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SSIMS TIMES

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S.S. Institute of Medical Sciences & Research Centre

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Photo Dairy



Talk on sterilization and cleaning in health care,



Paediatrics quiz



Workshop on meditation



CNE



CNE



ISGCON-K 2015



Ganesha chaturthi celebration 2015



Ganesha chaturthi celebration 2015



Ganesha chaturthi celebration 2015

S.S. Institute of Medical Sciences & Research Centre

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EDITORIAL

Dear colleagues,

The recognition of Medical council of India (MCI) of various postgraduate degrees of our institution is a defining moment. The success story of the institution is mainly because of support of our beloved chairman Sri S.S. Mallikarjun. It is said that a journey of thousand miles begins with a single step. Our chairman started this medical college with great passion & vision, nourished with dedication and hard work.

Recently our institution has been recognized as ADR (Adverse Drug Reaction) monitoring centre under Pharmacovigilance Programme of India. This issue includes a report on ADR monitoring activity in our institution. There were 21 ADRs recognized and reported to higher centre in last 6 months.

Lastly, I would like to congratulate our 1st Year MBBS (2014-15 batch) students for their success in RGUHS Examination



Dr. Sathisha Aithal
Editor

DEPARTMENTAL ACTIVITIES

DEPARTMENT OF ANATOMY

Dr. Veeresh Itagi, Assistant Professor, presented paper on “Morphometric analysis of medical meniscus of knee joint in adult cadavers of north Karnataka”, Dr. Santhosh Bhosale, Assistant Professor, on “Study of variations in the origin and distance of origin of upper subscapular nerve” and Dr. Nagaraj Mallashetty, Assistant Professor, on “Study of branching pattern and variations of left coronary artery in human heart: A cadaveric study” at 17th Karnataka Chapter of Anatomists State Conference and CME at Sri Siddhartha Medical College, Tumkur held from 25th to 27th September 2015.

Dr. Shailaja C Math, Professor and Dr. Raghvendra A. Y. Associate Professor chaired scientific sessions during the conference

DEPARTMENT OF MEDICAL EDUCATION

Orientation programme was organized for postgraduates on 21st September 2015. II year postgraduates from various departments organized the programme. All the Heads of the departments welcomed their first year postgraduates followed by self-introduction by postgraduates. Dr. Shashikala P. co-ordinator of Medical education,

Briefed the postgraduates about the medical education. Dr. V.L. Jaysimha, Professor, listed the calendar of events & Dr. Vinod Kumar C.S., Associate Professor, spoke about ethical review board.

Workshop on Research Methodology was conducted jointly by Medical Education Unit, Department of Community Medicine & Institutional Ethical Committee for first year Postgraduates from 7th September 2015 to 8th September 2015. About forty postgraduates attended the programme.

DEPARTMENT OF COMMUNITY MEDICINE

School Health checkup camp was organized at Rainbow Residential Public School, Ranibennur on 11th July 2015. Dr. Varadaraja Rao, Professor, Dr. Ratnaprabha and Dr. Sharankumar Holyachi, Assistant professors, Dr. Sindhu, Dr. Yamuna, Dr. Nethra and Dr. Smitha, postgraduates examined the school children. Interns posted in Department of Community Medicine actively participated in the camp.

A health education programme was organized on the occasion of “**World Hepatitis Day**” for the students of Kumuda Institute of Nursing Sciences, Davangere on 28th July 2015. Dr. Sharankumar Holyachi, Assistant Professor, coordinated the event. Postgraduate students,

Dr.Kiran Shankar, Dr.Ravikumar and interns posted in Department of Community Medicine actively gave health talk.

Department of Community Medicine observed World Breastfeeding week(1st August 2015 to 7th August 2015) by organizing various activities at the rural and urban field practice area to increase the awareness among pregnant and lactating mothers on the benefits of breastfeeding. The activities were co-ordinated by Assistant Professors, Dr.Ayesha Nawaz and Dr.Kusum Mane.

The workshop on **Research Methodology and Medical Ethics** for first year postgraduate students was organized by Department of Medical Education in collaboration with Department of Community Medicine and Research cell from 8th September 2015 to 9th september 2015. Dr.Bheemayya Badesab, Prof & Head, Department of Community Medicine, Dr.Aswin Kumar, Associate Professor, Dr.Ratnaprabha, Dr.Sharankumar Holyachi, Dr.Ayesha Nawaz, Dr.Kusum Mane, Dr.Malatesh and Dr.Rachana, Assistant Professors and Mr.Prakash, Statistician, participated as resource persons.

