



SGRD Synapse

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SRI GURU RAM DAS UNIVERSITY
OF HEALTH SCIENCES, SRI AMRITSAR

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



1st Convocation Ceremony



The inaugural convocation of Sri Guru Ram Das University of Health Sciences was a beautiful celebration of academic success, honouring the achievements of our remarkable students. With the Chief Guest Sh. Gulab Chand Kataria, Governor of Punjab and Advocate Harjinder Singh Dhami, President, SGPC, Sri Amritsar, presided over the ceremony. Our students were honoured for their hard work. Degrees were awarded to 300 MBBS and 242 MD/MS students, who worked tirelessly to achieve their dreams!



Dear Friends,

Mental health is an important aspect of our overall well-being. In a digitalized society where human to human communication is disappearing so it's even more important to take care of our mental well being. Adding to this is the busyness of our lives, the peer pressure and we stretching our boundaries eventually leading to mental chaos which we subtly ignore, not realising the long term impact on our physical well being. It's time we start nurturing our mental well being with taking out some time to introspect, relax, breathe and communicate.

SGRD University has also started a 'Mental Wellness Centre' in the department of Psychiatry. Anybody can visit the centre to seek professional help.

It all begins with mind!



Dr. Manjit Singh Uppal
Vice Chancellor



Step Forward in White: Your Path to Healing & Excellence Starts Now



The MBBS Batch of 2024-25 at Sri Guru Ram Das Institute of Medical Sciences & Research dons their white coats, stepping boldly into a future filled with commitment, responsibilities, challenges and the promise of healing.

World Hospice Day Celebrated



World Hospice and Palliative Care Day 2024 was celebrated at SGRD University. Nursing students showcased their creativity in slogan writing and reel making competition.



Department of Anatomy hosted 3-days National Conference in collaboration with Anatomical Society of India NATCON-71st along with pre-conference workshops. More than 900 delegates along with elite guest speakers from various parts of the World as well as India, graced this conference.

Rhinoplast 2024



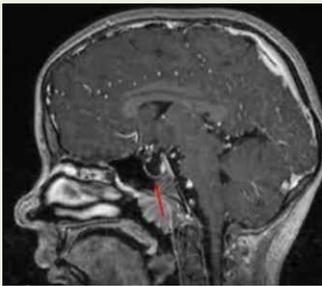
Department of Otorhinolaryngology hosted an enlightening conference on Rhinoplasty 2024, National Meeting of RSI, centered around the theme "Level Up Your Skills in Rhinoplasty." Participants had the opportunity to participate in hands-on surgical workshops, allowing them to refine their techniques under the guidance of experienced mentors.

PNRC Workshop



Sri Guru Ram Das College of Nursing organized workshop titled 'Quality Nursing: Educating the Educators' on 22nd October 2024, aimed at fostering excellence in nursing education and equipping educators with the latest techniques and leadership skills essential for shaping future nursing professionals.

Clinical Snippet Sheehan's Syndrome



A 35 year old female presented to SGRD emergency in subconscious state with past history of 2 episodes of acute confusional state without any focal neurological deficit. There was no history suggestive of febrile illness. On probing the patient's attendants, they gave history of Post partum haemorrhage and lactation failure in last pregnancy. Pupils were symmetrical, plantars were flexor. RBS: 60mg/dl, on investigations, infective cause was ruled out & Serum sodium was 110. Thyroid profile T3, 1.13(low), T4:0.56(low), TSH:1.820 (N) was suggestive of central hypothyroidism, Patient was suspected to be in Pituitary Insufficiency, IV corticosteroids and thyroxine 400mcg were given, patient's sensorium improved within hours and serum sodium became normal which was persistently low despite hypertonic saline. MRI pituitary also reported empty sella. Serum Cortisol and Prolactin could not be done due to monetary Issues. Sheehan syndrome was hence diagnosed, clinically backed by responsive Hyponatremia to steroids and central hypothyroidism. Patient is now on maintenance dose of thyroxine and cortico steroids and no repeat episode of unconscious state has occurred.

