



Bapuji Educational Association (Regd.)



# SSIMS TIMES

Vol: 17 Issue : 3 July - September 2022

Official Quarterly News Bulletin of SSIMS&RC

Independence Day 2022



Chairman's Birthday Celebration



S.S. INSTITUTE OF MEDICAL SCIENCES  
& RESEARCH CENTRE



SAMYATARA  
2022

Teachers Day celebration 2022





**Chairman Sri S.S. Mallikarjun Birthday Celebration**



**Pediatric CME**



**Psychiatry CME**



**Pharmacology CME**



**Biochemistry CME**



**Biochemistry Workshop on Phlebotomy**



**Dermatology-Laser Clinic inauguration**



**VPD Surveillance**





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#### Disclaimer :

Views and opinions expressed in this newsletter are not directly that of the editor or the editorial board. For any clarification, author of the article is to be contacted.



### *Principal's desk*



On behalf of SSIMS & RC, I would like to convey my heartfelt wishes to our beloved Chairman **Sri S.S. Mallikarjun**, on the occasion of his birthday.

I would like to suggest all the heads of Dept. to encourage the faculty and students to carry out more research-oriented activities and take part in academic and extracurricular events and also get involved in the new CBME curriculum for UG teaching.

I would like to convey my regards to each and every one who is involved in good and constructive academic, research & curricular activities which help in taking the institution's name to a great height.

**Dr. B.S Prasad**

### *Editor's desk*



On behalf of the editorial team, I wish a very happy birthday to our dynamic beloved Chairman Sri S.S.Mallikarjun.

I thank the staff of Blood Bank of SSIMS & RC, for successfully arranging multiple Blood donation camps in different places of Davangere district on the occasion of Chairman's 55 th Birthday celebrations.

I thank the staff who have contributed articles for publication. This issue is a glimpse of happenings of the campus and achievements of various departments of SSIMS & RC.

**Dr. C.R. Mallikarjuna**

### **Department of Anatomy**

Dr. Raghavendra A Y, Dr. Santosh Bhosale, Dr. Nagaraj Mallashetty, attended CME on "Medication Management- A key to patient safety" held on 9<sup>th</sup> July 2022, organised by Department of Pharmacology, SSIMSRC.

Dr. Raghavendra A Y, Professor attended 22<sup>nd</sup> KCAACON 2022 at HIMS, Hassan held from 16<sup>th</sup> to 18<sup>th</sup> September 2022 and presented an oral research paper titled "Determination of Cranio-Facial relation in human dry skulls: an anthropometric study".

Dr. Santosh Bhosale, Professor attended 22<sup>nd</sup> KCAACON 2022 at HIMS, Hassan held from 16<sup>th</sup> to 18<sup>th</sup> September 2022 and presented an oral research paper titled "Jigsaw method-An innovative teaching method in Anatomy".

Dr. Nagaraj Mallashetty, Associate Professor attended 22<sup>nd</sup> KCAACON 2022 at HIMS, Hassan held from 16<sup>th</sup> to 18<sup>th</sup> September 2022 and presented an oral research paper titled "Effect of long standing on arches of foot".

Dr. Veeresh Itagi, Associate Professor attended 22<sup>nd</sup> KCAACON 2022 at HIMS, Hassan held from 16<sup>th</sup> to 18<sup>th</sup> September 2022 and chaired session in scientific session.

Dr. Santosh Bhosale, Professor attended a Webinar on "Dissection images and their surgical importance" on 26<sup>th</sup> November 2022 Organised by Thieme publishers.

Dr. Raghavendra A Y, Dr Santosh Bhosale, Dr Nagaraj Mallashetty, attended CME on "Guarding Mental Health" held on 24<sup>th</sup> September 2022, organised by department of Psychiatry, SSIMSRC.





Dr. Shailaja C Math, Dr Raghavendra A Y, Dr. Santosh Bhosale, Dr Nagaraj Mallashetty, Dr. Poornima B attended CME on “Best practices and techniques in all phases of clinical laboratory investigations” held on 27<sup>th</sup> September 2022, organised by department of Biochemistry, SSIMSRC.

### Department of Biochemistry

Dr. Mallikarjuna.C.R, Dr. Dattatraya K, Dr.Ramlingareddy, Dr.Shabnam S have participated as Delegates in the CME on “Medication Management A Key to Patient Safety”, held on 9<sup>th</sup> July 2022 at SSIMSRC, Davangere.

Department of Biochemistry, SSIMSRC & JJMMC, Davangere has organized State level CME & Workshop on “Best Practices & Techniques in all Phases of Clinical Laboratory Investigations” - A Key to Quality Health Care on 27<sup>th</sup> September 2022, at Hospital Auditorium, SSIMS&RC, Davangere.



Dr. Mallikarjuna.C.R, Dr. Dattatraya K, Dr. Ramlingareddy, Dr. Shabnam, Mrs. Jayashree have participated as delegates in the CME on “Guarding Mental Health” held on 24<sup>th</sup> September 2022 at SSIMSRC, Davangere.

### Department of Physiology

Dr. Vidya. M. Nadiger, Dr. Suneeta Kalasurmath, Dr. Soumya. B. A, Dr. Deepa. H .S & Dr. Vishlakshi Jadhav have participated as Delegate in the CME on “Medication Management A Key to Patient Safety”, held on 9<sup>th</sup> July 2022 at SSIMSRC, Davangere.

Dr. Suneeta Kalasuramath has participated as a Delegate in National level CME titled “Lab based Electives in MBBS curriculum: Opportunities and Challenges”, held on 28<sup>th</sup> July 2022 at St. John's Medical College, Bangalore.

Dr. Vidya. M. Nadiger, Dr. Suneeta Kalasurmath, Dr. Jayasudha K, Dr. Soumya. B.A, Dr. Deepa. H .S & Dr. Vishlakshi Jadhav have participated as delegates in the CME on “Guarding Mental Health” held on 24<sup>th</sup> September 2022 at SSIMSRC, Davangere.

Dr. Vidya. M. Nadiger, Dr. Suneeta Kalasurmath, Dr. Soumya. B. A, Dr. Deepa. H .S & Dr. Vishlakshi Jadhav have attended CME on “Best practices and techniques in all phases of clinical laboratory investigations” held on 27<sup>th</sup> September 2022, organised by department of Biochemistry, SSIMSRC.

