



CDSIMER

Dr. Chandramma Dayananda Sagar
Institute of Medical Education and Research
(Unit of Dayananda Sagar University)

live the dream

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Dayananda Sagar
University **Bengaluru**

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CDSIMER NEWSLETTER

Vol. 1 Issue 2

LIFE LINE

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MESSAGE FROM EDITORIAL DESK:

We are happy to bring to you the second issue of "Life Line". Various committees, clubs and departments of CDSIMER have been organising a lot of events to promote a conducive atmosphere for holistic development of medical students and to encourage and recognise different talents of staff. In this issue we have tried to capture and present to you the events of past 3 months at CDSIMER. Achievements and accolades section is a small effort from our side to congratulate and motivate our students and staff for their achievements in various fields. To encourage interest in writing among our students we have published some of their articles in Young Minds section.

We thank Nursing superintendent for the interview on the occasion of International Nurses Day. This issue features a new addition- "Think Tank" section to make this news letter interactive.

"Actions speak louder than Words", Success Stories section does just this by featuring accomplishments of our Doctors and health care team. We have kept up with the tradition of welcoming new members to CDSIMER family. Finally, in the "Galleria" collage of various art forms and photography by students and staff is put forth.

So here we are...started off on April 7th 2022 with the first issue of "Life Line". We hope reading it would be as enjoyable to you as it is for us in presenting it to you. We thank our Patrons for their support and all those who have contributed to this newsletter. Your feedback and contributions will be appreciated.

Please write to us at newsletter.cdsimer@dsu.edu.in



Editorial Board Members "LifeLine". (From left to right sitting) Dr. Vinayaka NS, Dr. Avinash CK, Dr. Shilpa H D, Dr. Archana Shetty, Dr. Puneet K Nagendra. (From left to right standing) Mr. M N Basavanagouda, Ms. Anjali Venkat, Mr. Niranjana BK

EVENTS

World Tuberculosis Day - 24/3/2022

On the occasion of World Tuberculosis Day, Department of Community Medicine, CDSIMER had organised a programme on 24th March 2022. A guest lecture was delivered by Dr. K Kumar, District Tuberculosis Officer (DTO), Ramanagara and he briefed about the NTEP work being done at Ramanagara district. During the event, Dr K Kumar (DTO) along with CDSIMER pledged to eliminate TB in Ramnagara district by 2025. Undergraduate essay competition was held on the occasion of World Tuberculosis Day. Prizes were distributed for the winners of the undergraduate State Level NTEP Quiz 2021 – College Round.



World Health Day - 7/4/2022

Department of Community Medicine, CDSIMER had organized a program on 7th April 2022. A talk was delivered by Dr. Anand Meundi, Professor, Dept of Community Medicine on the theme for World Health Day “Our planet, our Health”. Photography competition was organized by the Department of Community Medicine for the second year undergraduate students. There were 8 participants out of which the winners were Ms Sanjana P (First place) and Ms Ruthu K (Second place).



Inauguration of 1st MBBS Batch 2021-22 - 11/4/2022

Inauguration and orientation program for the second batch of MBBS (2021-22) was held on 11/4/2022. Chief guests for the ceremony were Hon. Chancellor, DSU Dr. Hemachandra Sagar, Hon Vice chancellor Dr. K N B Murthy and Registrar DSU Dr. C Puttamadappa, Pro Chancellor Dr. Premachandra Sagar delivered a video message to inspire students. White coat ceremony was held and Charaka Shapath was administered to the students.

National Pathology Day - 13/4/2022

The first ever National Pathology Day was celebrated by the department of Pathology on April 13th 2022.

A guest lecture was organized on Adverse blood transfusion reactions. The speakers were Dr. Vanamala A Alwar, Professor & HOD and Dr. Saritha Reddy, Blood bank officer affiliated to the Department of Transfusion Medicine and Immunohematology St John's Medical college hospital, Bengaluru. Collage video made by KCIAPM for National Pathology day in which 23 medical colleges participated including CDSIMER was displayed during the programme.



As a part of celebrations, an e-poster competition was organised for undergraduate medical students on the theme “Role of Pathologists in health care”.

