



ESIC Medical College & PGIMSR, MH
Rajajinagar, Bengaluru-10

NEWS LETTER

January- March 2023, Vol 1, Issue 2



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Academic Registrar's Message

Newsletter showcases and mirrors all the activities and achievements of the institution. It is a matter of great pride and satisfaction. I appreciate the efforts of magazine committee members for their progress in bringing out this newsletter.

Dr. Pratibha K

Editor-in-Chief's Message

It is with great pleasure that I welcome you to the latest edition of our newsletter. As we navigate these challenging times, staying connected and informed is more important than ever. I am pleased to highlight two crucial developments in our medical college. Firstly, we have adopted a District Residency Program designed to prepare our residents for India's emerging public healthcare sector. Secondly, we are introducing an Emergency Care and Life Support program for our Interns and Residents. This program will equip them with the skills and confidence to manage life-threatening emergencies. We want to extend our gratitude to the Dean for supporting these initiatives and look forward to seeing their positive impact on our patients.

Dr Pushpalatha K

UPCOMING EVENTS IN APRIL/MAY/JUNE

- 2nd April- World Autism Awareness
- 7th April -World Health Day
- 10th April -World Homoeopathy Day
- 17th-April- World Haemophilia Day
- 25th April- World Malaria Day
- Last week of April World Immunization Week
- 8TH May – World Red Cross Day
- 12th May-International Nurses Day
- 16th May- National Dengue Day
- 14th June – World Blood Donors Day
- 21st June –International Day of Yoga

ECLS: is a course which is mandated for interns by the Rajiv Gandhi University of Health Sciences, Bangalore. The curriculum is designed by Jeevaraksha Trust and approved by Rajiv Gandhi University of Health Sciences and University of Utah. The first TOT at ESIC Medical College - PGIMSR, Rajajinagar, Bangalore was conducted between 27/03/2023 and 1/03/2023

A positive step for us:

Historic MOU was signed with District Hospital - Health & Family Welfare, Government of Karnataka for District Residency Programme for Interns and Postgraduates

Student Corner:

Inspire By Supriya Dinesh

EDITORIAL DESK MESSAGE

We are delighted to announce the launch of our second newsletter from ESIC MC PGIMSR, Rajajinagar, Bengaluru. It has been inspiring journey from the beginning. The support and cooperation received from all the departments, faculties and students was overwhelming. We again take this opportunity to thank our Dean and all the magazine committee for their zeal and enthusiasm in creating this newsletter. We hope this second newsletter will also provide you with great insights and updates.

Dr. Seema. P

Dr. Kamala R

Dr. Mridula AM

Dr. Brilsee Simeon



The workshop on Basics of Research Methodology was conducted by the Department of Anaesthesiology on 27/1/2023 with Dr Prasad C G S as the organizing chairman and Dr Pradeep A Dongare as the organizing secretary.

The workshop was inaugurated by Dr Sandhya R, Dean; Dr Thomas Prasannaraj, Medical Superintendent; Dr Yoganandan K S, Deputy Medical Superintendent.

The workshop encompassed various topics on research including aspects of submission of proposal to CTRI registration and Scientific publication. Eminent speakers Dr Bala Bhaskar S, Professor, Department of Anaesthesiology, VIMS, Ballari; Dr Rakesh Garg, Professor, All India Institute of Medical Sciences, New Delhi; Dr Zulfiqar Ali, Additional Professor, Sher I Kashmir Institute of Medical Sciences, Srinagar and Dr Pradeep A Dongare, ESIC Medical college & PGIMSR, Rajajinagar participated as resource persons in this interactive session.



The Karnataka Medical Council had awarded 2 credit hours for this program. The program was received well by the delegates and there was active interaction between the faculty and delegates. In the feedback obtained the delegates requested for conduct of similar programs in the future periodically.

CLINICO PATHOLOGICAL CASE MEET

Meet was held on 06-01-2023, two cases were discussed among departments of Pathology, Surgery, Radiology and Oncology.

A case on closed fracture of right leg and a case on lump in right breast were presented for discussion.