### Department of Pathology

#### Mega voluntary Blood donation drive

On the occasion of 55<sup>th</sup> birthday of our beloved Chairman Sri S S Mallikarjun, a mega voluntary blood donation drive was started by S S Mallikarjun Abhimani Balaga, under the leadership of Mrs Dr Prabha Mallikarjun. S S Blood Bank started conducting voluntary blood donation camps at various places in and around Davangere. Voluntary blood donation camps are continuously being conducted and more than thousand units of blood have been collected. The blood collected was distributed at free of cost to the patients admitted at S S Hospital, Bapuji Hospital and Government Hospital. Principal, Dr B S Prasad, Medical Director, Dr Arun Kumar Ajjapaa, Dr Shashikala P, HOD Pathology, Faculty of Department of Pathology and all the patients are thankful to Dr Sri Shamnur Shivashankarappa for this gesture.





Dr Prabha Mallikarjun, President, SS Care trust is the key person behind the success of this mega blood donation drive. She is attending all the camps, motivating each and every person. Dr B S Prasad, Principal, Dr Arun Kumar Ajjappa and Mr Ravi, Manager were responsible for the arrangements and smooth conduct of these camps. S S Blood bank staffs, postgraduate students of Pathology Dept and interns are conducting these camps organised by various colleges and SSM Abhimani Balaga under the able guidance of Mrs Dr Prabha Mallikarjun. In the month of September 2022 a total of 10 voluntary blood donation camps were conducted.

5.07.2022: Technicians from Dept of Pathology, Arunkumar H M, Niranjana P, T Munnasab, Manjunatha B & Yalaguradappa N H participated in the hands on training on the topic "Unexplored aspects of pipetting" conducted by Molecular laboratory, Dept of Microbiology, SSIMS & RC, Davangere.

9.09.2022: SSCare trust had organised a health camp at Kondajji during which voluntary blood donation camp was held. Dr Deepthi Pruthvi, Professor, conducted the camp.

11.09.2022: Voluntary blood donation camp was organised at Nyamathi. Dr Rajashree K & Dr Balaji TG, Associate Professors conducted the camp.

15.09.2022: Voluntary blood donation camp was organised at Harihar by SSM abhimani balaga through lawyers Association. Dr Shashikala P, Prof. & Head, Vice Principal & Dr Kavita G U, conducted the camp.

16.09.2022: SScare trust had organised a health camp at Kulambi during which voluntary blood donation camp was held. Dr Neetha Y, Associate Professor conducted the camp.

17.09.2022: SSM Abhimani Balaga organised voluntary blood donation camp at Vinobanagar. Dr Shashikala P, Prof. & Head, Dept of Pathology, Vice Principal, SSIMS&RC, Dr Balaji TG Associate Professor, conducted the camp.

18.09.2022: Voluntary blood donation camp was organised at Congress party office, Davangere. Dr Shashikala P, Prof & Head, Dept of pathology & Dr Nazma K conducted the camp.

18.09.2022: SSM Abhimani Balaga organised voluntary blood donation camp at Stadium, Davangere. Dr Shashikala P, Prof & Head, Dept of pathology & Vice Principal, SSIMS&RC, Dr Kavita G U, Professor, conducted the camp.

19.09.2022: Voluntary blood donation camp was organised by SSM Abhimani Balaga organised at Ambedkar Bhavan, Honnali. Dr Sreevidyalatha G M & Dr Disha B S Assistant Professor's conducted the camp.

21.09.2022: Voluntary blood donation camp was organised at public Library, Anjaneya badavane, Davangere. Dr Rajashree, Associate Professor, conducted the camp.

23.09.2022: SS Care trust had organised a health camp at Sirigeri during which voluntary blood donation camp was held. Dr Balaji T G, associate Professor, conducted the camp.

### Department of Pharmacology

Staff Training: Dr. Raghuprasada.M.S has Participate in two days regional training programme for nominee of CPCSEC Organized by committee for the propose of the control supervision of the experiment on the Animals (CPCSEA) at JSS college of Pharmacy (A Constituent college of JSS Academy of Higher Education & Research, Mysore) Ooty, Tamil Nadu from 29<sup>th</sup> to 30th June 2022.

Awareness of Reporting Side Effects of Medicines?





### Department of Community Medicine

Dr. Sheela P Haveri, Professor, delivered a guest lecture during observation of “World Zoonosis Day” organized by Veterinary department in association with Zilla Panchayat on 6<sup>th</sup> of July 2022 at Veterinary hospital conference hall, Davangere, importance of wound management and rabies elimination was emphasized in the session.

Department of Community Medicine along with WHO conducted sensitization workshop on “Vaccine Preventable Diseases Surveillance” for Teaching faculty & 1st Year PGs on 15th July 2022. Dr. Aswin Kumar, Professor and HOD, Department of Community Medicine, Dr. R.S. Sreedhar, Surveillance Medical Officer, WHO (NPSP) and Dr. K.S. Meenakshi, RCHO, Davanagere inaugurated the event. Dr. R.S. Sreedhar, Surveillance Medical Officer, WHO (NPSP) gave a lecture on VPD surveillance update and orientation. Dr. K. S. Meenakshi, RCHO, Davanagere delivered a talk on VPD surveillance sample collection guidelines.



Dr. Sheela P Haveri, Professor, delivered a guest lecture during observation of “World Zoonosis Day” at Veterinary College, Shivamogga, organized by Department of Animal Husbandry and veterinary services, Shivamogga on 16<sup>th</sup> July 2022. Zoonotic diseases and their public health importance was emphasized in the session.

On the occasion of “World Breast feeding Week (WBW) 2022”, a health education session was conducted at an Anganwadi in Arasapura, Davanagere on 4<sup>th</sup> of August 2022. Theme of WBW 2022 was “Step up for Breastfeeding – Educate and Support”. Dr. Sindhu P, Assistant Professor, delivered a talk on importance of breastfeeding and role of family in supporting breastfeeding. A role play was performed by interns. Mr. Nagaraj. T. G, Medico Social Worker, Assisted in arranging the programme. Antenatal women, postnatal women & family members of breastfeeding women attended the programme along with Anganawadi workers and ASHA workers.



On account of “World Breast feeding Week 2022”, a health education session was conducted at UHTC, Bashanagar on 4<sup>th</sup> August 2022. Dr. Vidya V Patil, Assistant Professor, gave a talk on importance of breastfeeding and a roleplay was done by interns. Antenatal women, postnatal women, family members of breastfeeding women attended the function. Mr. Ashok Kumar, Medico Social Worker, Assisted in arranging the programme.





