



Sir Ganga Ram Hospital

newsletter

vol 26 no 3

visit us at www.sgrh.com

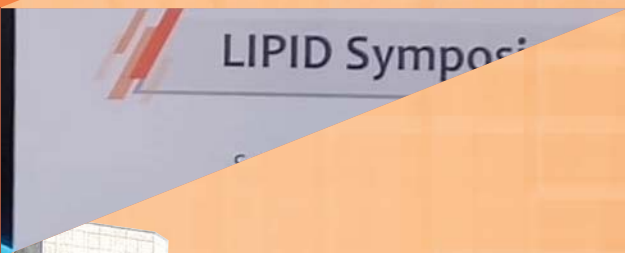
July–September 2022



Founder's Day Celebrations
... page 2



Clinical Infectious Diseases
Society meeting
... page 4



Lipid Symposium
... page 6



Founder's Day Celebrations

Dr D.S. Rana welcomed the Guest of Honour Shri Raghav Chadha, Member of Parliament (Rajya Sabha), Smt Sujata Sharma, Secretary Sir Ganga Ram Trust Society and other distinguished guests and extended his greetings on the auspicious day of Baisakhi. He said that Raghav is a young man who received his school education from Modern School, Barakhamba Road and graduated from the University of Delhi. He then pursued Chartered Accountancy from the Institute of Chartered Accountants of India and then went to study at the London School of Economics for a certification course. At the age of 26, Raghav Chadha was appointed as the national treasurer of the Aam Adami Party (AAP). He was appointed as vice-chairman of the Delhi Jal Board (DJB) and assigned the water portfolio in Delhi Government. On 21 March 2022, he was nominated by the AAP for the Rajya Sabha from Punjab for a 6-year term.

Dr Rana gave a brief introduction of Sir Ganga Ram Hospital. He said that SGRH was established 101 years back at Lahore in 1921, on the day of Baisakhi by the founder Sir Ganga Ram ji, who was a great philanthropist of his time. After the partition, Sir Ganga Ram Hospital was inaugurated by then Prime Minister, Jawahar Lal Nehru, on the Baisakhi day in 1954. The Sir Ganga Ram Trust Society is rendering selfless and exemplary service to the society. The hospital has the Board of Management under the overall supervision of Sir Ganga Ram Trust Society. Under this concept, the hospital has witnessed a phenomenal growth over the last few decades.

Today, Sir Ganga Ram Hospital is a 675-bedded multispecialty hospital providing healthcare at minimal cost to all the sections of society. In the morning hours, we run general OPD services in our specialties where everybody gets free consultation. Patients



Dr D.S. Rana



Left to right: Dr S.P. Byotra, Shri Raghav Chadha, Smt Sujata Sharma, Dr D.S. Rana, Dr Ajay Swaroop

belonging to the EWS category get free investigation and free drugs as well. Sir Ganga Ram Trust Society has been providing free treatment to patients admitted on 20% of beds since its inception in 1954, even without the statutory directive from the Government of India at the time of allotment of land. SGRH, apart from rendering ethical medical care to all sections of society, has earned a name in the field of medical education and research.

Dr Ajay Swaroop said that Mr Raghav Chadha is a young and energetic representative of our locality and now is the youngest member to be nominated to the Rajya Sabha. He said that as part of celebrations of today's function, we honour our meritorious and long service employees and enjoy as a family and in-house cultural programme and community lunch and eventually conclude by having a Sir Ganga Ram Oration by an eminent person.

Over the past four decades, the hospital has witnessed an incredible growth under the concept of Board of Management, which is closely guided and monitored by selfless members of Sir Ganga Ram Trust Society. We have a strong postgraduate training programme of the National Board of Examinations in 47 disciplines having nearly 260 postgraduate students and ours is the largest postgraduate DNB accredited programme in the private sector in the country. This programme has taken a new direction after the creation of the Ganga Ram Institute of Postgraduate Medical Education and Research (GRIPMER) under the leadership of Professor Samiran Nundy, an eminent surgeon and an academican par excellence. This tradition is being carried forward by Professor Kusum Verma who is the current dean of GRIPMER. SGRH also runs a very well recognized research programme under the guidance of Professor N.K. Ganguly, an internationally recognized scientist and researcher. At present, 25 clinical departments including the Department of Research are carrying out research along with their multidisciplinary collaborative institutes. A 10-storey new block is expected to be completed by April 2023 which will house super specialties and have a radiotherapy facility and oncology services.



