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PIMS CHRONICLE

Biannual Update



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healthcare at an affordable cost



► Foreword ► Pims Pride ► Academia ► Educational Forum & Activity ► Fun Sake ► Celebration

pimschronicle@pimsj.com

PIMS Medical & Education Charitable Society

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FORWARD



Established at Jalandhar in 2009, Punjab Institute of Medical Science continues on its path of commitment to provide quality health care to one and all. Our team of dedicated doctors and professionals, under the able guidance of PIMS Principal and

Directors, is ready to send out our first batch of doctors who have been guided under expert teaching through progressive ideas. They are going to be the torch bearers of PIMS who will carry forward the values of ethical practices and reflect the skill of quality clinical care in the field of healthcare. The PIMS community continues to evolve with the changing face of healthcare, creating opportunities for the growth and achievements of our budding doctors. The proof lies in the plethora of well documented stories, pictures, facts and statistics, highlighting achievements of our students and faculty members, carefully and faithfully recorded by the PIMS Chronicle, which can be justifiably lauded for doing an appreciable job.

My best wishes to the future generation of our soon to be graduate doctors, who are ready to go out into the field of healthcare and write fresh chapters of success. The learning has not ended here; it is just beginning for you. As a parting advice, I will quote from a Chinese Proverb, "Learning is like rowing upstream, not to advance is to drop back"

Dr Anju Gupta
Professor & Head
Department of Forensic Medicine

Department of Surgery (PIMS) is doing excellent work in the field of surgery. We are having a team of highly experienced, dedicated and disciplined surgeons of the rank of Senior Professors, Associate Professors and Assistant Professors. All types of surgical procedures, including Laparoscopic, Endoscopic, Urological, Plastic, Reconstructive and cosmetic are being performed. Department is taking keen interest in Academics and Research work. Our Department has more than 150 publications in National, International Journals of repute. The Department has organised CME's, State, National and International conferences like SAARC, JASICON, Urology Update and so on.

Thanks & Regards,
Dr MK Bandlish
Professor & Head, Department of Surgery



It gives me immense pleasure to note that PIMS is bringing out next edition of its chronicle. According to an old adage, the best motivation for the staff is the public appreciation. This is even more appropriate for the students. A 'pat on

the back' from the teacher goes a long way to improve his performance. This publication serves to recount achievements by both, students and staff. So, it encourages students as well as staff; everyone that constitutes PIMS, so as to say. Besides, this chronicle is a window for the society to look-into the happenings at our institution. Every bit of progress made by PIMS, is eventually the progress made for the society in general; and they must be informed about the happenings here.

I wish all those involved in the publication all the best. May you truly and honestly reflect all that makes PIMS a great institute!

Dr HL Kazal
Professor & Head
Department of General Medicine



Dear Colleagues & Students, I, on the behalf of the Department feel proud in stating that our department with a battery of experienced and intelligent faculty members provide anaesthesia services to all types of surgical cases and also doing critical care along with managing pain clinic and trauma services. I congratulate the students for joining this institute which is rising day by day and the day is not far off when this institute will be among the best in this part of our country.

The management of this institute is making all efforts and is sincere for the upliftment of this institute and is providing all the new machinery and equipments for meeting the latest standards which are required for the tertiary services. All the students are hereby assured to be provided all types of skills and training which the department has gathered over the years. Our department is equipped with the latest work station, the ventilator and monitoring equipment for the safe conduct of anaesthesia care and critical care.

