

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

Mahatma Gandhi

GMC NEWS

Establishment Of Medical College

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The idea of establishing a Medical College in Shahdol, M.P. was conceived sometime back in 2015 as one of the projects for government of India's 'Pradhan Mantri Swasth Suraksha yojana' (PMSSY). District hospital Shahdol was one among the seven places chosen for the upliftment where now stands a new medical college. A formal administrative and financial approval was passed by the 'Pariyojana Samiksha Samitee' of the state of M.P. in the year 2016.

Government Medical College Shahdol is an emerging institute with a mission to produce standard "Indian medical graduate" through quality education and training, so as to develop a healthy society which can contribute to the national development. Our finely chosen faculty is committed to provide students with the best education the state has to offer. Research practices would be highly encouraged for students to recognize the current health needs of the nation and come up with viable solutions for the medical industry.

The institute is spread over an area of 41 acres, housing various buildings like the academic block, main hospital block, OPD, mortuary, hostels, the guest house, auditorium, playground and various residential blocks.

It has four ultra-modern lecture theatres, well-equipped laboratories, seminar rooms, examination hall and a state of the art library. Presently, the institute is beginning its MBBS graduation course; but in the near future, it shall be introducing its postgraduate, nursing, and para-medical courses as well. We're also trying to bring in facilities for sports and recreation as I want our students to be well rounded individuals.

Voice of Dean & CEO

“All doctors treat, but a good doctor lets nature heal”.

Being a doctor is one of the noblest professions. They heal the sick and are tasked with making life saving decisions. These positive quotes are a tribute to doctors who have helped people round the clock. Big salute to all the heroic doctors, nurses, paramedics and medical staff. In these trying times of 2020 when coronavirus (covid-19) has struck the world at large, we see how dedicatedly and selflessly the doctors all around have served the people at large and emerged as true heroes. They haven't thought about their health, family, personal issues, but worked around the clock to help and heal patients.

A doctor, like anyone else who has to deal with human beings, each of them unique, cannot be a scientist; he is either, like the surgeon, a craftsman, or, like the physician and the psychologist, an artist. This means that in order to be a good doctor a man must also have a good character, that is to say, whatever weaknesses and foibles he may have, and he must love his fellow human beings in the concrete and desire their good before his own.

Whatever you do, do with determination. You have one life to live; do your work with passion and give your best. Whether you want to be a chef, doctor, actor, or a mother, be passionate to get the best result.

My idea is to develop it into a standard and modern Medical institute where there will be a congenial atmosphere conducive to our students developing into humble, empathetic and competent medical graduates; but above all, good human beings.



Dr. Milind Shiralkar Dean & CEO

Government Medical College
Shahdol (M.P.)

It is with great pleasure I welcome the first newsletter of the Government Medical College Shahdol (M.P.) The Medical College believes in delivering quality health care education in all systems of Clinical, non-clinical, AYUSH, paramedical and Allied Health Sciences. This year has witnessed many milestones in the progress of the Medical College. The Curricula has been revamped for all Courses from undergraduate up to Super speciality levels. All the Departments of the Medical college and hospital have been strengthened to deliver better infrastructure and services. With the medical college just breaking ground, it holds a lot of promises for a bright future of all who step on its campus. This is a work in progress, but we the faculty and staff will strive to keep working hard until we have met our goals. May this newsletter benefit the students, the affiliated colleges and institutions of this Medical College.

Editorial



Dr. Rahul Mishra
Chief Editor of GMC Newsletter
Assistant Professor
(Department of psychiatry)
Govt. Medical College,
Shahdol (M.P.)

A new start awaits us in 2021, we got the vaccine and are now looking forward to expand the facilities at our hospital, we are hoping to expand the strength of our students and will be aiming for 250 MBBS seats, we will start regular IPD , OPD services and develop as a referral center providing tertiary care what is expected from a medical college and thus shall alleviate the suffering for the adjoining districts .

A lot can be achieved on a personal level if we put our mind onto it.

At the end i would like to wish all a good physical health and mental health and all the joy and prosperity in the New Year.

“ Looking back Also looking Forward”

What a year was 2020 leaving a side the pandemic that was the most part of it we had year that showed us the potential for development in fields including that of technology and health care that grabbed the complete attention and most parts the news and headlines. The pandemic hit us leaving us overwhelmed; schools were shut down college’s work places and so to speak the lives in literary sense. Many people lost jobs, kids and children were forced to stay home, and the front line workers and the emergency staff had a year we wish could forget.

What 2020 taught us is that we are vulnerable to various forces that we constantly interact with and that dictate how we live our life. Many of us lost the loved ones, colleagues and the people who were famous from various walks of life and industry.

But all was not bad in the year gone by what we achieved has to be etched in the history , we learned to work remotely, study without going to class, freedom from endless travel to the routines also help each other’s out doing the household chores .

