



# SGRD Synapse

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March - April 2023

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

## World Health Day Quiz Competition



Department of Community Medicine conducted a 'World Health Day' Quiz under the aegis of Indian Association of Preventive and Social Medicine on 5th April 2023 (Elimination Round) and on 10th April 2023 (Final Round). Total of 63 participants (21 teams) participated in elimination round of the quiz, out of which 12 participants (4 teams) qualified for the final round. Certificates of participation, merit and achievement were awarded to all participants, runners up and the winner team.

## SGRDUHS offers Genetic Counselling Program



Department of Genetics of SGRDUHS under the reverend guidance of Board of Genetic Counselling, India and under patronage of The Genomic Medicine Foundation, UK has launched a two-year Master's programme in the subject of Genetic Counselling from current academic session. This programme is the first of its kind in North India and third such degree in India. As genetic counselling is an upcoming field and India is still in need of thousands of skilled genetic counsellors. This programme will help students from Medical Sciences, Human Genetics and Biological Sciences background, to learn the nuances of Genetic Counselling and to pursue their career as certified Genetic Counsellors.



Dear friends,

As kids we all have been told the value of discipline. Somehow along our journey in life we start forgetting the powerful impact it can play in accomplishment of our goals. Goals can be any sort of goal, not necessarily professional. It can be getting fit, learning a new skill or improving our relationships; anything we desire in our life to feel more happier or contented and the role of self discipline can't be undermined in achieving any of these. Every goal for its achievement, requires set of habits which have to be repeated consistently over a period of time despite any unfavorable circumstances or lack of our own will at a particular moment. Practising self discipline provides the strength and focus to overcome such distractions and obstacles. Believe me friends, all success stories begin with self discipline. Motivation is what gets you started but discipline is what keeps you going. Talent is nothing without discipline and dedication. Theodore Roosevelt the great American president quoted, "The one quality which sets one man apart from another - the key which lifts one to every aspiration while others are caught up in the mire of mediocrity - is not talent, formal education, nor intellectual brightness - it is self-discipline. With self-discipline all things are possible. Without it, even the simplest goal can seem like an impossible dream". It is the magical ingredient which actually makes a difference. So let self discipline be your greatest gift to yourself!

*Dr. Manjit Singh Uppal*  
Vice Chancellor



# SGRD Synapse

## CME on Basics of Palliative Care



SGRDUHS in collaboration with Homi Bhabha Cancer Hospital, Sangrur (A Unit of Tata Memorial Centre, Mumbai) organized a CME on 'Basics of Palliative care for Doctors and Nurses' at Sangrur from April 21-22, 2023. Sh. Jitendra Jorwal (IAS), Deputy Commissioner, Sangrur was the Chief Guest and Dr Harjot Singh was the Guest of Honour for the Conference. Dr A.P. Singh, Dean SGRDUHS and Dr Ashish Gulia, Director, HBCH & RC, Punjab were organising chairperson and Dr Jagdeep Sharma, Dr Tapas Dora, Dr Harjot Singh and Dr Paramjot Bindra were organising Secretaries for the conference. More Than 150 delegates including doctors and nurses participated.



### ► Clinical Snippet Inflammatory Breast Cancer (IBC)



A 38-year-old woman presents with oedema & redness of the right breast and a retracted nipple, which progressed over a period of 3 months. Trucut biopsy report proved it to be inflammatory breast cancer (IBC). Unlike other types of breast cancer, IBC usually does not start with a lump. Instead, the first sign is thickening or heaviness in the breast. The breast may look red, infected, or like a rash. It affects women at a younger age, commonly under 40. It spreads so quickly that the cancer has already spread to other organs by the time it is diagnosed. The standard of care for IBC is neoadjuvant chemotherapy. If she responds to treatment, the patient may be eligible for a mastectomy. Additional treatments include chemotherapy, radiation, and target therapy.

**Dr Sudershan Kapoor**  
Professor & Head of Surgery

## Baisakhi Celebration



Department of ENT (B.ASLP students) and department of paediatrics celebrated Baisakhi with Thalassaemia heroes in the SGRD University.

## SGRDUHS Conducted Free Parkinson's Disease Camp



SGRDUHS in Collaboration with Jaslok Hospital and Research Centre, Mumbai conducted Free Parkinson's Disease Camp at Golden Temple April 15-16, 2023 on the occasion of World Parkinson's Day. Dr Parikh Doshi and the team of Experts checked more than 80 patients suffering from Parkinson's disease.

## Buddy Programme



The re-launched Buddy Program, under the aegis of the Directorate, Research and Medical Education, Punjab was implemented at SGRDUHS. As part of the schedule of the Buddy Program, for the month of March & April, a role play and drawing competition was conducted by UG students under the guidance of Dr Harjot Singh and Dr Paramjot Bindra.