Dr Iqbal Singh
Professor & Head
Department of Anaesthesia and intensive care





Niharika Mittal



Jasnoor Sra



Puneet Mallhan



Shanti Priya



Aashita Mittal



Manpreet Kaur Bhathal



Harmanjot Kaur



Shyna Mehta



Sarita Khurana

Top Rankers (Batch 2011) Final Prof MBBS Examinations

- » **Niharika Mittal** topped scoring 70% marks
- » **Jasnoor Sra** stood second
- » **Puneet Mallhan** and **Shanti Priya** bagged third position
- » **Aashita Mittal** stood fourth
- » **Manpreet Kaur Bhathal** bagged fifth position

Top Rankers of (Batch 2014) First Prof MBBS Examinations

- » **Harmanjot Kaur** topped scoring 71% marks
- » **Shyna Mehta** stood second
- » **Sarita Khurana** bagged third position



NEONATAL PULSE

A C A D



Neonatal Pulse

The Department of Paediatrics organised a CME “Ist Neonatal Pulse” at PIMS on 22nd August 2015. The day long academic feast comprised of sessions covering various aspects of perinatology. The formal inaugural function was graced by the presence of Dr Kulbir Kaur, Director Principal, Dr Kanwaljit Singh, Resident Director, Dr Kailash Kapoor, Civil Surgeon Jalandhar, Dr Kapil Gupta Member PMC & Faculty of the Department of Pediatrics.



The CME was attended by eminent doctors from the region. Sessions elaborating on Newborn screening, Recent update in BPD and delayed cord clamping in preterm, CPAP and advanced ventilation were conducted by Dr Manjit Kaur, Dr Deepak Chawla, Dr Sushma Nagia, Dr Jatinder Singh and Dr Kamal Arora. Poster presentation was judged by Dr Harmesh Bains, Dr Inderpreet Sohi and Dr Pushpindra Magon.



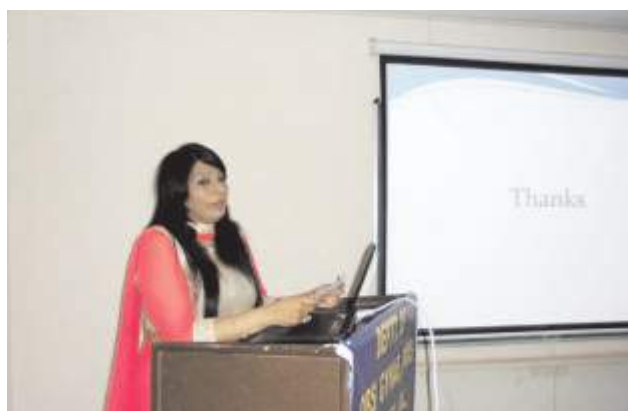
E M I A



OBG UPDATE 2015

The Department of Obstetric and gynaecology organized “OBG Update 2015” in collaboration with Federation of Obstetrics and Gynaecological Society of India (FOGSI) Jalandhar Chapter on 12th September 2015 with aim to highlight recent advances in the fields of obstetrics, gynaecology, infertility like pregnancy induced hypertension, diabetes mellitus, fibroid uterus & tuboplasty.

Dr Manjit Mohi Director Research and Medical Education, Govt of Punjab was the chief guest and Dr Kailash Kapoor, Civil Surgeon, Jalandhar was the guest of honour. Luminaries in the field of obstetrics and gynaecology from prestigious institutes of northern India shared their views and experiences with delegates. The CME was a great success under the expert guidance of Dr Kulbir Kaur, Director Principal, Dr Kanwaljit Singh, Resident Director and Dr Promila Jindal, HOD, OBG.



OBG UPDATE 2015

HIV AND TUBERCULOSIS

EDUCATIONAL

INTRODUCTION

The combination of Acquired Immunodeficiency Syndrome (AIDS) and Tuberculosis has been termed “accursed duet”. The double burden of TB and Human Immunodeficiency Virus (HIV), together with increasing rates of MDR-TB (Multidrug Resistant Tuberculosis) and XDR-TB (Extensively drug Resistant Tuberculosis), complicates the management.

BURDEN

HIV positive patients are 30 times more likely than HIV negative people to develop TB. The chronic immune stimulation resulting from active TB accelerates HIV/AIDS disease progression. In 2013 there were 1.1 million new TB/HIV co-infected cases globally, accounting for 12% of incident TB cases and 360 000 deaths. The annual risk of developing TB disease in people living with HIV/AIDS who are co-infected with M. tuberculosis is 5 to 15 percent.