A school health checkup programme was organized for the students of Sri Mouneshwar Deaf and Dumb school, Davangere on 23rd September 2015. Assistant Professors, Dr.Malatesh, Dr.Rachana A, postgraduate students Dr.Kiran, Dr.Ravikumar and Dr.Nethra examined the children. Interns posted in Department of Community Medicine actively participated in the checkup camp. The camp was organized by DDRC in collaboration with Department of Community Medicine and Department of ENT. The programme was co-ordinated by Medico-social workers, Mr.Nagaraj and Mr.Ashok

World Breastfeeding week

The theme for this year's breastfeeding week was, "Breastfeeding and work; let's make it work". The theme focuses on working mothers. Department of Community Medicine in collaboration with Department of Paediatrics and Department of Obstetrics and Gynaecology observed the week by carrying out various activities.

Inauguration of World Breastfeeding week on 1st August 2015

Dr. Ayesha S Nawaz, Assistant Professor, Department of Community Medicine, gave a talk

on the theme of World Breastfeeding Week 2015 at S.S.Auditorium

Awareness programme for pregnant & Nursing mothers at primary health center, Lokikere on 3rd August 2015. Interns posted in Community Medicine highlighted the myths and beliefs in the community about breastfeeding practices through a role play. A health talk was given in local language by the postgraduate students Dr Sindhu P and Dr. Netra G. They spoke on the importance of early initiation of breastfeeding and benefits of exclusive breastfeeding. Further queries were answered by Dr. Ayesha Nawaz and Dr.Ratnaprabha, Assistant Professors, Department of Community Medicine.

Awareness programme for pregnant & Nursing mothers at Urban Health Center, Bashanagar on 4th August 2015. Interns posted in Community Medicine highlighted the myths and beliefs in the community about breastfeeding practices through a role play. A health talk was given in local language by the interns Dr Sabah Nausheen and Dr Sadaf. They spoke on the importance of early initiation of breastfeeding and benefits of exclusive breastfeeding and also about weaning practices. For better understanding, power point presentation, videos on breast crawl, expression of breast milk were shown. Further queries were answered by Dr. Ayesha Nawaz and Dr.Kusum Mane, Assistant Professors, Department of Community Medicine.

Health Education programme for staff Nurses organized in collaboration with Department of paediatrics on 4th August 2015 .

As this year's theme is on working mothers, an interactive session was organized for the staff Nurses. Dr. Rachana, Assistant Professor, Department of Community Medicine, spoke on the benefits of breastfeeding and on continuation of breastfeeding by working mothers. This was followed by an interactive session where the staff nurses shared their experiences on the challenges faced by working women while breastfeeding their infants.

Health Education programme for Group D women staff organized in collaboration with

Department of paediatrics on 5th August 2015

An interactive session was organized for group D women staff of SSIMS at paediatrics OPD, SSIMS & RC, Davangere. Dr. Ratnaprabha, Assistant Professor, Department of Community Medicine gave health education and answering queries of the participants. This was followed by an interactive session.

Health Education programme for staff Nurses organized in collaboration with Department of paediatrics on 6th August 2015

An interactive session was organized for the staff Nurses. Dr. Kusum Mane, Assistant Professor, Department of Community Medicine, spoke on the benefits of breastfeeding and on continuation of breastfeeding by working mothers. This was followed by an interactive session.

Training of Anganwadi workers on breastfeeding practices at Urban Health Center, Bashanagar on 5th August 2015.

A half day training for forty Anganwadi workers was organized by the Department of Community Medicine. Dr. Aswin Kumar, Associate Professor, Department of Community Medicine, chaired the sessions. Activity was planned & co-ordinated by postgraduates Dr. Kiran Shankar. S. and Dr. Yamuna B.N.

Health Education programme for women bank employees at State Bank of Mysore, Davangere on 5th August 2015

As this years theme focusses on working mothers, a health education programme was organized for women bank employees. Dr. Latha G.S, Professor, Department of paediatrics, co-ordinated the event and spoke on the benefits of exclusive breastfeeding. Dr. Prema Prabhdev, Professor & Head, Department of Obstetrics & Gynaecology, spoke on the importance of regular antenatal care and Dr. Ayesha Nawaz, Assistant Professor, Department of Community Medicine spoke on the theme of world breastfeeding week 2015. Number of participants: 60

Health Education programme for undergraduate students on 7th August 2015.

Dr. Kusum, Assistant Professor, Department of Community Medicine gave a talk on the benefits of breastfeeding. Dr. Ayesha spoke on the theme "Breastfeeding and work; lets make it work!"