Dr. Sheela. P. Haveri, Professor, delivered online guest lecture on “Short Term Students Research” for undergraduate Dental students organized by MES Dental College, Perintalmanna, Kerala on 25th August 2022.

Dr Vijay S, Assistant Professor, Dept. of Community Medicine successfully cleared Basic Course in Biomedical Research cycle 6 conducted by ICMR in the month of September 2022.

Dr. Asha. B, Associate Professor; Dr. Ranganatha S.C, Assistant Professor; Mr Nagaraj T.G and Mr Ashok Kumar, MSWs have received appreciation letters from Prime Minister of India for their service in Covid vaccination during the pandemic times.

### Department of Forensic Medicine

Dr. Siddesh R C, Associate Professor, Dept. Of Forensic Medicine has secured Post Graduate Diploma in Medical Law and Ethics (PGDMLE) degree from prestigious National Law School of India University (NLSIU), Bangalore, at the 13<sup>th</sup> Annual Convocation held on 18<sup>th</sup> September 2022.



### Department of Ophthalmology

DBCS Eye Camps July to September – 2022

| Sl. No.     | Month | Camp Place & Date       | No. of Patients Screened | Number of Surgeries |
|-------------|-------|-------------------------|--------------------------|---------------------|
| 1           | July  | Mayakonda<br>11/07/2022 | 55                       | 26                  |
| 2           |       | Hadadi<br>18/07/2022    | 92                       | 40                  |
| 3           |       | Asagodu<br>26/07/2022   | 35                       | 15                  |
| 4           | Aug   | Mayakonda<br>08/08/2022 | 48                       | 19                  |
| 5           |       | Hadadi<br>16/08/2022    | 41                       | 16                  |
| 6           |       | Asagodu<br>23/08/2022   | 78                       | 43                  |
| 7           | Sep   | Mayakonda<br>12/09/2022 | 52                       | 21                  |
| 8           |       | Hadadi<br>19/09/2022    | 55                       | 26                  |
| 9           |       | Asagodu<br>27/09/2022   | 52                       | 26                  |
| Grand Total |       |                         | 508                      | 232                 |

### Department of Paediatrics

IAP National Respiratory Chapter: Asthma Training Module

Empowering of the Health Sector for Diagnosis and Management of Children with Asthma and enhancing availability of trained Pediatric practitioners is the need of the hour. The Department of Pediatrics, SSIMS&RC and JJMMC in association with IAP Davangere District Branch, conducted the IAP National Respiratory Chapter Asthma Training Module on 24<sup>th</sup> Jul 2022 Sunday at SSIMS&RC.

The speakers for the day were Dr. Jayant Joshi, Dr. Suhas Kulkarni, Dr. N.K. Kalappanavar, Dr. Muganagowda Patil. The session was attended by practicing paediatricians, post graduates from various medical colleges. Total number of 62 participants attended the session. The attendees had a hands on training in the diagnosis and management of asthma in the pediatric age group.





Dr. B.S. Prasad, Professor/Principal: Attended “Neonatal for Postgraduates and Practicing Pediatricians” CME, as Faculty Panelist for “Follow up of High Risk Neonates” at SDM Medical College on 30<sup>th</sup> Jul 2022.

### Department of Anaesthesiology

Dr. Sagar S.M. Professor, Participated as a resource person and delivered a talk in “Interventional Management of Chronic Pain” In the CME conducted by Sridevi Medical college, Tumkur on 24<sup>th</sup> Sep 2022

J.J.M. Medical in collaboration with SSIMS & RC conducted CME on “Basics of Mechanical Ventilation” at library auditorium, J.J.M. Medical College on 8<sup>th</sup> Oct 2022.

Dr. Vishwas G.K. Associate Professor, Participated as a resource person and delivered a talk on “Basics of Mechanical Ventilation” in the CME conducted by J.J.M. Medical & S.S.I.M.S & RC at J.J.M. Medical College, Davangere on 8<sup>th</sup> Oct 2022

Dr. Akshata Shetty, Dr. Isiri S. Kumar & Dr. Shreya Kulkarni post graduates of department of Anaesthesia, participated in State level Inter college quiz competition held at SNMC, on occasion of World Anaesthesia Day celebration on 16<sup>th</sup> Oct 2022 and secured 2<sup>nd</sup> place.

### Department of Respiratory Medicine

Dr. Priyadarshini S Raykar, Assistant Professor, attended a workshop on persistent air leak and massive hemoptysis focus on bronchoscopy aspects held in Apollo Hospital, Bangalore, on 17<sup>th</sup> Jul 2022.

### Department of Dermatology

Dr. Manjunath Hulmani, Professor & HOD, department of dermatology has participated as delegate in the ACSICON 2022”, held from 15<sup>th</sup> to 17-09-22 at Vythiri, Kerala.

PGs Dr. Lahari C S, Dr. Daisy Deuri, Department of Dermatology have participated as delegates in the IADVL “RESICUTICON KN 2022” held on 28<sup>th</sup> August -2022 at Hubli.

Dr. Munaza Kulsum, Assistant Professor, PGs Dr. Lahari C S, Dr. Daisy Deuri, Dr. Abhishek A Reddy, Department of Dermatology have participated as delegates in the conference on 10<sup>th</sup> MID Annual conference of IADVL-2022, held from 23<sup>rd</sup> to 25<sup>th</sup> September 2022 at the Centrum, Lucknow.

PG's Dr. Lahari C S, Dr. Daisy Deuri, department of dermatology have participated as delegates in the IADVL “CME Pigmentary Disorders”, held on 15<sup>th</sup> & 16<sup>th</sup> October 2022 at Mysore.

Dr. Naveen Kumar A C, Assistant professor, Dr. Madhu M, Senior Resident, department of Dermatology have participated in the IADVL SPORTS MEET-2022, Basaveshwara Medical college & Hospital, Chitradurga.

### Inauguration of the new Laser equipments

Dermatology department, SSIMSRC, on 29<sup>th</sup> Sep 2022, new laser treatment facilities have been started. Dr. Prabha Mallikarjun inaugurated the event and asked attendees to share the knowledge among public so as to create awareness about the facilities available. Medical Director of the hospital, Dr. Arunkumar Ajjappa spoke about different treatment facilities available in the department. Skin department HOD Dr. Manjunath Hulmani, Vice Principal Pathology HOD Dr. Shashikala & others were present at the event. Public hereby are requested to make use of the available facilities.

