

SGRD Synapse

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

White Coat Ceremony



White coat Ceremony was held for the 2023-24 batch of MBBS students. The ceremony was graced by S. Harjinder Singh Dhani, President SGPC. During the ceremony the students wore White coats as the mark of entry to the medical profession and took oath of commitment. Candle light was passed amongst the students, signifying spreading of knowledge and learning in their professional career.



Dear friends,

Teacher or guru, the facilitator of knowledge and skill, the inspirer and the visionary who shapes lives like no other. We still remember teachers who influenced us in our school and colleges with gratitude and nostalgia. What we would have been without them! Being in a university we have been blessed with this opportunity to touch and shape the future. Though upcoming technology has a lot to offer but it can never replace a teacher and the overconfidence of students in digital teaching platforms should not discourage us from giving our best. We should all become bridges for our students in their pursuit of excellence. Let's be the hand that held to teach, the eyes that gave a dream and the face that beamed with pride when a student did well. Keep teaching and keep up the good work! Appreciating you all on this teachers day!

Dr. Manjit Singh Uppal
Vice Chancellor

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Post Graduate Orientation Program



The institute organized a 6-day orientation program (12th to 18th Oct) for the 2023 postgraduate batch. Sessions were held on topics relevant to a general view of the institute, how to maintain records and investigations of patients, prepare the patient for the procedure, introduction to research methodology, bioethics, biomedical waste and meditation session. Short workshops on communication skills, Theatre of Oppressed were also held. The orientation included 2 days of hands-on skill training on simulators.

Free BCA Camp Conducted



A free BCA (Body composition analysis) camp was organised by Clinical Nutrition and Dietetics department.

► Clinical Snippet Primary Congenital Hypothyroidism



FREE THYROID PROFILE			
Parameter	Reference Range	Result	Abnormal Reference
TSH	0.01 - 0.04	0.01	None to 0.05 IU/L
FT4	0.8 - 1.2	0.3	None to 1.0 ng/dL
FT3	3.0 - 4.0	2.0	None to 4.0 pg/dL

TEST	FREE T4 (ng/dL)	FREE T3 (pg/dL)	TSH (mIU/L)
Reference Range	0.8 - 1.2	3.0 - 4.0	0.01 - 0.04
Result	0.3	2.0	0.01

Parameter	Reference Range	Result	Abnormal Reference
Thyroid Stimulating Hormone (TSH)	0.01 - 0.04	0.01	None to 0.05 IU/L
Free Thyroxine (FT4)	0.8 - 1.2	0.3	None to 1.0 ng/dL
Free Triiodothyronine (FT3)	3.0 - 4.0	2.0	None to 4.0 pg/dL

Term (38 weeks 5 days) male with birth weight of 2700 grams born to primigravida mother via normal vaginal delivery, cried immediately at birth and started on formula feed along with mother feed. He developed abdominal distension after starting enteral feeds on day of life 24 hours and admitted in NICU, X-ray abdomen was done which was suggestive of gaseous abdomen. Baby passed meconium at day of life 38 hours after rectal stimulation. To rule out causes of delayed passage of meconium, thyroid profile was done suggestive of high TSH level and low T4 level. Confirmatory sample was done which was also suggestive of same readings. Tab Levothyroxine was started @15mcg/kg/day. Ultrasound neck was done suggestive of hypoplasia of thyroid gland. Confirmatory test is radionuclide scan which was not done in this because we already started thyroxine. Congenital hypothyroidism is classified into permanent and transient causes. Permanent CH refers to a persistent deficiency of thyroid hormone that requires life-long treatment. Clinical features of CH are often subtle and many newborn remain undiagnosed at birth. If not diagnosed and treated timely, it will lead to poor neurodevelopment outcome. Congenital hypothyroidism is most common preventable cause of intellectual disability.

Dr. Gursharan Singh Narang
Prof. & Head, Department of Pediatrics

Cadaveric Oath for MBBS Students



The Ceremonial Cadaveric Oath was taken by MBBS Students of 2023 Batch in the presence of the Faculty of Anatomy in the Dissection hall. The ceremony instills respect and dignity for the cadaver, the first teacher, in the impressionable minds of first year students. This will translate into respect for patients in the future.