DEPARTMENT OF PATHOLOGY

Voluntary blood donation camp was organized at Manjunath school, Avaragere by Sarva Dharma Karmikar Seva Sangha on 1st September 2015. Dr. Shamanur Shivashankarappa, Hon. Secretary, Bapuji Education Association & Minister for Horticulture & APMC, Government of Karnataka, Dr. Shashikala P, Professor & Head Department of Pathology & Vice- Principal, SSIMS & RC and Dr. A.M. Shivakumar. Professor & Head, Department of ENY & Vice- Principal, SSIMS & RC were present in the inauguration function of the camp. Dr. Kavita G.U. Blood Bank Officer along with Postgraduate Dr. Laxmi Ronad & House Surgeons & and blood bank technician conducted the camp.

Voluntary blood donation camp was organized at Rotary club, Vidya Nagar, Davangere on 8th September 2015. Dr. Kavita G.U. Professor attended the camp and spoke about the awareness of blood donation. Postgraduates Dr. Shweta Kollur & Dr. Malashree postgraduates conducted the camp.

PATHFEST SYMPOSIUM SERIES 2015, Bangalore Chapter, held at St. Martha's Hospital, Bangalore on 8th and 9th of August 2015. Dr. Shashikala P, Professor & Head, Department of Pathology presented slide seminar on Lepromatous lymphadenitis Gaucher spleen, Sperm granuloma, Chromoblastomycosis & chronic gastritis

Voluntary blood donation camp was organized at Jain Samaja, Koturu on 15th September 2015. S.S. Blood Bank team participated in the camp. Dr. Udayashankar S.K., Dr. Chethan, postgraduates, house Surgeons and blood bank technicians conducted the camp About 69 units of blood were collected.

Voluntary blood donation camp was organized at Indian Bank, Davangere on 15th August 2015. Dr. Deepti Pruthvi, Professor, Dr. Chethan Sagar, and Dr Lakshmi, postgraduates were the part of the program along with blood bank technicians.

Blood Grouping camp was conducted at Rotary English Medium Primary and High school Ranebennur on 20th August 2015. Dr. Shashikala P. Professor & Head, Department of Pathology created awareness about Heath, Hygiene &

Importance of blood grouping. Dr. Sonam .S. Nandyal spoke about different blood groups & conditions where blood is required.

42nd KCIAPM state conference at A.J. Shetty Medical College, Mangalore from 11th to 13th September 2015.

Dr. Shashikala P. Professor & Head, was the moderator for a session on Myelodysplastic syndromes by Dr. Seethlakshmi, St. John's Medical college & a Judge for poster presentation.

Dr. Deepti Pruthvi was the judge for poster presentation

Postgraduates presented following poster & papers:

Dr. Reddy Kavita: Oral paper on Histomorphological study of tonsils.

Dr. Ankur Majumder: Oral paper on Evaluation of platelets of neonatal sepsis.

Dr. Laxmi Ronada : RDW in geriatrics.

Dr. Chethan Sagar: Oral paper on Platelet Indices; A simple & practical marker, marker of coagulation in IHD patients semifinals.

Dr. Malashree: poster on "Retroperitoneal Schwannoma".

Dr. Shweta Kollur: Poster on Ewing's sarcoma.

A Voluntary Blood Donation camp was organized by Bapuji Polytechnic college, Davangere in association with S.S. Blood Bank at their campus on 15th September 2015. Dr. Shwetha J.H. Blood bank officer along with Dr. Malashree & Dr. Shwetha Kollur, postgraduates conducted the camp

Voluntary blood donation camp was conducted by Sri Taralabalu Vinayaka Gelayara Sanga, Kolahala in association with S.S. Blood Bank on 19th September 2015. Dr. Udayashankar S.K. conducted the camp.

Voluntary blood donation camp was organized at Harihar on 20th September 2015. Dr. Nagaraj V.T. Assistant Professor, Department of Medicine. Dr. Chethan N.K. Dr. Malashree & Dr. Shwetha .S. Kollur conducted the camp

Voluntary blood donation camp was organized at HPS college, Harapanhalli in association with S.S. Blood Bank, Davangere on 22nd September 2015. Dr. Sujoy Kumar De and Dr. Laxmi Ronada, postgraduates conducted the camp

Voluntary blood donation camp was organized, by

Samrudhi Foundation, Chitradurga in association with S.S. Blood Bank at Vasavi Hall, Chitradurga on 25th September 2015. Postgraduates Dr. Udayshankar .S.K., Dr. Shweta .S. Kollur conducted the camp

A CPC was conducted at 8th Annual conference of Indian Society of Gastroenterology, Karnataka State Chapter by Dr. Shashikala P. Professor & Head Department of Pathology & Vice Principal, SSIMS & RC on 27th September 2015. Dr. E.R. Siddeshi Gastroenterologist was chairperson for the session along with Dr. Mallikarjun Sakpal, Department of surgery. The clinical aspects of the case were discussed by Dr. Prasanna Rao, Consultant Gastroenterologist Apollo Hospitals, Bangalore, while pathological aspects were discussed by Dr. Shashikala P. Dr. Shweta Pai, Postgraduate in Pathology presented the slides. Dr. Kavita G.U. Professor, Pathology also participated in the discussion. Clinical differential diagnosis varied from tuberculosis & dengue like illness to malignancy & inflammatory colitis. Final pathological diagnosis concluded was acute fulminant amoebic colitis.

