



Bapuji Educational Association (R.)

SSIMS TIMES



S.S. Institute of Medical Sciences & Research Centre, NH-4, Bypass Road, DAVANGERE - 577005

Official Quarterly News Bulletin of SSIMS&RC

Vol.: 8

Issue: 2

Apr-June -2013



RGUHS Overall Sports Champions 2012-13



Release of Official scientific journal of SSIMS & RC - JPHMR



Pathology CME on Histotechniques (14-04-2013)



ENT CME on Neck Imaging (20-04-2013)



Surgery Workshop & CME In "Basic Surgery Skills Course" (20-04-2013)



Orthopaedics, SSIMS, SPARSH, & KOA CME and workshop on Upper Extremity Trauma (18-05-2013)



Ophthalmology CME Medical retina & Anti VEGF (25-05-2013)

Microbiology & P & SM-CME Key concepts of RNTCP (06-05-2013)



Emergency Medicine Workshop AIIMS Ultrasound Trauma Life Support (18-05-2013)

Nurses day celebration (12-5-2013)

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MLA, Honorary Secretary, BEA
Davangere



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S.S. Institute of Medical Sciences & Research Centre

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From the Desk of Principal

Gender gaps

It is a sad but true fact that in the male dominated Indian society, a woman's tryst with discrimination begins in the womb. Most of the time when a baby girl is born there is a general gloom in the family, contrary to the birth of a baby boy.

Most people do not realise that the development of a society is measured by the status of women held in that society.

Discrimination exists in education, employment, health, pay and worst of all within the family. Promoting female education (a) Increases the pool of talent for the work force (b) Is known to reduce fertility levels (c) Reduces child mortality levels (d) Promotes the education of the next generation. (e) Improves international competitiveness. Each factor in turn has a positive impact on economic growth.

The gender gap in employment results in a number of issues. Closing this gap would have the following benefits. (a) Increased pool of talent to hire from (b) Increased economic growth via demographic effects (c) Increases economic growth as the labour force effectively doubles in size (d) Female employment and earnings increase their bargaining power within families. (e) Wage differences disappear (f) Women appear to be less prone to corruption and nepotism than men.

It is a disgrace that some families adopt female infanticide and sex selective abortion with the help of greedy and unethical medical professionals that provide these illegal services. This has resulted in the decline of the female population. It is estimated that 800, 000 female foetuses may have been aborted in the past decade. This has resulted in a gender ratio imbalance. Recent census data shows that there are over 30 million more men in India than women. These kinds of gender ratio imbalances have shown to increase violent crimes like assault and rape in communities.

A direct causality of the gender gap is poor rural women, who are regularly assaulted by their alcoholic husbands. These women struggle to feed, clothe and shelter their families. Can these gaps be reduced? This can only be achieved by educating women, capacity building, providing them with equal opportunities, and socially

and economically empowering them. The Indian constitution prohibits discrimination on many grounds including sex. Women need to be educated about their constitutional rights and legal avenues available to pursue them. All this involves overturning centuries old ways of thinking. There have been encouraging signs in recent years with increased participation by women in politics, higher education and the workforce. However we are still miles away from the ultimate goal of being a gender neutral society.



Dr. P. Nagaraj
Principal

Editorial.....

Dear friends & Colleagues,

At the outset SSIMS TIMES congratulates Dr. Shamanur Shivshankrappa, Hon secretary, minister and our beloved chairman Shri S.S Mallikarjuna for winning the assembly elections and for being elected as the cabinet minister for the state. SSIMS TIMES also wishes HON. Secretary, minister Dr. Shamannur shivshankarrappa happy birthday (June 16th) and pray for his good health, wealth and prosperity.

Mr. Dhoni won the champions trophy for India and at the same time our students won the champions trophy of RGUHS overall sports champions -2012-13. By winning the trophy they brought the happiest moment in the history of SSIMS&RC. "Students we are proud of you and we extend our hearty congratulations". This marks our cover story of this issue. SSIMS TIMES congratulates the editorial board of IPHMR of SSIMS & RC who contributed in successful launching of the Journal for SSIMS&RC. This adding a feather in the cap of SSIMS and RC.

SSIMS TIMES condoles the death of innocent pilgrims who were the victims of natures fury. Media called it as "man made disaster" making it so true as rising population, development pressures from logging & tourism lead to deforestation. The

denuded hillsides exacerbate the severity of landslides as tree cover impedes the downhill flow of the water. The devastations that occurred in Uttarakhand were unimaginable. We salute our army and air force personnel who did most of the rescuing efforts. To promote aforestation our college took up planting of saplings in the campus on world environment day.

Government of Karnataka has imposed CRS (Compulsory Rural Service) for all MBBS students last year. Failing to abide by this mandatory undertaking, including signing a CRS bond, makes the student pay the fine in lakhs following protests by students and doctors, Kerala govt. abolished CRS. This rule of completing the rural posting before they take their PG entrance examination will lead to all

kinds of manipulations in order to fulfill the criteria. Decrepit infrastructure in PHCs, lack of basic amenities for junior residents makes the young doctors to go for the greener pastures in cities and refuse to serve rural India. Govt in order to reduce infant and maternal mortality should provide better infrastructure and housing facilities and should give better pay and incentives for young doctors. Having served rural postings they should be given a greater preference in securing a PG seat. With this the good old days may come back where a medical graduate after serving few years may confidently do appendectomy, conduct labour and treat MI patient successfully and serve the society and become a complete doctor with his MBBS.

Dr. Vidya Nadiger
Editor

REPORT : DEPARTMENTAL ACTIVITIES

DEPARTMENT OF PHYSIOLOGY

Project approved for STS-2013 MBBS Students
(1st yr):

Miss. A Sapna, Guide: Dr. D. V. Deshpande, Prof & Head

Mr. Malay, Guide: Dr Sunitha Kalasurmath,

Miss. Abhigna Kulkarni, Guide: Dr Ravikiran Kisan

DEPARTMENT OF PATHOLOGY

1. A Voluntary blood donation and awareness camp was conducted at BIET College, Davangere in association with Red Cross Society on 22.03.2013. Dr Manjula A. along with house surgeons and blood bank team conducted the camp. A total of 134 units were collected.

2. Workshop on Blood Bank Technology at S.S. Blood bank conducted by Teruo Penpol company was attended by faculty members and post

Graduates from Department of Pathology as well as by Blood bank technicians on 02.04.2013.

3. A voluntary blood donation and awareness camp as conducted at D.R.M. Science College, Davangere in association with Red Cross Society on 04.04.2013. Dr. Manjula A along with house surgeons and Blood bank team conducted the camp. A total of 33 units were collected.

4. Fifth CME in Pathology on Histotechniques in association with Academy of Pathology, Bangalore was conducted on 14.04.2013. About 84 delegates from various Medical Colleges all over Karnataka attended the programme which included faculty, postgraduates and technicians form Department of Pathology, Oral Pathology and Anatomy. Resource persons were Dr. Shashikala. P, Dr. Shammim Shariff, Dr. Hiremath S.S, Dr Siddegowda, Dr. Kanthraj and Dr. Siddique.

5. Voluntary blood donor's day was celebrated on 6.6.2013. A mobile bus from NACO, arrived in the college premises at 3.30pm. About 14 MBBS phase II, IV term students donated blood on the occasion. Dr. Shashikala P. Dr. Kavita G.U. Dr. Deepti Pruthvi, postgraduates & members of

DAPCU, Davangere were present on the occasion along with Hospital administrator Mr. Satyanarayan and Director Dr. Kalappanavar.

6. A voluntary blood donation camp was organized by JCI Cotton, Kottur on 14.06.2013. SS blood bank participated in the camp in association with C.G blood bank, Davangere. Dr. Manjula A. along with house surgeons post graduate students and blood bank team conducted the camp. Total of 60 units were collected.

7. Voluntary blood donation & awareness camp was conducted at Gopnal, Davangere on 26.6.2013. S.S. Blood Bank participated in the camp along with C.G.Blood Bank. Dr. Kavita, along with Postgraduates, House surgeons & blood bank team conducted the camp. Total of 26 units were collected.

DEPARTMENT OF PHARMACOLOGY

Sindhura B.R, III year MBBS, presented a research paper (oral presentation) in International Conference held at JSS Medical College, Mysore on 6th April 2013 on "Anti-hyperglycemic activity of dopamine 2 receptor agonist bromocriptine alone and combination of bromocriptine and glipizide (sub therapeutic doses) on alloxan induced diabetes in albino rats."

Guided by - Harish Kumar V.S Asst Prof, Pradeep A.N Asst Prof, Dr. Sathisha Aithal Asso Prof, Dr. Umakant Patil Prof & Head, Dept of Pharmacology.

DEPARTMENT OF MICROBIOLOGY

1. On occasions of Blood donor's day 14th June 2013 Dr. V. L. Jayasimha Professor Department of Microbiology was felicitated by District Commissioner Sri. Pattana Shetty along with District health authorities Davangere.