IMPACT OF HIV ON TB

Usually a person infected with Mycobacterium tuberculosis with a healthy immune system does not become ill but is able to eliminate the infection without taking antituberculosis drugs. This condition is referred to as Latent Tuberculosis Infection. Because of progressive suppression of CMI in patients with HIV disease, it has emerged as the single most important risk factor for progression of dormant tuberculosis infection to clinical disease. HIV infected patients with dormant tuberculosis infection will have reactivation of the latent infection because of diminished CMI. An HIV infected person co-infected with M. tuberculosis has a 50 percent lifetime risk of developing TB disease in comparison to only a 10 percent risk in HIV non infected person.

This is especially important in India, with an estimated 40 percent of the adult population infected with M. tuberculosis. It is estimated that 50-60 percent of the HIV-infected persons in India will develop TB disease during their life-time.



Dr Vineet Mahajan
Associate Professor, Chest & TB

IMPACT OF TB ON HIV

Untreated TB shortens the survival of patients with HIV infection by accelerating the disease progression.

CLINICAL PRESENTATION

Clinical disease manifestations are largely dependent on the level of immunosuppression. In patients with earlier stages of HIV disease, clinical presentation is of typical tuberculosis. However, more severely immunocompromised individuals have a greater risk of extrapulmonary and disseminated forms of TB. Persons with CD4 cell counts of <200 cells/ml are less likely to present with cavitation and often have atypical features. Most patients with advanced immunosuppression (<100 cells/ml) have extrapulmonary and disseminated forms of TB, positive mycobacterial blood cultures, and atypical chest radiography findings. People living with HIV are more likely to present with extrapulmonary or sputum smear negative TB, as immunosuppression advances. This can result in misdiagnosis or delays in diagnosis.

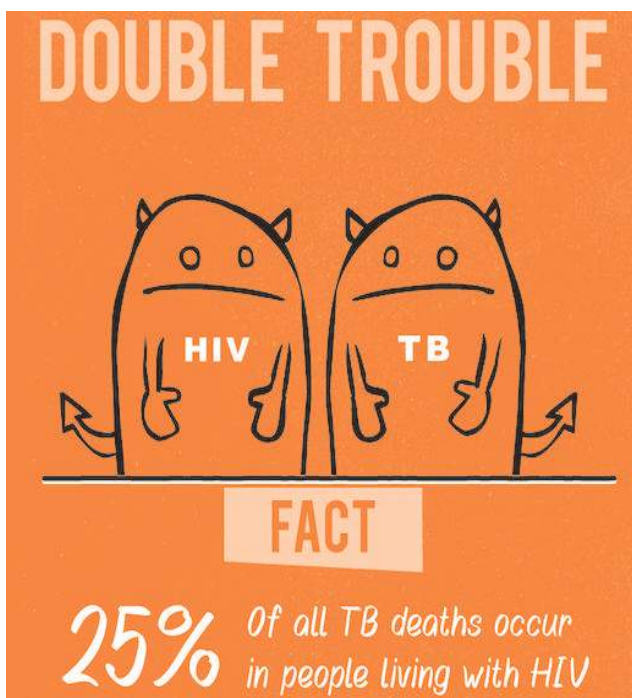
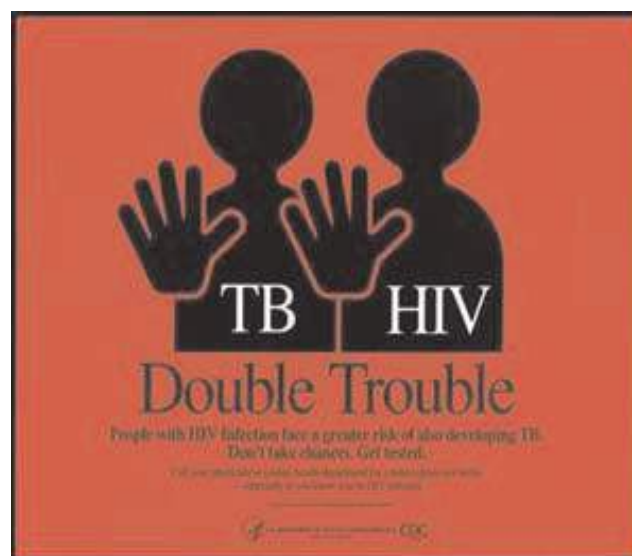
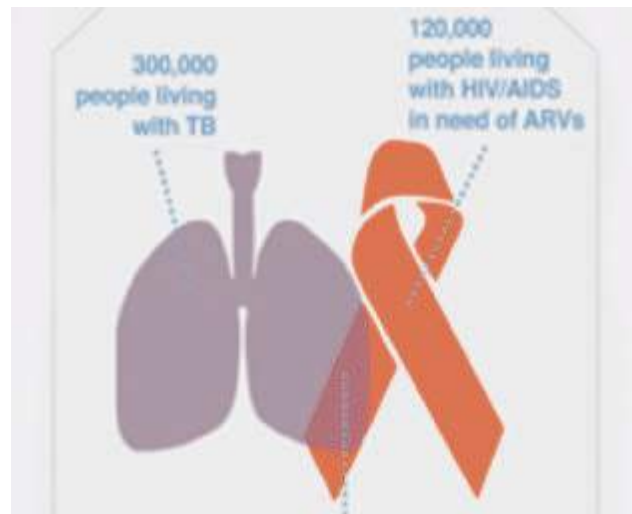
F O R U M