Interdepartmental teaching programme conducted on 29th September 2015. Case presented by Department of Radiology & Department of Pathology.

Case History : 30 year old female with cauda equine like feature for 2 years. Presented by Dr. Sujoy Kumar De- Pathology.

MARGA

WORKSHOP ON MEDITATION

To create the awareness about Meditation and spiritual values among the medical students three days workshop was conducted by Department of Medical Education (DOME) & Marga from 6th to 8th July 2015 by Mathaji Yoganandamayi, Sadhanashrama, Davangere. Dr. B.S. Prasad, Principal, SSIMS & RC, Dr. Shashikala P. Krishnamurthy, Vice Principal, Dr. Umakant N. Patil, Professor and Head, Department of Pharmacology, Dr. Basavarajappa K.G., Professor and Head, Department of Microbiology, Dr. Bheemayya Badesab, Professor and Head, Department of Community Medicine and second year MBBS students were participated in the workshop. Mr. Harish Kumar V.S., Assistant Professor of Pharmacology coordinated the workshop.

DEPARTMENT OF RESPIRATORY MEDICINE

The Annual State Level Pulmonology Conference “**PULMOKARN-2015**” was jointly hosted in the campus of SSIMS&RC by Departments of Respiratory Medicine of SSIMS & RC, and JJMMC, Davangere on 24th, 25th and 26th of July 2015.

The function was inaugurated in the presence of

Dr B.S Prasad, Principal, SSIMS&RC, Davangere
Dr Manjunath Alur, Principal, JJMMC, Davangere

Dr Sadadev, Retired Professor, MMC

Dr B. Vidyasagar, Prof and HOD, Respiratory Medicine, JJMMC, Davangere

The Conference took off with lectures and workshops with Hands on experience in Interventional Pulmonology (Bronchoscopy and Thoracoscopy), Non- invasive ventilation and role of ultrasound in Respiratory Medicine which was headed by Dr Rajesh BP & Dr Arun BJ.

The afternoon platform was given to the postgraduates for both Paper and Poster presentations, followed by a Respiratory Quiz. The SSIMS team made it to the final round of the Quiz competition. The Best Paper Presentation was awarded to Dr Sreenath N Nair, Postgraduate in Respiratory Medicine, SSIMS&RC. The Conference concluded with discussions on interesting case scenarios.

DEPARTMENT OF ANAESTHESIA

Dr. Arun kumar Ajjappa , Professor & Head Department of Anaesthesiology has delivered a Lecture on “**Plagiarism**” in the Workshop on “**Research Methodology and Medical Ethics**” organized by department of Medical Education, Community Medicine & Research Cell, S.S. Institute of Medical Sciences and Research Centre Davangere , Karnataka.

DEPARTMENT OF UROLOGY

Dr. Rahul K . Patil presented poster on “Retrocaval Caval Ureter in a Malrotated Kidney-A Case Report” at 26th Annual conference of Association of Southern Urologists (SZUSICON 2015) , Visakhapatnam. The poster was presented under the guidance of Dr. B Dhanyakumar and Dr.Veerendra H.S

DEPARTMENT OF MICROBIOLOGY

A seminar on topic “Monitoring, validation, documentation for sterilization and cleaning in health care “ by Mr. Shailesh Mehta, Director, Medovation products, Bangalore was joined organized by department of microbiology and department of anaesthesia on 3rd July 2015. About 50 delegates from various clinical specialities, CSSD, nursing staff participated.

DEPARTMENT OF ORTHOPAEDICS

The megha camp at Ranebennur was conducted on 1st August 2015.

Dr. Chethan M.L. Associate Professor, successfully cleared MRCS from Edinburgh University U.K.

Dr.Chethan M.L. Associate Professor contributed to new orthopaedic text book “Fundamentals in orthopaedics”.

DEPARTMENT OF PAEDIATRICS

Dr.N.K.Kalappanavar,

Medical Director, Prof & Head.

