	Male - 5	SJS - 2	Survived - 7
20-50 yrs - 5	Female - 4	SJS/ TEN overlap - 3	Death - 2
>50 yrs - 2		TEN - 4	



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)



An Overview....

Stevens-Johnson Syndrome/ Toxic Epidermal Necrolysis (SJS/TEN)

Dr Jasleen Kaur, Professor & Head, Dermatology
 Dr Bharat Mehra, Assistant Professor, Pediatrics

Q1 - What is Stevens-Johnson syndrome/ Toxic epidermal necrolysis?

Toxic epidermal necrolysis (TEN) is a life threatening severe epidermolytic adverse cutaneous drug reaction that predominantly involves the skin and mucous membranes. Stevens-Johnson syndrome (SJS) and TEN are considered to be two ends of a spectrum of the same disease, differing only by their extent of skin involvement (SJS 10%, TEN > 30%). They are characterized by an abrupt onset of a tender/painful red skin rash evolving into multiple coalescing blisters. Affected parts of skin may come off in sheets (Pseudo Nikolsky's sign) due to extensive necrosis and detachment of the epidermis

Q2 - What is the Incidence of SJS/ TEN?

The incidence of SJS worldwide is 1.0-6.0 per million and that of TEN is 0.4-1.2 per million. The rate of SJS/TEN spectrum is nearly two times higher in Asian population as compared to Caucasian. The mortality rate of SJS, SJS-TEN overlap and TEN are 4.8%, 19.4% and 14.8% respectively.

Q3 - What are the common drug associated?

Commonly implicated drugs include: Antibiotics- Cotrimoxazole, Beta-lactams, fluoroquinolones; Anti-convulsants- carbamazepine, lamotrigine, phenytoin, phenobarbitone; Allopurinol; Nonsteroidal anti-inflammatory drugs (NSAIDs) (oxicam type mainly) and Nevirapine (non-nucleoside reverse transcriptase inhibitor).

Q4 - What is the differential diagnosis?

- Drug hypersensitivity syndrome, Drug Rash with Eosinophilia and Systemic Symptoms (DRESS).
- Staphylococcal scalded skin syndrome and toxic shock syndrome.
- Erythema multiforme major (with mucosal involvement).
- Exfoliative erythroderma.
- Mycoplasma infections.
- Bullous systemic lupus erythematosus.
- Paraneoplastic pemphigus.

Q5 - How to manage SJS/ TEN?

Mainstay treatment of TEN is supportive care until re-epithelialization of the affected skin. Supportive measures include immediate cessation of offending agent, fluid resuscitation, pain management, aseptic wound care, eye care, mouth care and nutritional support. Pharmacotherapy includes systemic steroids, cyclosporine, IV-Ig, and plasmapheresis.

Q6 - Name the various complications seen?

- Serious complications may occur. These include:
- Infection leading to septicemia, shock, multi-organ failure.
- Acute respiratory distress syndrome.
- Gastrointestinal ulceration, perforation and intussusception.
- Hepatitis.
- Thromboembolism and disseminated intravascular coagulopathy.

HELP LINES

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

Commemoration of World Thalassaemia Day



Day 1

Awareness walk flagged by the chief guest S. Parminder Singh Bhandal , DCP, Amritsar.

Day 2

S. Gurpreet Singh Guggi, famous comedian, Chief Guest for the occasion.

a - f, Various activities performed by the Thalassaemic Children.

g, Blood Donation in progress.

5th International live conference 'ENT Conclave - 2022'



a



b



c



d



Special dignitaries and speakers

a Dr Ashok Uppal

b Dr Robert Vincet

c Dr Arun Banik

d Dr Jugal Kishore