2. The Department of Microbiology & Community Medicine conducted CME on the theme "Key concepts of RNTCP" on 6th May 2013. The guest lectures were delivered by

Speakers

Dr.Bheemayya.B
 Dr.Ayesha S Nawaz
 Dr.VinodKumar C.S.
 Dr.Manjunath Sarathi

Dr.Siddappa

Dr.Rhagavan

Topic

— Introduction
 — TB situation
 — TB Diagnosis
 — TB management in children
 — Management of MDR TB
 — Key concepts of RNTCP

3. Dr. VinodKumar C.S. Attended a CME/Workshop - on "Suvarna JNMC" as Resource person and delivered a talk on Recent Trends in Anaerobic Infections: Anaerobic glove box on 22nd June 2013 At IAMM-KC Chapter Meet Jawaharlal Nehru Medical College, Belgaum.

4. The Dissertation topic titled A Mycological study of Candida species isolated from nosocomial urinary tract infections with special reference to its virulence factors by Dr.Kruthika under the guidance of Dr.K.G.Basavarajappa and Dr.V.L.Jayasimha has been accepted for ICMR grants.

5. The Dissertation topic titled Biofilm producing bacterial isolates from urinary tract infections and urinary catheter: A comparative study. By Dr. Vishwajeet Bardoloi under the guidance of Dr.K.G.Basavarajappa and Dr.Yogeesha babu has been accepted for ICMR grants.

6. A Research project titled "Role of Pseudomonas aeruginosa carriers among health care workers in tertiary care hospital" by Mr.Jayanth S.S. under the guidance of Dr.Yogeesha babu.K.V. Professor Dept of Microbiology has won the "SPECIAL AWARD FOR ORAL PRESENTATION" in Medicon 2013 6th International student research conference held at University college of Medical Sciences New Delhi on April 11th to 14th 2013.

7. A Research project titled "Study of contaminated hand washing antiseptics in open containers by in-use test tertiary care hospital. by Mis.Namratha.S. under the guidance of Dr.Yogeesha

babu.K.V. Professor Dept of Microbiology has won "FIRST PRIZE FOR ORAL PRESENTATION" in Medicon 2013 6th International student research conference held at University college of Medical Sciences New Delhi on April 11th to 14th 2013.

8. ICMR-STC project titled "Study of Onychomycosis in India", by Priyanka B.V. under the guidance of Dr. Niranjana H.P. Has been accepted.

DEPARTMENT OF FORENSIC MEDICINE & TOXICOLOGY

Dept. of Forensic Medicine and Toxicology had organized a programme "Stress Management and Positive Mental Attitude" under Marga on 18.05.2013 at LT3 where Dr. Sachin Parab of Brahmakumari Ashram gave spiritual talk and conducted meditation programme for both students and staff.

2. Dr. Hemanth Raj M N., Asst. Prof., has attended the Basic Workshop in Medical Education Technologies held from 15.05.2013 to 17.05.2013 by regional centre, DOME, KLE University, JNMC, Belgaum.

DEPARTMENT OF COMMUNITY MEDICINE

1. Dr. Aswin Kumar, Asst Prof gave a talk on "Disaster preparedness" at a programme organised at Rotary club, Davangere on 17-03-2013.

2. Dr. Varadaraja Rao, Prof & Head, Dr. Ayesha Nawaz, Asst Prof and Dr. Kusum Mane, Asst Prof participated in the health checkup of students at DIET D.Ed. College, Davangere on 22-03-2013. Dr. Varadaraj Rao gave health talk on "Balanced diet" and Dr. Ayesha Nawaz gave health talk on "Adolescent Health".

3. As part of the "World TB day" observation, Role-plays were organized to create awareness among the general public about Tuberculosis on 25-03-2013. These role plays were carried out on the streets of rural field practice area of SSIMS&RC at Lokikere and Turchgatta. Interns posted in Community Medicine actively participated in the

Role-plays.

4. Dr. Aswin Kumar, Asst Prof and Dr. Devraj Patage, First year postgraduate student participated as resource persons in a workshop on "First Aid and Disaster Management" held at Government First grade College, Chennagiri, on 27-03-2013. This programme was organized in collaboration with Youth Red cross.

5. Dr. Aswin Kumar, Asst Prof and Dr. Devraj Patage, First year postgraduate student participated as resource persons in a workshop on "First Aid" at Govt College, Harapanahalli on 28-03-2013. Dr. Ayesha Mariam and Dr. Akshata interns posted in community Medicine gave a health talk on Adolescent health. This programme was organized in collaboration with Youth Red cross.

6. Dr. Varadaraj Rao and Dr. Aswin Kumar participated in the one day workshop on "Adolescent Health" at DRR Polytechnic College, Davangere on 30-03-2013.

7. Department of Community Medicine observed the "World Health Day" by organizing a screening camp for Hypertension and Diabetes at PHC, Lokikere on 24-04-2013. Dr. Aswin Kumar, Dr. Kusum Mane, Dr. Ayesha Nawaz and Dr. Devaraj Patage participated in the health camp.

8. Dr. Aswin Kumar, Asst Prof along with interns participated in the Health check up camp at chandranahalli on 03/05/2013.

9. Dr. Kusum Mane, Asst Prof created awareness about "Anaemia and its prevention" at PHC, Lokikere area on 15-05-2013. Dr. Suman, Intern posted in Community Medicine gave a health talk on Anaemia.

10. Dr. Kusum Mane, Asst Prof along with interns carried out the health check up of anganwadi children at Yellamnagar on 31-05-2013.

11. Dr. Ayesha Nawaz, Asst Prof and Dr. Kusum Mane, Asst Prof, along with interns carried out the health check up of anganwadi children in the Urban and Rural field practice area respectively followed by the distribution of biscuits under Mathoshree programme. Under Mathoshree programme distribution of nutrition supplements to anganwadi children will be carried out on every Monday and Thursday and Medical checkup will be carried out quarterly.

12. Dr. Ayesha Nawaz, Asst Prof participated in the programme for creating awareness among women about “Cancer cervix” held at Giriypura on 06-06-2013. Dr. Soujanya and Dr. Sunitha, interns gave a health talk on “Cancer cervix”.

13. Dr. Soujanya, intern gave a health talk on “Cervical cancer” to create awareness among anganwadi workers at Lokikere on 14-06-2013. Dr. Aswin Kumar also participated in the programme.

14. Diabetes and Hypertension screening camp was organized at Urban Health Center, Bashanagar. Dr. Pragathi Chavan, Associate prof, Dr. Ayesha Nawaz, Asst Proff and Dr. Devaraj P, Second year postgraduate student participated in the camp.

15. Project approved for STS-2013: Study of the impact of menstrual practices on the health of adolescent girls and the challenges faced in menstrual hygiene management at schools. Taken up by Miss Pratibha S (7th term student) under the guidance of Dr. Ayesha Nawaz.

DEPARTMENT OF SURGERY

Workshop and CME In “Basic Surgery Skills Course” on 20th April 2013, Saturday Organized by Department of General Surgery SSIMS & RC, Davangere. Presented by: Dr. C.S Rajan Professor & HOD, Department of Surgery and Medical Superintendent-St Martas Hospital

DEPARTMENT OF ORTHOPAEDICS

Department of Orthopaedics, SSIMS and SPARSH in Association with Karnataka Orthopedic Association conducted a Continuous Medical Education and workshop on Upper Extremity Trauma on May 18th and 19th 2013 in Auditorium of SSIMS and SPARSH. The organizing chairmen of the programme were Dr. Anil S. Nelivigi, Professor and Head Department of Orthopaedics, SSIMS and SPARSH Davangere and Dr. Sharan. S. Patil, Chairman, SPARSH Hospital Bangalore.

The teaching faculty, Dr. Ashok Kaul, Bangalore, Dr. Anil Bhatia, Pune, Dr. Binu Thomas, Vellore, Dr. K. R. Prathap Kumar, Cochin, Dr. Subramanian, Bangalore, gave lectures on “**Basic to Advanced**

Skills of Upper Extremity Trauma cases” were taken up for live demonstration to an audience of about 100 delegates from different parts of Karnataka State. With help of excellent audio-visual facility the audience were very much satisfied for having cleared their queries regarding Upper limb trauma the whole programme was a grand success.

DEPARTMENT OF OPHTHALMOLOGY

Conducted a CME on Medical retina & Anti VEGF on 25th May, 2013. CME was attended by various delegates from Davangere & from places around Davangere.

Dr. Ajay S. Hatti gave introduction to AntiVEGF. Dr. Prakash. V. Suranagi spoke about treatment guidelines in Retinopathy of Prematurity. Resource persons Dr. Sunil. G, Dr. Siddarth Bengeri, Dr. Chandra Kumar, Dr. Anand Vinekar, Dr. Naveen Naik spoke about Diabetic macular edema, Treatment guidelines in ARMD, AntiVEGF in ARMD, AntiVEGF in ROP, and Retinal vascular diseases respectively.

Eye camps conducted from Department of Ophthalmology and DBCS, and no of free surgeries done

06/04/2013-	Devarabelakere	- 29 surgeries
20/04/2013-	Chigateri	- 21 surgeries
11/05/2013-	Arasikere	-11 surgeries
18/05/2013-	Ramagondanahalli	-24 surgeries
01/06/2013-	Huchchengidurga	- 15 surgeries
15/06/2013-	Bhanuvalli	- 16 surgeries

A Young man had lost his father. Losing his father at a young age was quiet bad enough. Unfortunately he & his father shared same initials.

