



Sir Ganga Ram Hospital

newsletter

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October–December 2022



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Change of Guard: Sir Ganga Ram Trust Society

Dr D.S. Rana, Chairman, Board of Management (BoM), after completing two terms in office, takes over as the Chairman of the Sir Ganga Ram Trust Society.

Dr Devinder Singh Rana was born in the year 1949 in a remote village Dasmal, District Hamirpur, Himachal Pradesh. He had his early education in a village school, which meant travelling daily 20 km to and fro. He obtained his MBBS degree from Indira Gandhi Medical College, Shimla in 1972 with scholarships and distinctions; he did postgraduation, MD (Medicine) in 1976 from the Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh and MNAMS (Nephrology) in 1980 from the All India Institute of Medical Sciences (AIIMS), New Delhi. The Cleveland Clinic Foundation, Ohio, USA awarded him an international scholarship in renal transplantation in 1986.

Dr Rana joined Sir Ganga Ram Hospital (SGRH), New Delhi in 1981 and became a pioneer in establishing comprehensive Nephrology, Dialysis and Kidney Transplant Services, a first in the non-government sector in Northern India. With his dedication to the profession and his compassion to the patients, he has attained a global position of eminence in the field of Nephrology. He is an equally passionate teacher and was instrumental for getting the DNB programme at SGRH in 1991. He has a deep interest in accessibility and affordability of dialysis and kidney transplant services by people at large, especially in rural areas.

Dr Rana's contribution and eminence in the field of Medicine particularly Nephrology, and his commitment to giving back to the society have won him wide admiration and several awards. Honourable President of India conferred him with the prestigious Padma Shri award in 2009, and in 2016 he has awarded the B.C. Roy National Award for promotion of the specialty of Nephrology. The Indian Society of Nephrology has conferred the Fellowship of the Indian Society of Nephrology. The Government of Himachal Pradesh awarded him the 'Inspiration Award' in 2009 and 'Himachal Gaurav' in 2015, the highest award of the state. Apart from his passion for serving his patients with empathy and compassion, teaching is very close to his heart. In recognition of this talent, he received the 'Tri-decennial NBE Medical Teacher of Excellence Award' by the National Board of Examinations in 2011.

Dr D.S. Rana took over as Chairman, BoM in May 2011 and continued for a decade till May 2022. Recognizing his contribution towards the growth of the hospital and his ability as Chairman, BoM, Sir Ganga Ram Trust Society inducted him as a Member in 2015.

In 2016, Dr Rana was also inducted as a Member of the

Institute Body of AIIMS, New Delhi, where he is serving in various important capacities. He is also a Governing Council Member of the Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow; Governing Council Member of Rajiv Gandhi Super Specialty Hospital Society, Government of NCT of Delhi; Council Member of Career Point University, Hamirpur; Member of the Curriculum Committee of Prevention of Non-communicable Diseases; Member of the Promotion of Organ Transplant Programme, Ministry of Health and Family Welfare, Government of India; and Member of the Armed Forces Medical Research Committee, Ministry of Defence. He was elected as a Member of the Medical Council of India from Delhi in the year 2007.

Dr Rana enjoys huge popularity among the staff and the faculty of the hospital by virtue of his excellent qualities of head and heart. He remains the most accessible Chairman of the BoM of the hospital who is down to earth and is easily approachable. Though at times this clutters his time management, but he treats all members of the hospital as a big family. His slogan for the Ganga Ram Family and the people in general is 'Love all, serve all, hurt never and help ever'. His qualities of a good human being with an honest soul, full of compassion towards his colleagues and leadership qualities besides the quality of making good decisions have earned him the position of the Chairman of the Sir Ganga Ram Trust Society.