And we found many things, including a resilience and ability to adapt that had become increasingly rare in our culture, where the answer to so many questions, the solution to so many obstacles, was at our fingertips

We should celebrate the science that bought 2020 some relief as of now when i am writing this article 50 vaccine candidates are in trials and many parts of the world have already vaccinating people for Covid including two from our own country that are Made in India and we should be proud of our scientific community for this achievement that created a history.

We at GMC have a lot to cherish about 2020, we started our IPD services catering to the Covid patients and also OPD services a shortly after, we were able to treat majority of our patients and also lost a few to the disease, we started the virology lab on priority that helped us diagnose early and contain the spread of the disease here in our and adjoining districts we had facilities developed at the GMC hospital be of ICU, oxygen storage plants and other IPD care.

Our faculties also got infected and fought back and again got back to work tirelessly serving the patients.

Awards/Achievements



- ❑ Near real time supervision of home visits under public health action services for notified patients with TB.
- ❑ First Prize to the Madhya Pradesh State for the innovation in Revised National Tuberculosis Programme.
- ❑ 6th National Summit on Good and Replicable Practices and innovations in Public Healthcare System in India, Gandhinagar, Gujrat

Organized by Ministry of Health & Family Welfare, Government of India

After notification (both from public and private), patients are to receive “public health action support” (PHAS) and this includes the following six components:

A) home visit; b) counselling of TB patients and family members; c) monitor treatment adherence and follow-up; d) contact investigation and isoniazid chemoprophylaxis to eligible contacts; e) HIV counselling and testing, and drug susceptibility testing; f) linking to receive cash incentives under the direct benefiter transfer or other social security schemes for TB patients. In rural areas, the home visit must be performed by the STS preferably within a week 2. Shahdol district, with a predominant tribal population, is located in east madhya pradesh (a state in central india) 3. Anecdotally, home visits by the STS were not happening. To address this, RNTCP shahdol developed a rater-based web-form (using open data kit (ODK) software synced to online ONA platform) to track the ‘home visits’ on real time basis.

India accounts for more than a quarter of the global tuberculosis (TB) burden¹. Patients with TB are notified under Revised National Tuberculosis Control Programme (RNTCP) using a case based notification system called as Nikshay, which is available as an application in a mobile tablet (hand held computer).

One tablet is provided to every senior treatment supervisor (STS - the paramedic responsible for supportive supervision, recording and reporting TB treatment for a population of 0.5 million).

Dr. Akash Ranjan Singh
Assistant Professor
Department of Community Medicine
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4. After installing this web-form in the mobile tablets and receiving hands on training (July 2018), since august 2018, the STS is expected to carry this mobile tablet during home visit and capture the following information in the ODK web-form: nikshay identifier, date of home visit, geo location of patient's home, number of household members

, number of children <6 years, number of house-hold child contacts screened & received Isoniazid preventive therapy and any other adult house-hold symptomatic contact. Details regarding each component of PHAS are routinely captured in Nikshay. This ODK web-form has the following advantages i) up to 500 records can be captured per month free of cost, this is sufficient for Shahdol district ii) questionnaire can be developed in local language (hindi) and iii) it works offline too. The potential benefits are i) near-real time and objective assessment of home visits along with feedback, and ii) identification of hot spots for targeting active case finding. In future, we plan to add variables like bank account details (for direct benefit transfer scheme) and annual income of TB affected households (useful to assess the inequity in the coverage of direct benefit transfer scheme, if any) in the ODK web-form. We plan to conduct operational research using data generated over last year to assess the coverage of home visits among notified TB patients and factors associated. From Aug 2018 to 31st Aug 2019, out of 1772 notified TB patients the home visits were made for 669 patients & 1381 home visits were made for earlier notified patients. With this tool, now the programme is aware the pattern of home visits by STS like monthly peak of home visits just before the monthly review meeting, visits at the roadside villages and this information empowers the programme for real time supervision of home visits and timely action. [Figure] Considering all the STS under RNTCP have a mobile tablet, this strategy has the potential to objectively assess home visits under PHAS and may be considered in other districts as well. This is essential if India has to end TB by 2025, 10 years before the global deadline^{1,5}.

Awards/Achievements

- Case report "Won 3rd prize in poster presentation in Annual National Conference of Indian Academy of Forensic Medicine held at Apollo Medical College Hyderabad by Forensic Medicine & Toxicology Department on 30th Jan to 1st February 2020 on topic, "Deliberate skeletonization of face to skull for concealing Identification: Interesting homicidal



Dr. Pawan A Wankhade
Associate Professor
Department of Forensic Medicine,
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Shahdol (M.P.)