MANAGEMENT

The basic guidelines to be followed in the treatment of tuberculosis in HIV – positive individuals are the same as those for treatment of tuberculosis in seronegative individuals. In HIV-infected persons with TB, Anti Retroviral Therapy (ART) should be initiated during TB treatment regardless of the CD4 cell count. In general early commencement of ART, less than two weeks into TB treatment, is advised if CD4 + T cell count is < 50 cells/mm³. For those with CD4 counts > 50 cells/mm³, it is reasonable to introduce ART within four to eight weeks, once the clinician is satisfied that the TB regimen is being well tolerated and that compliance with HIV drugs is likely. For those HIV/TB coinfectd patients with relatively preserved CD4 counts (> 200 cells/mm), ART is still recommended although commencement is less urgent and timing will be weighed against the risk and benefits. Transient worsening of symptoms and signs of tuberculosis or radiological deterioration after the initiation of ART, despite a reduction in HIV load and immunological recovery, is known as immune reconstitution inflammatory syndrome (IRIS). Manifestations of IRIS include fever, lymph node enlargement, worsening respiratory symptoms and signs, cold abscess, psoas abscesses, and worsening central nervous system lesions (tuberculoma and meningitis).

CONCLUSION

Overlap of TB/HIV co-infection with drug-resistant TB presents a tremendous challenge and threatens recent progress in reducing the mortality associated with both diseases.



HIV AND TUBERCULOSIS

EDUCATIONAL

Interdepartmental clinical meetings are being conducted monthly in PIMS since September 2015 under the expert guidance of Dr ML Chawala, Medical Advisor PIMS. This provides platform to doctors for sharing their work with others and improves interdepartmental co-ordination for better patient care.

- Cases of **brucellosis** and **scrub typhus** were presented by Dr Amarjit Singh Vij Professor and Dr Sunil Sharma Assistant Professor Department of medicine.

- A rare case of **retrival of surgical blade from abdomen** after 5years was presented by Dr Rajneesh Kumar Assistant Professor, Department of Surgery.

- Dr. Shail Kaur Associate Professor, Department of OBG presented a case of **Pelvic Actinomycosis**.

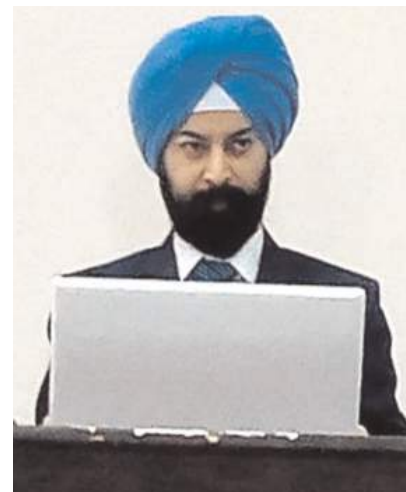
- Department of Pharmacology conducted a session on **Pharmacovigilance awareness**. Dr Megha Sood Associate Professor highlighted various aspects of Adverse drug reaction monitoring and reporting.