DEPARTMENT OF OBSTETRICS & GYNAECOLOGY
WORKSHOP ON POSCO FOR MEDICAL OFFICERS ON 31.01.2023

**Workshop for Medical Officers
in Karnataka on POSCO**

Date : 31 – 01 – 2023
 Venue : ESIC MC & PGIMS R, Model Hospital,
Rajajinagar, Bangalore

Dr Vivek Dorai

- MBBS – 1992 KIMS, Bangalore
- D – Ortho 2008, KIMS, Hubli
- Worked as PHC Medical Officer for more than 12 yrs in Sorab Taluk, Shimoga district & Malur Taluk, Kolar district
- Postgraduation in Orthopaedics in 2008 from KIMS, Hubli.
- Worked in Taluk hospital Srinivasapura, Kolar taluk and Kanakapura, Ramanagar district.
- Served as District Surgeon, Ramanagar.



The workshop for ESIC medical officers on POSCO was conducted by the Department of Obstetrics and Gynaecology on 31/01/2023 with Dr Renuka Ramaiah as the organizing chairman and Dr Shakuntala PN as the organizing secretary.

The workshop was inaugurated by Dr Renuka Ramaiah (In-charge Dean) ; Dr Thomas Prasannaraj, Medical Superintendent; Dr Yoganandan K S, Deputy Medical Superintendent. The resource persons were Dr Vivek Dorai, Deputy Director-Medical , Aarogya Soudha, Department of Health and Family Welfare, Government of Karnataka , spoke about the reasons for implementation of POSCO, why it is important for medical practitioners and how to approach a victim and accused of sexual offence?.

Dr Jagadeesh N, Professor and Head of the Department, Forensic Medicine, Vydehi Institute of Medical Sciences encrypted a mind blowing sessions and enlightened about the 4 pillars of practice, which a medical practitioner should practice viz., being legal, scientific, ethical and gender sensitive. He dealt in detail regarding how to write a detailed medical report and tips and tricks of courtroom appearance. Dr Radhika C, Assistant Professor, BMCRI covered details on history taking, examination and documentation in relation to victim. The workshop was received well by the delegates and there was very active interaction between the resource persons and delegates. In the feedback obtained the delegates thanked for conducting such a high voltage discussion and requested for further support line and legal advice in times of need and hence the names of all the delegates were included in the POSCO Whatsapp group to communicate with the experts periodically.

DEPARTMENT OF BIOCHEMISTRY
INAUGURAL CEREMONY OF UPGRADED CLINICAL BIOCHEMISTRY LABORATORY ON
30.01.23



The Inaugural Ceremony of the upgraded Clinical Biochemistry Laboratory was held on 30th January 2023, in Room no. 19 -basement of the hospital building.

The function was inaugurated by Dr Sandhya R- Dean, ESICMC & PGIMSR.

The program was coordinated by Dr K Pratibha-Director Professor & Head- Department of Biochemistry. The Medical Superintendent, Deputy Medical Superintendent, Deputy Director (Finance), other ESIC dignitaries, teaching and non-teaching staff of Department of Biochemistry attended the ceremony.

The Clinical Biochemistry Laboratory is presently equipped with fully automated high throughput Routine Chemistry and Immunoassay analyzers.

STUDENTS CORNER
SPORTS



Dr Harshavardhan S, undergraduate medical student, was appreciated by the Dean Dr Sandhya R, for receiving the gold medal and certificate in Football, and representing Rajiv Gandhi University of Health Sciences (RGUHS), Karnataka in the Inter University Football Men championship held in University of Calicut, Kerala in 2022-2023.

DEPARTMENT OF PATHOLOGY:

WORLD CANCER DAY AWARENESS PROGRAMME:

As a part of World cancer day, on 2nd February 2023, a cancer awareness programme was held at Radison Blu Atria hotel. The employees were educated regarding various cancers and their presenting signs, symptoms, screening protocols, myths and facts of cancers.



CME ON HEAD AND NECK AND CERVICAL CANCER:

A CME was also held on 4th February 2023. Dr. Renuka Ramaiah, Professor and Head, Department of OBG, Dr. Prakash H., Associate professor, Department of ENT, Dr. Nethra S., Associate Professor, Department of Pathology, Dr.Suhas L., Senior Resident, Department of Pathology and Dr.Harshitha Umesh, Senior Resident, Department of Pathology delivered talks on various aspects of head and neck and cervical cancers. In the same event, prize distribution for the poster competition which was conducted on 30th January 2023 was done.