Fractional CO<sub>2</sub> laser- for treatment of acne scars & other scars.

Q-Switched Nd: YAG laser –for Tattoo removal, hyperpigmentation treatment

Diode laser –for unwanted hair removal.

Excimer laser-for treatment of vitiligo, psoriasis.





### Presented free oral papers

Dr. Daisy deuri: Vitiligo : Management and recent advances & Variants of inherited ichthyosis - A case series of nine patients.

Dr. Lahari C S : Dermoscopy in hair disorders & Early you store the bug; early you cure the disease - a case series of tonic epidermal neurolysis.

Dr. Abhishek, Anand reddy: Lymphangioma circumscriptum A case report.

Dr. Sheethal: Reticulate aseropigmentation of kitanura- case report

Dr. Abhishek AR: Incontinentia pigmenti

Dr. Shreyas K: Case series on Becker's nevus

Dr. Sheela A G, Senior Resident, & Dr. Sheethal, PG, attended camp at Koddajji, on 9<sup>th</sup> Sep 2022.

Dr. Naveen Kumar AC, Assistant professor & Dr. Abhishek Reddy, PG, attended camp at Kulabmi, on 16<sup>th</sup> Sep 2022

Dr. Naveen Kumar AC, Assistant professor, & Dr. Shreyas Kololgi, PG, attended camp at Sirigere, on 23<sup>rd</sup> Sep 2022

### Department of Emergency Medicine

Dr. Dileep C Naik, Assistant professor, Department of Emergency Medicine has participated in BLS ACLS provider course as a lead instructor at Manipal Hospital Panjim, Goa from 8<sup>th</sup> to 10<sup>th</sup> July 2022.

Dr. Anoop V, Junior Resident, Department of Emergency Medicine participated in EM Kerala 2022 conference at Pushpagiri Medical College, Kerala from 2<sup>nd</sup> to 3<sup>rd</sup> Sep 2022 and has presented

paper on "Reversible LV dysfunction with Ischemia in a snake bite". The resident won 2<sup>nd</sup> prize in poster presentation competition.

Dr. Ganesha BS, Associate professor Department of Emergency medicine has participated in Global Intensive Care Symposium (GICS) 2022 conference at Bengaluru from 16<sup>th</sup> to 18<sup>th</sup> Sep 2022.

Dr. Johnny Saxena, Dr. Rajat P Naik, Junior residents, Department of Emergency Medicine has participated in Global Intensive Care Symposium (GICS) 2022 conference at Bangalore from 16/09/2022 to 18/09/2022. The residents participated in "POCUS (Point of Care Ultrasonography) in Emergency and Critical Care" workshop organised at Manipal Hospital, Bangalore from 14<sup>th</sup> to 15<sup>th</sup> Sep 2022.

Department of Emergency Medicine conducted BLS & ACLS AHA certified provider course in association with IIEMS, Kottayam from 13<sup>th</sup>-15<sup>th</sup> October 2022 at skill lab SSIMS RC. 35 candidates including consultants, PG residents, interns and nursing officers actively participated in the workshop and successfully cleared the course.

### Department of Radiology

Dr. Shyam, S. Associate Professor department of Radiology and Dr. Madhu Senior Resident dermatology have participated in RGUHS state level tennis tournament on 13<sup>th</sup> September 2022 held in college of dental sciences, Davangere and have stood as winners in men's doubles contest.

### S S Institute of Nursing Sciences

#### Breast feeding week

Breastfeeding week 2022 was celebrated in S.S. Institute of Nursing Sciences on 6<sup>th</sup> August 2022. The program began with the invocation song by Miss. Varshini H M., Mrs. Savitha. V., welcomed the dignitaries. Smt. Dr. Prabha Mallikarjun, Governing Body Member BEA, Dr. Latha. G. S., Professor, Dept. of Paediatrics, SSIMS & RC, Dr. Ashwin Kumar, HOD Dept. of Community Medicine, SSIMS & RC, Mrs. Lathik D Shetty, Professor, Dept. of English and Mr. Veerasha. V. B.,





Principal, SSINS. Smt. Dr. Prabha Mallikarjun delivered the speech regarding the importance of celebrating breastfeeding week. She also addressed the nursing students and appreciated the nursing services provided by the Nurses. Dr. Latha G S delivered the lecture to the nursing students on the importance of creating awareness about breastfeeding among pregnant women. Mrs. Lathik D Shetty addressed the gathering by speaking about the importance of involvement and commitment among nursing students both in profession and personal. Mr. Veeresh V B delivered speech regarding the importance of creating awareness of breastfeeding among nursing students as they are the primary caregivers to the mothers in future. On account of world breastfeeding week, the Department of Community Medicine SSIMS&RC organised the poster competition on the theme. "Step up for breastfeeding: Educate and support". The judging panel for poster contest were Dr. Ashwin Kumar, Dr. Vidhya Patil, Dr. Vinay Kumar.S, Dr. Anchal. Dr. Prabha Mallikarjun distributed the prizes to the winners of poster contest.



The program was wound up with a vote of thanks by Mr. Praveen Kadur, Asst. Professor, Dept. of Community Health Nursing, SSINS. Whole programme was hosted by Mr. Manjunatha.S.M., Lecturer, SSINS.

### World Mental Health Day – 2022.

World Mental Health Day was organized by Dept. of Mental Health Nursing, S.S. Institute of Nursing Sciences on 10<sup>th</sup> October 2022. The programme was inaugurated by Mr. Veerasha.V.B. Principal, S S Institute of Nursing Sciences, had briefed our students on Mental Health Day - 2022 theme - "Making Mental Health & Well Being for All

Global Priority". During the event Miss. Alisha, 3<sup>rd</sup> year B.Sc., Nursing student spoken about the significance of Mental Health and from the Department of Psychiatric Nursing Dr. Siddesh.M, Lecturer expressed their view about social stigma towards mental illness and also shared information regarding the ways to maintain good mental health. Similarly, Mr. Mansoor Basha, Lecturer spoke about sound mental health and the essence of mental health in the present era. All teaching faculty of S.S. Institute of Nursing Sciences, 2<sup>nd</sup> G.N.M. and 3<sup>rd</sup> B.Sc., Nursing students witnessed the programme.