Dr. Gurinder Mohan
Professor & Head, Department of Medicine

Health Communication - Lifestyle Medicine



SGRD Medical College organized a training session aimed at empowering medical students to champion the lifestyle medicine movement. By engaging students in this vital area of medicine, the college is fostering a generation of doctors who can make a significant impact on public health.

World AMR Awareness Week (16-24 Nov)



SGRD Medical College launched a Go Blue campaign on its campus, uniting administrative and research staff in a collective pledge to combat antimicrobial resistance (AMR) and promote the responsible use of antibiotics in both humans and animals. This initiative aims to protect public health and raise awareness about the critical issue of AMR.

World AIDS Day



World AIDS Day was organised with a series of impactful events aimed at raising awareness about HIV/AIDS and promoting education on prevention and treatment. By fostering an environment of understanding and solidarity, institute not only honored the lives lost to AIDS but also inspired a collective commitment to combat the epidemic and support ongoing research and advocacy efforts.

Respiratory Diseases & Nutrition



Department of TB & Respiratory Diseases, in collaboration with the IDA Punjab Chapter, organized a CME focused on the critical intersection of respiratory diseases, nutrition and the vital role that nutrition plays in respiratory health.



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► Marching forward....

Beacon of modern healthcare: Thulium Laser



Department of Urology, SGRD Charitable Hospital has procured state-of-art Thulium Laser. This cutting-edge technology marks a new era in urological care at our institution, empowering us with unparalleled precision and safety in procedures such as ThuLEP (Thulium Laser Enucleation of the Prostate), stone fragmentation, urethral stricture management and soft tissue surgeries. The Thulium Laser's superior hemostatic properties, reduced operative time and minimal patient morbidity will not only enhance surgical outcomes but also significantly improve patient recovery and satisfaction. It will bring latest innovations for patient care and academic advancement. SGRD Hospital continues to rise as a beacon of modern, compassionate healthcare.

Dr. AP Singh
Dean, SGRDUHS

Sports Meet



The recent sports meet at SGRD Medical College was a vibrant celebration of athleticism and camaraderie, showcasing the diverse talents of students across various disciplines. The event featured a wide array of competitions, including track and field events, team sports and individual challenges, all designed to foster a spirit of healthy competition and teamwork.

Symposium of First 1000-Days

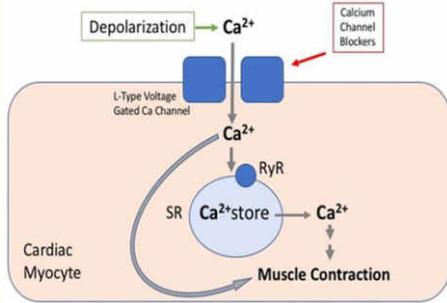


EM Cardio 1.0



Department of Emergency Medicine organized a workshop on EM Cardio 1.0, aimed to enhance the knowledge & skills of healthcare professionals in emergency cardiac care, ensuring they are well-equipped to handle critical situations.

Case Scenario Amlodipine Toxicity



A 54-year-old male presented in the emergency with history of ingestion of 30-40 tablets of Amlodipine 5mg. Patient reported 2 hours after consumption of the drug. Patient was