Our strength lies in dedicated, distinguished and compassionate faculty rendering services with passion. We are a very employee-friendly organization and look after them as members of Ganga Ram family and they in turn render the services with total loyalty and sincerity.

Dr Swaroop informed that Chairman Dr D.S. Rana has completed 40 years of distinguished service in the hospital, for which we all salute him. Our work has been recognized by the government, the people as well as the media. During the past 2 years, SGRH has featured 734 times in the print media and 412 times in visual media for positive healthcare news. He then enumerated the salient features of the role of SGRH during the COVID-19 pandemic. The hospital got the first case on 22 May 2020, though our associate hospitals, Kolmet Hospital and City Hospital had already started seeing COVID patients. The total number of cases seen by the hospital is 7442 (with 1218 deaths mainly because the most serious and severe cases were admitted). The hospital is actively involved in COVID vaccination programme and elaborate arrangements are made to vaccinate people in a safe

and comfortable environment. The total vaccinations done are 49,781. He said that the administration with Dr Rana as the chairman stood like a rock and a team of Dr Boytra, Dr Swaroop, Dr Jayashree Sood have been in the hospital day and night. They have marshalled their troops, motivated them, counselled them, and shared their grief and sorrow. As a recognition of this great effort, our hospital has received prestigious awards and the most recent one being the Six Sigma Healthcare Excellence Award 2022, which has adjudged Dr D.S. Rana as the Healthcare Personality of the year. Dr Ajay Swaroop has been adjudged the best Hospital Administrator of the year, while Dr Satendra Katoch was the outstanding Corona Warrior of the year. Our hospital has received the best Healthcare Academic Institution award which was received by Professor Kusum Verma.

Mr Raghav Chadha congratulated the entire Sir Ganga Ram Hospital family on their 101st Founder's Day. He said that he was born in this hospital on 11 November 1988 and the gynaecologist was Dr Kotwani. Even now when the need arises everyone in his family comes to SGRH, which is a world-class institution. Mr Chadha lauded the role played by SGRH during the COVID pandemic. He praised the role of the doctors, hospital staff, paramedics, management staff, etc. for their work during the pandemic. He said that Sir Ganga Ram Hospital has proved to be a lifeline for the people of Delhi. He also lauded the work of the Founder Sir Ganga Ram. On behalf of the Chief Minister as well as the Government of the NCT of Delhi, Mr Chadha assured all support to the hospital. He assured that Dr Rana and his team that he will forever be there, not merely as their representative but as their own child who was born in this hospital. He said that he has a very special bond, special relationship with this hospital. Dr S.P. Byotra gave a vote of thanks.

Update on Male Infertility

The Department of Urology and Andrology successfully conducted an 'Update on Male Infertility', the first of our many meetings planned under the banner of Practical Andrology, at SGRH on 7 May 2022. This was a unique event with a faculty of five consultants who have a passion for managing male infertility. They taught and interacted with the delegates on the practical aspects of this neglected branch of Urology, for nearly ten hours.

There were 40 registrations with a mix of Urologists and Gynaecologists from Delhi, Rajasthan, Uttar Pradesh and Haryana. There was one international attendee from Ghana as well. All the delegates were given review articles, work-up proformas, algorithms and guidelines as part of their kits and encouraged to ask questions in the middle of talks in a very informal and welcoming way.

No direct industry support was taken for this endeavour.



The next meeting planned in December will be on Erectile Dysfunction.