### Nutritional Awareness Programme

A Nutritional awareness programme was organized at Multipurpose Hall, S.S. Institute of Nursing Sciences by 1<sup>st</sup> year B.Sc., Nursing & 1<sup>st</sup> year GNM students under the continuous support, Co-Operation and guidance of Mr. Veerasha.V.B. Principal, Mrs. Savitha.V. Dept. of O.B.G., Ms. Lakshmidivi.S. Dept. of Medical Surgical Nursing, Mrs. Ambika.M.S, Dept. of Paediatric for 4 days each from 13.09.2022 to 16.09.2022 and 10.10.2022 to 13.10.2022. Nursing students prepared menu and exhibited very colourfully in food court (stall) with the concept of nutritional education regarding preventive and curative aspects on hypertension (DASH diet), mother's (MATERNAL diet), sedentary lifestyle (Cooking without fire) and neurological problems (KETO diet).



Students explained menu preparation, nutritive value and its importance in the maintenance of health lifestyle. At the end of the programme Principal, Mr. Veerasha.V.B. and few other teachers addressed the students about not only learning and exhibiting the menu at college level but students are like a channel to make the nutritional awareness even at community level. Henceforth, when they get the opportunity, they must implement the nutritional awareness among the public either at hospital or community.

## Conferences, CME & Workshops

### Department of Pharmacology



The Department of Pharmacology of S.S. Institute of Medical Sciences and Research Centre and JJMMC, Davangere conducted CME on "Medication Management – A Key to Patient Safety" on 9th July 2022, at Hospital Auditorium, SSIMSRC, Davangere. The participants included faculty members, Post graduate students, nursing staff, Pharm D students and faculty members and delegates from different parts of Karnataka. KMC allotted two credit points for the CME.

| "Medication Management – A Key To Patient Safety"  |   |
|--|---|
| Topic  | Speaker   |
| Overview On Medication Management                  | <b>Dr.Kiran LJ</b> , HOD, Pharmacology SSIMSRC, Davangere   |
| Prescription Audit                                 | <b>Dr.Raghuprasada MS</b> , Assoc Prof, Pharmacology, SSIMSRC, Davangere  |
| Management Of Medications As Per NABH Guidelines   | <b>Dr.AnanyaChakraborty</b> HOD, Pharmacology, VIMS&RC Bangalore.   |
| Medication Reconciliation                          |   |
| Medication Errors                                  | <b>Dr.Jayanth GS</b> , Clinical Scientist, Global Product Development-Strategy Consulting, PPD India, Bangalore   |
| Role Of Pharmacologists In Medication Safety       |   |
| <b>Panel Discussion</b><br>Challenges- Way Forward | <b>Moderator:</b> Dr. <b>Srinivasa LD</b><br><b>Panelists:</b> <b>Dr. AnanyaChakraborty</b> , <b>Dr. Jayanth</b> , <b>Dr. Suneel Kumar Reddy</b> , <b>Dr. Raghuprasada MS</b> |

### Department of Biochemistry

The Department of Biochemistry of S.S. Institute of Medical Sciences and Research Centre and JJMMC, Davangere conducted State level CME & Workshop on "Best Practices & Techniques In All Phases Of Clinical Laboratory Investigations" - A Key to Quality Health Care on 27th september 2022, at Hospital Auditorium, SSIMS&RC, Davangere.



Dr Prasad BS, Principal, SSIMS & RC, Dr Arun Kumar Ajjappa, Medical Director, Dr. Shashikala P, Vice principal Dr. C R. Mallikarjuna, Prof & HOD, Dept. of Biochemistry presided over the inauguration function. Dr. Dattatraya.K, welcomed all the delegates & Dr.Vivian concluded the inaugural function with vote of thanks. The CME programme included the description of knowledge of pre-analytical errors, proper phlebotomy techniques to interns, post-graduates, technicians and nurses. Total Analytical Error including Biological Variation were helpful in improving the quality of lab reports and health care in the hospitals. A total number of 160 delegates from different hospitals, Postgraduates and faculty from different medical colleges all over Karnataka participated in the CME. KMC allotted two credit points for the CME & workshop.

### Scientific Programme

| "Best Practices & Techniques of All Phases of Clinical Lab Investigations - A Key To Quality Health Care"                                    |  |
|--|--|
| Topic  | Speaker  |
| Overview on "Best Practices & Techniques of All Phases of Clinical Lab Investigations"   | <b>Dr.Mallikarjuna CR</b> Professor & HOD, Biochemistry, SSIMS&RC  |
| Pre-analytical variables & Best practices of Phlebotomy  | <b>Dr.Shwetha</b> Medical Affairs Manager, BD Vacutainer.  |
| Total Analytical Errors & TE & TEa in Clinical Chemistry Lab & Best QC Practices in Clinical Biochemistry                                    | <b>Dr. Anjali Singh</b> Medical Advisor, Bio-Rad laboratories(Pvt) Ltd   |
| Use of Biological Data (BV) in Clinical Practice   | <b>Dr.Suresh</b> Chief of Laboratory (NABL Lead Assessor), Central Lab (A Unit of Metropolis Healthcare Ltd), Bengaluru.   |
| <b>Panel Discussion</b><br>Challenges in implementing the Best practices in 'Pre-, Post- & Analytical phases of Clinical Lab Investigations' | <b>Panelists:</b> <b>Dr. Anjali Singh</b> , <b>Dr.Suresh</b> , <b>Dr.Shwetha</b><br><b>Moderator:</b> <b>Dr. Mallikarjun C.R</b> , <b>Dr. Manjunath M Tembad</b> |
| <b>Workshop on Phlebotomy Techniques</b>   | <b>Dr.Shwetha</b> Medical Affairs Manager, BD Vacutainer.<br><b>Dr. Ramlingareddy</b> , Associate Professor, SSIMS&RC, Davangere                                 |





## Workshop on Phlebotomy Techniques

Workshop on Phlebotomy Techniques was conducted on 27.9.2022 along with CME at LT4. Resource faculty for workshop were Dr. Shwetha & Dr. Ramlingareddy assisted by Mr. Ramesh & Mr. Chetan from BD Vac, around 75 delegates were registered which included PGs, Nurses, Technicians, Medical faculties participated actively. Workshop began with brief introduction & demonstration on order of draw by Dr. Ramlingareddy & procedure of Phlebotomy Techniques by Dr. Shwetha with a short video presentation of all steps of Phlebotomy Techniques. After that 3 stations were divided, 25 delegates in each station headed by resource faculty. In each station, resource faculty demonstrated order of draw & performed Phlebotomy procedure, later each delegate demonstrated order of draw of vacutainers & performed Phlebotomy techniques independently. At the end of the session feedback was taken from each delegate. Feedback was positive, session was concluded with valedictory function.