Inauguration of Urban Health Training Centre, Agara – 22/04/2022

The Urban Health Training Centre, run by the Department of Community Medicine, CDSIMER in collaboration with Rotary International JP nagar, Bangalore was inaugurated on 22nd April 2022. The UHTC was formally inaugurated by the chief guest Rtn Fazal Mahmood, District Governor in the presence of Dr. Madan S Gaekwad, Special Officer, Sri. C N Narasimha Murthy, President of Agara Gram Panchayat, Dr. M Sundar, Head of Dept, Community Medicine, and presidents and members of Rotary. The UHTC is located in Agara village, Thathguni post, Bengaluru and is about 27 kms away from the CDSIMER campus. Services offered include:

1. Free doctor consultation
2. Ophthalmology clinic
3. Dental clinic
4. Laboratory investigations
5. Pharmacy
6. Minor surgical procedures
7. Immunization services
8. Community Health camps



Cadaveric oath - 27/4/2022

Cadaveric oath taking ceremony by first year MBBS students was held on 27/04/2022 in the presence of Dean Dr. A C Ashok, Medical Director Dr. Rajagopalan S and faculty department of Anatomy.



Freshers Day - 27/05/2022

Cultural Committee and Batch 2020 MBBS organised a Freshers Day “Amalgamation” on 27/5/2022 Friday to welcome the new batch of MBBS. The programme started with the Ice breaking sessions and games. Talent show by the new batch was held in the afternoon.



ACHIEVEMENTS & ACCOLADES

FIRST PRIZE FOR E-POSTER

Second year MBBS student Ms. Spoorthy Diggai has bagged the first prize in the e-poster competition at International Pathology Colloquium organized by Bharath Medical College, Chennai. She was mentored by Dr. Archana Shetty Professor, Department of Pathology.

CDSIMER'S EBOOK LINK FEATURED IN THE UPPSALA REPORTS.

Uppsala Reports (an official news site of UMC, Sweden, WHO's official partner for PV www.uppsalareports.org) published an article written by Ms. Arshia Bhandari titled "DIAGNOSING AND PRESCRIBING THROUGH THE PHARMACOVIGILANCE LENS". In this article, the author mentioned about the efforts made by CDSIMER's staff in creating awareness about pharmacovigilance and appreciated the same. In addition, a mention on the "Pharmacovigilance Reflective Writing eBook" which was released by the Dept. of Pharmacology of CDSIMER, is also made by providing a download link to it.

<https://uppsalareports.org/articles/diagnosing-and-prescribing-through-the-pharmacovigilance-lens/>

ACHIEVEMENTS & ACCOLADES

ANNUAL SPORTS MEET APRIL 2022

MBBS Students participated in our first inter college sports tournament organized by Dayananda Sagar University and won many prizes and accolades.



Chess & carrom winners: Aishwarya B K, H Sharanya, Yuktha H D, Anil Nayak, Yashwanth N S, Dhanush N



Volley ball winner: Hariprasad K T, Hemanth S, Ravikumar B, Anil P, Chandan V
Sitting: Ankith T H, Sanath A Wadi,



Basket Ball winners: Vibha, Vidya N, Spoorthi Diggai, Yuktha H D, Elsie Rose Arnold, Anjali Venkat, Ananya S, Anisha G, Akshatha S,
Sitting: Anvitha Poonacha K, Ruthu K H



4X100 meters relay winners: Anil P, Sanath A Wadi, Ankith T H, M N Basavanagouda,



Table tennis winner: Vibha, Sanjana P

Consistency – The secret of success

We all have seen a new born taking the first step and speaking first words, that come after a lot of attempts. The only way they do it is by being consistent without being bothered about the failure in between, which is a great example that proves the power of consistency.

Consistency is not just a word. It is actually a compilation of various actions which includes Vision, Dedication, Patience, Perseverance and Hard work.

Thomas Alva Edison invented the light bulb. He went through many failures and he mentioned in one interview that he knows 1000 different ways how not to design a bulb.

In the beginning everything is motivating but with time only discipline and perseverance takes us forward. Discipline and perseverance give origin to consistency. One such incident as an example for this is about the great artist Picasso. Once, in a café Picasso was sitting and scribbling an intricate art on tissue paper and a woman asked him to sell that art to her. Picasso quoted a few millions for the art piece. Shocked, the woman asked him why such a huge amount of money for few seconds of art to which he replied 'It took 30 years to make this in seconds'. This is the power of Consistency!

Consistency is a meditation which surely shows positive results in life, at some point of life. It paves way for what we deserve....

Mr. Amar Saraf, 1st MBBS

Reflection on My Interest In Oncology

Oncology is a blooming area of diagnosis and research in medicine. I developed interest in this field after watching a movie named “A FAULT IN OUR STARS” which had a huge impact on me.

Eventually, I started to gain knowledge about this field by referring to a few articles. I was flabbergasted to find out that it is not only the physical pain the patient is experiencing but also the mental trauma that a person is into through the course of diagnosis and treatment. Very few Cancers have definitive treatment while for a large number of them definitive treatment strategies are still under research. Even among the handful of cancers for which treatment is available, the costs a patient and his family has to bear is humongous and many a times not affordable. Young scientists, medicos, doctors of this country must take interest in exploring research for cancer diagnosis and treatment and also work strategies to make it affordable for all.

