



SGRD

Synapse

A Monthly Update of Sri Guru Ram Das University of Health Sciences, Sri Amritsar
Vol. 1/ No. 4-6/ April-June 2020

Molecular Diagnostic Laboratory Established

In view of COVID-19 Pandemic, A State-of-Art, NABL and ICMR approved molecular diagnostic laboratory for testing COVID-19 has been established at SGRDIMSAR, which was inaugurated by Bhai Gobind Singh Longowal, President, SGPC and Chancellor, SGRD University of Health Sciences, Sri Amritsar. He was accompanied by Bhai Rajinder Singh Mehta, Vice President, SGPC and member SGRD Trust, Dr. Roop Singh, Chief Secretary, SGPC and Secretary SGRD Trust, SGPC Members - S. Gurbachan Singh Karmuwala, S. Surjit Singh Bhattewad. Dr. Daljit Singh, Dr AP Singh, Dr. Manjit Singh Uppal, Faculty members and other personalities were present.

The Laboratory is equipped with a Thermo-fisher RT-PCR machine. ICMR approved antibody testing by COVID-Kavach Elisa IgG test and Antigen by SD Biosensr is also available. A sample collection centre had been established at SGRD Charitable Hospital and samples would be collected by taking all safety measures. Other Hospitals can send samples for COVID-19 testing through RT-PCR online app. A separate MOU with SGRDUHS is required for the same.



Dear Friends,
Nothing is permanent. Change is an unchangeable law of nature, and all things - good and bad - must come to an end. When we are confronted with adverse conditions, especially protracted crisis situations like the current coronavirus pandemic, there is a tendency to fret and despair. However, history teaches us that disasters - war, famine, drought, natural calamities and deadly diseases - cannot last forever.

This does not mean that we simply sit and wait. We need to take the bull by the horns, and all of us are engaged in dealing with the COVID-19 challenge. Since everything was in a state of suspended animation for several weeks from mid-March onwards in the wake of lockdown and curfew and the focus on containment and management of COVID-19, routine academic and clinical activities were pushed to the back seat, as reflected in this issue of Synapse.

We shall certainly tide over the troubled times with grit, determination, concerted effort and hope.

It is a point to ponder (last page).

Dr. Daljit Singh
Vice Chancellor

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Handling COVID-19

The institution contributed actively in the prevention and management of COVID-19 with several interventions. Sri Guru Ram Das Charitable Hospital, near Gurudwara Shaheed Ganj, Sri Amritsar was designated the first COVID dedicated private hospital in Punjab. Till the end of June, 98 cases were hospitalized including 9 with severe disease. Fortunately there was no mortality.

The molecular lab of the institution has received NABL Accreditation and is permitted by ICMR to carry out the testing for SARS CoV-2 by real time PCR.

We have also been registered in Multi-Centric Clinical Trial related to convalescent plasma and have initiated collection and use of plasma from convalescent cases. Dr. AP Singh honoured the first donor of plasma for saving the life of COVID positive sick patients with plasma therapy.

Active health education through various means including multimedia messages are in place in keeping with Mission Fateh activities.



The first batch of patients being sent home.



The first donor of convalescent plasma being felicitated.

Lectures/ Resource Faculty for Online Webinars



Dr. Jasleen Kaur (Dermatology) participated as Panelist in two Webinars on digital platforms scientific papers presented at conferences.



Dr. Vijinder Arora (Radiology) delivered Webinar series Musculoskeletal society (plain radiograph as a mirror of metabolic bone disease) held on 20 th May 2020.



Dr. Shakeen Singh (Ophthalmology) conducted an International webinar - POS ophthalmology update.



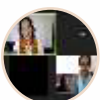
Dr. Pawan Prasher (Ophthalmology) delivered an online lecture on Corneal Transplantation: Shifting Paradigms.



Dr. Richa Ghay (Physiology) participated as resource person for an online webinar on online assessment strategies under CMCL-FRI Alumni club.



Dr. Sukhbir Kaur (College of Nursing) delivered a talk on Psychological problems among adolescents in the webinar organized by Guru Daronacharya College of Nursing, Dharamshala on 26 June 2020.



Faculty of Sri Guru Ram Das College of Nursing organized a webinar on "Double Trouble: NCD & COVID-19". Nearly 1200 participants across the different states of India and abroad registered.

Courses

Department of Dermatology



Dr. Saurabh Sharma (Dermatology) completed a certified laser online workshop on Scar Resurfacing conducted by IADVL Academy and completed five hour course on DASIL accredited Tricology & Trichosurgery workshop 2020.

Department of Community Medicine



Dr Amanpreet Kaur completed Postgraduate Diploma in Hospital & Health Management from Indira Gandhi National Open University, New Delhi.



Dr Manisha Nagpal completed an Advanced Course in Medical education from CMC, Ludhiana.



Dr Manisha Nagpal and Dr Amritpal Singh Brar completed Certificate Course in Palliative Care from Indian Association of Palliative care.