## Research Articles / Case Report

### Clavipectoral Fascia Block As A Sole Anaesthesia Technique For Clavicle Surgeries.

*Dr Chirag Babu P.S, Dr Isiri S Kumar, Department Of Anaesthesia, SSIMS&RC*

**Introduction:** Clavicular fractures are one of the commonest injuries that are encountered in the upper limb. Some of the commonest approaches for surgeries involving clavicle are general anaesthesia and regional anaesthesia. Several regional anaesthetic techniques have been used for clavicle fracture surgeries such as Interscalene brachial plexus block alone or combined with superficial cervical plexus block or deep cervical plexus block. The sensory nerve supply of clavicle is deemed controversial. The terminal branches of supraclavicular, subclavian, long thoracic nerves alone or together may be responsible for pain transmission post clavicle fracture. These nerves pass through the plane between clavipectoral fascia and clavicle. Ultrasound guided Brachial plexus block such as interscalene block and superficial cervical plexus block became a promising strategy to manage clavicle surgeries. But they are time consuming to perform, especially when both blocks are used together and are associated with ipsilateral phrenic nerve palsy, vocal cord paralysis, Horner's syndrome, vertebral artery injection, total spinal anaesthesia and pneumothorax. Clavipectoral fascia block has been gaining momentum in recent times. Administration of local anaesthetic between the clavicle and clavipectoral fascia may provide adequate anaesthesia and analgesia for the surgery and post-operative period.

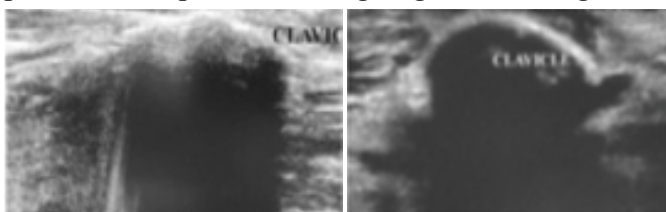
**Case Report:** A 20-year-old female with no known comorbidities came with left middle one third clavicle fracture for open reduction and internal fixation and TENS nailing. The Clavipectoral fascia block was administered. USG probe was placed on the anterior surface of clavicle. An inplane approach was used to visualize 10mm 22G Teflon coated needle advancement in caudal to cephalad direction until it is rested on clavipectoral fascia. A mixture containing 15 ml of 0.5% Bupivacaine and 15ml of 2% Lignocaine with adrenaline 5µg/ml was infiltrated into the clavipectoral fascia. The drug was



injected on either side of the fracture site. No complications were noted during surgery and pain scores remained zero in the post-anaesthesia care unit (PACU). No opioids were given in the PACU. The duration of post-operative analgesia lasted for 8 hours.

**Discussion :** The incidence of clavicle fractures are 2.6 % compared to all other fractures. So the need for a suitable anaesthetic technique has been ongoing for decades. Especially since the innervation of clavicle has been controversial due to its multiple innervations. Regional blocks are gaining popularity amongst the anaesthesiologists in recent times considering the significant complications and risks general anaesthesia poses. The use of ultrasound guided interscalene and Superficial cervical plexus block has been a widely accepted technique to achieve both analgesia and anaesthesia for surgeries involving the clavicle. But this technique comes with its own set of challenges. Aside from the known complications of this block that include ipsilateral phrenic nerve palsy, it is also a relatively difficult block to perform. Clavipectoral fascia encloses all the sensory nerves that innervate the clavicle except the supraclavicular nerve that innervates the skin above the clavicle. Hence the addition of superficial cervical plexus block will provide blockade of the sensory innervation of the skin. Local infiltration at the incision site is also an alternative to block the supraclavicular nerve. This case report depicts the efficacy of Clavipectoral fascia block with Superficial cervical plexus block as a sole anaesthetic technique for clavicle surgery. The Block was given in 8 minutes and sensory blockade was achieved in 2 minutes and motor blockade was achieved in 2 minutes 45 seconds. The patient had no pain intra-operatively and post procedure was pain free for 8 hours after which I.V paracetamol was given.

**Conclusion:** Therefore Clavipectoral fascia block with Superficial cervical plexus block is an effective anaesthetic technique with no significant complications and provides adequate post-operative pain relief for patients undergoing clavicle surgeries.



## **Don't Move A Muscle: A Case of Diabetic Myonecrosis**

*Dr Yeshavanth G, Dr JagadishBiradar,  
Dr SaiShashank, Dr Vijaykumar D V*

**Introduction:** Long-standing, poorly controlled diabetes mellitus is associated with many well-known complications, including nephropathy, neuropathy and retinopathy. A rare complication, not well recognized, is Diabetic Myonecrosis. The diagnosis is often difficult, challenging, missed or misdiagnosed unless the physician is well aware of the clinical presentation and diagnostic clues.

**Case report:** A 44-year old female, homemaker by occupation came to casualty on 11<sup>th</sup> August 2022 with complaints of fever since 10 days and swelling in the medial aspect of right thigh associated with pain since 3 days. Fever was insidious in onset, moderate grade, intermittent, responding to oral paracetamol. Right thigh swelling was noted in the medial aspect since 3 days, insidious in onset, gradually progressive, associated with pain which progressed severely and interfered with her daily activity, increased by movements and staying static. On examination, patient was febrile, hemodynamically unstable with pulse rate of 110bpm, regular. Hypotensive with blood pressure of 80/60mmHg. Pallor was noted. No signs of icterus, clubbing, cyanosis, lymphadenopathy, edema. Local examination of right thigh revealed swelling in the medial aspect, tender, hard in consistency, local rise of temperature, with no skin changes. Pain was of 10/10 intensity, radiating to hip joint present at rest, worsening with movements, distal pulses felt, with no signs of DVT. Neurological examination was normal. She is known case of diabetes mellitus since 8 years, poorly controlled, on oral hypoglycemic drugs (Metformin and Glimeperide). No family history of diabetes mellitus. Patient was started on inotropic support. Laboratory examination revealed leucocytosis (15530/mm<sup>3</sup>), blood glucose level of 211mg/dl, Hb 9.1, serum creatine 0.5 mg/dl, CRP 441, HbA1c 11.1%, Creatine Kinase 32 IU/L. Treatment was started with antibiotics, antipyretics, analgesics, IV Fluids, Insulin therapy. Surgery opinion was sought considering as cellulitis or abscess- advised MgSO<sub>4</sub> dressing regularly. High resolution ultrasonography and venous doppler of right thigh showed normal study with no signs of