Compiled by

Dr Manu Gupta, Senior Consultant, Urology and Andrology

Clinical Infectious Diseases Society meeting

The first meeting of the Delhi NCR Chapter of the Clinical Infectious Diseases Society (CIDS) was held on 14 and 15 May 2022 at Hotel Taj Palace, Sardar Patel Marg, New Delhi. Dr Atul Gogia, Senior Consultant, Department of Medicine was the Scientific Convener and Organizer of the meeting under the aegis of CIDS, with Dr Neha Gupta, Senior ID physician as the Secretary of the Delhi Chapter. The programme had the patronage of Dr S.P. Byotra, Chairperson, Department of Medicine and Vice Chairman, Board of Management, SGRH under whose able guidance the event was envisioned. It was a scientific feast spread over two days with topics ranging from HIV, pre-transplant workup, PUO, panel and case discussions along with e-poster presentations. There were more than 100 participants physically present while there were more than 100 virtual attendees as well, across specialties ranging from Consultant Physicians and ID physicians, Critical Care specialists and Clinical Microbiologists. The regular impetus given by Dr Chand Wattal and his team for such events is always a booster. The inauguration ceremony held on 15 May had Dr V. Ramasubramanian as the Chief Guest and



Mrs Urmimala Boruah, National Director for Queens of the World India, as the Guest of Honour. There was active representation from SGRH from the Departments of Medicine, Clinical Microbiology, Nephrology, Ophthalmology and Surgical Gastroenterology. The event was attended and appreciated well by one and all. The organizers plan to make it a regular event so as to disseminate knowledge in the field of Infectious Diseases.

Workshop on Knee Pain

The Institute of Anaesthesiology, Pain and Perioperative Medicine conducted a workshop on 'Knee Pain' on 8 May 2022 under the Chronic Pain series. It was a multi-specialty workshop comprising specialists in intervention pain, joint replacement, arthroscopy, rheumatology and

physiotherapy. The update and workshop was inaugurated by Dr D.S. Rana, Chairman, Board of Management, SGRH. There was live demonstration of the procedures of pain relief on knee from OT. The workshop was attended by about 70 participants.

Parent awareness camp for kidney diseases in children

A 'Parent awareness camp for kidney diseases in children' was organized by the Division of Paediatric Nephrology and Renal Transplantation on 30 April 2022. The camp was attended by more than 150 parents with their children. Such a camp is being organized every year for the last 12 years. Dr D.S. Rana, Chairman, Board of Management was present to shower his blessings and share his views with the parents. Among other activities, there were informative lectures delivered by the consultants and fellows, health screening and a magic show for kids on the theme of kidney health.



Images

A 63-year-old elderly woman presented to the ENT OPD with complaints of recurrent pain and swelling in the right parotid region for the past 1 year. She had undergone NCCT head and neck (outside SGRH), which revealed dilated right parotid duct with few calculi (size 3–4 mm). She underwent two trials of sialo endoscopy for stone removal (outside SGRH), which resulted in repeated injury to the right parotid duct. However, the calculi could not be extracted.

When the patient presented to the SGRH, local examination by the ENT team revealed swelling in the right parotid region with tenderness along with papillary stenosis. She was taken up for sialo endoscopy under GA for stone extraction. During the procedure, the papilla of the right parotid duct could not be cannulated due to papillary stenosis and adjacent inflammation.

A novel solution to the above-mentioned problem was thought of and the interventional radiology team was requested to assist in the duct cannulation. The IR team performed an ultrasonographic assessment (intra-operative) of the right parotid region using a high resolution (linear high-frequency transducer), which revealed dilatation of the right parotid duct along with few tiny echogenic foci within the duct showing posterior acoustic shadowing suggestive of sialoliths, within the duct. The gland was also swollen with significant inflammatory changes in the surrounding region.

After a proper evaluation of the region, percutaneous puncture of the proximal part of the right parotid duct was performed intra-operatively by the IR team, using a 21 G SDN needle. Subsequently, the duct was cannulated using a hydrophilic, flexible straight tip, 0.018", Terumo guidewire. It was difficult to negotiate the site of

narrowing of the duct (due to the inflammation of the gland as a result of prior procedures). However, with repeated manipulation under ultrasonographic guidance, the site of stenosis could be negotiated. Finally, the wire was passed across the papilla and the wire could be seen in the oral cavity.