CLINICOPATHOLOGICAL CASE MEET:

Clinicopathological case meet was held on 7th February 2023, in association with Departments of Surgery and Radiology. The case was of 60 year old male with mass in the right hypochondrium. Final diagnosis was inflammatory pseudotumor of liver.

CANCER AWARENESS CAMP:

Another cancer awareness camp was held on 13th February 2023, at Samurai exports private limited on head and neck cancer. Dr.Panduranga C, Professor and Dr.Suhas L., Senior Resident from Department of Pathology spoke regarding various aspects of head and neck cancers.



WELLNESS CAMP:

As a part of ESIC Fortnight, a wellness camp was held on 27th February 2023, in association with Department of Community medicine at Superior electric machines private limited, Peenya 2nd Stage. Dr.Suhas L., Senior Resident and Dr. Vishwas H V, Post Graduate, participated in the camp on behalf of Department of Pathology.



DEPARTMENT OF PEDIATRICS:

NATIONAL DEWORMING DAY :

An awareness talk was given on 10th February 2023 to parents and grandparents regarding the theme of this year- 'Deworming all school-going children of the country to give them a healthy digestive system' in our OPD, Immunization Room and Pediatric ward. We also spoke about the harmful effects of worm infestation, consequences, mode of spread, the appropriate dosages according to age group, and preventive measures.

The program was presided by Dr. Pushpalatha K, HOD, Department of Pediatrics, and was conducted in co-ordination with Dr. Lavanya and Dr. Mustaq, Assistant Professors, Dr. Sharvani, Dr. Mariam and Dr. Senior Residents, and Interns of Department of Pediatrics.



DEPARTMENT OF ENT

A virtual CME was conducted by the Department of ENT on 28/2/23 on the topic "Robotic surgery in head and neck tumors". By Speaker Dr. Anand Subhas. CME was attended online by more than 80 doctors.

ESIC SPECIAL SERVICES FORTNIGHT (2023)

Public health Awareness Program by Department of Community Medicine, ESIC Medical college and PGIMS, Bengaluru

On the event of ESIC Special Services Fortnight, the ESIC Medical college, had organized Public health awareness and Health Education programmes at various locations in the hospital on 24/02/2023.

Several public health topics which included Hypertension, Diabetes, Breast cancer, Nutrition, Vector borne diseases and Hand washing techniques were demonstrated using flipcharts, posters and pamphlets and also interacted with the ESIC beneficiaries in their local language.

The event was organized and performed by 15-20 Doctors and paramedical workers. About 200 to 250 ESIC beneficiaries were benefitted from this activity.

A GLIMPSE OF TEAM OF DOCTORS IMPARTING AWARENESS ON VARIOUS PUBLIC HEALTH TOPICS



Health education on Hypertension



Health education on Hypertension



Health education on Vector borne diseases



Health education on Dog bite and Rabies



Health education on Nutrition and Diet



Health education on complications of Diabetes



Health education on Immunization



Demonstrating Hand Washing technique



Health education on Breast Carcinoma



Health education on preventive and curative aspects of Hypertension

VOLUNTARY BLOOD DONATION CAMP:



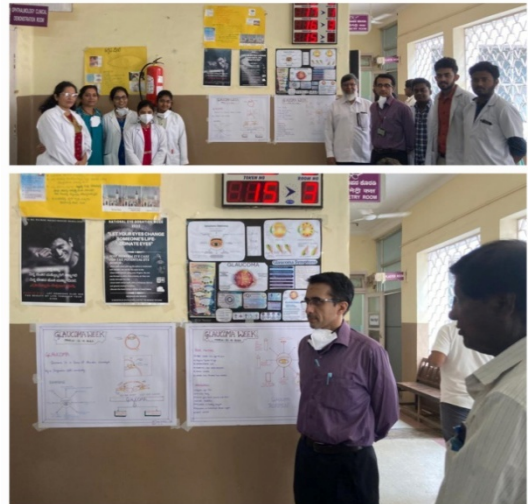
Voluntary blood donation camp was held at RO office Binnypet on 24th February and at ESIC hospital Peenya on 3rd March 2023. A total of 42 units were collected.