To his surprise he spotted his name in the obituaries instead of his father. He phoned his friend.

“Did you see the report of my death in the paper” he asked, “Yes” his friend said “Good ya! you get your cell phone signals even in the heaven. Please tell me which cell phone connection is that



Dr. Vidya M Nadiger
Professor of Physiology.

DEPARTMENT OF PAEDIATRICS

1. Dr. N. K. Kalappanavar,
Medical Director, Prof & Head

i. Participated as faculty during Suvarna JNMC Scientific Society Annual CME 2013. held on 13th & 14th April 2013. Delivered a talk on “approach to child with respiratory distress”

ii. Participated in National TOT on “Basic life support” held on 4th May 2013 at Khajraho Madya Pradesh.

iii. Attended National executive Board meeting of central IAP on 5th & 6th May 2013 held at Khajraho.

iv. Participated in National TOT on “Safe injection practices” held at Mumbai on 12th May 2013.

v. Delivered talk on “Dengue fever what we need to know” during CME of Haveri Dist IAP & IMA at Ranebennur on 23-06-2013.

vi. Participated as faculty on “Rational antibiotic therapy in respiratory infection” during National CME on Drug formalay at Kochi on 22th & 23rd June 2013.

vii. Attended Annual CME On “Paediatric Nutrition” and “Dr.Nirmala Kesaree Oration Lecture” at BCHI & RC, Davangere On 29-06-2013.

2. Dr. B. S. Prasad

Vice Principal Prof of Paediatrics & Director of Neonatology

i. Attended National PALS Instructor certificate final course at St.John's Hospital Bangalore on 6th & 7th April, with successful Outcome.

ii. Attended as Chairperson in the CME on “Anti Viral Drugs” in the field of Dermatology on 24th June 2013, in the Dept of Dermatology, SSIMS&RC.

iii. Chaired a session in CME programme conducted by Dept of Ophthalmology on 25th May 2013, on SSIMS&RC, on Retinopathy of Prematurity.

iv. Attended Annual CME On “Paediatric Nutrition” and “Dr. Nirmala Kesaree Oration Lecture” at BCHI & RC, Davangere On 29-06-2013, as chair person.

3. Dr. Ashoka. A

Asso Prof Delivered a Guest lecture on “Zinc in Health & Diseases” in Annual CME of “Dr.Nirmala Kesaree Oration Lecture” at BCHI & RC, Davangere on 29-06-2013

4. Dr.Sanjay.D.

Asso Prof Delivered a Guest lecture on “Megaloblastic anemia” in Annual CME of “Dr.Nirmala Kesaree Oration Lecture” at BCHI & RC, Davangere on 29-06-2013.

5. Dr. Mohamed Haseen Basha

Assistant Prof Delivered a Guest lecture on “Iron deficiency anemia” in Annual CME of “Dr.Nirmala Kesaree Oration Lecture” at BCHI & RC, Davangere on 29-06-2013.

DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

1) Dr. Prema Prabhudev, Professor and HOD was attended OBG Society meeting at Library lecturer hall, Bapuji hospital on 19th April 2013.

Topic - Chorio carcinoma & its surgical management

Guest speaker Dr. Raghavendra Bhat

2) Short seminars were presented by OBG interns followed by interactive session.

DEPARTMENT OF EMERGENCY MEDICINE

The Department of Emergency Medicine, SS Institute of Medical Sciences and Research Centre organised a two day course on AIIMS Ultrasound Trauma Life Support on 18th and 19th may 2013 in association with All India Institute of Medical Sciences, New Delhi and INDO-US Emergency and Trauma Collaborative.

About 40 participants from various medical colleges and corporate hospitals like St. Johns medical college, Vydehi Medical college, Manipal hospitals, BGS Global hospitals attended the course to enhance their skills in use of ultrasound in Emergency and Trauma

Dr. Sanjeev Bhoi, Program director, Associate Professor, Department of Emergency Medicine

From AIIMS, New Delhi conducted the course successfully and effectively to the best satisfaction of the participants and faculty with the assistance of the members of his team Dr. Sagar Galwankar, Dr Kapil Dev Soni, Dr Jayaraj.

Dr. P. Nagaraj, Principal of SSIMS & RC and Dr. Narendra S.S Professor and Head of the Dept. of Emergency Medicine, SSIMS & RC extended their assistance and guidance in the organisation of the academic event.

The 2nd Annual Regional Academic Emergency Medicine Summit representing the states of Karnataka and Andhra Pradesh (EM-KAP) was held on May 18, 2013 to strengthen the academics in the Department of Emergency Medicine in association with INDO - US Emergency and Trauma Collaborative

Dr. Sagar Galwankar, Board Certified Emergency Physician, University of South Florida, Tampa U.S.A. on the occasion of EM-KAP, delivered a speech on developing an academic department of Emergency Medicine and Trauma Centre. His speech dispelled several doubts and apprehensions about the Emergency Medicine in the existing scenario.

DEPARTMENT OF DERMATOLOGY VENEREOLGY & LEPROSY

CME Programme for post graduate students and consultants was conducted on 24-6-2013. Speakers were Dr. Sankeerth V and Dr. Harshavardhana K.N. Topic: Antiviral Drugs (Acyclovir & Valacyclovir)

DEPARTMENT OF MEDICAL EDUCATION (DOME)

1. A guest lecture on “Personal Effectiveness for health professionals” was arranged on **08.04.2013**. Mr. Adarsh NDTV, India, and a Lead Faculty who has conducted FDPs, Talk Show with industry giants like Karan Johar was the speaker. Dr Manjula A welcomed the gathering and Dr Deepti Pruthvi gave the vote of thanks.

2. Meeting of all mentors was conducted on 25.04.2013. Dr. Yogeesh Babu, Associate Professor, Microbiology gave a talk on “An Introduction to Mentorship programme”.

3. A guest lecture on “Positive mental attitude & stress Management” was organized for III and IV term students on 18.05.2013. Dr. Sachin Parab, Psychiatrist from Mumbai, delivered the lecture. Representatives from Brahma Kumari Ashram, Arogyodhama, Davangere were also present. Students and Staff members actively interacted in the programme.

4. Dr. Vinod Kumar Associate Prof, Dept of Microbiology, Dr. Suneeta Kalsurmath Assistant Prof, Dept of Physiology, Dr. Hemanth Raj, Assistant Prof, Dept of Forensic Medicine & Toxicology, Mr. Pradeep A.N. Assistant Prof, Dept of Pharmacology, attended the Basic workshop in Medical Education Technologies conducted at JNMC Belgaum between 15-17.05.2013.

5. Discussion on 'Content validity/ prevalidation of Questionnaire' was done on the topic on 08.06.2013. “Knowledge and practices of health care workers & student towards universal precautions at teaching hospital”. Dr Vinod Kumar C.S. Associate Professor, Department of Microbiology, presented the topic.

6. Journal club was conducted on the topic “We know what they did wrong, but not why: the case for 'frame based' feedback” from the journal “The clinical Teacher - 2013” on 25.06.2013. Dr. Suneeta Kalasurmath, Associate Professor Physiology, presented the topic.

YOUTH RED CROSS WING

1. Interactive session, discussion and lectures on adolescent health and awareness programme was organized by National Service Scheme Bapuji Polytechnic in association with Youth Red Cross Wing of SSIMS & RC on 26.03.2013.

Following resource persons participated in the programme.

Dr. Shashikala P Prof & HOD, Dept of Pathology.

Dr. Varadaraj, Prof & HOD, Dept of Preventive Medicine.

Dr. Manjula A. Asso. Prof, Dept of Pathology.

Dr. Rashmi Raj Asst Prof, Dept of OBG.

Dr. Namratha & Ms Devika III Phase Medical student.

2. Workshop and inauguration of Youth Red Cross Wing was held on 30.03.2013. A lecture on "Importance of Blood Donation" was delivered by Dr. Deepti Pruthvi. Around 200 students participated in the programme.

3. A public rally and awareness programme was arranged in co-ordination with "Prajapeetha Brahma Kumari Ashram" on the occasion of "International day against drug abuse and illicit trafficking" at Bapuji Auditorium, Davangere on 26.03.2013. Sri Sanjay Sahay IGP Eastern Range Inaugurated the programme and spoke on the occasion. Dr. Shashikala P Vice Principal, SSIMS & RSC highlighted the harmful effects of bad habits-its effect on health and family". Dr. Shashidhar (Psychiatrist) and Dr. Vijayakumar B. Jatti, gave a talk and PowerPoint presentation to create awareness regarding drug abuse. Sri Brahmakumari Leela, Bharathi and leaders of social organizations took part in the programme along with general public and college students.

An awareness programme for Pre University and Degree college student was organized at DRM Science College. Dr. Shashikala P, Dr. Shashidar & Dr. Vijaya Kumar Jatti spoke on the occasion to bring awareness among young population regarding abuse drugs, ways to prevent and de-addict.