Cancer is one of the leading causes of death in the world. Being future doctors we need to work towards finding a permanent solution to destroy it. We need to join hands and should not leave any stone unturned for on the betterment of mankind.

“My scars never worry me. I bear them with pride. They tell me how strong I am to stand up in this criticising world.” Let the future of oncology progress to detect cancers early and provide cure for all

Ms. Prerna Iyer, 1st MBBS

The Untold....

If you google “First pig to human heart transplant” one name comes up — Dr. Bartley Griffith from the United States. He performed the surgery on a dying patient in March 2022 and kept him alive for 2 months. The whole world celebrated this remarkable discovery. However, there is one other name that's missing — Dr. Dhaniram Baruah. Way back in 1997, Dr. Daniram Baruah from Assam had performed the world's first xeno-transplant using a pig's heart to save the life of a 32 year old dying patient. The patient remained alive for a total of 7 days, after which unfortunately he died due to “hyper-acute rejection” which triggered an uproar and Dr. Daniram was booked for culpable homicide and imprisoned for 40 days. When he returned, he found his clinic and lab gutted, his animal farm destroyed and the water and power supply shut off. He spent the next 18 months under a virtual house arrest and lived on rainwater and a little food. He was called names like the “Pig doctor” , “Mad doctor” and ridiculed. None of this deterred Dr. Baruah from his research, it only took a new direction and he went on to become very successful. Coming back to Dr Griffith and his team — they chose a pig donor that had been subjected to genetic editing - 3 key sugars were removed, 2 human transgenes were added and 4 others were added to reduce inflammation. These edits were helpful in preventing the “hyper-acute rejection” that caused the death of Dr. Baruah's patient. However, there is no mention of Dr. Baruah's work by the American doctor. Dr. Baruah's story deserves not to go untold.

Ms. Anjali Venkat, 2nd MBBS

INTERVIEW SECTION

KNOWING OUR NURSING FORCE BETTER

May 12th is observed as International Nurses Day across the world every year to honour the services of nurses. This day marks the birth anniversary of Florence Nightingale- Lady with the lamp who was the founder of modern nursing. The theme for this year is Nurses: A Voice to Lead – Invest in Nursing and respect rights to secure global health.

Editorial Board members of CDSIMER News letter “ Lifeline” Dr. Archana Shetty and Dr. Avinash C K conducted an interview session with our Nursing Superintendent Mrs. Sherly Lucas to share her experiences and views on this day. Representing the entire nursing force of CDSIMER which dedicates itself to complete patient care this is what we have to share .



Q: What inspired you to take up nursing as a profession.

As a teenager when in high school I was appointed as health minister(of the school). My job was to monitor the health and minor ailments of all my classmates and report to the doctor who would visit us once a month was asked to distribute the medications and ointments given and see that all complied to the same. This not only made me proud of being associated with doctors but also gave me a sense of satisfaction. This probably was the first initiating event that made me choose nursing as a profession.

Q: What is most rewarding in your profession?

Many instances...To be the first one holding a new-born , to be the hand that serves many sick patients who go home with a smile on their faces, to assist doctors in patient care and life saving procedures gives immense satisfaction to us. It is also very rewarding when we get recognized and thanked by the patients, attenders ,doctors and management for our work.

Q: How different was CDSIMER from your previous workplaces?

In my three decades of service, all hospitals I had worked were well established. I joined CDSIMER when the system was still being put in place and when construction of the hospital was mid-way. It was no doubt challenging to set up the nursing department from scratch including the manpower, consumables and streamlining shifts, but with support from higher authorities and management today we have an efficient nursing team that caters to our patients.

Q: What do you see as the future of nursing dept in CDSIMER over the decade?

My vision is to create the best possible nursing department providing world class nursing care in the region. It would be great to have an integration of nursing school where academics is being taught and the hospital where the students get hands on experience. This is important as many colleges offer courses and degrees without focus on quality and practical training. We would also focus on introducing exchange programmes, outreach activities, introduction of new courses and on continual improvement.

Q: How do you handle the stress at job?

Whenever I get stressed, I usually visit the postnatal ward and spend some time with new borns and their mothers helping them feed the babies. This reduces my stress and deviates my mind. I also have a briefing with my team frequently to discuss if they are facing any challenges or work related stress and try finding solutions.

Q: How are you going to celebrate this day?

Usually we plan a half day interactive program and get to have a small get together without affecting routine of our patient care.

Q: Incident you won't forget at CDSIMER?

I was able to arrange oxygen supply going out of my way at right time which saved few lives during the covid pandemic which was appreciated by management.