- With the aim of continous upgrading of health care services being provided at PIMS, regular **live transmissions of CPCs and clinical meetings** from PGI Chandigarh have been started since July 2015. This helps faculty members to observe the protocol of management of patients being followed in one of the best institutes of our country.

- Department of Community Medicine is running a **Deaddiction Programme** since May 2015 in which 15 villages have been adopted for generating awareness on Drug deaddiction

- Under the aegis of Director Dr Kanwaljit Singh, Director Principal Dr Kulbir Kaur and Dr M.L Chawla Medical Avisor, Punjab Institute of Medical Sciences is going to move a step ahead by starting **paramedical courses** like B.Sc (Medical Laboratory Technology, Operation Theatre Technology, Anaesthesia Technology and Plaster & Orthopaedics Technology, etc.) and M.Sc medical courses in the coming academic year.

- Dr Jagminder Kaur Bajaj (Prof & Head, Dept of Pharmacology; PIMS) adjudged the poster presentation session and chaired a scientific session on **Stress Management** in SOBSICON-2015 held at SGRDIMSR, Amritsar.



ACTIVITIES

· Dr. Harshdeep Joshi, Assistant Professor Department of Community Medicine presented two papers on Magnitude and impact of **cardiovascular diseases**” and .“Assessment of cardiovascular **risk and obesity** in relation to Vitamin D deficiency” at International Conference “Cardiomersion” at Dubai.

· Dr Deepali Gul, Assistant Professor, Department of Psychiatry, participated as panel expert in the symposium on Portrayal of **psychological trauma suffered by the people of Kashmir** in Indian cinema at the Annual Conference of Indian Psychiatric Society - North Zone held at Srinagar from October 3 to 4, 2016.

· Dr Shalini Salwan (Associate Prof), Dr Megha Sood (Associate Prof) and Dr Nipunjot Grewal (Assistant Prof) presented their research papers in oral presentation session at SOBSICON-2015 held at SGRDIMS, Amritsar. Study regarding '**Usage of mobile phones and its impact on academic performance and behaviour of medical students**' by Dr Nipunjot Grewal was awarded first prize for best paper.

· Dr. Anju Gupta (Professor & Head) Department of Forensic Medicine was winner in the event of Badminton singles and doubles in the Annual Sports meet of IMA Jalandhar.

· Dr Deepali Gul, Assistant Professor, Department of Psychiatry, presented a research paper titled **A comparative study of nature and extent of coverage of mental health issues in newspapers** published from India and the USA at the Annual National Conference of Indian Psychiatric Society held at Bhopal (Madhya Pradesh) from January 20 to 24, 2016.