DEPARTMENT OF YOGA AND INTEGRAL HEALTH CLINIC

In view of compulsory yoga teaching programme in Medical colleges, one day workshop titled "BASIC WORKSHOP ON YOGIC TECHNIQUES" was held on 22-06-13 by the Department of Yoga & Integral Health Clinic, for MBBS Phase III Part I students(118 Batch). Dr. Mallikarjun, invitee, who conducted the workshop, is a Consultant in Health and Lifestyle management for LG software, Bangalore. The workshop was inaugurated by Dr. P. Nagaraj, chief guest in presence of about 100 students and 50 staff members. Dr. Chandrashekhar

Karpoor, organizing secretary for the workshop welcomed the guests. The workshop was also chaired by Dr. Bheemaya Badesaab, Professor, Department of community Medicine and Dr. D. V. Deshpande, Professor, Department of Physiology. Dr. Manjunath, consultant of Om Yoga and Avurveda centre, Vidyanagar, Davangere and Yoga Teacher for SSIMS & RC was also present.

Dr. Mallikarjun is a dedicated Yogi who has completed his Msc in Yoga from prestigious S-VYASA university, Bangalore. He is currently running his own yoga centre under the name Sri Krishna Yoga centre in Bangalore. He is working as a consultant for LG Software and Talisma, Bangalore. He has conducted many workshops and demonstrations in India and abroad.

Workshop included series of lectures and demonstration practices on Breathing exercises, Pranayamas, Sookshma Vyayama /Gentle exercises and Suryanamaskar, Yoga poses with Demonstration with Benefits and Limitations.

Dr. Manjunath has been appointed as Yoga teacher by the department for yoga practice sessions which will be started in the month of July. As per MCI new curriculum, out 1880 hours of academic teaching in first two years of MBBS Course, 78 hours should to be allotted for teaching Yoga and sports

Note: Students of SSIMS & RC, interested to attend Yoga practise sessions from July are requested to give their names at earliest to Dr. Chandrashekhar Karpoor, Co-Ordinator, Department of Yoga and Integral Health clinic (Mb: 9845475200).

Department has planned to make 1 hour compulsory Yoga teaching on Saturdays for MBBS PHASE I students beginning next month.

Super mom



PUBLICATIONS OF SSIMS -ites

Author/s	Title	Database	Journal	Department
Dr. Vijayakumar B Jatti Dr. Nagesh Kuppast	Fatal stab injuries; A murder mystery revealed by exhumation	Accepted	Medico-legal update Journal	Forensic Medicine and Toxicology
Dr. Vidya M Nadiger Dr. Vijayakumar B Jatti	Intraocular pressure changes in aphakia and pseudophakia cases after cataract surgery	Accepted	V care for life journal	Physiology Forensic Medicine and Toxicology
Dr. Hemanth Raj M N	Comparison of clinical and autopsy diagnosis of cause of death at Belgaum, Karnataka	Jan-June, 2013, Vol 7 (1). P.65-9	Indian Journal of Forensic Medicine and Toxicology	Forensic Medicine and Toxicology
Dr. Nagesh Kuppast	Reliability of foramen magnum length & breadth & mastoid length in identification of gender of north Chennai region'	July-Dec-2013. P. 211-4	IJFMT	Forensic Medicine and Toxicology
Dr. Nagesh Kuppast	Reliability of cranial measurements in identification of sex of skull	Accepted	Medico-Legal Update Journal	Forensic Medicine and Toxicology
Dr. Dileep Kumar R Dr. Nagesh Kuppast	Prediction of stature from percutaneous ulna length	Accepted	JSIMLA	Forensic Medicine and Toxicology
Dr. Nagarajappa K Dr. Sushma B Jagannatha	Study of altered liver function tests & electrolyte disturbances in patients with dengue infections	IJUPBS/ vol 2 Issue 3 May-June 2013	International Journal of universal pharmacy and bio sciences	Biochemistry
Dr. Sushma B.J Dr. Nagarajappa K Dr. C. R Mallikarjun	Serum ferritin a novel risk factor for diabetes?	Vol (2), Issue (5), May 2013	International Journal of Innovative Research and Studies	Biochemistry Received certificate of excellence
Dr. Suneeta Kalasuramath	Effect of iron status on iron absorption in different habitual meals in young south Indian women.	2013 ;137 (2):324-30.	Indian Journal Medical Research	Physiology
Dr. Suneeta Kalasuramath Dr. Shashikala P, Dr. Vinodkumar C.S	How to Write Research Articles in Medical and Public Health Disciplines	2013; 1(1):1-8	J Pub Health Med Res	Physiology Pathology Microbiology
Dr. Gourishankar Ganga	Study of Mucin Histochemistry In Developing Human Gastric Mucosa from 12 to 37 Weeks Of Gestation	Vol.1(1) 2013 Page No. 13-17	J Pub Health Med Res	Anatomy

Author/s	Title	Database	Journal	Department
Dr. Shivakumar.A.H	Prediction of Stature by Right Middle finger length of Males among South Indian Population	Vol.4(1) Page No. 7-9	Journal of Pharmaceutical & Scientific Innovation	Anatomy
Dr. Shivakumar.A.H	Stature Estimation by Right upper limb length among Males in Karnataka of South Indian Population	Vol.6(3) Page No. 49-52	Anatomica Karnataka	Anatomy

STUDENT'S ACTIVITY & ACHIEVEMENTS

The Honorary Secretary BEA, Dr. Shamanur Shivashankarappa, Minister, the Chairman Shri. S.S. Mallikarjuna MLA, the Principal Dr. P. Nagaraj and all the teaching staff of SSIMS & RC congratulate all the students attended and Prizes won in **MEDICON-2013**, 6th International Student Research Conference held at University College of Medical Sciences New Delhi on April 11th to 14th 2013.

Student Name	Guide	Events Attended	Prizes won	MBBS term
Shashi Shekar M	Dr. Ravikiran Kisan	Oral Paper Presentation, Workshop, Debate	1 st Prize in Debate	6
Namratha S	Dr. Yogesh Babu	Oral Paper Presentation, Workshop, Debate	Best Presentation, 1 st Prize in Debate, Session Winner	6
Jayanth S	Dr. Yogesh Babu	Oral Paper Presentation, Workshop	Special Prize for Presentation	6
Alekya S	Dr. Swapnali	Oral Paper Presentation, Workshop	Session Winner	6
Manjunath	Dr. Ratnaprabha	Oral Paper Presentation, Workshop		4
Sevanth P		Workshop		6
Varun D Allampalli		Workshop		6
Hari Prasad		Workshop, Quiz		6
Vishwanath		Workshop		6

Student's Union - No Tobacco Day

On account of World No Tobacco day, an educative Programme was conducted at APMC hall on 5th June, by Student's Union 2013 in association with Rotary Club, Mid town, Davangere. Dr. L. S. Patil, Surgeon, SSIMS&RC delivered a talk on "Ill effects of Tobacco" also added that strong determination along with knowledge of required to quit the use of Tobacco among addicts. It was followed by a small still by students of SSIMS&RC highlighting the effects of chronic tobacco use on health and social status.

COVER STORY

“RGUHS Overall Sports Champions 2012 & 13”

Rajiv Gandhi University of Health Sciences, Bangalore has announced and awarded SSIMS & RC as the overall champions of sports for the year 2012-13 for scoring the highest points in inter collegiate sports competitions among all Medical, Dental, Pharmacy and Nursing Colleges under the university.

35 students of SSIMS & RC had been selected to represent the University in different sports events.

In the grand prize distribution ceremony held at Bangalore, 17th May 2013 in the university Dhanvanthari Hall, the Vice-Chancellor of the University, Dr. Sriprakash K S handed over the champion's trophy and said, “It's a great achievement for a young college completing 6 years

to get a championship amongst the 600 different colleges under the RGUHS”.achievement for a young college completing 6 years to get a championship amongst the 600 different colleges under the RGUHS”.

The Honorary Secretary BEA, Dr. Shamanur Shivashankarappa, Minister, the Chairman Shri. S.S. Mallikarjuna MLA, the Principal Dr. P. Nagaraj and all the teaching and Non-teaching staff of SSIMS & RC congratulate all the sports players, Dr.Nagarajappa Chairman of student union 2012, Chairman of Sports committee Dr. Manjunath. J, Co-Chairmans Harish and Pradeep, student sport secretaries Jeevan, Melvin Kumar, Gunashree. K. N & Physical director Mr. Vishnu. P.