DEPARTMENT OF OPHTHALMOLOGY : WORLD GLAUCOMA WEEK:

Theme: “Raising awareness of the Signs of Stroke & the need for timely access to quality Stroke treatment”

World Glaucoma Week was celebrated in the Department of Ophthalmology between March 12 -18th 2023. Glaucoma is a group of eye disorders which if not detected and treated early leads to irreversible blindness.

The week long activities included mainly patient education and awareness health talks were frequently done. Glaucoma awareness information brochures/handouts were given. Final day activities included poster presentation from undergraduate students.



INTERNAL COMPLAINTS COMMITTEE

International Women’s Day

Theme: “DigitALL: Innovation and technology for gender equality”

International Women’s Day was celebrated on 11-3-2023 in our hospital, This event was chaired by Dean madam Dr Sandhya R and special invitee Mrs. RajaRajeshwari, Senior Advocate of Karnataka high court who spoke on women empowerment and equality. She highlighted the fact that much has to be done at lower strata of society with respect to empowerment and equality. Dean madam spoke on women empowerment. This event was organized by ICC Chairperson Dr Triveni S (NFSG) Senior Dental Surgeon.

The celebration was preceded by an essay competition on the topic Innovation and Technological change and Education in Digital Age for achieving gender equality and the empowerment of all women and girls on 8th March. Winners of the essay competition were awarded with prizes and mementos.

The celebrations had Cultural programmes by staff, and the event ended with photo session and lunch.



DEPARTMENT OF RESPIRATORY MEDICINE
No Smoking Day –Theme : “QUIT AND WIN”

No Smoking Day was observed on March 8th in Respiratory Medicine under the guidance of Dr PrabhuDas- HOD Respiratory Medicine

Even though majority of patients are aware that smoking is detrimental for their health, giving up the habit seems to be a challenge. On this day Dr Srikanth Katare- Associate Professor, Dr Parvathy S Pillai –Assistant Professor, created awareness to assist smokers who want to stop and to increase public awareness of the negative effects of smoking on health and encouraged to live a healthy lifestyle. Nicotine replacement treatment was also made known to them.

Patients received individualized counseling and were given literature about quitting smoking by Dr Sindhu S- Chief Medical Officer, Respiratory Medicine.



DEPARTMENT OF FORENSIC MEDICINE : WORLD CONSUMER RIGHTS DAY

Theme: "EMPOWERING CONSUMERS THROUGH CLEAN ENERGY TRANSITIONS."

On 15th March 2023 ESIC as an organization, raised awareness about consumer rights.

The speaker Dr. Vinay B Shetty Associate Professor from the Department of Forensic Medicine addressed on the consumer rights- the right to safety, the right to choose, the right to be informed, and the right to be heard. They also discussed on the Consumer Protection Act, 2019.

Medical negligence comes under the ambit of Consumer Protection Act. Consumers are encouraged to report any unethical or fraudulent practices they encounter. It is essential to empower consumers so that they can make informed decisions and demand accountability.

As we celebrate World Consumer Rights Day, let us renew our commitment to protect and promote consumer rights throughout the world.



DEPARTMENT OF COMMUNITY MEDICINE : OBSERVATION OF WORLD TB DAY

World TB Day was observed on at 24-03-2023 at Manjunath Nagara, Mariyappanapalya and Bagaluru . Health education talk regarding risk factors of TB, TB symptoms, prevention strategies like cough etiquette, free 6 months of treatment, importance of adhering to the treatment and nutrition and on TB preventive therapy for the household contacts. The talk at Manjunath Nagara was given to the general population by Dr Balakrishnan and Dr Darshan, Post graduates .

The talk at Mariyappanapalya was given to pourakarmikas of BBMP by Dr Bhavya and Dr Binsy, Interns.

The talk at Bagaluru was given to construction workers by

Dr Arghadeep and Dr Arpith, interns. The programme was also presided by Dr Aparna, postgraduate at Manjunath Nagar; Dr Chandana, Assistant Professor and Mrs Sheeba, Medicosocial worker, at Mariyappanapalya and Dr Nandhini, postgraduate at Bagaluru. Above all are the Post Graduates and Interns of Department of Community Medicine



Manjunath Nagar



Mariyappanpalya



Bagaluru



CLINICO PATHOLOGICAL CASE MEET

A clinicopathological case meet was organized by Department of Pathology on 27th March 2023. Two interesting cases were discussed. The first one was exenteration of left eye with a diagnosis of basal cell carcinoma of eyelid.

