



SGRD Synapse

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

MoU Signed



Department of Clinical Nutrition and Dietetics, Sri Guru Ram Das University of Health Sciences, Sri Amritsar and Agriculture Department, Lovely Professional University, Jalandhar has signed an MoU. This is to enhance the industrial exposure and professional guidance for the students along with availability of mentorship for the students. The MoU was signed by Dr. Baljit Singh Khurana, Registrar (Sri Guru Ram Das University of Health Sciences, Sri Amritsar) and Dr. Monica Gulati, Registrar (Lovely Professional University, Jalandhar). Dr. Anupama Mahajan (Director Principal), Dr. Paramjot Bindra, Dr. Cheenam Bhatia, Mr. Vineet Sehgal were among the attendees.

Easy Vent



Easy Vent workshop conducted on 15th May 2023, a simulation based training on ventilator Interface, was first of its kind in North India. It has changed the perspective of Intensivist for Mechanical Ventilator to help in their practice for reducing morbidity and mortality. Our institution received huge response with 150 registrations. SGRD University is determined to conduct simulation based conferences in future to update knowledge and enhance practices.



Dear friends,

International yoga day was celebrated on 21st June. The theme was yoga for all as one world one family. Yoga traces its origin in North India about 5000 years back as mentioned in ancient texts. Studies are highlighting its importance in improving our daily lives but how many of us are actually taking out time to incorporate this wonderful practice in our routine? If answer is no then why not? It is not only a rewarding physical activity, but also a holistic lifestyle that promotes emotional well-being and good mental health. As a form of low-impact exercise, yoga has been shown to lower stress hormones in our bodies while simultaneously increasing beneficial brain chemicals like endorphin and GABA (Gamma-Aminobutyric Acid). These feel-good chemicals help decrease anxiety and improve mood. In our busy lives where stress is a constant companion I encourage that Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.

Dr. Manjit Singh Uppal
Vice Chancellor

For Private Circulation only



SGRD Celebrates International Yoga Day



International Yoga Day was celebrated on June 21. Dr. Monika Piplani conducted a pranayama and meditation session for faculty and students of the medical college. She demonstrated many important yogasanas and taught students breathing exercises which can help them distress themselves and keep their bodies healthy.

Medical Laboratory Professional Week



Medical laboratory professional week was celebrated at SGRDIMSR on 18th May 2023.

► Clinical Snippet

Keratoprosthesis for bilateral corneal blindness



A 60 year old woman presented with vascularized corneal opacity with extensive ocular surface disease in both eyes. She had previously undergone penetrating keratoplasty surgery of the left eye 2 times, her right eye was rendered blind due to ocular trauma sustained in childhood. On eliciting the history, during her first corneal transplantation the graft lasted for almost 1 year without any complications followed by sudden graft rejection, inevitably leading to failure. On her second corneal transplantation attempt, the graft underwent failure after a period of only 3 months, thus making her a high-risk case for corneal transplantation. On her latest presentation to the Eye OPD here in SGRD, she again insisted for a corneal transplant, but keeping in view her history of graft rejection in conjunction with poor ocular surface health, she was thoroughly counselled & a decision to post her for keratoprosthesis surgery was taken. A Boston K-pro keratoprosthesis was implanted in this patient's left eye & surgery went well without any post-operative complications, finally providing ambulatory vision to the patient after an almost vision-deprived period of 2 years. In high-risk cases such as this patient, implantation of a keratoprosthesis device serves as the only worth trying option to safely restore vision.

Dr. Shakeen Singh
Professor & Head of Ophthalmology

Nurses Day Celebrated



SGRDUHS celebrated Nurses Day on 13th May, 2023. The inauguration was done with lamp lighting by Hon'ble Dignitaries Dr. Manjit Singh Uppal (Chief Guest & Vice Chancellor, SGRDUHS), Dr. Manpreet Kaur (Principal, SGRDCON), Mrs Charlotte Ranadive (Guest Speaker and Vice Principal, Army College of Nursing). Dr. Uppal, in his inaugural speech highlighted the role of nurses in today's health care. He motivated the students to learn the art and science of nursing. Mrs. Charlotte Ranadive delivered a guest lecture on 'Academic Integrity in Nursing Education and Research' on this occasion.



Neonatal Resuscitation Program

Basic NRP training was organised by department of pediatric, SGRD, Amritsar on 19th May, 2023. 24 participants were trained including doctors and NICU staff nurses. Since birth asphyxia contributes 25% of neonatal mortality, through this training we focused on 'First golden minute of life after birth'.



