



# SGRD Synapse

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

## FORENSIC MEDICON 2023 Celebrated



Department of Forensic Medicine & Toxicology, SGRDIMSR, Sri Amritsar has organized a mega 3 days 44th Annual National Conference—FORENSIC MEDICONE 2023 from 24th–26th February, under the aegis of the Indian Academy of Forensic Medicine. Dr. Sukhchian Singh Gill (IPS), Inspector General of Police & Nodal Officer to the Chief Minister of Punjab, was the Chief Guest, and Mr. Priyank Kanoongo, Chairperson, National Commission for Protection of Child Rights, New Delhi was the Guest of Honor on this occasion. The key speakers who contributed to the success of the conference included Prof. (Dr.) Mukesh Yadav, National President, IAFM, Dr. Akhilesh Pathak, Prof. & Head, Dept. of Forensic Medicine & Toxicology, AIIMS, Bathinda, Punjab, Dr. S.K. Singhal from AIMSR, Rajasthan, Director Professor (Dr.) S.K. Verma, President ICFMT (2022–2025), Dr. Indrajit Khandekar, from MGIMS, Sewagram, Wardha, Dr. Sarabjit Singh, Senior Scientist, DNA Fingerprinting Division, Forensic Science Laboratory, New Delhi, Dr. Mrs. Jayanthi Yadav from GMCBU, Bhopal, Dr. Oli Goswami, SMO, GMCH, Dr. Rakesh K. Gorea, Prof. & Head, Forensic Medicine, GSMC, Punjab, Prof. Kusa Kumar Shaha, Dean JIPMER Karaikal, Puducherry and Dr. Prateek Rastogi, Prof. & Head, Forensic Medicine & Toxicology, KMC, Mangalore. Dr. AP Singh welcomed the visiting guests, delegates, dignitaries and said that we are honored to host Forensic Medicon 2023, and in the future they will continue to organize such events to increase the knowledge of the experts working in the medical field and the students studying medicine.



Dear friends,

Working hard to meet life and career goals requires serious focus. I agree, but it's equally important to take time to laugh and be joyful along the way. Good health and meeting the basic needs of life without much struggle and strife are great blessings, and most of us are fortunate. Then why take our little, tiny problems to heart and make mountains out of molehills? Agonizing over the smallest decisions or spending hours ruminating over a disagreement or a comment someone made is actually not worth in the long run. We should not hold trivial issues close to our hearts and let them capture our mindset and dictate our behaviour or attitude towards life. Worry and undue stress take over our joy and inculcate a negative behaviour pattern, leaving us disappointed, unmotivated, and depressed. Let situations amuse you rather than annoy you. Don't take life too seriously. Laugh a lot, smell roses, dance in the rain, forgive for your peace, and remember, troubles are like bubbles; sooner or later they will fly away, but we should not forget being kind, grateful, and hilarious. It's a blessing to be alive!

*Dr. Manjit Singh Uppal*  
Vice Chancellor



## ISSPCON 2023



The 37th Annual National Conference of Pain Medicine (ISSPCON-2023) was held at SGRD University from February 3-5, with the aim of propagating the knowledge and practice of pain medicine in order to relieve the physical and mental suffering associated with chronic pain. The inauguration ceremony was held on February 3 evening by the Chief Guest, Dr. Manjit Singh Uppal, Vice Chancellor, SGRDUHS, along with the Guest of Honour, Dr. S.S. Walia, Founder HOD, Dept. of Anaesthesia, SGRDIMSR. Pre-conference workshops were held on February 2 to explore varied topics of interventional procedures in pain medicine with experts hailing from different parts of the country. A convocation was also held on the occasion, where 27 fellows received their fellowship. A lifetime achievement award was conferred on Delhi-based pain physician Dr. Gurpradas Dureja (the Pioneer of Pain Medicine) for his service of over three decades in the field of pain management at the annual conference of the Indian Society for the Study of Pain.

### ► Clinical Snippet

#### Suction blister grafting for stable vitiligo on lip



A 20-year-old male presented with lip vitiligo for 3 years. The lesion had been stable and showed minimal response to medical treatment. It was treated with suction blister roof grafting. Suction blister grafting is a technique for obtaining ultra-thin split-thickness grafts. The epidermis is separated from the dermis by applying prolonged suction to the donor, followed by transplanting the roof of the blister-dermabraded vitiliginous recipient site. The technique is primarily indicated for small patches of localised and stable vitiligo especially on the face. Melanocyte transfer occurs within 48-72 hours, and re-pigmentation usually completes within 3 months.

**Dr Jasleen Kaur**  
HOD, Dermatology

## 'PNF' Workshop Conducted



The physiotherapy department organized a 2-day workshop on 'Proprioceptive Neuromuscular Facilitation' on February 10-11, 2023. Dr. M.S. Uppal was the chief guest for the occasion. The workshop was attended by 80 delegates from different colleges around Punjab. Dr. Mandeep Kang, organizing secretary, said this new technique of PNF would be beneficial for physiotherapy students in treating neurological and paediatric patients. The resource person for the 2-day workshop was Dr. Harpreet Singh, an expert faculty member from AIIMS, New Delhi.