List of events & points to fetch the Overall Champions Trophy 2012-13

Sl. No.	EVENTS	RESULT	POINTS
1	CHESS (M)	WINNERS	5
2	KHO-KHO(W)	WINNERS	5
3	WEIGHT LIFTING & BEST PHYSIQUE(M)	WINNERS	5
4	ATHLETICS TEAM CHAMPIONSHIP(M)	WINNERS	5
5	VOLLEY BALL(W)	RUNNERS UP	3
6	CRICKET(M)	RUNNERS UP	3
7	TENNICOIT(W)	RUNNERS UP	3
Total Points			29

RGUHS Inter-University Representatives

Sl.No.	Name	Event	Representation
1	Jeevan S	Kabbaddi	5 Times
2	Abhishek Heranjal	Shuttle Badminton	5 Times
3	Mayank Dhir	Shuttle Badminton	4 Times
4	Manjunath	Kabbaddi	3 Times
5	Eshaanu Shastri	Football	3 Times

Sl.No.	Name	Event	Representation
6	Bharath Sharma	Football	2 Times
7	Anoop Shastry	Athletics	2 Times
8	Chandrakanth	Kabbaddi	2 Times
9	Santosh Krishna	Athletics	2 Times
10	Melvin Kumar	Kabbaddi	2 Times
11	Kalyan	Chess	2 Times
12	Yamkumar	Chess	2 Times
13	Sathish	Chess	2 Times
14	Madhu	Basket Ball	2 Times
15	Nikitha Banakar	Kho Kho	2 Times
16	Goutham	Kho Kho	2 Times
17	Anushree	Kho Kho	2 Times
18	Ravikumar	Cricket	1 Time
19	Hrishikesh	Cricket	1 Time
20	Sachin K G	Cricket	1 Time
21	Kiran Mattew	Cricket	1 Time
22	Niteesh Bharadwaj	Shuttle Badminton	1 Time
23	Santhosh	Volley Ball	1 Time
24	Sharana Gouda	Volley Ball	1 Time
25	Anil S	Volley Ball	1 Time
26	Navin	Kho Kho	1 Time
27	Aditya Unni	Basket Ball	1 Time
28	Anurag S	Table Tennis	1 Time
29	Amulya	Kho Kho, Volley Ball	1 Time each
30	Nalini B	Kho Kho, Volley Ball	1 Time each
31	Hamsa	Volley Ball	1 Time
32	Swathi	Volley Ball	1 Time
33	Revathi K	Volley Ball	1 Time
34	Lakshmi Devi Patil	Volley Ball	1 Time
35	Prathiksha	Basket Ball	1 Time

COVER STORY

JPHMR JOURNAL INAUGURATION 2013

“Journal of Public health & Medical research”, i.e JPHMR, the scientific official journal of SSIMS & RC, BEA, Davangere was inaugurated on 25th April 2013 . This is a peer reviewed journal published in electronic & print version. The ISSN Number is 2320- 4680. Issues are published biannually (April, September). The types of article accepted include review articles , original articles, case reports, and letters to the editor with all the medical specialties. To name a few, research conducted in Anatomy, Physiology, Pathology, Forensic medicine, Microbiology, Community Medicine, General Surgery, Pediatrics, Infectious Diseases, Medical education, Hematology, Medical Statistics etc.

This journal runs under the stewardship of Dr P Shashikala, Prof & Head, Pathology as the Editor, Dr Vinod Kumar C S , Assoc. Prof, Microbiology as Deputy editor, and Mr. Sampanna Mutalik , Coordinator SSIMRC, Dr Gayatri Patil, Professor, OBG, Dr Suneeta Kalasuramath, Assoc. Prof, Physiology, Dr Vijay Chandrappa, Asst Prof, Anaesthesia in the editorial team.

The advisory board of JPHMR comprises of Dr. P. Nagaraj, Principal, Dr. N.K. Kalappanavar, Medical Director, Dr. Srikaramallya, Manipal University, Dr. Niranjana, Director, Dr. Pranesh Gudur, Deputy Registrar, Research & Development, Rajiv Gandhi University of Health Sciences, Dr. Shankar, and many more renowned scientist from India and abroad . Any publication in this journal is possible

Only by the critical evaluation . The esteemed reviewers are the staff of SSIMSRC, Dr Angadi, Dr. Mallikarjun, Dr. Deshpande, Dr. Chandreshkar , Dr. Basavarajappa KG, Dr Jayasimha VL, Dr Yogeesh Babu, Dr. Kavita, Dr Deepthi, Dr. Umakant Patil, Dr. Vardaraj, Dr. Vijay Jatti, Dr Jaganth Kumar, Dr. Shivakumar AM, Dr. Arun Kumar, Dr S.S. Bhat, Dr. P J Prabhakar, Dr. Narendra, Dr Shanthala, Dr. Prasad B.S, Dr Kalapannavar, Dr Prema Prabhudev, Mr. Charan and many more subject experts from various fields.

The inaugural function was compeered by Dr. Suneeta Kalasuramath. It started with the brief introduction about the journal. Shruti, Sneha, Srigoori, Dhanya, II MBBS students sang to invoke the blessings of Lord Ganesha. Dr. Vinod kumar C S welcomed the gathering. All the dignitaries, Vice principal, administrator & heads of the various department of SSIMSRC lit the lamp. A scientific talk on “Writing grant proposals for Funding of research projects” was presented by Dr. Bharathi Sriram, Vice President R & D Gangagen Biotechnologies Pvt. Ltd, Bangalore, India. Later on, Dr.P Nagaraj, Principal officially inaugurated the journal website [www. jphmr.com](http://www.jphmr.com). Dr. Metgud, Senior Prof., JJMMC unveiled the plaque and Dr. Gurupadappa, Director, JJMMC released the journal. Dr P Shashikala conferred the editor's note & Dr.P Nagaraj presented the presidential address.

CASE REPORTS

ESSENTIAL THROMBOCYTHEMIA IN 3 YEAR OLD CHILD

Dr. Jagannath Kumar V. (PROF & HOD), Dr. Krati Mehrotra (PG), Dept of Dermatology

INTRODUCTION

- Essential thrombocytopenia (ET) is a clonal disorder of unknown etiology involving a multipotent haematopoietic progenitor cell. It is a myeloproliferative disorder with platelets more than or equal to 5 lakh/ μ L in absence of a known cause of reactive thrombocytosis
- Essential thrombocytopenia is more common at younger ages and in women

- Clinically, ET is most often identified incidentally when a platelet count is obtained during routine evaluation

- Cutaneous manifestations can complicate ET or even lead to the diagnosis. Hemorrhage and thrombosis are the main clinical manifestations. Usually, cutaneous complication of essential thrombocytopenia are associated with pain. Various presentations are urticaria, livedo reticularis,

petechiae, ecchymoses, haematomas, erythromelalgia, Raynaud's phenomenon, recurrent superficial thrombophlebitis, necrotizing vasculitis, leg ulceration and gangrene

CASE REPORT

- A 3yr old male patient, lean built presented with asymptomatic non palpable skin lesions around the eyes, nasolabial folds, shoulder, upper chest, abdomen and thigh since 12days
 - History of similar episodes twice in 3yrs
 - No significant family history-siblings-7yr and 5yr old sisters
 - He is full term normal delivery at home
 - Developmental and immunization history normal
- On Systemic examination- mild splenomegaly present



INVESTIGATION

- Anaemia -10.4g/dl
- Thrombocytosis -5.45 lakhs/cumm
- Leucocytosis -14730 cells/cumm
- ESR- 18mm/hr
- Prothrombin time- 13.6 sec(normal)
- INR ratio- 1.2
- Activated Partial Thromboplastin Time- 37.2 sec (increased)
- Urine routine and microscopy examination was normal

CONCLUSION

- ET is uncommon disorder with an incidence of 1 per million children
- Additional skin lesions are tender erythematous facial plaques and palmar violet macules and papules were reported as manifestations of platelet plugging in a patient with atypical chronic myeloproliferative disease

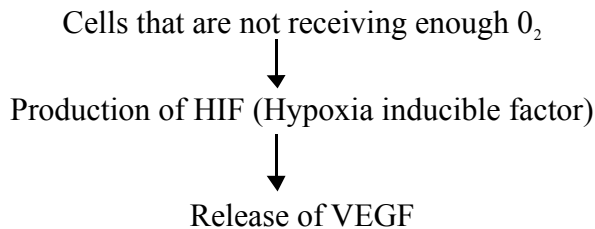
INFORMATIVE ARTICLE

An insight to VEGF and ANTI VEGF
(Department of Ophthalmology)

VEGF (Vascular Endothelial Growth Factors)

- Is a single proteins produced by cells that stimulate vasculogenesis & angiogenesis.
- VEGF is a subfamily of growth factors to be specific, the platelet derived growth factor family of cystine knot growth factor

Production of VEGF



Functions: Angiogenesis, Increased migration of endothelial cells, Increased mitosis of endothelial cells, Increased methane manooxygenase activity, Creation of blood vessel lumens, Creates fenestration, Chemotacte for macrophages and granulocyte, Vasodilatation

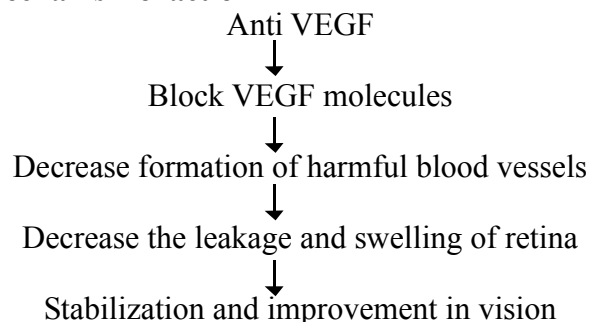
Clinical Significance

VEGF is implicated with poor prognosis in breast cancer, rheumatoid arthritis, angiosarcoma, predicts early onset of preeclampsia and may be an early step in the process of metastasis. VEGF is also increased in many of the ophthalmic conditions including ARMD, diabetic retinopathy.so, here comes the role of ANTI VEGF

ANTI VEGF

There has been a lot of excitement in the management of retinal disease ever since the newer anti VEGF have become available. These agents are being used for many eye diseases. These retina diseases which were earlier considered incurable or had very poor prognosis, are now tackled with anti VEGF with good results

Mechanism of action



Anti VEGF includes: Monoclonal antibodies like Bevacizumab(Avastin), Antibody derivative like Ranibizumab(Lucentis) and others like Lapatinib, sunitinib, sorafenib.