Subsequently, the ENT team passed the endoscope over the wire and thus, could cannulate the duct. The sialoliths were extracted successfully. A check ultrasound by the IR team was performed to look for any residual calculi. No other calculi could be seen in the duct. Finally, a stent (5 F x 6 cm) was deployed by the ENT team, in the duct across the site of narrowing. Again, a check ultrasound was performed to see the location of the stent and confirm whether the site of stenosis was covered by the stent. The procedure was completed successfully and recovery from GA was uneventful. The patient has been on regular follow-up in the ENT OPD and there has been no recurrence of symptoms.

This was an excellent example of inter-departmental coordination and multi-disciplinary approach. Like in other procedures, patient selection is crucial for achieving technical success in this minimally invasive management of sialolithiasis. Small mobile distal salivary gland duct stones are amenable to removal, as are focal distal strictures. It is likely that the management of sialolithiasis is going to evolve toward a combination of lithotripsy and basket extraction of fragments under radiological or endoscopic guidance.

Compiled by Ajit Yadav¹, Varun Rai², Raghav Seth¹

¹Department of Interventional Radiology

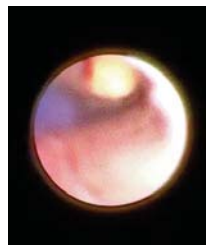
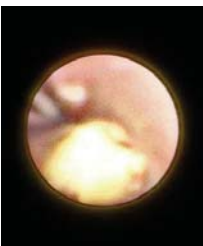
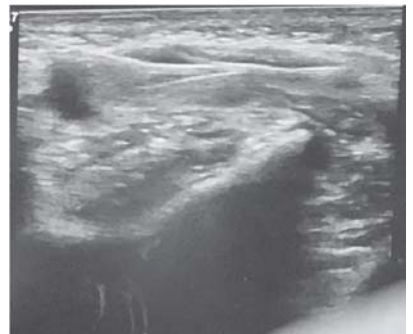
²Department of ENT



Ultrasound image showing guidewire within Stensen's duct



Ultrasound image showing stone within the duct and basket in situ



Endoscopic image showing stone within duct system



External camera view showing puncture for retrograde guidewire channelling and exit into the oral cavity through the natural ostium



Lipid Symposium

The Annual Lipid Symposium was organized by the Department of Cardiology, SGRH on 24 May 2022 at Hotel Taj Man Singh, New Delhi from 10:30 a.m. to 1:30 p.m. The theme of this meeting was 'Reducing the cardiovascular risk in difficult-to-treat dyslipidaemias'. Over 300 invited delegates from all over Delhi and NCR actively participated in this event.

We are all aware that atherosclerotic diseases are the biggest killers of humankind. Lipid-lowering therapies have vastly improved the outcomes of patients suffering from atherosclerotic diseases and also prevent its complications such as myocardial infarction, cerebrovascular stroke and peripheral vascular disease. The risk of acute coronary events persists even after treatment with statins in many patients and new treatments are now available for management of lipid abnormalities. This event was organized with the aim of spreading awareness, updating physicians on the newer drugs for managing dyslipidaemia.

The first talk of the symposium was delivered by Dr J.P.S. Sawhney on 'Difficult-to-treat dyslipidaemias – Role of combination

therapies'. He talked about various combinations which can be used for treating dyslipidaemias. The combinations of newer drugs like ezetimibe, pcsk-9 inhibitors and others and their practical use were discussed.

The second talk was given by Dr Ashwani Mehta on 'Newer target beyond LDL – Role of Lp(a)'. He told that after LDL cholesterol, the next target which needs to be identified in high-risk individuals is raised LP(a). The high levels of LP(a) can now be targeted with pelacarsen. The heart centre has been conducting various international trials, including those with newer RNA-based therapies such as those for lowering the Lp(a) levels.

The audience was updated with many research projects and trials being done at the heart centre. Recently, one large study with pelacarsen has been completed by the name HORIZON study to lower the levels of LP(a). Another drug, inclisiran, which is given once in 6 months is being used in the VICTRION trial, which lowers the stubbornly high levels of LDL not reaching targets despite optimum statin doses. Many patients who are not on target for LDL cholesterol despite optimum medication are being treated with this drug.

An interactive session, which was an open question-and-answer session, was the last part of this programme. The faculty of Dharma Vira Heart Centre participated in this programme and all guests actively participated in it. Queries on management of dyslipidaemias and other practical problems were raised by the attending physicians, which were answered by the faculty members.