Dr Rana has taken over the mantle of chairmanship of the Trust Society from Shri Ashok Chandra Ji who was an IAS of 1959 batch and became Chairman of the Sir Ganga Ram Trust Society in the year 2012. In an interview to the Editor of this Newsletter in April 2020, in reply to the question as to how does he consider the novel idea of a trust hospital being managed by the doctors, Shri Ashok Chandra replied <quote> 'There is no doubt that the hospital has to be managed by the doctors who have been running it. I presume that this idea will gather a lot of attention in the years to come and will prove that a hospital has to be run by doctors who manage the hospital in a way that all hospitals have to be managed. I do not think that there is any model of management which can replace the management of the hospital by the doctors and...' <unquote>.

Now that SGRH is all poised to have a doctor at the helms of affairs of the Trust Society also, the hospital is in a unique position to excel further in providing an exalted state-of-the-art healthcare facility to its patients.

(Excerpts from a recent interview with Dr D.S. Rana with Dr C. Wattal, Editor of the SGRH Newsletter will follow in the next issue on 1 Jan 2023 - Editor)



Palliative Medicine – interactive sessions

It has been our endeavour to propagate the idea of Palliative Medicine among the common man and also young professionals via different media, interactions and lectures. Given below are details of two of our recent interactive sessions.

The Internal Quality Assurance Cell of Santosh deemed to be university Ghaziabad (UP) invited the Department of Palliative Medicine, SGRH to deliver a webinar on various aspects of Palliative Medicine. It was meant for the faculty members, Final professional MBBS students, Physiotherapy students and senior nursing officers.

The webinar was started with a foreword by Dr Jayashree Sood, Head of Anaesthesia, Pain and Perioperative Medicine, which gave an insight into the foundations of Palliative Medicine in SGRH. Dr Bimla Sharma, Head of Palliative Medicine, spoke at length about the ethical and legal issues surrounding the end-of-life care. The topic is relevant today and gives a clearer view of the medicolegal dilemma pertaining to death of a terminally ill patient.

Principles of Palliative Medicine were presented by Dr Kanika Chandra, Associate Consultant, Palliative Medicine, which emphasized on the key points on which this field is practised. Dr Manas Kalra, Senior Paediatric Oncologist, spoke about the significance of Paediatric Palliative Medicine and how it affects the outcome in this age group along with its effect on families of the young ones. The Vice Chairman of Internal Medicine, Dr Atul Kakar, spoke on chronic debilitating illnesses that require palliative medicine. Our Senior Nursing Officer, Sister Sunita Sharma, briefed the participants about various aspects of palliative care at home. The last presentation on the role of a volunteer in Palliative Medicine was made by our active volunteer Mr Tushar Jain, who has been a part of the extended family of Palliative Medicine. The basic idea behind conducting these informative webinars remains that we propagate the concept of Palliative Medicine on a wider scale and with a larger outreach.

Netaji Subhash University of Technology (NSUT): Talk on Palliative Medicine and Digital health

The esteemed NSUT extended an invitation to our department to deliver a talk on various aspects of Palliative Medicine on 3 June 2022. The talk was held in the physical mode at the university campus, in APJ Abdul Kalam lecture complex of NSUT.

The audience comprised Biotechnology students, PhD scholars and senior Faculty members. This session had presentations by consultants of Palliative Medicine, Senior Nursing Officer and Our Volunteer on Palliative Medicine. It also covered aspects of Digital Health and how it may usher in changes to our healthcare system and Palliative Medicine.

The talk commenced with Dr Bimla Sharma (Head of Palliative



Dr Bimla Sharma (2nd from right) and Dr Kanika Chandra with their staff



*Dr Jayashree Sood delivering the foreword (in the middle)
Webinar with Santosh Medical College (Internal Quality Assurance Cell)*



*At NSUT Lecture Theatre, Dwarka
(with senior faculty members and students)*

Medicine) delivering her views on ethical and legal issues of end-of-life care, followed by Dr Kanika Chandra (Associate Consultant Palliative Medicine) who presented the topic of Digital health. Senior Nursing Officer Ms Monika Bahri gave a comprehensive presentation on issues in home care, which was followed by Our Volunteer Mr Tushar Jain who spoke on the role of volunteers in palliative care.