Ocular indications

1. Age related macular edema
 2. Choroid/ subretinal neovascular membranes
 3. Severe diabetic macular edema
 4. Severe proliferative diabetic retinopathy
 5. Macular edema due to branch retinal vein occlusion/central retinal vein occlusion
 6. Vitreous hemorrhage in diabetic retinopathy
 7. Before vitrectomy in these patients
- Neovascular glaucoma/neovascularisation of iris.

Complications

- 1) Vitreous hemorrhage
- 2) Accidental injury to lens capsule
- 3) Raised IOP
- 4) Retinal detachment
- 5) Central retinal artery occlusion
- 6) Endophthalmitis

BEVACIZUMAB

(Trade name- Avastin)

- It is licensed to treat various cancers including colorectal, lung, breast, kidney, ovarian cancers and glioblastoma
- It has recently been used by ophthalmologist in an off label use as an intravitreal agent.
- Main side effects are hypertension and heightened risk of bleeding but these are largely avoided in ophthalmological use since the drug is introduced directly into eyes.
- Intravitreal steroids can also be used trying anti VEGF but includes the risk of raised intraocular pressure.

NOTE: We seek kind encouragement from faculty of all the departments in mobilizing patients of diabetes, hypertension and any other systemic illness who need ophthalmic examination to our department, so that we can select patients for intravitreal Anti VEGF.

TELE MEDICINE IN PUBLIC HEALTH

Dr. SURYAKANTHA A.H.

Professor of Community Medicine

Introduction : People living in remote rural areas struggle to get timely and good quality speciality medical care. Because of this the health status of rural Indians is still a cause for grave concern. One of the objectives of the National Rural Health Mission (NRHM)

Is to provide the rural population speciality health care services. Telemedicine has the potential to bridge this gap to provide speciality care to the rural areas.

Telemedicine is the use of electronic information to communicate technologies to provide and support health care when distance separates the participants. "Tele"

(Greek) means “distance” and “mederi” (Latin) means “to heal”. Telemedicine has been in use over four decades. It was all started with NASA's efforts in 1960 (National Aeronautics and Space Administration).

Definition :

WHO (2002) defined telemedicine as “The delivery of health care services, where distance is a critical factor, by all health care professionals using information and communication technologies for the exchange of valid information, for diagnosis, treatment and prevention of disease and injuries, research and evaluation and for the continuing education of healthcare providers, all in the interest of advancing the health of individuals and their communities”.

Aim of telemedicine :

The primary aim is to reach the unreached through

- ❖ Information management: Patient information, Medical data (signs, symptoms, investigation reports etc.), Appointment scheduling, Archival and retrieval of patient records.
- ❖ Low cost solution: Using ordinary telephone line, satellite etc.
- ❖ Service to large population: Through public healthcare delivery systems
- ❖ Development of knowledge based system: For decision support, For training and education.

A successful telemedicine set will have the following

- Telemedicine Consultation Center (TCC) consisting of the patient, immediate health care provider, telemedicine technician and equipment for communicating the patient's medical information.
- Telemedicine Speciality Center (TSC) consisting of specialist, telemedicine technician and

The equipment to communicate with TCC. The specialist can interact with the patient present in the remote site.

The telemedicine system consists of an interface between hardware, software and a communication channel to connect the TCC and TSC to enable consultancy. The modern telemedicine system is shown in the Fig. 1.

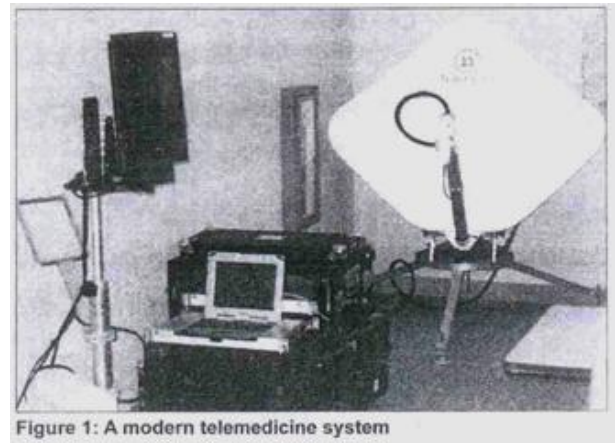


Figure 1: A modern telemedicine system

Utility of Telemedicine :

- Easy access to remote areas
- Significantly reduces the time & costs of patient transportation
- Monitoring home care & ambulatory monitoring.
- Improves communications between health providers separated by distance.
- Critical care monitoring where it is not possible to transfer the patient.
- Continuing medical education & clinical research.
- A tool for public awareness.
- A tool for disaster management.
- Second opinion and complex interpretations.
- bring expertise to medical practice once established.
- Telementored procedures surgery using hand robots.

- Disease surveillance and program tracking.
- Provides opportunities for standardization and equity in provision of health care.
- Improves rehabilitation services in remote areas.

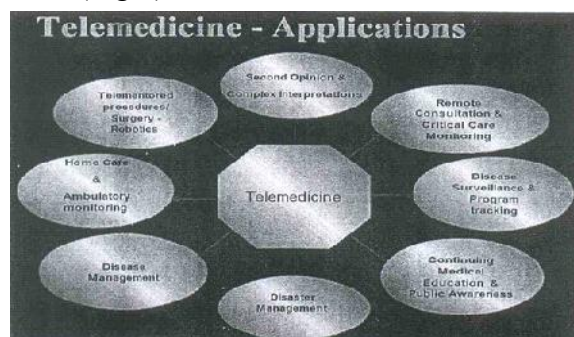
Thus telemedicine is not a substitute but a supplement for current health care system in a huge way. The hardware configuration is shown in the figure. (Fig.2).



Telecommunication Technology :

The term often used in the network of telecommunication is “Bandwidth”. Bandwidth is the size of the electronic “pipeline” through which information is carried over communication lines, measured in bits per second (bps). It determines how quickly the bits may be sent down the channels in a telecommunication medium. Bandwidth is proportional to the complexity of the data for a given level for system performance.

Applications of telemedicine in Public Health. (Fig.3)



Advantages of Telemedicine in India :

- Doctors are licensed to practice anywhere in India

- Maximum utilization of limited resources.
- Saves travel, time and money.
- Makes Geography History ! Distance meaningless
- Enormous Continued Medical Education (CME) potential for General practitioners, urban trainee and teleconsultants.
- International grand rounds, Web casting conferences.
- Motivation for computer literacy among doctors.
- Avoids unnecessary referrals to specialists.
- Useful in designing credits for re-certification of doctors.

Current efforts in India :

Telemedicine programs are actively supported by

- Department of Information Technology (DIT).
- Indian Space Research Organization (ISRO).
- NEC Telemedicine Program for North Eastern states

- Apollo Hospitals
 - Asia Heart Foundation
 - State Government.
- } Corporate hospitals

In Karnataka, in the past two years, the pilot project on telemedicine has provided more than 10,000 teleconsultations. This would serve as a model for the launching of “HEALTHSAT” in future.

10 Commandments for Success of Telemedicine

1. The responsibility must lie upon health care professionals
2. Intelligent systems must continue to be developed.
3. All health care information must be digital.
4. The flow of medical information must be user friendly.
5. It must be mobile.
6. The right medical information must be made available to the right decision maker at the right time in the right place.

7. Patient integrity must be preserved without jeopardizing the access to information.
8. We must take advantage of information technology as a tool for educating our patient.
9. And as a tool for continuing medical education.
10. We must think globally as we work locally.

Can Telemedicine bridge the gap?

Yes

- It is a new vehicle for the delivery of health care.
- It makes the national health care services more accessible, available and equitable.
- It may turnout to be the cheapest as well as the fastest, way to bridge rural-urban health divide.

Challenges :

- Doctors are not fully convinced and familiar with e-medicine.
- Lack of confidence among the patients about the outcome of e-medicine.
- Initial investment is too high.

- In India, nearly 40% of population live below Poverty line and the basic amenities like transportation, electricity, safe drinking water, primary health care services are lacking.
- Only 65.38% of India's population is literate with only 2% being well-versed in English.
- For correct diagnosis and pacing of data, it requires advanced biological sensors and more bandwidth support.
- There is no proper governing body to form guidelines.
- There is no initiation taken by Government.
- Technophobia by the handlers.
- Poor data communication infrastructure.
- Needs training of staff.
- Involves medico-legal concerns.
- Malpractices can occur in telemedicine.
- Information may be lost due to a software glitch or hardware meltdown.