## Fight Against Drugs



The re-launched Buddy Program, under the aegis of the Directorate, Research and Medical Education, Punjab was implemented at Sri Guru Ram Das University of Medical Sciences, Sri Amritsar. As part of the schedule of the Buddy Program, for the month of February, a guest lecture was conducted. Dr. Amandeep Singh, Assistant Professor, Dept. of Psychiatry, SGRDUHS, Amritsar, took a guest lecture on the topic 'Fight against Drugs' for the MBBS students on February 21 from 1.30 pm to 3.00 pm. He made them aware of the challenges faced by the students on admission to a professional course and the ways to overcome them. It was an interactive session wherein students asked questions and were guided properly. The side effects and consequences of drug abuse and addiction were discussed. The session was attended by all the buddies and the senior buddies.

## Courses Completed



### Department of Microbiology

- \* 15 Dr Sarbjeet Sharma successfully completed the training in ART Plus from PSACS, Chandigarh.

### Department of Anaesthesia

- \* 19 Dr Geetanjali and 20 Dr Sachreet Kaur successfully completed Fundamental Critical Care Instructor Course.
- \* 6 Harpreet Babrah cleared the Post Doctoral Fellowship in Pain Medicine Exam 2022-2023.

### College of Nursing

- \* 18 Dr Amandeep Kaur Bajwa (College of Nursing) was completed Foundation Certificate Course in Forensic Psychology from SIFC, New Delhi.

## Resource Faculty for Scientific Sessions



### Department of Anatomy

- \* ❶ Dr Anupama Mahajan and ❷ Dr Monika Piplani were elected executive members of the SOCA 2023-2024.
- \* ❶ Dr Anupama Mahajan, ❸ Dr Punita Sharma, ❹ Dr Anterpreet Arora, ❺ Dr Monika Lalit chaired a scientific session in the world Congress of Clinical Anatomists and the 11th Annual Meeting of SOCA held at DMC Ludhiana.
- \* ❷ Dr Monika Lalit chaired a scientific session in SGTeanatCon2023 held in Haryana.

### ISSPCON 2023

- \* ❸ Dr Ruchi Gupta (Anaesthesia) was the Chairperson.
- \* ❹ Dr Harpreet Baprah (Anaesthesia) gave a Guest Lecture.
- \* ❸ Dr Punita Sharma (Anatomy) invited as a faculty.
- \* ❹ Dr Anterpreet Arora (Anatomy) invited as a faculty.

### Department of Orthopedics

- \* ❷ Dr Gagan Khanna delivered guest lectures in POACON at GMC, Patiala.

### Department of Radiotherapy

- \* ❸ Dr Neeraj Jain chaired sessions on 'Radiotherapy + Immunology' at MGMC, Jaipur & 'Lung Cancer' at Lucknow.

### Department of Dermatology

- \* ❹ Dr Pooja Dhawan was a speaker in CME at Amritsar Female Dermatologists Forum.
- \* ❺ Dr Guneet Kaur delivered a lecture at Dermacon International 2023 held at Mumbai.

### Department of Obst & Gynae

- \* ❶ Dr Sangeeta Pahwa chaired sessions in CMEs on 'Webcon Happy Aging Happy Senescence' and 'Happy Learning Master Class Series'. She was the panelist in the 'IMS President Webinar Series'.

### Department of Chest & TB

- \* ❷ Dr Sunil Grover was the panelist in online panel discussion held at Mohali.

### Department of Ophthalmology

- \* ❹ Dr Shakeen Singh was Judge, Panelist and delivered a talk in CME on IIRSI 2023.

### Department of Radiology

- \* ❹ Dr. Amandeep Singh was Scientific Committee Co-Chair & Joint Organizing Secretary and delivered a lecture in a CME on 75th Annual National Conference of the Indian Radiological & Imaging Association held at Amritsar.

### Department of Microbiology

- \* ❹ Dr Sarbjeet Sharma chaired scientific sessions in CME on the 'Challenges in Hospital Acquired Infection' in PGMER, Chandigarh.

### Department of Pediatrics

- \* ❹ Dr Bharat Mehra was invited as faculty in CME on the 60th PEDICON at Ahmedabad, Gujrat.



# SGRD Synapse

## » Marching forward....

### BCA (Body Composition Analysis) started at SGRD



Since the establishment of the dietetics department at SGRD Hospital, the aim of the department has been to establish and encourage good nutritional practices and standards as an integral part of health care. Recently, another advancement was made by establishing a BCA chamber in the department to assess the body composition of patients so that their nutritional intervention can be done accordingly. Apart from weight and BMI, it also measures subcutaneous fat percentage, visceral fat percentage, total body fat percentage, skeletal muscle mass, and biological age. So, in a nutshell, as the name suggests, it is ideal for complete body composition analysis. It is useful for pre- and post-operative patients by directly assessing the body fat and muscle ratio for evidence of malnutrition. It also finds huge applications in the early detection of osteoporosis by measuring bone mineral content and for risk awareness of coronary artery disease, sleep apnea, hypertension, diabetes, osteoarthritis, and many other areas by measuring body fat and the distribution of body fat in the body.