Resource Faculty for Scientific Sessions



Department of Anatomy

- 1 Dr. Anupama Mahajan chaired a scientific session "New curriculum: learner's perspective" in CMCL-FAIMER Alumni conference (FRICON 23) at CMC Ludhiana.
- 2 Dr. Monika Lalit chaired a session in an online CME on 'Inter-Chapter Journal Club Meeting 2023' by AMSA International.

Department of Pathology

- 3 Dr. Harjot Kaur was the panelist and delivered a lecture in a CME on 'Haemovigilance Programme of India' at PIMS, Jalandhar.

Department of Radiotherapy

- 4 Dr. Neeraj Jain was the chairperson during the CME on 'Lung Onconomics' at TMH, Varanasi and was panelist at SGRH, New Delhi.

Department of Dermatology

- 5 Dr. Jasleen Kaur delivered a talk on 'Syndets in Atopic Dermatitis' in a CME held at GMC, Amritsar.

Department of Obst. & Gynae

- 6 Dr. Sangeeta Pahwa was a panelist in CMEs on 'National Symposium on Critical Care in OBS' and 'PCOS' at AIIMS, Bathinda and at Taj Swarna, Amritsar respectively. She was also an expert convener and moderator during online webinar held by IMSFAC and IFS respectively.

Department of Ophthalmology

- 7 Dr. Shakeen Singh delivered a talk during 'POS Monthly Meeting of Amritsar Chapter' and was panelist in '2nd ISMSICS Conference' held at Hyatt Regency Hotel, Amritsar and at GMC, Amritsar respectively.
- 8 Dr. Pawan Prasher delivered talks in CMEs on 'Sixth National Assembly of FOTI' held at ROI, Rohtak, '4th Biennial State Conference' held at Palampur (HP) and during POS Monthly Meeting of Amritsar Chapter held at Hyatt Regency Hotel, Amritsar.

Department of Pediatrics

- 9 Dr. Gursharan Singh Narang, 10 Dr. Gurmeet Singh, 11 Dr. Mandeep Singh Khurana chaired a scientific session in North Zone NEOCON-2023 held at Srinagar (J&K).

Department of Radiodiagnosis

- 12 Dr. Arvinder Singh was the chairperson during 1st General Body Meeting of Surgeon Society Amritsar held at IMA House, Amritsar.
- 13 Dr. Kunwarpal Singh was the moderator and delivered a lecture in a CME on '75th Annual Conference of the Indian Radiological and Imaging Association' held at Amritsar.



SGRD Synapse

» Marching forward....

Lecture Theatre Inauguration



As part of our dedication to providing the best learning environment, a three storey state-of-the-art lecture theatre have been inaugurated by S. Harjinder Singh Ji Dhami, President, SGPC & SGRD Charitable Hospital Trust, Sri Amritsar at SGRD Medical College. The new lecture halls are equipped with cutting-edge technology and ample seating capacity, aiming to enhance the overall educational experience on campus. With its advanced audio-visual system comprising of digital podiums, interactive flat panels, wireless interactive collaboration systems, wireless mics and speakers, projector screens and more—the newly constructed lecture theatres will provide our students with a truly transformative learning experience. The construction of these new lecture theatres are an investment not just in bricks and mortar, but in the intellectual development of students and the research excellence of the university's faculty for years to come.

Dr. AP Singh
Dean, SGRDUHS

Department of Microbiology

- 14 Dr. Sarbjeet Sharma delivered a lecture in a CME on 'PG Master Class NWIAMB' at SGRDUHS, Amritsar.

Department of Chest and TB

- 15 Dr. Suni Grover delivered a lecture in a CME on 'Pulmo Cardio Crosstalks' at Amritsar.

Awards and Achievements

Department of Ophthalmology

- 8 Dr. Pawan Prasher awarded 'Distinguished Ophthalm Professor of India' award by Forum of OTI.

Department of Obst. & Gynae

- 6 Dr. Sangeeta Pahwa got 1st prize during National Symposium on Critical Care in OBS held at AIIMS Bathinda.

Courses Completed

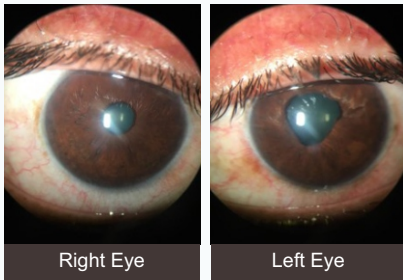


Dr. Manisha Nagpal (Community Medicine) completed diploma in nutrition and dietetics by NHCA (National Health Care Academy) Singapore.