HEALTH

DOCTORS, DON'T GET WORKED UP....take a deep breath & slow down for a healthy heart
Dr. Suneeta Kalasuramath, Department of Physiology

When life is at stake, the responsibility is enormous. Ensuring a positive treatment outcome, meeting the demands of patients & bystanders, rushing to multiple centres of work.....**STRESS is now taking a toll on all the DOCTORS.** They are being the victims and it's needless to say, it's now a worrisome trend. There are cases reported that doctors have had had heart attacks at an early age of 40- 45 yrs. Doctors are those clan of population who are constantly stressed out and are at an increased risk of heart disease even if they do not have a family history. Studies prove that the life of a doctor is 6-8 yrs shorter than that of average population.

Stress is a major risk factor for heart related diseases. The existing BP and cholesterol could shoot up with stress. Chronic stress exposes you to high levels of unhealthy stress hormones.

Causes: Illness, financial concerns, work overload, retirement, perfectionism, financial problems, insecurity, relationship problems, death/ill health of loved ones, timelines at work place, etc.

Signs & symptoms:

Sleeplessness, dizziness, sweaty palms , exhaustion, body pain, grinding teeth, indigestion, sudden weight or loss, forgetfulness, inability to concentrate, crying, irritability, difficulty making decisions, nervousness, etc

Biology of Stress on heart:

- Stress elevates BP over an extended period, and releases high levels of clot- forming platelet, triggering heart attack.

- Stress in form of grief, increases the adrenalin levels thereby increasing heart rate & BP, lack of sleep, poor appetite and change in hormonal levels that can affect CVS.

How to Deal with stress:

- Set aside a small time during the day for a small nap, and establish a regular sleep schedule
- Avoid caffeine, over eating, alcohol, smoking (nicotine is a stress stimulant)
- Exercise (running / brisk walking / swimming / cycling) for at least 30 min/ day

- Laughter and a cup of green tea or black tea everyday(tea contains antioxidants which fight against the blood vessel constriction after a fatty meal)
- Go vegetarian (vegetarians have a lower risk of death (32%) from CV diseases, AJCN, 2012) as it lowers BP, cholesterol & BMI levels.

Words of advice:

Earning money is not a sin. But going for quick bucks can be disastrous. Be honest. We require more patience and need to stay composed & deliver our best in every situation. **When we advice others on stress free life, we should try and follow the dictum ourselves.**

Source: WEEK, HEALTH, 2013

CONGRATULATION !!!

The Principal and all the staff congratulates

Dr. Shamanur Shivashankarappa

MLA, Honorary Secretary BEA,
For his victory in the Assembly Elections. and having become the Cabinet Minister.


Sri S. S. Mallikarjuna,

MLA, Chairman SSIMS& RC
For his victory in the Assembly Elections


Dr. A. H. Suryakantha,

Senior Professor of Community Medicine,
for the successful release of his third edition of the text book, "Community Medicine with Recent Advances" published by Jaypee Brothers, New Delhi.
This book ranks 'Second' at the National level and got International recognition. It has been displayed as Reference Book in International Libraries of U.K and U.S.
Latest feather added to his added to his cap is that he has been nominated as Guide to Ph.D. students by K.L.E University, Belgaum.


Dr Ravikiran Kisan.

For successfully completing his Ph.D. from NIMHANS Bangalore.
His work was on effect of Yoga on Migraine A Clinical Electrophysiological and Immunological Study


Dr. Raghavendra Khanpur,

II year Radio-Diagnosis PG for securing II place for poster presentation for the "ALKAPTONURIA - A CASE REPORT' in IRIA RESIDENT EDUCATION PROGRAM-2013, held on 8th and 9th at Tumkur, Karnataka, under the guidance of Dr.Ramesh. S. Desai, Dr.Akhil M Kulkarni, Dr. Niranjana.T.G Dr.Kishan A Bhagwat and Dr.Akhila.D

SSIMS-ites Congratulates the following staff for their New Post		
Staff	Department	Promoted as
Dr. Bheemaya Buddesab	Community Medicine	Professor
Dr. S. G. Jayaraj	General Medicine	Professor
Dr. Shivakumar. A. H	Anatomy	Professor
Dr. Vinod Kumar C.S.	Microbiology	Asso. Professor
Dr. K. B. Shivakumar	Anesthesia	Asso. Professor

SSIMS-ites Welcome the following newly joined staff to its family		
Staff	Department	Designation
Dr. Shashidhara. H. N.	Psychiatry	Asst. Professor
Dr. Renuka. B. C.	Ophthalmology	Asst. Professor
Dr. Arif. N. K.	OBG	Asst. Professor
Dr. Yashwanth. G	General Medicine	Asst. Professor
Dr. Raghu Prasad. M. S.	Pharmacology	Asst. Professor
Dr. Sharankumar Holyachi	Community Medicine	Asst. Professor
Dr. Sachin Bongale	General Medicine	Asst. Professor
Dr. Manohar Shetty	Pediatrics	Senior Resident

We are glad to inform you that the following Lung Function Tests are available for the patients in special clinic OPD No.1, SSIMS & RC Davangere (Smart PFT Lab unit). We request all faculties to make use of the available services for better care (diagnostic) and management (prognosis) of patients.

Tests

Spirometry:

(SVC, ERV, IRV, IC, TV, FVC, FEV₁, PEF, MEF₂₅, MEF₂₅₋₇₅ MVV)

Body Plethysmography:

(Airway resistance-expiratory resistance, inspiratory resistance, TLC, TGV, RV, IC) + Spirometry

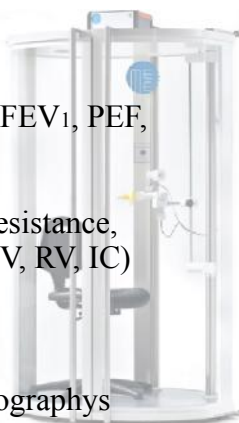
CO diffusion Capacity:

(TLCO, FRC, RV, TLC) + Spirometry + Body Plethysmographys

For more details please contact:

Dr. Ravikiran Kisan - 9945447207

Asst. Professor, Dept. of Physiology, SSIMS & RC. Davangere.



By
DR. Vidya. M. Nadig

ಕನ್ನಡ ವಿಭಾಗ

ಎಸ್. ಎಸ್ ಮಲ್ಲಣ್ಣ

ಮಗು ಬಯಸುವುದು ಅಮ್ಮನ್ನು
 ಕರು ಬಯಸುವುದು ಆಕಳುವನ್ನು
 ಕ್ರಿಶಿಯಾಸ್‌ನ್ನರು ಬಯಸುವುದು ಯೇಸುವನ್ನು
 ಎಸ್.ಎಸ್.ನ ಎಲ್ಲಾ ವಾರ್ಡಬಾಯ್ ಬಯಸುವುದು
 ಎಸ್. ಎಸ್ ಮಲ್ಲಣ್ಣನವರನು.

ಭೂಮಿ

ಹುಟ್ಟಿದಾಗ ಜನ್ಮ ಭೂಮಿ
 ನೆಡೆಯುವಾಗ ಪುಣ್ಯ ಭೂಮಿ
 ಕುಳಿತಾಗ ತಾಯಿ ಭೂಮಿ
 ಮಲಗಿದಾಗ ರುದ್ರ ಭೂಮಿ

ನಮ್ಮ ಡಾಕ್ಟರ್

ಕಿವಿಗೆ ಶಬ್ದಕೇಳದ ರೋಗಿಗೆ,
 ಶಬ್ದಕೇಳುವಂತೆ ಮಾಡಿದವರು,
 ಇವರೆ ನಮ್ಮ ಡಾಕ್ಟರ್!
 ಗಂಟಲು ನೋವುವಿನಿಂದ ಮಾತಾನಾಡಲಾಗದ
 ರೋಗಿಗೆ ಮಾತಾಡುವಂತೆ ಮಾಡಿದವರು
 ಇವರೆ ನಮ್ಮ ಡಾಕ್ಟರ್!
 ಉಸಿರಾಟದ ತೊಂದರೆಯಿಂದ ಬಳಲುತ್ತಿರುವ ರೋಗಿಗೆ,
 ಉಸಿರಾಡಲು ಉಸಿರು ತಂದವರು,
 ಇವರೆ ನಮ್ಮ ಡಾಕ್ಟರ್!
 ಡಾಕ್ಟರ್‌ರೆಂದು ಬರುವ ರೋಗಿಗಳನ್ನು
 ಬಂಧುಗಳಂತೆ ನೋಡುತ್ತ ಪ್ರೀತಿ ವಿಶ್ವಾಸದಿಂದ ಮಾತಾನಾಡುತ್ತ,
 ಉತ್ತಮ ಚಿಕಿತ್ಸೆ ಕೊಡುತ್ತ ಬಂದವರು,
 ಇವರೆ ನಮ್ಮ ಡಾಕ್ಟರ್!
 ಎಲ್ಲಾರು ನಮ್ಮವರೆ ಎಂದು ಭಾವಿಸುತ್ತಾ ಆತ್ಮವಿಶ್ವಾಸವೆ,
 ದೇವರು ಎನ್ನುತ್ತಾ ಬಂದವರು,
 ಇವರೆ ನಮ್ಮ ಡಾಕ್ಟರ್!
 ಎಲ್ಲರ ಮನದಲು ಹಚ್ಚಹಸಿರಾಗಿರುವರು,
 ಇವರೆ ನಮ್ಮ ಡಾಕ್ಟರ್,
 ಇ.ಎನ್.ಟಿ ಡಾ. ಶಿವಕುಮಾರ ಎ.ಎಮ್.