National Nutrition Month Celebrated



A public awareness program in lieu of National Nutrition Month Celebration under the objective of "Swasth Balak Spradhā" & "Poshan bhi Padhai bhi" was celebrated by Clinical Nutrition and Dietetics Dept in collaboration with Indian Dietetic Association Punjab Chapter.

Mental Health and Nutrition

An insightful symposium was conducted on "Mental Health and Nutrition" About 150 students from various institutions participated in the symposium. Informative lectures were delivered by Dr Piyush Gupta, Dr Malvika Dahuja, Dr Paramjot Bindra & Dr Cheenam Bhatia. Students also participated in poster making competition on the same topic.

Laryngology Summit 2023



The Laryngology Summit 2023, was held by the department of Otorhinolaryngology under the aegis of LVA.

Adolescon 2023



A pre-conference workshop on Obesity: Diagnosis, Treatment and Prevention was conducted by the Department of Pediatrics, as a part of 23rd National conference of adolescent health academy "Adolescon 2023".

Resource Faculty for Scientific Sessions



Department of Anatomy

- 1 Dr. Monika Lalit chaired a scientific session in CME on "The MEDCON" held at Amritsar.

Department of Radiotherapy

- 2 Dr. Neeraj Jain chaired a scientific session in CME on "FARO Conference Seoul" held at South Korea. He also gave a talk in a CME on "AMPINC" held at Ludhiana.

Department of Orthopaedics

- 3 Dr. Gagan khanna chaired a scientific session in CME on "1st Bathinda Knee Preservation Course-HTO" held at Bathinda.

Department of ENT

- 4 Dr. Arvinder Singh Sood chaired a scientific session on "AMACON 2023" held at Hyatt Amritsar. He was also a chairperson & panelist in Hands-on-Workshop in State-of-the-art Surgery held at Patiala.
- 5 Dr. Vanita Sarin was the chairperson & moderator in Hands-on-Workshop in State-of-the-art Surgery held at Patiala.
- 6 Mr. Satyabrata Panigrahi and 7 Mr. Nadeer Mustafa gave talk during RCI approved All India Pingalwara Charitable Society conference held at Amritsar.

Department of Radiodiagnosis

- 8 Dr. Arvinder Singh was Judge in a CME on "Jalcon under IRIA held at Hotel Ramada, Jalandhar.

Department of Community Medicine

- 9 Dr. Priyanka Devgun gave talk in CME on "16th Annual IAPSM PB Chapter" held at GMC, Patiala.
- 10 Dr. Manisha Nagpal chaired scientific sessions in CMEs on "SOMSCON 2023 at PGI Rohtak, Haryana and "4th IAPSM Young Leaders' National Conclave" held at DMC&H, Ludhiana.
- 11 Dr. Amanpreet Kaur, 12 Dr. Pooja Verma chaired a scientific session in CME on "16th IAPSM Conference Punjab Chapter" held at GMC, Patiala.

Department of Obst. & Gynae

- 13 Dr. Sangeeta Pehwa gave talk in CMEs on "HIV/AIDS Onsite Sensitisation Programme" held at SGRDIMS, Amritsar, "Menopause and Eternal Truth" held at "E-Conference" and "NZIMS" held at Agra.

Awards and Achievements

Department of Radiotherapy

- 2 Dr. Neeraj Jain awarded "Phd in Oncology" by Thames University France. He was also awarded in Asia Leadership Award by Teachim Conference.

Department of ENT

- 6 Mr. Satyabrata Panigrahi and 7 Mr. Nadeer Mustafa successfully finished certificate course on VFSS held at TMC, Mumbai.



SGRD
Synapse

» Marching forward....



With the new mark of excellence by NABH, our healthcare facilities have now achieved national recognition. At SGRD Hospital, we are committed to staying at the forefront of healthcare and delivering exceptional care to our patients and this recognition further reinforces our dedication to excellence in healthcare. We are grateful to NABH (National Accreditation Board for Hospitals & Healthcare Providers) for this honor and will continue to uphold the highest standards of care and service for our patients in the future.