The presentations ended with a question and answer session. Our host Professor Sonika Bhatnagar felt that in the near future we clinicians from SGRH and biotechnologists from NSUT could have fruitful liaisons and work together on some projects.

*Compiled by
Dr Bimla Sharma, Dr Kanika Chandra
Department of Palliative Medicine*

Ultrasound-guided Nerve Block Training Programme

The Institute of Anaesthesiology, Pain and Perioperative Medicine, under the guidance of Dr Jayashree Sood, Dr Anil Jain, Dr Pradeep Jain and Dr Bimla Sharma conducted one of its kind academic activity, the 'Ultrasound-guided Nerve Block' training programme, which was inaugurated by Dr D.S. Rana. The programme included a series of 20 webinars (40 hours of online teaching) spread over 2 months from May to June 2022. It was followed by 2 days of extensive workshop conducted on 9–10 June 2022. The programme was attended by 125 delegates from 15 states. The Indian Diploma in Regional Anaesthesia (IDRA) Exam part I and II (under the aegis

of the Indian College of Anaesthesiologists) was also conducted during the workshop. The motive behind the programme is to train anaesthesiologists and pain physicians across the country in delivering quality pain relief services. The team Anaesthesia at SGRH pioneered this pan India movement bringing laurels to the SGRH family.

Compiled by

Dr Manish Kohli, Consultant

Dr Jayashree Sood, Chairperson

Institute of Anaesthesiology, Pain and Perioperative Medicine



CASE REPORT

Clinical history

A 31-year-old woman presented with right-sided neck swelling for 1 month with no history of trauma, fever or weight loss.

Examination

The non-tender, firm swelling was present in the right upper neck with overlying normal skin. No lymphadenopathy was present.

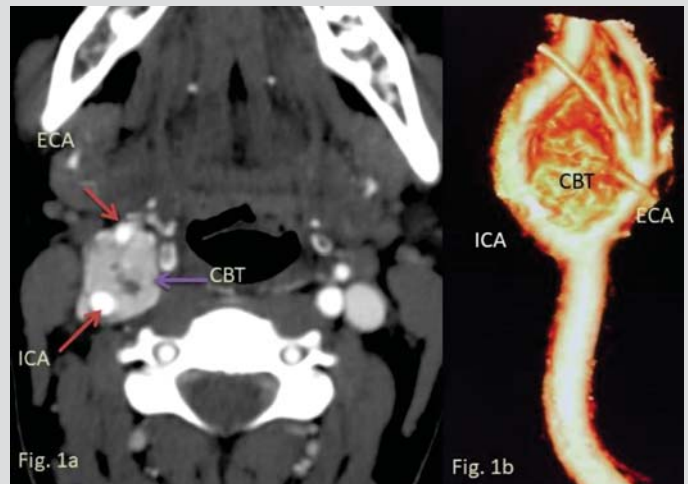
Imaging

High-resolution ultrasound of the neck revealed a soft tissue lesion with significant internal vascularity, measuring 20 mm x 13 mm, splaying the right carotid artery bifurcation. Possibility of a paraganglioma (CBT – carotid body tumour) was suggested.

For further evaluation, CT neck angiography was done, and a well-defined soft tissue lesion in relation to the right carotid artery bifurcation, splaying the external (ECA) and internal (ICA) carotid arteries was seen (Fig. 1a). There was marked arterial phase enhancement of the lesion with enlarged feeding arteries from the branches of ECA (Fig. 1b). The location and imaging appearance were consistent with the diagnosis of CBT, which was later on confirmed on post-surgical complete excision of the lesion and histopathological examination. The patient was discharged without any significant complications.