ಗಣೇಶ.ಬಿ ವಾರ್ಡಬಾಯ್

---ಲಿವಿಂಗ್ ರಿಲೇಷನ್ ಶಿಪ್ ---

ಅವನಿಗೆ ಅವಳು, ಅವಳಿಗೆ ಅವನೇ ಪ್ರಪಂಚ,
 ಸೂರ್ಯ ಪೂರ್ವದಲ್ಲಿ ಉದಯಿಸದೇ ಹೋಗಬಹುದು,
 ಮುಂಜಾನೆ ಕೋಳಿ ಕೂಗದೇ ಇರಬಹುದು, ಆದರೆ
 ಯಾವಾಗಲೂ ಅವರು ಒಂಟಿಯಾಗಿ ಕಾಣಿಸಿಕೊಳ್ಳುವುದಿಲ್ಲ,
 ಶಾಪಿಂಗ್, ಪಬ್, ಎಲ್ಲೆಂದರಲ್ಲಿ ಒಟ್ಟುಟ್ಟಿಗೆ ಹೋಗುವುದು
 ಬಿಡುವುದಿಲ್ಲ.

ಅವರಿಬ್ಬರು ಒಂದೆ ಕೋಣೆ ಹಂಚಿಕೊಳ್ಳುತ್ತಾರೆ,
 ಒಂದೆ ತಟ್ಟೆಯಲ್ಲಿ ತುತ್ತು ತಿನ್ನುತ್ತಾರೆ,
 ಅಣ್ಣ ತಂಗಿ ಸಂಬಂಧವಂತೂ ಅಲ್ಲ,
 ಖರ್ಚಿನ ಲೆಕ್ಕದಲ್ಲಿ ನಿಭಾಯಿಸುವುದರಲ್ಲು ಸಮಪಾಲಾ,
 ಗೆಳೆತನ ಬಿಟ್ಟರಲಾರದಷ್ಟು ಸೆಳೆತ ಇರುತ್ತಲೂ ಇರಲಿಲ್ಲ,
 ಹಾಗಂತ ಇವರಿಬ್ಬರು ಸ್ತ್ರೀ-ಪುರುಷ ಗಂಡ ಹೆಂಡತಿಯಲ್ಲ.
 ಉಸಿರಲ್ಲಿ ಉಸಿರಾಗಿ, ಬೆರತಂಥ ಅವರ ಸಂಬಂಧ,
 ಪರಸ್ಪರ ಅನುಮಾನ, ಕೋಪ, ಜಗಳಗಳ ನಡುವೆ,
 ಓದು, ಉದ್ಯೋಗ, ಮುಗಿದ ಮೇಲೆ
 ಸುಂದರ ಜೋಡಿ ಹಕ್ಕಿಗಳು ಕೊನೆಗೆ,
 ಹೇಳ ಹೆಸರಿಲ್ಲದೆ ಬೇರೆ ಬೇರೆಯಾಗಿ ಹಾರಿ ಹೋದವು,
 ಈ ಲಿವಿಂಗ್ ರಿಲೇಷನ್ ಶಿಪ್‌ನ ಆಯುಷ್ಯಾ ಇಷ್ಟೇನಾ?

-----ಕನಸು-----

ನಿನ್ನ ಹೃದಯಕ್ಕೆ ನಾನು ಒಡತಿಯಾಗಬೇಕಿತ್ತು,
 ನಿನ್ನ ಅಂಗಿಯ ಗುಂಡಿಯಾಗಬೇಕಿತ್ತು
 ನಿನ್ನ ತೋಳ ತೆಕ್ಕೆಯಲ್ಲಿ ನಾನಿರಬೇಕಿತ್ತು,
 ನಿನ್ನ ಒಲವ, ಚೆಲುವಲ್ಲಿ ನಾನು ಅರ್ಧಾಂಗಿಯಾಗಬೇಕಿತ್ತು.
 ನಿನ್ನ ಬಾಳಿನಲ್ಲಿ ಜೊತೆಯಾಗಿ ನಾನಿರಬೇಕಿತ್ತು,
 ನಿನ್ನ ಮನೆಗೆ ದೀಪ ನಾನು ಹಚ್ಚಬೇಕಿತ್ತು,
 ನಿನ್ನ ಸಿಹಿ, ಕಹಿಯಲ್ಲಿ ಅರ್ಧ ಪಾಲು ನಾನಾಗಬೇಕಿತ್ತು,
 ನಿನ್ನ ಕಣ್ಣುಗಳಿಗೆ ನಾನು ರೆಪ್ಪೆಯಾಗಬೇಕಿತ್ತು.
 ಬಾಳ ಪಯಣದಲ್ಲಿ ನಾನು ನೀನು ಸತಿಪತಿಯಾಗಬೇಕಿತ್ತು,
 ಸಾಯುವವರೆಗೆ ನಮ್ಮಿಬ್ಬರ ಕೈ ಜೊತೆಜೊತೆಯಾಗಿ ಸೇರಬೇಕಿತ್ತು,
 ನಮ್ಮಿವರ ಕುಡಿಗಳಿಗೆ ನಾನು ತಾಯಿಯಾಗಬೇಕಿತ್ತು,
 ವಿಧಿಯಾಟವೇನು ತಿಳಿಯದು, ನೀ ನನ್ನ ಕೈಗೆ ಸಿಗಲಿಲ್ಲ
 ಅದು ಕನಸಾಗಿ ಹೋಯಿತಲ್ಲಾ

ರಚನೆ: ಶ್ರೀಮತಿ. ಟಿ.ಗೀತಾ ಮಂಜುನಾಥ್

ಪೆಠಾಲಾಜಿ ವಿಭಾಗ

MEDICAL RECORD BLOOMERS

- 1) By the time he was admitted, his rapid heart had stopped and he was feeling better.
- 2) Patient has chest pain if she lies on her left side for over a year
- 3) On the second day the knee was better and on the third day it had completely disappeared.
- 4) The patient has been depressed ever since she began seeing me in 1983
- 5) I have suggested that he loosen his pants before standing, and then when he stands with the help of his wife, they should fall to the floor.
- 6) Discharge status: Alive but without permission.
- 7) The patient refused an autopsy.
- 8) The patient has no past history of suicides.
- 9) The patient expired on the floor uneventfully.
- 10) Patient has left his white blood cells at another hospital.
- 11) She slipped on the ice & apparently her legs went in separate directions in early December.
- 12) Between you & me, we ought to be able to get this lady pregnant.
- 13) Occasional, constant, infrequent headaches.
- 14) She is numb from her toes down.
- 15) When she fainted, her eyes rolled around the room.
- 16) The lab test indicated abnormal liver function.
- 17) The baby was delivered, cord clamped & cut, and handed to the paediatrician, who breathed & cried immediately.
- 18) Examination of genitalia was completely negative except for the right foot.
- 19) Examination reveals a well developed male lying in bed with his family in no distress.
- 20) The skin was moist & dry.
- 21) Patient alert & nonresponsive.
- 22) Since she cannot get pregnant with her husband, I thought you would like to work her up.
- 23) The patient was in his usual state of good health until his airplane ran out of gas & crashed.
- 24) She stated that she had been constipated for most of her life until 1989 when she got a divorce.

Dr. Jyothi S Karegoudar
Associate Professor, Dept of General Surgery



Obituary

Principal & staff of SSIMS&RC,
Condole the untimely death of
Dr. Praveen Kumar,
ex-staff, Dept. of Anesthesia (2008-2010)
We Pray God to rest his soul in Peace.

Photo Gallery



International day against drug abuse and illicit trafficking



Cancer cervix awareness programme



International day against drug abuse and illicit trafficking



Diabetes and Hypertension Screening camp, PHC, Lokikere



Distribution of nutrition supplement under Mathoshree



Receiving Championship trophy from the Vice-Chancellor Dr. Sriprakash K S and Registrar Dr. Prem kumar D



RGUHS Overall Sports Champions 2012 & 13 –SSIMS & RC with Dr. Vasantha Shetty Deputy Registrar RGUHS



“Blood donor’s day” felicitation to Dr. V. L. Jayasimha by District Commissioner Sri. Pattana Shetty



A Voluntary blood donation camp



DOME -Mr. Adarsh NDTV, India,
Topic: Personal Effectiveness for health professionals Dr: 08-04-2013



DOME- Dr. Suneeta Kalasurmath,
Topic: The clinical Teacher-2013. Date: 25-06-2013



Academic Body
Dr. Naren Chakrawarti, Consultant pain Management, U.K
Topic: Management of Pain. Date: 18-06-2013



Stress Management and Positive Mental Attitude
Marga (18-05-2013)



World Environment Day 07-06-2013



Dept. of Skin & VD-CME on (24-06-2013)



Students of SSIMS&RC - Awardees at Medicon 2013
6th International student research conference



Basic workshop on Yoga Techniques (22-06-2013)



Neurone-2013 Intercollegiate Sports Activities



Intercollegiate Cultural Activities Neurone-2013