Awards/Achievements

* The Government of Assam (GoA) has planned its State Effective Vaccine Management Assessment (EVMA) from 18th to 28th February 2020. NCCVMRC, NIHFWS being the National EVMA Secretariat, is providing its technical support to GoA for successful conduction of the assessment.



Dr. Sunil kumar Guleri
Associate Professor

Department of Community Medicine
Govt. Medical College Shabdol (M.P.)

The EVM Assessment includes an initial training for five days (18th to 22nd February 2020) at Guwahti, Assam which will be followed by data collection activity in the field to be held for a week from 24th to 28th February 2020. The assessment will be conducted in all districts of Assam. Skilled personnel are required from reputed Medical Colleges as assessors for this state level assessment. Hence, you are requested to depute (Dr. Sunil Kumar Guleri , Assistant Professor) for this activity. The Department of Health & Family Welfare, Government of Assam is Conducting this study with UNICEF funds and TA/DA of the assessor will be taken care by the Government of Assam.

An early response in this regard will be highly appreciated.

Awards/Achievements



- ✧ **The Medical College Doctors awarded excellent work in COVID-19 by commissioner Naresh Pal awarded the best service to humanity by providing excellent treatment facility to the corona infected patients of the division by doing excellent work in the Medical College.**

- ✧ **Dr. Akash Ranjan Singh, Assistant Professor in the department of community medicine, Assistant Professor and head of the department and faculty nodal officer Dr. Nagendra singh, head of the department of Microbiology Dr. Abhishek Gaur, Assistant Professor Microbiology Dr. Mihir Pattnayak, Scientist Dr. Gaurav Kumar and Dr. Shivlata as well as the commendation commissioner Naresh Pal, issued by the technician district administration and by chief health secretary and family welfare Faiz Ahmed Kidwai.**

Awards/Achievements

* Distribution of laptops to Medical College Shahdol on 10-02-2021 under Mukhya Mantri Protsahan Yojana In the program, distribution of laptops to meritorious students of 32 scheduled caste and scheduled tribe of first and second year studying in Medical College Shahdol under Mukhya Mantri Yojana MLA Jaitpur Manisha Singh, Collector Dr. Satendra Singh Superintendent of Police Avdesh Goswami, Dean Medical College Dr. Milind Shiralkar, CMHO Dr. MS Sagar and social worker Kamal Pratap Singh. Addressing the program, MLA Jaitapur Manisha Singh said that providing excellent learning facilities to the meritorious students is a boon for acquiring knowledge under the Chief Minister Incentive Scheme, which will enable medical students to enhance their knowledge. Health and education determines the condition and direction of the progress of society. All medical students should ensure that they will provide new heights to society and country by serving humanity with their knowledge.

Distributed laptop to 32 meritorious students in Medical College Shahdol



Accomplishment

* Oxygen tank has been established in medical college, the capacity of this tank is about 10 thousand liters, due to this, and Oxygen stock will be available in the medical college for about 10-12 days. Also, Oxygen can be supplied to all the beds here. This liquid Oxygen tank has been constructed by INOX Company. Constant efforts were made by Commissioner Naresh Pal and Dean of Medical College to establish the cost of which are approximately 2.25 crores, due to which this achievement was given to Shahdol Government Medical College today, which will always be ready to provide the best medical services.



Clinical Corner

* A 25 year old male patient brought by 108 ambulance to casualty with History of Road Traffic Accident on 6.1.2021 around 3.00 pm., Patient was under alcohol influence with injury to Right pinna, lacerated wound which was repaired under local anesthesia.



A successful ear surgery by :-

**Dr. Izhar Khan
Assistant Professor**

**Department of ENT
Govt . Medical College
Shahdol (M.P.)**

COVID-19 Orientation

Dr. Pragti Vishnu Chavan

Head of the Department Community Medicine.
Govt. Medical college Shahdol (M.P.)



The Medical College Team gave Training for Covid Orientation



* The head of the Department of Community Medicine Dr. Pragti Vishnu Chavan and Assistant Professor Dr. Akash Ranjan Singh posted in Government Medical College Shahdol imparted district level covid Orientation training at Collectrade Auditorium In this program, the doctors of District Hospital Umaria, Manthar and Nowrozabad and the staff working in the covid Care Centre of covid Care Pali and Umaria and the doctors working in the covid Care Centre and Dedicated Covid Health Centre, the paramedical staff, the nurse, the word boy, and the cleaning staff.



COVID-19 Updates

A whistle-stop Journey of COVID-19 Sample Testing in the Department of Microbiology, GMC Shahdol



* We would like to say many thanks to Dr. Naresh Pal, Commissioner and Dr. Satendra Singh, Collector Shahdol for their unwavering support and belief in us for this challenging task. Dr. Akash Ranjan and Dr. Anshuman Sonare have dedicated their time and efforts in the management of sample collection throughout and provide impactful training for data entry and management.