Also, I felt very grateful to doctors for organizing special nutrition support for nursing staff during the pandemic period.

We Thank our Nursing Superintendent and wishing all the nursing staff of CDSIMER a happy International Nurses as we wind up the interview.

After allNurses dispense comfort, compassion, and care without even a prescription !!

SUCCESS STORIES

Compound Segmental Fracture of Proximal 1/3rd Tibia and fibula – timely management and successful outcome

Dr. Goutham D V, Dr. Keshav Murthy - Department of Orthopaedics

A 40year old male patient presented with history of road traffic accident and was diagnosed to have compound type 3B segmental fracture of proximal tibia and fibula. Patient was initially managed with Knee spanning External fixator application and wound debridement. However patient developed necrosis of skin around the wound exposing the underlying bone due to high velocity trauma. Thorough debridement of wound followed by VAC dressing was done. Once the wound improved, Open reduction internal fixation along with medial gastrocnemius flap coverage and Split skin grafting was done in a single setting along with plastic surgery team. Patient was advised non weight bearing mobilization till signs of union in the form callus formation was noted on serial radiographs followed by full weight bearing mobilization after 6months. At the end of 9 months follow up , fracture has united well with full range of motion of knee.

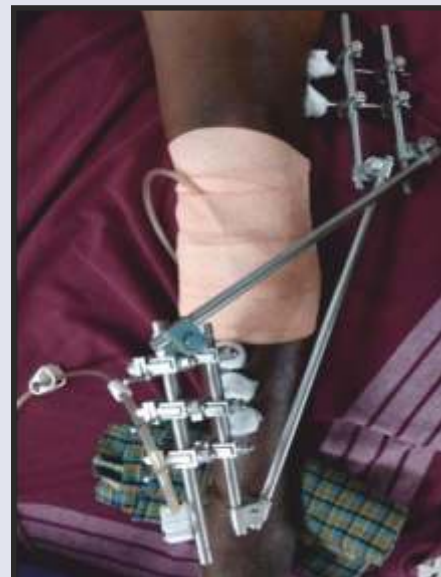
Pic 1 : Pre-operative radiograph



Pic 2 : Wound at the time of initial presentation



Pic 3 : Emergency wound debridement and knee spanning external fixator application



Pic 4 : Immediate post operative radiograph showing fixation with anatomical locking plate and primary bone grafting



Pic 5 : Healed wound with a healthy flap at the end of 9months follow up



Pic 6 : Follow up after 9months showing complete union of the fracture



PROSE & POETRY

THE BEGINNINGS

Landed here,
 With pride, excitement & confusion
 As we were eager to know our Institution
 Labs & Lectures,
 Conflicted with ease & stress
 No matter what they made us progress

Days passed,
 And we are now all friends
 Study over week and enjoy over weekends

As exams started,
 Patience & stability came out
 But still at times we get some doubts

Uphill or Downhill,
 We will Never let go off our will !!!

By : Asritha, Jeniffa Harriot, Pooja SK, Suman

THY

Care about your eye,
 Don't let it dry.
 Fill those eyes with dreams,
 One day you will be supreme.
 Breathe fresh air,
 Go out, put a garden chair.
 Care about your teeth,
 Know how you breathe.
 Fill your lungs with courage,
 You will know the advantage.
 Care about your heart,
 Say 'NO' to fat.
 Stay calm and quiet,
 Say 'NO' to unhealthy diet.
 Care about your liver,
 Say 'NO' to liquor.
 Care about your stomach,
 Because it slogs like a clockwork.



Care about your brain,
 To survive it is main
 Take care of your health
 Coz it is the greatest of all wealth !

By :- Ruthu

THINK TANK

It's time to think. Begin by scanning the QR code provided. This will take you to the Google form to answer the quiz. The questions are about a real case scenario of a patient treated at CDSIMER. Choose the most appropriate answer. The answers along with a brief write-up about the medical condition and the highest scorers of the quiz will be published in the next issue of the newsletter.



CDSIMER Welcomes

Name	Designation
Dr. Gopal Das C M	Associate Professor, Psychiatry
Dr. Divyashree B N	Associate Professor, Pathology
Dr. Mohammad Muffasil	Assistant Professor, General Medicine
Dr. Ranjani R Kulkarni	Assistant Professor, Physiology
Dr. Yatish Niranjana Kumar	Assistant Professor, Physiology
Dr. Dhatri K	Assistant Professor, Ophthalmology
Dr. Keerthana N Gowda	Assistant Professor, Community Medicine
Dr. Swathi	Assistant Professor, General Medicine
Dr. Sunil Kumar A S	Assistant Professor, Orthopaedics



Galleria



By Mr. Sanath Wadi



By Mr. Sanath Wadi