conscious, afebrile, with a HR of 120 beats/min, blood pressure 60mm of Hg by Pulse, and SpO₂ 96%. Nasogastric tube was placed and stomach wash was given with 50g of activated charcoal. I/V fluids, noradrenaline and Calcium Gluconate infusion was started. Routine blood test showed Hb-11.3g/dL, TLC-9100, platelet count 1.52 lakh cells/cu mm; S.Na-132meq/L, S.K-3.8meq/L, Cl-104meq/L; S.creatinine-0.7mg/dL, B.Urea-18mg/dL, T.bilirubin-0.5mg/dL, SGOT-32U/L, SGPT-28U/L, S.albumin-3.4g/L, ABG-pH7.42, pCO₂-28, pO₂-99, and HCO₃-15.6. Blood pressure did not improve with inotropic support and hydration. So, glucagon infusion was started with a dose of 5mg IV bolus followed by 3mg/hour. Insulin infusion(1U/kg/hr) along with dextrose was also started. Blood pressure improved within 2hrs and urine output resumed adequately. Potassium levels were monitored and replaced. Glucagon infusion was continued for 48 hours and then withdrawn. Vitals as well as urine output remained normal after withdrawal of glucagon and inotropic support. On 3rd day patient developed respiratory distress along with bilateral; pleural effusion. Patient was managed on the lines of pulmonary edema with NIV support and diuretics. Patient improved in next 24 hours and was discharged on 6th day in a satisfactory condition.

Q1 - What is mechanism of action of Amlodipine?

- Amlodipine, belongs to dihydropyridine group of CCBs. This drug act by blocking the voltage-sensitive (L-type) calcium channels and thus affects vascular smooth muscle tone, myocardial contractility, automaticity, and atrioventricular conduction.

Q2 - What is the toxic dose of Amlodipine?

- The usual dose is 10-20 mg/day. Amlodipine toxicity is seen after consumption of 5-10 times the therapeutic dose and within 0.5-1 hour following consumption and its effect last for 30-58 hours (long duration) compared to other generation of dihydropyridines.

Q3 - What are presenting findings of Amlodipine overdose?

- After the ingestion of lethal/near lethal dose of amlodipine patient usually presents in emergency in refractory hypotension, which usually fail to respond to fluid resuscitation and inotropic support.

Q4 - What are the treatment options for refractory hypotension in Amlodipine overdose?

- Calcium Gluconate
- I/V Insulin
- Glucagon Infusion
- Methylene Blue
- Lipid Emulsion Therapy

Q5 - How is Glucagon helpful in Amlodipine poisoning?

- Glucagon stimulates adenylate cyclase and increases intracellular cyclic adenosine monophosphate (cAMP). This improves cardiac contractility and heart rate i.e. positive chronotropic and inotropic effect.

Q6 - What is Hyperinsulinemic euglycemia?

- Hyperinsulinemic euglycemia (HIE) has emerged as a potent therapy for severe calcium channel blocker toxicity. This approach was usually started after calcium gluconate and vasoactives drugs failure. Insulin effect is due to increasing plasma levels of ionized calcium, improving the hyperglycemic acidotic state, myocardial utilization of carbohydrates, and exerting its own independent inotropic effect.

Q7 - What is the recommended dose of insulin in CCB toxicity?

- The current insulin dosing recommendation is 1 Unit/kg regular insulin intravenous bolus followed by 1 to 10 U/kg/hour continuous infusion. Higher doses are permissible in refractory cases. The goal of therapy is to achieve hemodynamic stability and withdrawal of vasoactive agents. Before the initiation of insulin therapy, check blood glucose and potassium. if less than 200mg/dl and 2.5meq/L, respectively, then dextrose and potassium supplementation are necessary.



CMEs & Conferences (September to December)



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EM SONO Workshop



Department of Emergency Medicine organised a workshop on application of Ultrasound, which focussed on point of care USG for rapid diagnosis, resuscitation and procedural support. It aimed to improve ICU and Emergency care outcomes.

Department of Biochemistry



Department of Biochemistry in collaboration with 360 HELP organised a CME on 9th and 10th December 2024. The theme of the CME was 'Quality Management System & Internal Audit Medical Lab'. The purpose was to implement changes in International standards from ISO 15189:2012 to ISO 15189:2022.

Department of Medicine



Department of Medicine in collaboration with Indian Association of Clinical Medicine (North Zone) organised a CME on 'Toxicology Update 2024' on 16th December. Diagnosis and Management of various drug poisoning was discussed in the CME.