Case Scenario

Acute Attack of Glaucoma



Mrs. A Kaur, 32 Y/F, was referred from some hospital for eye consultation for severe redness, swelling, headache & almost total vision loss, along-with intermittent sensation of nausea, & mild abdominal pain. On eliciting the history, she explained about same

symptoms during evening time for which she went to a nearby hospital and was prescribed some medication. With no relief till 10 pm she went to a second hospital, where she was given injectable medications for her pain, vomiting & restlessness & sent home. Still not relieved till 4 am, she went to a third facility for headache, prostration & total vision loss. Where she underwent MRI brain on suspicion of a SOL (space occupying lesion)/ Raised intra-cranial tension/Brain hemorrhage/Optic Neuritis. The immediate scans obtained came to be negative for the provisional diagnosis. Not still relieved, she was referred for eye consultation here. The patient also claimed of having a "Sinking feeling" during these episodes with no prior history of similar complaints/ episodes in the past. She suffers from drug allergy to Pantoprazole & was taking anti-depressant medication since 2 days. On her arrival here, ocular examination was performed & following findings were obtained: VA= Finger counting close to face with no improvement on pinhole application (B/E), IOP= Eyes were perceived as stony hard on digital tonometry & "Over" reading was obtained on Non contact tonometry (B/E), Extensive lid edema, Marked conjunctival congestion & chemosis (Both eyes), Circumciliary congestion (B/E), Smoky Cornea with Corneal edema (B/E), Shallow AC (B/E), Muddy Iris (B/E), Pupil= Central in location, vertically oval, fixed & mid-dilated (B/E), Fundus view was not accessible because of corneal edema (B/E). She was diagnosed with an acute attack of Glaucoma & was promptly instituted emergency treatment. Depicted photographs are 7 months post-attack now, Wherein we can see normal pupil & iris in the right eye but Left eye has segmental ischaemic atrophy of iris with irregular, partly reacting pupil.

Q1 - What is Angle-Closure Glaucoma?

It's a condition in which the angle of Anterior chamber (the space between back surface of cornea & iris on the periphery) is small or narrow. Situations like dim light or pupil dilation will further close/occlude this space & make angle obliterated & stop aqueous drainage. The angle closure may occur in an acute or chronic form. In the acute form, the IOP rises rapidly as a result of relatively sudden blockage of the trabecular meshwork by the iris tissue. The chronic form may develop after acute angle closure where synechial closure of the angle persists, or it may develop over time as the angle closes from prolonged or repeated contact between the peripheral iris and the TM, which often leads to peripheral anterior synechiae (PAS) and functional damage to the angle.

Q2 - How common is Acute Glaucoma?

Acute Glaucoma is not so common but is associated with dramatic symptomatic events with blurring of vision, painful red eye, headache, nausea, and vomiting.

Q3 - How to diagnose Acute Glaucoma?

History and Exam

- Presence of risk factors (e.g., family history, thick cataractous lens, hyperopia).
- Precipitating factors include dim light and certain drugs (e.g., bronchodilators, cough mixtures, cold and flu medication, antidepressants, antihistamines and anticonvulsants).
- Patient complaining of Halos around lights.
- Aching eye or brow pain.
- Headache, Nausea, vomiting, Reduced visual acuity, Eye redness, Closed angle on gonioscopy, Extremely elevated IOP, Corneal edema, Engorged conjunctival vessels, Fixed dilated pupil.

Diagnostic Tests

First Tests to Order

- Gonioscopy examination of anterior chamber angle.
- Slit-lamp examination.
- Automatic static perimetry.

Other Tests to Consider

- Ultrasound biomicroscopy
- Anterior segment optical coherence tomography (OCT) of angle.
- Evaluation of the optic nerve head by funduscopy.
- Retinal OCT
- Heidelberg retinal tomography
- GDx Nerve Fiber Analyzer

Q3 - Is there any permanent treatment for Glaucoma?

Depending upon the cause & mode the treatment modalities are medical (single or in combination), surgical, lasers, micro-invasive implants, but patient would always require close life-long follow-ups with SOS intervention.

Q4 - Is Glaucoma always a blinding disease?

Glaucoma causes irreversible blindness but early diagnosis coupled with a timely intervention & regular follow-ups can prolong & preserve the good vision of the patient.