DVT or compartment syndrome. Continuous blood glucose levels were monitored. Gradually after 2-3 days she became hemodynamically stable without inotropic support, afebrile, total leucocyte counts improved, suggestive of responding to antibiotics and local dressing. But swelling and pain was persistent. MRI of right thigh was done which showed multifocal diffuse T2/STIR hyperintense, T1 isointense lesions with diffusion restriction involving the adductor magnus, longus, brevis, and sartorius muscles with irregular peripheral post contrast enhancement- suggestive of Diabetic myonecrosis or Infectious myositis. Daily blood glucose levels were optimized with insulin therapy (regular insulin and glargine). Later after 10 days of admission, patient became symptomatically better with reduced swelling and pain subsiding. Biopsy was not planned as she was responding to rest, analgesics, insulin therapy and gradual mobilisation. Patient was discharged on analgesics and insulin.

**Discussion:** Diabetic muscle infarct is an uncommon, self-limited condition resolving over weeks to months. It presents as an acute, painful swelling, most commonly involving thigh or calf. Bilateral involvement occurs in 8%-33% of cases. It usually affects patients with long-standing and poorly controlled diabetes type 1 > 2. The mean age of onset is 42 years. It is more frequently found in women (61%). Fever is present in 10% of cases. It is usually diagnosed by biopsy analysis. However, some Clinical and MRI features are typical of this disease, and when combined, they can allow a diagnosis to be made without the need for a biopsy. Treatment is supportive, consisting of analgesics, rest, and optimizing blood glucose control.

#### **Hair Free-Care Free; Laser For Hair Removal**

*Dr. Manjunath Hulmani, Professor & HOD,*

*Dr. Shreyas Kololgi, PG*

Unwanted hair growth on certain body parts is a common aesthetic concern. Today, even many male people also want to remove hairs for on different body parts including chest, arm, legs, or beard. The options for removal of unwanted hairs on body parts include shaving, waxing, or use of chemicals. Important limitation of these methods is their temporary results. Laser and intense pulse light system devices can be an alternative option for hair

removal. Laser hair removal has become one of the most popular option of treatments for the patients looking for long-term results of hair removal. A unique kind of semiconductor chip called a diode laser transforms electrical energy directly into laser light. Due to their improved (semiconductor) dependability, cheaper cost of ownership, greater range of output wavelength (colour) and power, compact durable packaging, and superior (semiconductor) reliability as compared to other laser types. That's a lot of advantages whichever way you slice it. Diode lasers are frequently used in dermatology to remove hair which is one of the most common non-surgical cosmetic treatments in the world. Similar to other cosmetic laser procedures, selectivity is crucial to achieving the best outcomes (shutting down the hair follicle) with the least amount of patient discomfort and without causing any harm to the surrounding tissue or scarring. Diode lasers are an excellent choice to achieve this selectivity in hair removal due to the laser wavelength—the colour of their output. The amount of laser energy that is absorbed by hair should be increased, while the amount absorbed by other tissues, notably the water and blood present in all tissue, should be reduced. Now, melanin, which absorbs visible and so-called near-infrared light, is responsible for the colour of hair. (Near-infrared, which is just beyond the red end of the visible colour spectrum and is undetectable to the human eye,) Nearly everywhere in the visible, the blood absorbs, but it abruptly ends in the red. So, just beyond red, there is a wonderful window of selectivity in the near-infrared. And that turns out to be a bullseye for diode lasers where they are most efficient, reliable, easiest to make, and also long-lived. There are many different natural hair colours, but laser hair removal specialists have discovered that by using a system of lasers with a variety of near-infrared wavelengths, follicles of any hue may be treated painlessly and safely. Three or even four wavelengths are power-balanced in a special range of "rainbow-type" equipment from Coherent that are designed specifically for this use. Laser hair reduction one of the most common procedures performed by dermatologists all over the world. It is a safe and effective procedure. The term hair reduction should be used instead of hair removal as a significant percentage of hair tends to come repeatedly even after many sessions.

Folks, that is how it functions. Don't assume that we are pressuring you to obtain one of these treatments. We believe your current appearance is fantastic. In individuals of mixed racial backgrounds, diode laser hair removal is successful and efficient. As only brief side effects are noticed in the treated region and no adverse effects are identified, it is a safe therapy in terms of skin reactivity.

## SS Care Trust

### Eye Camps July To September – 2022

A free Medical Camp was conducted at St. Paul's convent on the occasion of Women's day. Camp was organized by SSIMS & RC, Davanagere under the aegis of SS CARE TRUST on 9<sup>th</sup> July 2022. A total of 447 beneficiaries availed the service. A total of 285 patients were screened for Hypertension and 290 were screened for Diabetes and 47 patients were referred to SS Hospital. They were given treatment and advised for follow up at SSIMS&RC, Davanagere.



| Sl.no       | Camp Place | Month     | Number of Patient's Screened | Number of Surgeries |           |
|-------------|------------|-----------|------------------------------|---------------------|-----------|
|             |            |           |                              | Cataract            | Pterygium |
| 1           | Arasapurua | July      | 35                           | 8                   | 1         |
| 2           |            | August    | 17                           | 1                   | 0         |
| 3           |            | September | 17                           | 3                   | 0         |
| Grand Total |            |           | 69                           | 12                  | 1         |

Dr. Shantala A, Prof. and Head, Dr. Bhramaramba, Senior resident, Department of Ophthalmology, Dr. Sanjeeth M B, Assistant Professor, Dept. of General Medicine, Dr. Tejaswi Vittal Patil, Professor, Dept. of OBG, Dr. Madhu. M, Senior Resident, Department of Dermatology attended the camp. The camp was supervised by Dr Sheela P Haveri, Professor, Dr. Sindhu. P, Assistant Professor and Dr. Vijay. S, Assistant Professor and assisted by Mr. Ashok Kumar M S and Mr. Harish G P, MSWs, Dept. of Community Medicine.