Department of Surgery



Department of Surgery organised a CME on 'The Multidisciplinary Approach to Breast Cancer: Collaboration for Better Outcomes' on 17th December. The aim of the CME was to discuss advances in detection & management of Breast Carcinoma.

Department of Obstetrics & Gynaecology



Department of Obstetrics & Gynaecology organised a CME on 'Insight into Infertility' on 18th December, 2024. The CME marked a significant milestone in the realm of infertility treatment, uniting healthcare professionals, researchers and medical students. This program is poised to redefine standards in addressing male and female infertility factors.

Department of Physiology



Department of Physiology organised a CME on 'Physiology Education & Healthcare' on 20th December, 2024. The interactive sessions focussed from Artificial Intelligence in healthcare, to Physician burnout starting from Physiology, striving to establish communication and interpersonal skills.

Department of Community Medicine



Department of Community Medicine organised a CME on 21st December 2024. The Theme of the CME was HIV/AIDS - Educate, Advocate and Eradicate. The program featured engaging educational videos, interactive roleplays by both undergraduate and postgraduate students and insightful lectures from distinguished experts. The CME attracted over 150 attendees.

Department of Radiodiagnosis



Department of Radiodiagnosis organised the "Annual Punjab Radiology Update Summit 2024" in collaboration with the Punjab IRIA on 22nd December. The CME addressed diverse array of subjects such as recent updates and the role of AI in diagnostics. It fostered collaboration among radiologists and clinicians to improve patient care and outcomes.



Department of Orthopaedics



Department of Orthopaedics organised a CME on "Rotator Cuff - Repair & Rehabilitation" on 23rd December, 2024. The CME featured in-depth discussions and presentations by leading experts, who shared their extensive knowledge and insights on the best practices & advancements in rotator cuff repair surgery. It was a unique opportunity to witness two live surgeries performed by skilled surgeons.

Department of Pharmacology



Department of Pharmacology organised a thought-provoking CME focussed on the crucial topics of 'Pharmacovigilance & Materiovigilance' on 23rd December. The CME programme delved into the intricacies of these disciplines, exploring innovative approaches to data collection, analysis and reporting, as well as the regulatory frameworks that govern these practices.

Department of Psychiatry



Department of Psychiatry organised a CME on 'Bipolar Disorder & It's Treatment Challenges' on 24th December, 2024. Many eminent speakers discussed about the etiology, challenges and management of bipolar disorders.

Department of Pathology



Department of Pathology conducted a one day CME on 'Updates in Pathology' on 24th December. This had lectures from eminent speakers with vast experience in their respective fields and was attended by post graduates and delegates who were enlightened about recent advances in pathology, cutting-edge diagnostic techniques and the latest biomarkers.

Department of Microbiology



Department of Microbiology organised CME on 'Antimicrobial Resistance; No Action Today No Cure Tomorrow' on 25th, December, 2024. It aimed to explore the latest developments in antimicrobial resistance research, treatment policies, diagnostics, new antimicrobials, vaccines and the repurposing of drugs, while emphasizing scientific, regulatory and policy considerations.

Department of Anaesthesia



Department of Anaesthesia organised a highly informative CME on 'Basics of ICU Management. on 26th December, comprehensively designed to provide critical insights and practical training to medical professionals on the fundamental principles and best practices in managing patients within the intensive care unit.

Department of Ophthalmology



Department of Ophthalmology organised a CME on 'Comprehensive Ophthalmology' on 28th December. By providing healthcare professionals with the tools and insights necessary to deliver exceptional patient care, the CME program not only contributed to the professional growth, but also had far-reaching implications for the quality of eye care services across the region.

Department of Dermatology



Department of Dermatology organised a CME on 'HIV and STI Management' on 30th December. Experts in the field illuminated the latest scientific insights, exploring innovative vaccines, syndromic approaches and breakthrough treatment strategies for sexually transmitted infections, enhancing patient care and medical understanding.