Differential diagnosis

Lesion splaying the carotid bifurcation is pathognomonic of CBT; however, paragangliomas arising from other structures such as vagus nerve or sympathetic chain and schwannomas of vagus nerve and glossopharyngeal nerve in this region should be differentiated from CBT, based on the characteristic pattern of vascular displacement of these lesions.



Compiled by

Mayank Goyal, Swapnil Sheth, Department of Radiology

S.S. Ghuman, T.B.S. Buxi, Department of CT and MRI

Ambrish Satwik, Department of Vascular Surgery

11th World Plastic Surgery Day

The Department of Plastic and Cosmetic Surgery, SGRH celebrated the 11th World Plastic Surgery Day on 15 July 2022 in the hospital premises. To commemorate this day an exhibition was organized, which included poster and video presentations for the doctors as well as the general public. An awareness drive was started a week ago to publicise the specialty among the masses. The chief guest of the event was Dr Jayashee Sood, Member Secretary, Board of Management, SGRH.

Doctors, nurses and staff from all departments and sectors of the hospital were invited to the exhibition. This year our aim was to sensitize each and everyone about the ever-evolving field of

Cosmetic and Reconstructive Surgery. We wanted to highlight the fact that plastic surgery involves not only cosmetic procedures, but also life-altering surgeries that include, but are not limited to, reimplantation surgeries, limb plus facial reconstructive surgeries, gender reassignment surgeries, etc. We were also able to inform the attendees about the basic principles of Plastic Surgery, first-aid and initial management of common injuries, while also enlightening them about the recent advancements in the field of Reconstructive and Aesthetic Surgery.

*Contributed by Dr Rohit Banerjee, Junior Resident
Department of Plastic and Cosmetic Surgery*



Addition of surgical lasers to general surgery: The department being renamed as 'Laparoscopic, Laser and General Surgery'

Being the motherboard specialty, the Department of General Surgery, SGRH has been rendering services to the patients and the community since its inception in 1954. Keeping pace with the times, the department has grown and expanded itself. Laparoscopy was incorporated and the department was named as 'Laparoscopic and General Surgery' in 2014. In recent times, the use of surgical lasers was introduced in the specialty for different surgical procedures. In particular, the use of laser as a tool for procedures used in piles, fissure, fistula in ano and pilonidal sinus are getting popular and beneficial. The Board of Management under the chairmanship of Dr D.S. Rana has rechristened it as the 'Department of Laparoscopic, Laser and General Surgery'.

*Contributed by Prof (Dr) Vijay Arora
Advisor, Department of Laparoscopic, Laser & General Surgery,
Surgeon Incharge, Colorectal Clinic, Sir Ganga Ram Hospital, New Delhi*



*Dr A.K. Grover, Senior Consultant and Chairman,
Department of Ophthalmology, was awarded the first
Asia Pacific Ophthalmic Trauma Excellence Award
at the inaugural ceremony of the meeting of the Asia
Pacific Ophthalmic Trauma Society in
Kuala Lumpur on 17 September 2022*

HOSPITAL NEWS



Consultants of SGRH celebrating 75th Azadi Ka Amrit Mahotsav after unfurling of tricolour by making a formation of number seventy-five as seen in the picture



Dr Ashwani Gupta, Senior Consultant and Co-chairman, Department of Nephrology was conferred with the Dronacharya Award at Nephrology Semiveek, a joint conference of ISHD, PDSI, AVATAR and ASPD, held on 6 August 2022



Dr D.S. Rana, Chairman, Institute of Renal Sciences was conferred with the leading Healthcare Provider Award 2022 at the Delhi Medical Association conference held on 28 August 2022. He was also conferred with the Appreciation Award on Doctor's day by the Indian Medical Association



Dr A.K. Monga, Senior Consultant, Department of ENT; Dr Dhiren Gupta, Senior Consultant, Department of Paediatric Critical Care; and Dr Atul Gogia, Senior Consultant, Department of Internal Medicine were awarded the Delhi Medical Association (DMA) Swasthya Ratan Award on Doctors' Day on 1 July 2022 at the DMA Hall