The Departments of Ophthalmology, Surgery and Radiology participated. The second case was tubercular osteomyelitis of right tibia, in which the departments of Orthopedics and Radiology participated.

The HOD's, faculties, senior residents, postgraduates and undergraduates attended the meet.



DEPARTMENT OF DENTISTRY:

NATIONAL DENTIST'S DAY

WORLD ORAL HEALTH DAY



On the Occasion of National Dentist's Day an awareness program on dental caries-prevention and treatment was conducted on 6-3-2023.

On the Occasion of World Oral Health Day an awareness program on oral health care in diabetic patients was conducted on 20-3-2023

REPORT OF THE 1ST TRAINING OF TRAINERS SESSION 1 OF THE JEEVARAKSHA – COMPREHENSIVE ECLS COURSE

The first TOT at ESIC Medical College - PGIMSR, Rajajinagar, Bangalore was conducted between 27/03/2023 and 1/03/2023. ECLS is a course which is mandated for interns by the Rajiv Gandhi University of Health Sciences, Bangalore.

The curriculum is designed by Jeevaraksha Trust and approved by Rajiv Gandhi University of Health Sciences and University of Utah.

This course concentrates on developing skills to manage emergencies in Trauma, Cardiac Arrest, Obstetric and Paediatric patients at the PHC level.

Thirty college faculties were deputed to undergo the first TOT.

The five day course was well attended by all the thirty participants and was appreciated by the senior trainers appointed by the Jeevaraksha Trust.

All of them progressed to level 2 of TOT

ECLS training will be conducted by trainers in April and May 2023 for Interns graduating from our college.



REPORT OF INTERN ORIENTATION PROGRAMME (2023) CONDUCTED ON 31-03-2023

Department of MEU organized Intern orientation programme (2023) on 31-03-2023.

Total 81 interns attended this programme. Dr. Suresh Kumbhar, Professor and Dr. Ravi G S, Professor, MEU members coordinated this programme.

Dean Dr. Sandhya R. Madam explained interns about NMC regulations, ESIC organization and role of intern in hospital & in community. She shared her experiences with interns. Faculties spoke on various topics guiding the Interns.



THANK YOU, GOOGLE!

Twenty years ago there was no internet. If we got sick, we used to go to the doctor. He would prescribe us some medications which we would take without putting much thought into it.

But nowadays even if we get a headache, we think it is brain tumor, start to Google about the causes of headache and start panicking. When we go the doctor and he says that the headache is due to lack of sleep and excessive stress, we argue with the doctor to do an MRI on us.

So in this digital era, where information is easily accessible, has medical profession become tougher? I strongly believe that, *change can be frightening and the temptation is often to resist it. But change almost always provides opportunities to learn new things, to rethink tired processes and to improve the way we work.*

I think that the change which internet has brought into the mindset of patients has benefitted medical professionals. When we know that a patient will come to us with a preliminary knowledge about his disease, we ensure that we are updated with the latest medical advances about that disease.

We tend to read up more books and journals to expand our knowledge and provide the best patient care. Let us imagine that a patient is compelling you to treat him in a different way as given in the internet but according to your knowledge and experience, you have a different treatment approach .

Better communication skills are required to make such patients understand what is in their best interest. A knowledgeable patient is a great source of learning to a doctor. When a patient disagrees or outsmarts us about our ways of treating his disease, we tend to come up with new and better ways to treat his disease in order to satisfy our patient. This in turn unlocks new potential within us.

The digital era has made the patients well aware about their legal rights. This has compelled the doctors to make every effort to prevent medical negligence cases on them. Documenting medical records and consent taking protocols has also improved due to this.

Medicines cure diseases but only doctors can cure patients. We doctors work tirelessly to make a difference in our patients' lives. All these changes which the internet has brought forth must be embraced with a positive mindset to bring out the best out of doctors in order to render the best services possible to the patients.

By-SUPRIYA DINESH,2ND YEAR MBBS STUDENT,2020 BATCH