1. Attended as faculty during CME at Hospital and delivered talk on “Paediatric respiratory emergencies” and anaphylaxis and crying child on 09/08/15 at central orchid.
2. Attended KARCRITION State level critical care conference held at Belgaum on 28th to 30th Aug 2015. Delivered talk on status asthmaticus and moderated session on role of Aminophylline in asthma and role of mannitol and 3% Nacl in raised ICT.
3. Participated as faculty during minirespira held at Bellary on 06/09/15 and delivered talk on “wheezing under 5yrs”
4. Participated during state paediatric conference KARPEDICON 15 at Bangalore as follows

➤ Judge for the award paper Dr.Ankiregowda award paper

➤ Judge for state pg's Quiz programme

➤ Talk on “how to manage bronchitis”

5. Delivered talk during Minirespiratory program at BCHI &RC Davangere on “wheezeing under 5 years” on 11.10.15

Dr.Latha.G.S.

Professor

Attended as a faculty, for Pre-conference Workshop on IYCF during KARPEDICON- 2015 Conference at Ramaiah Medical college. Bangalore held from 24th - to 28th August 2015.

DEPARTMENT OF PHARMACOLOGY

Dr. Kiran L.J, Associate Professor, delivered a talk on “Ethics in animal research” in the workshop on Research methodology and medical ethics organized by department of medical education and department of community medicine, S.S. Institute of Medical Sciences and Research Centre, Davangere.

Pharmacovigilance Cell

SSIMSRC has been recognized as ADR (Adverse Drugs Reaction) monitoring centre (AMC) by Indian Pharmacopoeia commission (IPC) under Pharmacovigilance Programme of India (PvPI) with Dr. Umakant N Patil, Prof & HOD of Pharmacology as the co-ordinator.

The cell is reporting all ADRs online through Vigiflow software given by IPC which is the part of Vigibase a globally acceptable data store about ADRs related to all drugs and medicinal substances.

The cell acknowledges the support given by all the departments in the form of reporting ADRs, In future we expect similar kind of co-operation.

PHARMACOVIGILANCE CME FOR GENERAL PRACTITIONERS

Pharmacovigilance cell, Department of pharmacology in association with INDOCO REMIDIES, Davangere, conducted a continued Medical Education and awareness programme on importance of ADR (Adverse Drugs Reaction) reporting, for the general practitioners practicing in and around Davangere on 26th September 2015. The

programme also promoted the independent reporting of adverse drug reaction reporting made easy by creating what's up group and demonstration of CDSO (CENTRAL DRUGS STANDARD CONTROL ORGANISATION) ADR reporting form. The interactive session was carried out by **Dr. Raghuprasada M S,** Assistant Prof of Pharmacology and member of Pharmacovigilance cell.

For reporting ADRs please contact

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Deputy Co-ordinator

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Dr. Raghuprasada M S

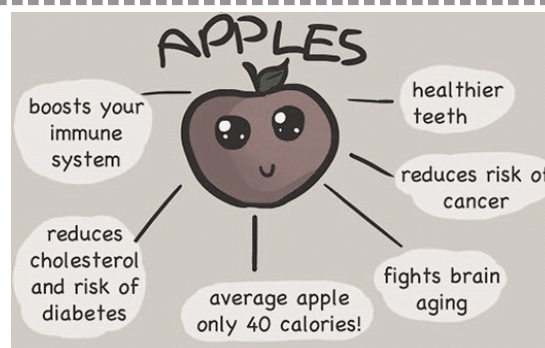
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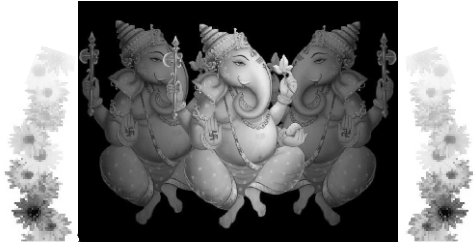
ADRs REPORTED IN LAST SIX MONTHS

Month	No. of ADRs Reported
April 2015	02
May 2015	00
June 2015	05
July 2015	02
August 2015	07
September 2015	05
Total	21



AN ODE TO THE ELEPHANT GOD

The Hindu tradition allows an yearly festival that sees galvanization of pomp, excitement and fervour, partaken by the people from all walks of life throughout the country **GANESHA CHATURTHI**, celebrating the birth of Lord Ganesha.



SSIMS did not leave this tradition behind and welcomed the Lord in its own style, as it does every year. This year the responsibility was taken up by the students of 2012 Batch-PHOENIX.

One and half months prior to 17th September saw the beginning of meticulous and intense Preparations for a smooth sail of celebrations.