Many delegates expressed their desire to come for more such symposiums and workshops conducted by the Department of Cardiology.



Left to Right: Dr Bhuvanesh Kandpal, Dr Aman Makbija, Dr J.P.S. Sawhney, Dr Subhash Manchanda, Dr P.K. Khanna, Dr B.S. Vivek, Dr Sushant Wattal, Dr Manish Kumar Sharma

Compiled by

**Dr Ashwani Mehta, Senior Consultant
Department of Cardiology**

ENTRANTS

Dr Rahul Deepak Modi *Gynae. Oncology, OBG Consultant 02.05.2022*

PROMOTIONS

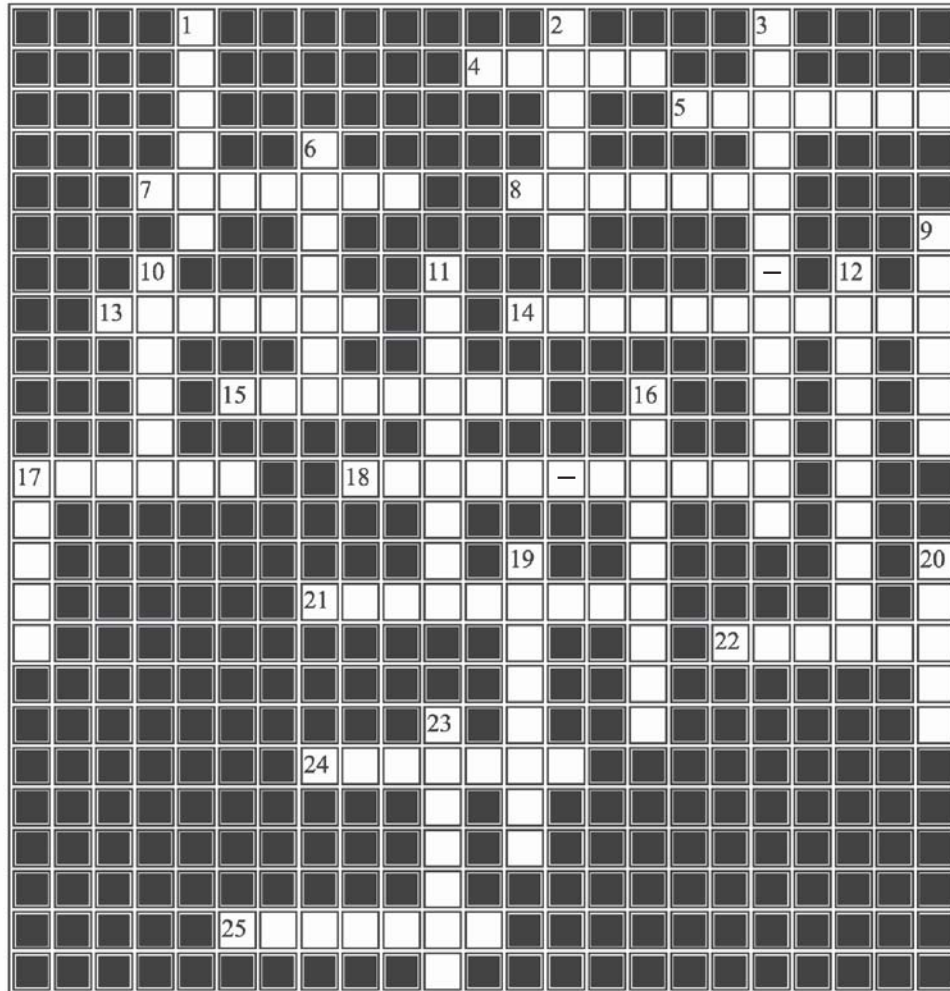
Dr Laxmi Khanna *Neurophysiology, Neurology Senior Consultant 02.05.2022*