Dr. AP Singh
Dean, SGRDUHS

Medirhythm 2023

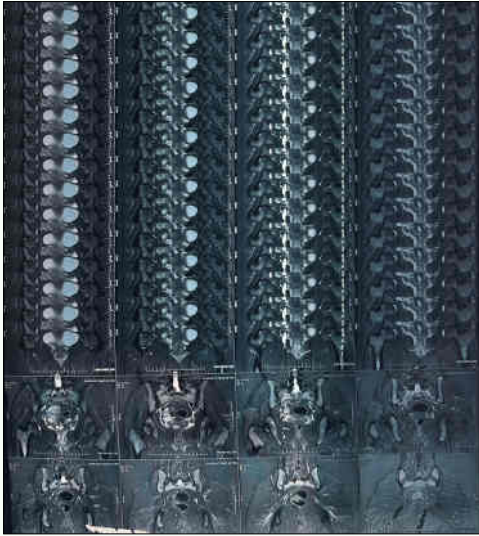


The cultural fest Medirhythm2023 was hosted by the MBBS students and the faculty. The event was marked with an array of cultural presentations by the students.



Case Scenario

PIVD with Sciatica



A 45 year old female presented with a known case of prolapsed intervertebral disc lumbar spine L4-L5 and L5-S1 levels with tear in annular fibres. MRI suggested of the neural foramina and exiting nerve roots. Patient had extreme pain since 1 year; inspite of medications, and was recommended

nerve block for pain relief. She visited various physiotherapy centres in the city, but did not respond to any treatment. Patient presented with extreme pain along the course of sciatic nerve. She felt paresthesias, numbness and tingling in right foot and gluteal region. The patient was bed ridden from last 3 months. She experienced relief of symptoms with physiotherapy sessions for a period of 6 weeks.

On Assessment

SLR (Positive) - 30 Degree

Pain on lying, sitting for more than 10 minutes and standing. Pain aggravated on walking.

After therapy of 6 weeks

- ✦ SLR improved to 90 degree
- ✦ No pain on standing & walking.
- ✦ No numbness in gluteal region and foot.

Food for thought



Technology is just a tool. In terms of getting the students to work together and motivating them, the teacher is the most important.

Q1 - What is PIVD?

- ✦ Prolapsed intervertebral disc is a condition in which the posterior longitudinal ligament gives way and the disc material gets herniated into the spinal canal. The herniation of the disc is common in postero-lateral direction.

Q2 - What are the causes of Prolapsed intervertebral disc?

- ✦ Prolapsed intervertebral discs caused by degenerative changes in the spine or due to trauma. Lifting of heavy weights and performing repetitive activities such as forward bending, turning and twisting may cause tear in the annulus fibrosus, thus resulting in herniation of the disc. Obesity, poor sitting and standing posture and weakness of abdominals may also provoke disc prolapse.

Q3 - What are the signs and symptoms?

- ✦ Pain the low back region radiating to buttocks, groin, posterior aspect of the thigh and calf.
- ✦ Paraesthesia and numbness are felt in the distribution of dermatomes.
- ✦ Weakness in the muscles supplied by the compressed nerve root; generally ankle dorsiflexors.
- ✦ Worsening of the pain on forward bending, sneezing or coughing.

Q4 - Discuss the special test for disc prolapse?

- ✦ The following tests were positive on physical assessment of the patient.
 - a. Straight Leg Raise
 - b. Lasegue Test
 - c. Braggard's Test
 - d. Slump Test

Q5 - Treatment of Prolapsed intervertebral disc?

- ✦ Treatment protocol for the patient was altered during different phases of rehabilitation. Muscles supplied by the compressed nerve root, forward bending, turning and twisting may cause tear in the annulus.

For initial 15 days, treatment constituted

- ✦ TENS (transcutaneous electrical nerve stimulation)
- ✦ Ultrasonic therapy (2.0W/Cm for 10 min)
- ✦ Hydrocollator packs

From 2 weeks- 4 weeks

- ✦ Manual Traction
- ✦ Hamstring stretch
- ✦ Calf Stretch
- ✦ TENS along the course of nerve

From 4 weeks to 6 weeks

- ✦ Stretching exercise for piriformis, tibialis posterior and rectus abdominis, manual and with therabands.
- ✦ Cat and camel exercises.
- ✦ Strengthening exercises for abdominal and spinal extensors.
- ✦ Gluteal bridge hold.
- ✦ Couch stretch.