**Dr. AP Singh**  
Dean, SGRDUHS

### Department of Pathology

- \* ❷ Dr Harjot Kaur chaired a session in CME held at Chandigarh.

### College of Nursing

- \* ❹ Dr Amandeep Kaur Bajwa was a resource person in International Workshop held at NIMS University, Rajasthan. She was a panelist in the 22nd Annual Conference at Goa. She also delivered a guest lecture under the BUDDY Program at KCA, Amritsar.

## Awards and Achievements

### Department of Radiology

- \* ❹ Dr Amandeep Singh awarded 'Dr Diwan Chand Aggarwal Memorial Oration 2023', Dr VP Laxhanpal Gold Medal Award' and 'President Appreciation Award' at 75th Annual National Conference of the Indian Radiological & Imaging Association held at Amritsar.

### Student Achievement

- \* Ms Parmanreet Bhatti has completed the STS-ICMR Project' under the guidance of Dr Richa Ghay Thaman and co-guide is Dr Gursharan Singh Narang.

### Case Scenario Frozen Shoulder



A 50-year-old female with a known case of supraspinatus tendinopathy and subacromial bursitis presented with a frozen shoulder. She was a known diabetic patient but not on medication. She had a history of left shoulder pain for the last year. The patient presented with pain in the bicipital region radiating down to the elbow while doing household chores. On examination, restricted elevation and external rotation were observed. During week 1, the patient's shoulder ROM was measured as:

**Before therapy, shoulder ROM was measured as:**

Flexion: 70                      External Rotation: 70                      Abduction: 70  
Internal Rotations: 20

**After therapy for 9 weeks, shoulder ROM was measured as:**

Flexion: 170                      External Rotation: 70                      Abduction: 165  
Internal Rotations: 80

The treatment protocol for the patient was altered during different phases of rehabilitation. The protocol consisted of ultrasonic therapy, transcutaneous electrical nerve stimulation, and passive mobilization of the shoulder. Later, stretching and strengthening exercises with therabands were initiated. Now, patients can even perform overhead activities like combing and dressing without pain. Some pictures and videos of the patient were also taken during therapy sessions.

### Food for thought

**WORRYING IS LIKE A  
ROCKING CHAIR.  
IT GIVES YOU  
SOMETHING TO DO BUT  
IT GETS YOU NOWHERE.**



#### Q1 - What is frozen shoulder?

- ◆ Frozen shoulder, also referred to as adhesive capsulitis, is a condition due to inflammatory changes in the joint capsule and tightness of the rotator cuff musculature. It can develop secondary to tendinitis or bursitis of the soft tissue structures surrounding the shoulder joint. This condition is more prevalent in diabetic patients, particularly females, than males.

#### Q2 - What is the difference between primary and secondary frozen shoulder?

- ◆ The onset of primary frozen shoulder is usually idiopathic. Whereas, the secondary frozen shoulder develops as a result of several predisposing factors like diabetes, post-mastectomy, trauma, stroke, and tendinitis or bursitis. In secondary conditions, inflammatory components in the axillary fold or soft-tissue structures lead to the development of stiffness and adhesions, resulting in fibrosis of the synovial lining of the GH joint.

#### Q3 - What are common signs and symptoms?

- ◆ Gradual onset of diffuse, severe shoulder pain that worsens at night. Pain begins to subside, but the resultant restriction in the range of motion of the shoulder joint is noted.

#### Q4 - Common stages of frozen shoulder?

- ◆ Stage I: Acute/ painful phase: Gradual onset of shoulder pain at rest with sharp pain at extremes of motion and pain at night.
- ◆ Stage II: Frozen/ Adhesive Phase: Pain starts to subside, progressive loss of GH joint ROM. Pain at extremes of movement.
- ◆ Stage III: Thawing phase: Spontaneous, progressive improvement in functional range of motion.

#### Q5 - What is the treatment of frozen shoulder?

- ◆ Treatment of supraspinatus tendinopathy and subacromial bursitis:
- ◆ TENS (Transcutaneous electrical nerve stimulation)
- ◆ Ultrasonic therapy (1.3 W/cm<sup>2</sup> for 10 min)
- ◆ This treatment was continued for 17 days

#### Q6 - Treatment of subsequent frozen shoulder?

- ◆ Shoulder mobilization-(Caudal glide superior & anterior glide of the glenohumeral joint)
- ◆ Gentle stretching exercises of the supraspinatus, deltoid, and subscapularis
- ◆ Stretching exercise with Therabands (initiated with yellow therabands, progressed to green after 4 weeks)
- ◆ Strengthening exercise: isometric contraction of muscles surrounding the scapula