First Aid and Basic Life Support training was conducted in Government High School and PU College, Arasapura, Davanagere on 24-8-2022. A camp was organized by SSIMS&RC, Davanagere under the aegis of SS CARE TRUST. Target population consisted of 13 high school and PU teachers. A training programme was conducted by Dr. Chirag Babu, Professor, Department of Anaesthesiology and Dr. Ganesh, Assistant Professor, Department of Emergency Medicine. Programme was supervised by Dr Aswinkumar, Professor and Head and Dr. Sindhu. P, Assistant Professor and assisted by Mr. Nagaraj T G, MSW, Dept. of Community Medicine.

First Aid and Basic Life Support training was conducted in Government Primary School, Arasapura, Davanagere on 21-9-2022. A camp was organized by SSIMS&RC, Davanagere under the aegis of SS CARE TRUST. Target population consisted of 7 ASHA workers, 2 School Teachers, 2 Hospital Staff and 10 PUC Students. Training Programme was conducted by Dr. Chirag Babu, Professor, Department of Anaesthesiology and Dr. Dilip, Assistant Professor, Department of Emergency Medicine. Programme was supervised by Dr Manu A S, Assistant Professor and assisted by Mr. Ashok Kumar M S, MSW, Dept. of Community Medicine.

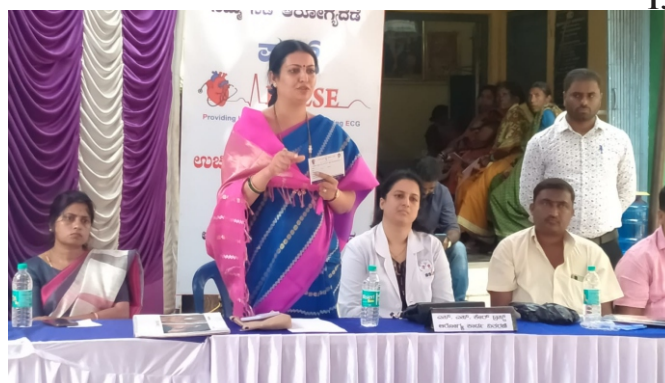
Dr Vijay S Asst. Professor, under the guidance of Dr Aswin Kumar, Professor & HOD, conducted a health camp at Kondaji organized by SSIMS&RC, DAVANGERE on 9<sup>th</sup> September 2022 under the aegis of SS CARE TRUST. A total of 354 beneficiaries accessed the service in which 241 patients were screened for Hypertension and 225 patients were screened for Diabetes.

PULSE (Providing Universal access to Life Saving ECG) Camp was conducted at Jarikatte, Davangre on 28-09-2022 & the camp was organized by SSIMS & RC, Davangre under the aegis of SS CARE TRUST.





A Total of 146 beneficiaries availed the service. Total of 116 ECGs were done (male-65 and female - 51). 32 patients with hypertension and 12 patients with Diabetes were screened with ECG, respectively and 2 were referred to SSIMS&RC for further investigations and treatment. Dr. Sai Shashank Mota, Post Graduate, Department of General Medicine attended the camp. The camp was supervised by Dr. Sindhu. P, Assistant Professor and assisted by Mr. Ashok Kumar M S, MSW, Dept. of Community Medicine.



### SS CARE TRUST ONGOING ACTIVITIES

Poushtik powder and Iron syrup were given to malnourished and anemic children, respectively and were followed up regularly. Screening of the beneficiaries to determine the effect of the intervention is being carried out. All 10 Anganwadis (240 children) were covered. Screening of diabetes and hypertension is being done at Arasapura for people aged >30 years. Of 1207 individuals screened, 39(3%) and 168(14%) were newly diagnosed as diabetes and hypertension, respectively.

### PUBLICATIONS

| Sl.No | Authors<br>Department  | &        | Title   | Citation/<br>Journal  |
|-------|--|----------|---|---|
| 1.    | Bharat Vamsavardhana<br>Kamlesh TN.  | V,<br>R, | Assessment of Severity of Parkinson's disease by Optical Coherence Tomography                                     | Asian Journal of Medical Sciences.2022;13(10):259-265.                            |
| 2.    | Deepa HS, Rekha KN,<br>Gopikumar MS,<br>Puneeth M.                           |          | A Comparative Study of Auditory Reaction Time between Normal and Hypothyroid Patients Before and After Treatment. | National Journal of Physiology, Pharmacy and Pharmacology. 2022;12(09):1440-1444. |
| 3.    | Amith. A, Sindhu. P,<br>Sachin Lingaraju,<br>Adheep. B. Amberker.<br>(2022). |          | BODE Index and Age: Chronic Obstructive Pulmonary Disease   | Journal of Cardiovascular Disease Research, 13(5), 3029-3032.                     |
| 4.    | Sachin Lingaraju,<br>Amith. A, Adheep. B.<br>Amberker, Sindhu. P.<br>(2022). |          | The role of CT in evaluation of mediastinal masses.   | Journal of Cardiovascular Disease Research, 13(5), 3037-3042.                     |
| 5.    | Dr. Anup Banur   |          | A Case of Unusual presentation of Kartagener's syndrome in a 22 years old female patient: : A Case Report.        | Cereus Journal of Medical Science Aug 22  |
| 6.    | Dr. Anup Banur   |          | Stroke as a para neoplastic manifestation of ovarian cancer: A Case Report.                                       | Cereus Journal of Medical Science Sept 22   |





## \*\*\* Congratulations \*\*\*



## Ethnic Day





## Student Union Activities & Teachers Day Programme



### ATTENTION PLEASE

Kindly send the Articles, Departmental activities, Publications & Achievements during October to December 2022 ( both hard & soft copy) for publication of Vol 17, Issue 4, of SSIMS Times bulletin on or before 6th Feb 2023. Soft copy is to be mailed to [ssimstimes4u@gmail.com](mailto:ssimstimes4u@gmail.com). Hard copy to be sent to Department of Biochemistry. Please send photos in JPEG

**Editor**



## Blood Donation Camp Held at Kondajji



## SS Care Trust Programme.

## SS Care Trust Programme



## Breast Feeding Week

## World Population Day