Before Lord Ganesha was brought in, extreme decorations were done in the Boys hostel-Brahmaputra, which is where the idol was placed by the students. Rangoli was also put. Pooja was done in the morning and evening all 5 days.

We welcomed Ganesha with a lot of excitement and fervour, with music and fireworks. Ganesha prathisthapane and Gowri pooja was conducted by the priest, which was attended by all teachers and students.

On the **SECOND DAY**, a special garland made from Garike (grass) ,about 9ft length was meticulously handmade by the students. After the pooja in the morning and evening ,we had fun filled activities with students taking part enthusiastically in singing, dancing , etc.

DAY 3 was made special by an amazing 'KACHERI' by Nandeeshwar D.K. ,a student of 2012 batch, joined actively by all the students.

We celebrated **DAY 4** as the "ETHNIC DAY", with all the Girls in Sarees and the Boys in Panche. Some fun games were also conducted like oreo game, lemon and spoon race, tying saree for boys, treasure hunt, draw the elephant tail with blind fold on, etc.

Each day prasada was distributed in the evening after the pooja. On one of the days food was given to the children in mentally ill school.

The 5 daylong celebrations came to an end on 21st September, with **GANESHA VISARJAN**. After final pooja, Bappa was carried in a procession to a lake near the highway. The entire length of the journey saw all the students and teachers of SSIMS, dancing to the beats of the band that had been arranged and the tunes Modern songs as well. Colours, Music, Fireworks and Happiness we finally bid goodbye to our beloved, **GANAPATHI BAPPA**, to come again next year and give us all His blessings. ‘

INFORMATIVE ARTICLES

FRACTIONAL CO₂ LASER

Dr. Manjunath Hulmani,
Dr Jagannath Kumar V,
Dr. P. Alekya

Department of Dermatology, SSIMS &RC, Davangere

Introduction:

The word 'Laser' is an acronym for 'Light Amplification by Stimulated Emission of Radiation'

The carbon dioxide (CO₂) laser was first introduced in 1964 by Patel and has been extensively used in the next two decades as an incision tool in increasingly wide areas, such as neurosurgery, dermatology and plastic surgery, otorhinolaryngology, ophthalmology, gynecology, and general surgery.

Fractional laser technology is a new emerging technology to improve scars, fine lines, dyspigmentation, striae and wrinkles. The technique is easy, safe to use and has been used effectively for several clinical and cosmetic indications in Indian skin.

Unlike conventional ablative and non- ablative lasers, fractional ablative and non- ablative lasers treat only a fraction of the skin, leaving up to a maximum of 95% of the skin uninvolved thus the name 'fractional'.

The fractional CO₂ laser takes the CO₂ laser beam and fractionates, or pixellates that beam into thousands of tiny little shafts of light. These tiny shafts of light penetrate into the deeper layers of the skin.

Fractional ablative CO₂ laser therapy is based on the theory of fractional photothermolysis.

Mechanism of action of Co₂ laser:

Carbon dioxide laser emits light at a wavelength of 10,600 nm that is absorbed strongly by water (the primary chromophore for carbon dioxide light that is abundant in skin). Hence, various water-containing structures at differing depths throughout the skin, such as, epidermal keratinocytes, collagen, and blood vessels can be targeted resulting in a wide array of clinical indications.

Approximately 90% of carbon dioxide laser energy is absorbed in the initial 20-30 µm of skin, yet traditional continuous wave lasers leave behind a thick zone of thermal damage measuring 0.2-1 mm in thickness.

Theory of selective photothermolysis states that selective heating of the target chromophore can be achieved when using laser pulses shorter than the thermal relaxation time (TRT) of the chromophore (time required for chromophore to lose 50% of its heat to surrounding tissue). TRT for 20-30 µm of skin tissue is approximately 1 millisecond.

Using the theory of selective photothermolysis, carbon dioxide lasers with a pulse duration of less than 1 millisecond are capable of selectively vaporizing tissue with only a very thin zone of residual thermal necrosis measuring approximately 100 µm.

To have a clinical effect in the skin, laser energy must be absorbed by the target chromophore. Energy fluence (density) necessary to vaporize tissue is approximately 5 J/cm² (ablation threshold). Overall, delivering a 1-millisecond carbon dioxide laser pulse with an energy fluence of approximately 5 J/cm² leads to tissue vaporization measuring 20-30 µm and residual thermal injury measuring 40-120 µm. This zone of thermal necrosis is sufficient to seal small dermal blood vessels and lymphatics, yet narrow enough to reduce incidence of scarring. Completely removing the epidermis and part of the dermis results in wound remodeling with subsequent new collagen and elastin fiber formation that translates into healthier, firmer, and tighter skin.