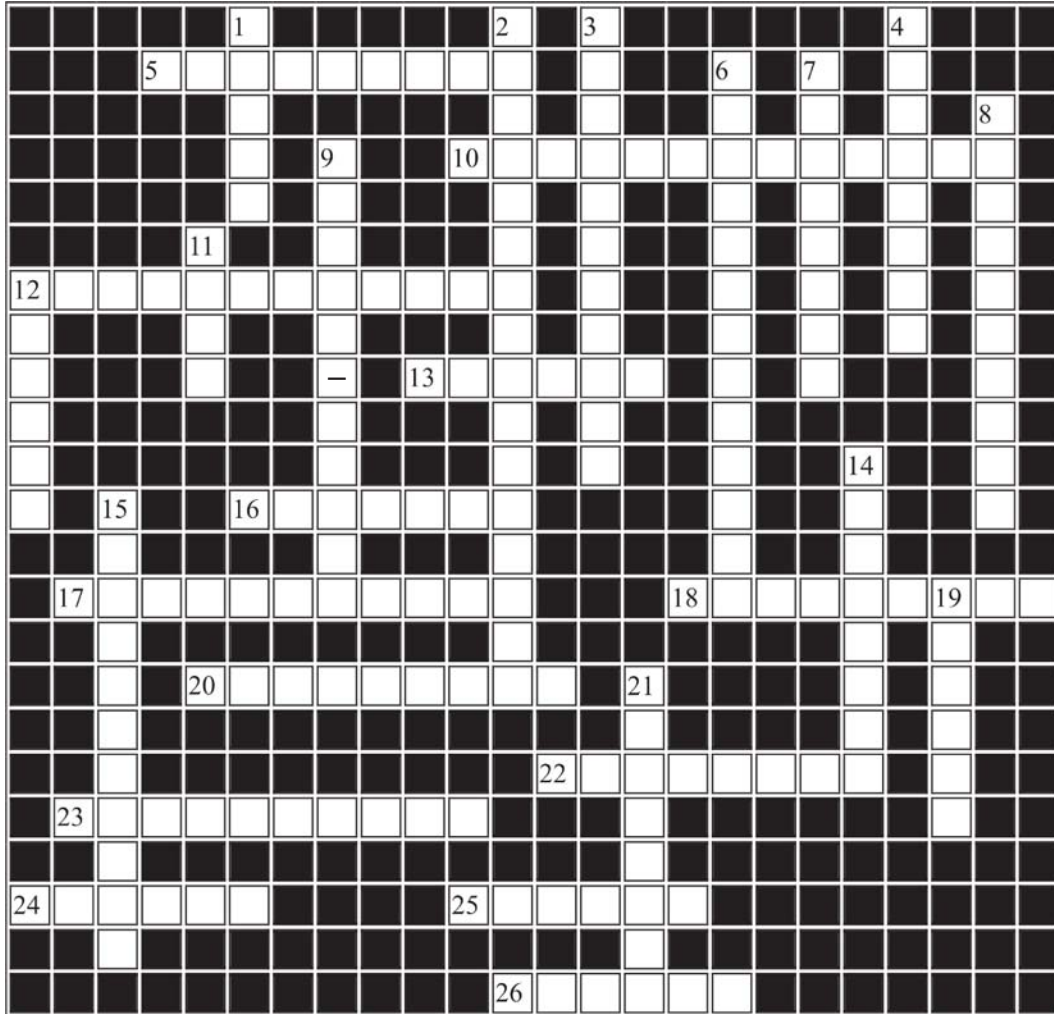


Dr D.S. Rana unfurling the national tricolour flag to celebrate the 75th Azadi Ka Amrit Mahotsav



Dr Praveen Suman, Senior Consultant, Department of Paediatrics was awarded the Woman of the Year Award by the Delhi Medical Association on 24 July 2022 for her contribution in the field of developmental paediatrics