## SGRDUHS Conducted SSBP Camp

Scientific Symposium on Bilirubin and Procalcitonin was conducted by department of Biochemistry on 19th April, 2023. Session on 'Vitros Brahms PCT & Vitros Bilirubin was taken by Dr Krishnan K, consultant at Ortho Clinical Diagnostics and was attended by clinical, para-clinical faculty, post graduate students and Interns.

## Farewell on Retirement



Warm farewell was accorded to Dr. Parvesh Saini, Principal, SGRD College of Nursing on her retirement.

## Awards and Achievements

### Department of Psychiatry

🎉 Dr Amandeep Singh was elected to International status as per the bylaws and Association Rules of APA for one year (2023).

### College of Nursing

★ Ms. Harleen Kaur Mangat, Ms. Kritika, Ms. Komaljit Kaur and Ms. Ramandeep Kaur, students of B.Sc. Nursing final year won first prize in National Level Quiz Competition organized by KCN, Asr.

★ Ms. Harmeet Kaur, B.Sc. Nursing student won special prize in Turban Tying Competition organized by GGSSC.



## Resource Faculty for Scientific Sessions



### Department of Pathology

- 1 Dr Sanjay Piplani chaired a scientific session in the conference of the NW chapter of IAPM 2023 held at DMCH, Ludhiana.

### Department of Community Medicine

- 2 Dr Priyanka Devgan delivered a lecture on 'Global Health Safety: Issues and Concerns' held at Amritsar.
- 3 Dr Manisha Nagpal, 4 Dr Pooja Sadana, 5 Dr Harjot Singh and 6 Dr Paramjot Bindra (Operations Head) were speaker in CME on 'Basics of Palliative Care' organized by HBCH, Sangrur in collaboration with SGRD University, Amritsar

### Department of Radiotherapy

- 7 Dr Meena Sudan was faculty in workshop on 'Brachytherapy Treatment' held at CMC, Ludhiana.
- 8 Dr Neeraj Jain chaired sessions on 'Radiotherapy in Rectal Cancer' held at ACC, Bathinda.

### Department of Dermatology

- 9 Dr Jasleen Kaur was invited as faculty and 10 Dr Saurabh Sharma was chairperson in CME 'SODC World Congress' held in Kufri, Shimla.
- 11 Dr Pooja Dhawan delivered a lecture in a CME on female dermatologists forum held at Amritsar.

### Department of Obst & Gynae

- 12 Dr Sangeeta Pahwa gave talks in 'eCME', 'Milestone' and 'IMS Education Committee'.

### Department of Biochemistry

- 13 Dr Sahiba Kukreja was Chairperson cum Judge for Paper presentation in '2nd National Postgraduate update cum CME' at GMCH, Chandigarh and 'Decoding Genes - The Journey Continues...' at DMCH, Ludhiana and was Chairperson for 'How Ngs Is Changing Diagnostics: Current Scenario'.

### Department of Orthopedics

- 14 Dr Rajan Sharma was chairperson in Chandigarh arthroscopy Conference and Rehab Course.

## ▶ Marching forward....

### Leukoreduced Blood Components



Leukoreduced Blood Components are now available at the SGRD Charitable Hospital, Vallah, Sri Amritsar Blood Center. These components are beneficial to patients (Thalassaemics, Dialysis and Cancer Patients) who need multiple

transfusions to reduce the incidence of Non-Hemolytic Febrile transfusion reactions, decrease the risk of cytomegalovirus (CMV) transmission to CMV-Negative Immunocompromised or pregnant recipients, and decrease sensitization to human leukocyte antigens (HLA) (important for transplant patients and platelet transfusion refractoriness). Therefore, transfusion of leukoreduced blood components assumes a lot of significance in these patients.

**Dr. AP Singh**  
Dean, SGRDUHS



### Department of Microbiology

- 15 Dr Sarbjeet Sharma was chairperson in 'Microcon NW 2023' held at KCGMC, Karnal.

### College of Nursing

- 16 Ms Rupinder Kaur delivered 'Secretary Report' in a conference on '1st Conference under Punjab Chapter (SGRDUHS) ONAI' at GSCN, Rajpura.
- 17 Dr Manpreet Kaur, 18 Ms Rupinder Kaur, 19 Mr Naveen Kumar, 20 Ms Kiranpreet Kaur, 20 Ms Akashpreet Kaur delivered lectures and live demonstration in CME on 'Basics of Palliative Care' at Homi Bhaba Cancer Hospital, Sangrur.