CO₂ laser damages the dermo-epidermal junction, causing severe inflammation at the outset, which in turn results in edema and erythema reactions.

Pre-treatment assessment:

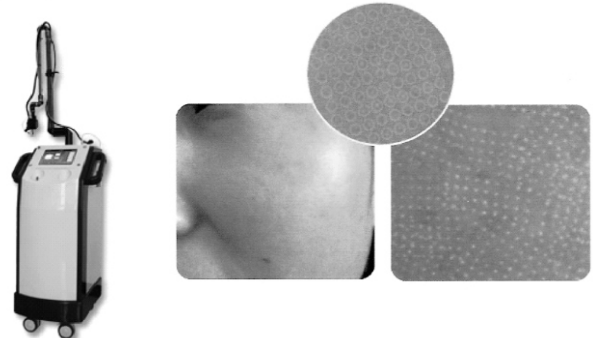
✍ Previous history of postinflammatory hyperpigmentation

- ✍ Isotretinoin intake
- ✍ Topical retinoid use
- ✍ History of [herpes labialis infection](#)
- ✍ History of [hypertrophic scars or keloids](#)
- ✍ Allergies: Investigate allergies to local and systemic anesthetics properly.
- ✍ Anesthesia: Fractional laser treatment can be carried out under topical anesthesia with eutectic mixture of lidocaine and prilocaine.

Indications:

- ✍ Acne scars (rolling, box scars)
- ✍ Others (traumatic, surgical, burn scars, atrophy scars)
- ✍ Striae distensiae
- ✍ Wrinkles
- ✍ Skin laxity
- ✍ Mild to moderate photodamaged skin
- ✍ Rejuvenation
- ✍ Pigmentary alterations
- ✍ Skin texture

Vascular abnormalities



Contraindication:

- ✍ Active bacterial, viral, or fungal infections
- ✍ Unrealistic expectations
- ✍ Uncooperative patient
- ✍ Pregnancy and lactation

ENERGY DRINKS MAY PUT HEART AT RISK FOR SUDDEN DEATH

Dr. Raghu Prasad MS

Assistant Professor, Department of Pharmacology

Energy drinks may raise blood pressure and prolong QT interval increasing the risk of sudden cardiac death.

In a metaanalysis by Sachin A. Shah at University of the Pacific in Stockton, Calif, with a pooled analysis of 93 people who consumed energy drinks, the QT interval on an ECG was significantly prolonged by 10 ms. The threshold level of regulatory concern is around 5 ms.

In another pooled analysis of 132 people by the same group, researchers found a significant increase in systolic blood pressure by 3.5 mmHg

that was associated with the consumption of energy drinks. Doctors are generally concerned if patients experience an additional 30 ms in their QT interval from baseline. QT prolongation is associated with lifethreatening arrhythmias.

Most energy drinks have caffeine. Drinks such as Monster, Red Bull, Rockstar, Full Throttle and AMP have three times the amount of caffeine as colas. A 16oz. can of Monster Energy, for example, contains 160 mg of caffeine, which is almost as much as 5 cans of soda.

Courtesy: IMA

PLASMODIUM FALCIPARUM (MALARIA) VACCINE

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Product name: Mosquirix® (RTS,S/AS01)

Dosage form: Intramuscular injection, for administration in three doses one month apart, with an additional fourth dose given 18 months later.

Class: Malaria vaccine targeting the circumsporozoite protein (CSP) sequence of Plasmodium falciparum, combined with the AS01 adjuvant for protection against hepatitis B.

Approval: EMA Article 58 procedure, for medicines used outside the EU.

Use: Protection against malaria, and protection against hepatitis B in settings that require malaria prevention.

The vaccine is intended for use in line with official recommendations that take into account the risk of P. falciparum malaria in different geographical areas and available malaria control interventions. These recommendations will be defined by the World Health Organization (WHO) and regulatory authorities in the non-EU countries where the vaccine would be used.

Benefits: Modest protection against P. falciparum malaria in children in the 12 months following vaccination. In a clinical trial conducted in seven African countries (Burkina Faso, Gabon, Ghana, Kenya, Malawi, Mozambique, Nigeria and Tanzania) the vaccine was effective at preventing a first or only clinical malaria episode in 56% of children aged between 5-17 months and in 31% of children aged 6-12 weeks. The efficacy of the vaccine decreased after one year. The EMA considered that the benefits of vaccination outweigh the risk in both age groups and may be particularly important in high transmission areas where mortality is very high. Safety information: The safety profile of the vaccine was considered acceptable.

Notes: This is the first malaria vaccine to be assessed by a regulatory authority. The studies showed that the vaccine does not offer complete protection, and that the protection which it does provide decreases in the longer term. It is therefore important that established protective measures, such as insecticide-treated bed nets, continue to be used in addition to the vaccine.