Dr Vineet Dhawan *Anaesthesia Consultant 17.06.2022*

Dr Shvet Mahajan *Anaesthesia Consultant 17.06.2022*

Dr Sudeep Goyal *Anaesthesia Consultant 17.06.2022*

Newsletter Crossword



Across

4. Meeting point of two bones held together by two or more people (5)
5. To give physical strength by artificially adding nutrients that are naturally absent (7)
7. In brain it is normal, in anus it is not (7)
8. Lack of activity, especially as applied to the uterus (7)
13. Investigating death, not necessary a physician (7)
14. A railway carriage divided in separate spaces building pressure in a muscle space in the body (11)
15. Removal or destruction of tissue (8)
17. Open heart surgery procedure, controlling an electrical circuit (6)
18. A strong ligamentous structure on the underside fingers, stabilizes the PIP joint (5-5)
21. Endure continued subjection following repeated use of a drug (9)
22. This hormone regulates hunger, provides the sensation of satiety (6)
24. Invigorating and fresh application of appliances to support the body weight (7)
25. It gives a signal to the brain that it is time to eat (7)

Down

1. A medical magical potion (6)
2. Plant-derived medicinal herbal drink or infusion (6)
3. Median nerve passes through this canal at the wrist (6-6)
6. A tendon repair suture (7)
9. The non-living material in between a eukaryotic organism's cells, from which something else originates (6)
10. A doctor capable of appointment at the level of associate or full professor (6)
11. Sway unsteadily while being indecisive (9)
12. An expert designing new methods of teaching and teaching as well (10)
16. The most anteroinferior portion of the nasal septum forming the central fleshy portion between the two nostrils (9)
17. A tiny tube placed into a hollow structure to keep it open (5)
19. Slang used for a physician while looking at rigid organs supporting the body (8)
20. A boy's name, a girl's name or a laxative (5)
23. Out of place kidney, out of place placenta (7)

Created by Dr P.K. Pruthi, Director, Institute of Child Health

International Workshop on Hypospadias

The Department of Urology, SGRH organized an International Workshop on Hypospadias under the aegis of the Delhi Urology Society (DUS) and GRIPMER (SGRH) on 9 April 2022 at the hospital Auditorium. More than 20 international and national faculty demonstrated their videos of the hypospadias repair technique physically as well as virtually. More than 50 leading Urologists and Paediatric Surgeons from all over India and abroad were physically present and more than 150 delegates (Urologists, Plastic

Surgeons and Paediatric Surgeons) virtually participated in the workshop. This workshop was inaugurated by Dr Jaya Sud, Honorary Joint Secretary, Board of Management, SGRH, Dr P.N. Dogra, Dr Ajay Sharma (Organizing Chairman), Dr Sudhir Khanna and Dr Rajeev Sood. Dr Amrendra Pathak (Organizing Secretary) and Dr Satish Agarwal from SGRH demonstrated their techniques of hypospadias surgery to the audience. The workshop concluded with a gala dinner at Hotel Park.



CROSSWORD ANSWERS

Across: 4. Joint 5. Fortify 7. Fissure 8. Inertia 13. Coroner 14. Compartment 15. Ablation 17. Switch 18. Volar-Plate
21. Tolerance 22. Leptin 24. Bracing 25. Ghrelin

Down: 1. Elixir 2. Tisane 3. Carpal-Tunnel 6. Bunnell 9. Matrix 10. Docent 11. Vacillate 12. Pedagogist 16. Columella
17. Stent 19. Sawbones 20. Senna 23. Ectopic

We welcome your comments. Please send us your feedback at 'sgrhnewsletter@sgrh.com'

Founder Patron: Late Shri Dharma Vira

Patron: Dr D.S. Rana

Editor: Dr C. Wattal Co-editor: Dr Vijay Arora

*Editorial Board: Dr A.K. Bhalla, Dr P.K. Pruthi, Dr Archana Koul, Dr Nitin Sethi, Dr Rajat Mohan,
Dr Satnam Singh Chhabra, Dr Neeraj Jain, Dr Anubhav Gupta*

Editorial and Production Consultants: BYWORD

Printed at: Indraprastha Press (CBT)

Design: Netra Shyam

Sir Ganga Ram Hospital, Sir Ganga Ram Hospital Marg, Rajinder Nagar, New Delhi 110060

e-mail: gangaram@sgrh.com Fax: 011-25861002 EPABX: 25750000