### Courses Completed



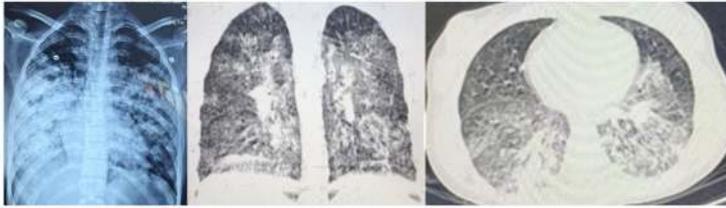
Dr Amandeep Singh (Psychology) completed course under online learning of WHO Health Emergencies Programme from WHO, USA.

## Sayonara MBBS Batch 2017



**Case Scenario**

**Lane-Hamilton Syndrome**



14-year-old female presents to PICU with history of sudden onset of cough, fast breathing, vomiting with shortness of breath for last 2 days. Her parents vaguely recalled that she had received blood transfusion 5 years ago and she was told to have celiac disease. On examination, she was well built and nourished, severe pallor, with features of severe respiratory distress, hypoxia and shock. Chest X-Ray showed bilateral diffuse pulmonary infiltrates in middle and lower zones. Her base line investigations showed severe anaemia (Hb: 4.5 gm/dl) and CRP 9.4 mg/L. In view of severe respiratory distress, she was intubated where, copious pulmonary bleed was noted in ET tube. She required high PEEP, vasopressors, sedation and paralysis along with multiple blood transfusion and drugs to control pulmonary haemorrhage. In view of severe anaemia, pulmonary haemorrhage and past history of celiac disease, possibility of Lane-Hamilton syndrome was kept and workup for celiac disease was strongly positive (t-TG IgA >200 RU/ml). CT chest revealed bilateral patchy consolidation in both lower lobes and diffuse areas of ground glass opacities. She was managed with pulse doses of methyl prednisolone for 3 days followed by maintenance dose. As her ventilatory parameters improved, she was extubated by day 16 and later kept on non-invasive ventilation. She was started on strict gluten free diet. She was discharged after a total stay of 28 days.

**Food for thought**



” All successes begin with self-discipline.  
It starts with you. ”

- Q1 - What is Lane-Hamilton syndrome?
- It is a rare coexistence of idiopathic pulmonary hemosiderosis with celiac disease. It presents clinically as a triad of haemoptysis, iron deficiency anaemia, and infiltrates on chest radiograph (due to recurrent episodes of alveolar haemorrhage) with a variable clinical course. Although the mechanism for the disease is unknown, an autoimmune mechanism is postulated.
- Q2 - What are the other causes of pulmonary hemosiderosis in children?
- Idiopathic pulmonary hemosiderosis or alveolar haemorrhage is rare in children. Following conditions are associated with it:
    - ✓ Cow milk protein allergy
    - ✓ ANCA associated vasculitis
    - ✓ Good pasture disease
    - ✓ Down's syndrome
    - ✓ Severe respiratory infections
- Q3 - What are the other rare presentations of celiac disease in children?
- Usually, celiac disease presents with recurrent diarrhoea, bulky large foul stools, chronic anaemia and failure to gain weight. However, it can have a varied presentation and can involve any organ system. Some rare presentations are:
    - ✓ Dermatitis herpetiformis
    - ✓ Hepatitis
    - ✓ Epilepsy
    - ✓ Alopecia
    - ✓ Pubertal delay
    - ✓ Recurrent vomiting
    - ✓ Constipation
- Q4 - When do we suspect a case of Lane-Hamilton syndrome?
- In a case of chronic iron deficiency anaemia with pulmonary infiltrates, we should screen for celiac disease. Then, if hemosiderin laden macrophages are found in Broncho-alveolar lavage (BAL), then it confirms the diagnosis. Sometimes children may present acutely in a catastrophic state due to diffuse alveolar haemorrhage with acute respiratory failure. Chest X-ray shows diffuse pulmonary infiltrates due to pulmonary haemorrhage, mimicking any other infectious cause of ARDS (acute respiratory distress syndrome). CT thorax may show ground glass opacities. In such patients, if workup for celiac disease is positive and hemosiderin laden macrophages are found in Broncho-alveolar lavage, the diagnosis is confirmed.
- Q5 - What is the treatment of Lane-Hamilton syndrome?
- Glucocorticoids agents are the first choice to control alveolar haemorrhage. In severe clinical presentation, high doses are used initially. Other immunosuppressive agents (e.g. hydroxychloroquine, azathioprine, and cyclophosphamide) may be added to those who have severe presentation or have recurrent episodes during withdrawal of steroids. Supportive care with blood transfusions, ventilatory support may be needed.



# Fresher PARTY



Welcome party for newcomers (batch 2022) 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.

# Baisakhi Celebration

## With Our Thalassaemia Heroes