EMA Press release, 24 July 2015.

MEDICON 2015- THE 9th INTERNATIONAL UNDERGRADUATE RESEARCH CONFERENCE.

Medicon this year was a 4 day-extravaganza (29th July to 1st August) hosted by NKP Salve Institute of Medical Sciences and Research Centre, in the Orange city, Nagpur. The August gathering at the conference were from over 17 states and 82 colleges from the country. The occasion saw eminent speakers on plenary sessions including Dr. Devi Shetty, Dr. Sudhir Bhave, Dr. Madan Kapre and Dr. Vinay Kumar. Pre-conference workshops were enlightening, as much were the Cerebruzz sessions.

Ms. Pragnya Rao*, Ms. Vasundhara Teotia** and Ms. Vidushi Sehgal*** participated in the oral presentations of their ICMR projects, the abstracts of which were published in the Journal of Family Medicine and Primary Care.

Ms. Meenu Krishnan and Ms. Vidushi Sehgal proceeded until the Tie breaker round of Virtuoso-The Medical quiz, Ms. Pragnya Rao bagged three accolades at the prestigious conference- second place for Essay writing (Topic - Innovation and Research the DNA of Modern Medicine), second place for Differential Diagnosis: The Debate (Topic - "It is unethical to use undergraduate medical research opportunities to migrate abroad") and second place for Buzzmed: Teacher-Student panel discussion (Topic - "The existence of God factor in modern medicine"). The experience at the conference was described as fresh, enriching and educative.

* Pragnya Rao, Dr. Vijayakumar Jatti, Dr. Rajkumar S. Y. - 'Estimation of stature by radiological determination of femur length in a sample of South Indian Adults.'

** Vasundhara Teotia, Dr. Jayasimha V.L, Dr. Mayuri K.S, Dr. Basavarajappa k.G (Department of microbiology), Dr. Arunkumar ajjappa (dept of anaesthesiology) - 'Ventilator associated pneumonia; bacteriology, antibiogram and clinical outcome.'

*** Vidushi Sehgal, Dr. Sonam S. Nandyal, Dr. Shashikala P. (Department of pathology) - 'Pattern and prevalence of thrombocytopenia in neonates.'

"We now know that the urgency of saving lives can accelerate R&D. We will harness this positive experience to develop a global R&D preparedness framework so that if another major disease outbreak ever happens again, for any disease, the world can act quickly and efficiently to develop and use medical tools and prevent a large scale tragedy."

Marie Paule Kieny,
WHO Assistant Director-General
and WHO Ebola R & D team lead

PUBLICATIONS

SI No.	Authors	Title	Journal	Department
1	Dr.srinath.S.R ¹ , Dr.Kiran G.U ² , Dr.Karibasappa.a. G ³ . Dr.Manjunath J ⁴ . Dr.Venkataramana rao ⁵ .M	Clinical study of locking compression plate fixation in supracondylar fractures of femur in adults	Volume 3, Issue 6, 2015. International Academic Research for Multidisciplinary	Orthopaedics
2	Srinath.S.R. Siddesh patil.G.S . Manjunath.J . Venkataramana Rao.M . Karibasappa.A.G	Interochantric fractures of femur in elderly patient treated with cemented bipolar Hemiartroplasty	Volume4, 2015. International journal of scientific research	Orthopaedics
3	Santosh A, Aswin Kumar, B.A. Varadaraja Rao, Sharankumar Holyachi	Awareness about Cervical cancer and its risk factors among students of a women's college in Davangere, Karnataka	Volume6 Issue 3, 2015 Indian Journal of Public Health Research & Development	Community medicine
4	Ravish Haradanahalli Shankaraiah, Rachana Annadani Rajashekar, Vijayashankar Veena, Ashwath Narayana	Compliance to Anti-rabies Vaccination in Post-exposure Prophylaxis	Volume 59, Issue 2, 2015. Indian journal Public Health	Community medicine



We hereby request you all to send the articles, departmental activities, publications and achievements during October to December 2015 (both hard copy and soft copy) publication of the October to December 2015 issue of SSIMS TIMES by 1st January 2016

Moments



Breast feeding awareness programme



Breast feeding awareness programme



Independence day cup,

Workshop: CSSD Techniques



Prize winners - MEDICON 2015



PULMOKARN-2015



CME:Pharmacovigilance



Sri. S.S. Mallikarjun Birthday Celebration



Sri. S.S. Mallikarjun Birthday Celebration

Independence day celebration



UG Orientation day



Football match



FNAC skill learning



PG Orientation day