Dr. Harjot completed certificate courses "COVID-19: Tackling the novel Coronavirus" and "End of Life Care: Challenges and innovation" from London School of Hygiene & Tropical Medicine and from University of Glasgow respectively.

CME on Pediatric Hematology

The department of Paediatrics organised a CME on Pediatric Hematology on 7th March, organised by Dr. Karuna Thapar and Dr. Gursharan Singh Narang. More than 100 delegates from different parts of Punjab participated. Talks were delivered on 'Diagnosis of Hemophilia and other Bleeding Disorders', 'Blood Transfusion in Thalassemia Major', 'Iron overload and Chelation and Emergencies in Pediatric Oncology' and 'Clinical Diagnosis and Laboratory investigations in Thalassemia'.



Conferences/ Workshops/ Training Programs

- Dr. Neeraj Jain (Radiotherapy & Oncology) participated as a panelist at Best of San Antonio Breast Cancer Conference at New Delhi in March 2020.
- Training of Part Time Enumerator (PTE) was held at Hoshiarpur, Gurdaspur and Ferozepur by the Department of Community Medicine in March 2020.
- Inner Wheel Club of South Amritsar and youth for global Peace and transformation (YGPT) organised a workshop on self-defense at SGRD College of Nursing for B.Sc.(N) 1st year students in March 2020.

Publications

Department of Dermatology

- * Vinay, Sharma S, Kaur J, Bassi R. Treatment of keloids with intralesional injection of bleomycin and triamcinolone acetonide. *IJCED* 2020;6(1):1-3.
- * Kaur J, Kaur T. A prospective, randomised, split-face comparative study of 50% glycolic acid peel versus laser toning in the treatment of melasma in asian skin. *Int J Res Dermatol* .2020; 6(3):371-75.
- * Bains P, Kaur S. The role of dermoscopy in severity assessment of alopecia areata: A tertiary care center study. *Clin Aesthet Dermatol* 2020; 13(4):45-50.
- * Kaur J, Budhwar J, Maheshwary A, Singh K Bhatti. Blistering in a newborn: a rare case report. *Int J Res Dermatol* 2020; 6(3):432-35.

Department of Obst. & Gynae

- * Kamal P, Kaur S, Kaur H, Nagpal M. Non-haemorrhagic causes of obstetrical intensive care unit admissions in tertiary care setting. *Int. J Repord Contracept Obstet Gynecol* 2020;9:1392-7.
- * Umang, Cheema H, Khullar S, Nagpal M. Paediatric ovarian torsion-A case report and review of literature *Int. J Repord Contracept Obstet Gynecol* 2020;9(4).

Department of Ophthalmology

- * Singh M, Singh S. Bilateral lacrimal sac swelling in elderly not a mucocele. *Ind Journal of Ophthalmology* 2020, 68,554.
- * Prasher P. Deep anterior lamellar keratoplasty with manual small-incision cataract surgery: a modification of the triple procedure. *Asian Journal of Ophthalmology* 2020; 17(2), 196-2020.

Department of Community Medicine

- * Sadana P, Devgun P. Treatment success rate of multidrug resistant tuberculosis patients under programmatic management of drug resistant tuberculosis services in district Amritsar, Punjab, *INDJ Public Health Res Dev.* 2020; 11(2):451-6.

Department of Medical Education

- * Mahajan R, Gupta K, Gupta P, Kukreja S, Singh T. Multimedia instructional design principles: Moving from theoretical rationale to practical applications. *Indian Pediatrics* 2020; 57: 555-61.

Department of Biochemistry

- * Amrita J, Mahajan M, Bhanwer AJS, Matharoo K. Association of AdipoQ gene variation (rs1501299) and oxidative stress with cardiovascular disease in North West Indian population of Punjabi Women. *Journal of Medical Biochemistry.* DOI: 10.5937/jomb0-24704.

Department of Physiology

- * Kaur H, An analytical study showing association of packed cell volume with the severity of anaemia in adult females. *International Physiology.* Jan2020;8(1):9-12.

College of Nursing

- * Kaur H, Saini P. Knowledge and practices regarding partograph among staff nurses working in Labour Room. *NMRJ* 2019; 15 (4): 10-17.
- * Kaur A, Saini P, Sharma K. A study to evaluate the effectiveness of Hoffman's exercise on successful breastfeeding among antenatal mothers with nipple defects at Sri Guru Ram Das Hospital, Vallah, Amritsar, Punjab. *Int J Health Sci Res.* 2020; 10(3): 121-128.
- * Kaur S, J Triza. A study to assess the effectiveness of psychosocial intervention on self-concept of adolescents of substance using parents. *J. Indian Assoc. Ment. Health* 2020; 16(2): 1-14.
- * Bajwa K, Kaur R, Kaur S, Shabnam, Sharma S, Kaur S, Kaur S, Kaur S. Descriptive Study to assess the knowledge of Staff Nurses regarding Forensic Psychiatry at selected hospital, Amritsar. *AMEI'S Curr Trends Diagn Treat* 2019;3(2):56-58.