ACHIEVEMENTS

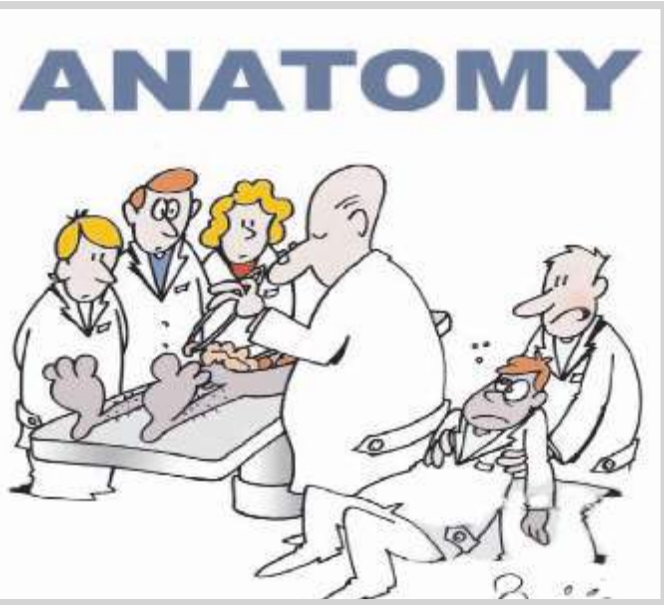
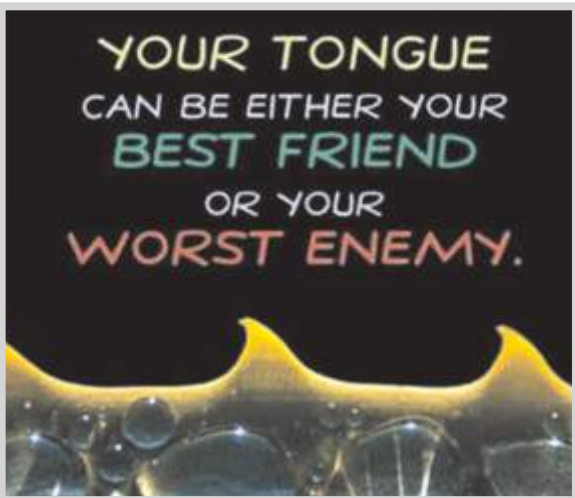
MICROBIOLOGY

Department of Microbiology gave a challenging group activity of making 3D models to the students of 2nd Prof, Batch 2014. Students exhibited great team work and came up with innovative ideas and accomplished the task with full zeal and enthusiasm. Worthy Resident Director, Dr Kamaljeet Singh, Director Principal, Dr Kulbir Kaur & Vice Principal, Dr Rajiv Arora who were given the tough job of the judgement were spellbound and appreciated creativity and hard work of students. Winners were felicitated with appreciation letters.



INTROSPECTION

Nobody can touch words, but words do touch everybody. We are the master of our unspoken words, and slave of our spoken words.



Me Before Exams


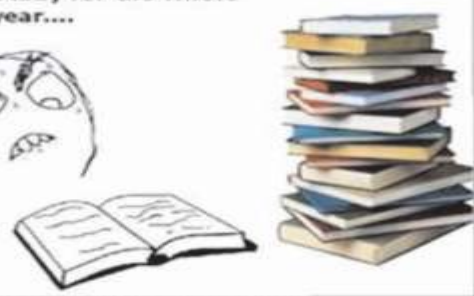




"Exams Khatam Hone do, Duniya Hila Dunga Poori."



Me After Exams

Sleeping.



| | | |
|--|---------------------------------|---|
| <p>people who study for the whole year....</p>   | <p>RESULT</p> <p>80%</p> | <p>Reaction....</p>  |
| <p>people who start studying just 1 day before exams.....</p> <p>PFF</p>    | <p>RESULT</p> <p>50%</p> |  |

F U N S A K E

CELEBRATIONS



Breast feeding week Celebration:

Department of Community Medicine celebrated breast feeding week from 1st to 7th August 2015 in collaboration with Department of Paediatrics and Gynaecology. The theme was "Breast feeding and Work , Let's make it work" emphasizing on protection and promotion of breast feeding among working women.

HIV & AIDS awareness campaign:

The AIDS awareness campaign is being held w.e.f 01 Dec 2015 in which lectures/seminars are being organised in various schools to make younger students aware about this deadly disease.

Teachers Day

Students of PIMS celebrated Teacher day on 5th September 2015 to thank and honour the teachers for guiding and helping them.

Christmas

A Rangoli competition was organised on Christmas eve in which ENT department won the first prize. Second prize was won by Anatomy department and third prize was shared by Microbiology department.

Lohri

Kite flying and Boliyan competition was organised on 13th January 2016 to celebrate Lohri.



CELEBRATIONS

EDITORIAL BOARD

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Dr. Kanwaljit Singh

Resident Director

Dr. Kulbir Kaur

Director Principal

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Associate Editor

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