NEWSLETTER CROSSWORD



ACROSS

5. One of the small canals containing blood vessels that ramify throughout compact bone (9)
10. Treatment by infrared or ultraviolet radiation (13)
12. Action of giving birth to a baby (12)
13. Bruising around umbilicus recognized as a sign of haemorrhagic pancreatitis (6)
16. A layer of specialized reflecting cells in the choroid behind the retina (7)
17. A protein in blood that combines with free haemoglobin (11)
18. An iron pigment present in plasmodium species, causing chills and fever (9)
20. One twin donating blood to other twin *in utero* (9)
22. Resembling a bunch of grapes, e.g. glands (8)
23. Loss of function not due to apparent injury (10)
24. A syndrome where features of premature ageing appear rapidly (6)
25. An ingrown nail (6)
26. Pus in the space between the tonsil and the wall of the pharynx (6)

DOWN

1. An intradermal test used in the past to diagnose sarcoidosis (5)
2. Obsessive-compulsive disorder marked by pulling out one's fingernails (16)
3. A narrow opening between the scala vestibula and scala tympani at the tip of the cochlea (11)
4. A minor wound (8)
6. Abnormal thickness of the tongue (13)
7. A blood vessel not following the normal course (8)
8. Inability to see in dim light (10)
9. Abnormal pupillary response to light usually in one eye (5-5)
11. Hard cone-shaped prominence on teeth (4)
12. Inability to walk due to lack of muscular coordination (6)
14. Part of the cell but outside the nucleus (8)
15. Syndrome of deafness, white forelock of hair and multiple colours within the iris (11)
19. To blunt or deaden the sensitivity (6)
21. Encapsulated ending (corpuscle) of a sensory nerve acting as a receptor for touch in the skin (8)

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



World Breastfeeding Week was organized by the Indian Academy of Pediatrics in association with the Department of Neonatology, SGRH



Dr Rajeev Ahuja, Senior Consultant, Department of Plastic and Reconstructive Surgery, was awarded the honorary Life Membership of the International Society of Burn Injuries (ISBI) at the ISBI conference, Guadalajara, Mexico

ENTRANTS

Dr Aditya Sarin *Medical Oncology Associate Consultant (Ad hoc) 01.07.2022*
 Dr Aayush Gupta *Paediatric Endocrinology Associate Consultant (Ad hoc) 07.07.2022*
 Dr Tanvi Batra *Medicine Associate Consultant (Ad hoc) 01.08.2022*
 Dr Rohit Kumar Rathi *Thoracic Surgery Associate Consultant 16.08.2022*

PROMOTIONS

Dr Vipin Tyagi *Urology/KTU Senior Consultant 05.07.2022*
 Dr Brajesh Nandan *Orthopaedics Senior Consultant 05.07.2022*
 Dr Ashis Acharya *Orthopaedics Senior Consultant 05.07.2022*
 Dr Vinant Bhargava *Nephrology Senior Consultant 05.07.2022*
 Dr Srikrishna Das *Laparoscopic, Laser & General Surgery Senior Consultant 05.07.2022*
 Dr Ashish Dey *Laparoscopic, Laser & General Surgery Senior Consultant 05.07.2022*
 Dr Anup Thakur *Neonatology Senior Consultant 05.07.2022*

ACROSS

5. Haversian 10. Actinotherapy 12. Accouchement 13. Cullen 16. Tapetum 17. Haptoglobin 18. Haemozoin 20. Fetofetal
 22. Racemose 23. Abiotrophy 24. Werner 25. Onyxis 26. Quinsy

DOWN

1. Kveim 2. Onychotillomania 3. Helicotrema 4. Abrasion 6. Patchyglossia 7. Aberrant 8. Nyctalopia 9. Adies-Pupil
 11. Cusp 12. Abasia 14. Cytosome 15. Waardenburg 19. Obtund 21. Pacinian

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

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