▶ Marching forward....



Molecular Testing Laboratory of Sri Guru Ram Das University of Health Sciences has been granted NABL accreditation vide Certificate No. MS-2970 for RNA virus and has been approved by ICMR for testing H1N1 and SARS Cov-2 by real time PCR. The approvals have come after rigorous inspections and verification process.

This diagnostic facility will enable the institution to contribute even more in the fight against COVID-19. Patient may apply online for the test and would be issued an e-pass accordingly, and for this doctor's prescription is mandatory. The test will be subsidized for the people of the region.

Dr. AP Singh

Dean, SGRDUHS

Nursing Day Celebrated



International Nurses Day was celebrated at Sri Guru Ram Das College of Nursing on 12th May 2020. The nursing faculty and practitioners observed two-minute silence for the patients and health workers who had died due to Covid-19 infection and organized a special prayer for the well being of humanity by lighting lamps. The faculty distributed fruits among the patients and prayed for the health of the ailing.

ASCLEPIUS - 2020



A two-day medical academic event 'ASCLEPIUS 2020' was conducted in March at SGRDUHS, Sri Amritsar in association with AMSA graced by Dr Hardas Singh, member of SGRD Trust. More than 250 medical students from GMC Amritsar and SGRDIMSR participated in 6 medical oriented innovative competitions based on Greek Mythology. Senior faculty participated as judges.



ONLINE TEACHING PROGRAM



The challenge of imparting a highly skill oriented medical course during the coronavirus pandemic is compounded by the fact that a new competency based curriculum has been introduced since 2019 and a very tightly structured schedule has been put in place. The undergraduate students were sent home to avoid chances of infection in the hostels and classrooms. To prevent any loss of studies, the following policy was promptly adopted.

- Online theory classes: Every batch has three lectures per day using a professional version of online teaching software. Attendance is monitored. Faculty prepares the lectures according to a drafted schedule, taking care to build interactivity. All the students have their cameras on and can be seen by the teacher. A coordinator helps to monitor questions and interactions.
- Formative Theory assessment: The University has developed an app for online formative assessment, which is being used extensively.
- Clinical teaching: The University makes use of its good IT infrastructure and there is a plan to live stream clinical examination of the patients.

Point to Ponder...



Executive Team - SGRD Synapse

Dr. Daljit Singh (Chairperson),
Dr. Anupama Mahajan (Vice Principal) Convener,
Dr. Deepinder Kaur (Physiology), Dr. Punita Salwan (Anatomy),
Dr. Amandeep Singh (Radiology), Dr. Jaskaran Singh (ENT),
Dr. Pooja Verma (Community Medicine)

An Overview....

ONLINE TEACHING-LEARNING

Dr Tejinder Singh, Professor, Medical Education Unit

Q1 - What is Online teaching?

A - Learning that takes place over internet without a face to face interaction is known as online learning. In special circumstances like Covid-19, it can complement and supplement traditional teaching.

Q2 - What is the purpose of online teaching?

A - Online teaching allows the learner and teachers to break free from the requirements of time, place and pace. It can be synchronous, meaning that the teacher and learners log in at the same time and replicate a classroom type of situation. It can also be asynchronous, where both can join at different times, using audio recordings, written materials, web pages and videos for transmitting the information, providing more autonomy to both teacher and learner.

Q3 - Which one is a better mode?

A - Generally asynchronous is considered better because it allows time to the learners to think and work at their own pace. However, it requires more efforts, resources and technology compared to synchronous mode.

Q4 - How does online teaching differ from classroom teaching?

A - Since there is a spatial distance between the teacher and the learner (specially if using asynchronous mode), the teachers must make extra efforts to make the material 'learner-active'. This can be done by questions, online activities, discussion within breakaway groups and project work.

Q5 - I am delivering my classroom presentations using Zoom. Can this be called online teaching?

A - In a broader sense yes, but online teaching is not just a replication of traditional teaching using internet. It needs tweaking to make it interactive to not only actively engage the learner but also to formatively assess and guide learning.

Q6 - What all can be taught using online mode?

A - Given the right resources and technology, almost everything! However, with resources currently available to majority of the colleges, knowledge component as well as basic skills can be easily imparted.

Q7 - Do I need to be a technology expert to make use of online teaching?

A - No. To be a good online teacher, you need to be a good 'user' of technology rather than being its 'creator'. Like any other mode of teaching, pedagogy (the science of teaching) is more important than the delivery mode. Using a common example, we don't buy sweets based on packing but on taste and quality. If taste is good, packing can add to its sale value, but it can't compensate for poor quality. No amount of technology can help a poorly chosen and presented content.

Q8 - Can assessment be done online?

A - Yes, it can and must be done. In fact, assessment provides a very useful tool to bring interactivity. Assessment can be in the form of rhetoric questions (answered by teacher himself), questions to test understanding (MCQs using Google docs or other apps.), questions to test application (short answer or essays) and project work.

HELP LINES

EPABX: 0183-2870200, 0183-2870400
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