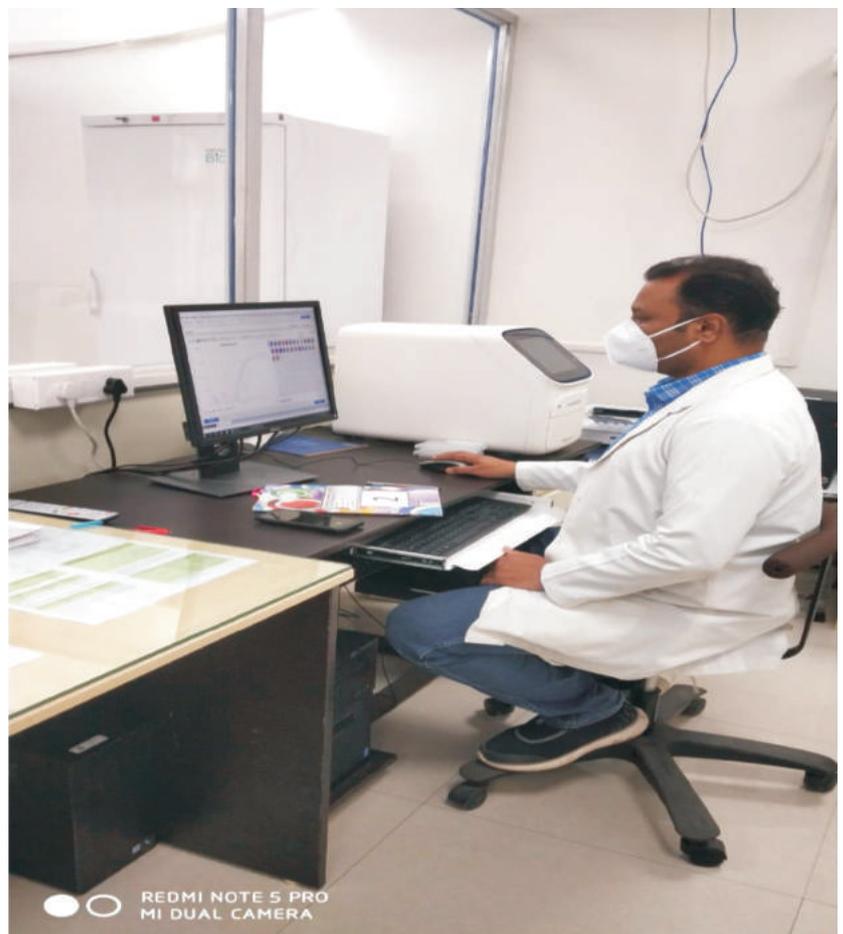
During the initial spread of COVID-19 in India, many new laboratories with testing facilities were established to scale up SARS-CoV-2 testing capacity. A laboratory set-up for molecular diagnosis of COVID-19 sample in the Department of Microbiology, GMC Shahdol was approved. Firstly, our COVID-19 testing team would like to express heartfelt gratitude to Dr. Milind Shiralkar, the Dean and CEO of Government Medical College Shahdol for his constant support and encouragement at each step to reach the next in this journey. Here's a glimpse of the work done since the start. We provided SARS-COV-2 diagnosis by using Molbio Diagnostics Truenat device (Beta CoV E-gene screening assay and RdRp gene-confirmatory assay) at initial. Within a couple of days, we switched to test samples using Real Time RT-PCR method. We have not only been testing samples from this Shahdol District, but also from two other districts (Anuppur and Umariya). We have also started testing COVID-19 suspected samples using rapid Antigen Kit.

COVID-19 Updates

The two core team members, Dr. Abhishek Gaur (HOD and Associate Professor) and Dr. Mihir Pattanayak (Assistant Professor) attended a training program on molecular detection of COVID-19 samples at ICMR-NIRTH, Jabalpur (M.P.). In order to make an expert team to provide testing reports in a timely manner, scientists and technicians were recruited through the National Health Mission Program.

The laboratory structure integrity was planned out and set up, and indoor trainings were provided to the technicians by the Department faculties (DR. Abhishek Gaur, Dr. Mihir Pattanayak, Dr. Surjeet Shukla & Dr. Pramod Singh Rajpoot) and scientists (Dr. Gourav Kumar, Dr. L. Shivilata, Dr. Pushpendra Singh & Ms. Leena Vishwakarma).

The tremendous journey has started with only four faculty members and two scientists for conducting tests and troubleshooting the problems along with 8 technicians (assigned for sample collection at clinics and in field as well as sample processing at laboratory) that has led our team to work 24X7 tirelessly in three shifts. Eventually our team has expanded to total four scientists and 24 technicians. Some faculties and technicians contracted COVID-19 infections and even in hard times our team had tried its best to continue giving COVID-19 diagnostic test report within 24 hours of sample receipt and never failed to overcome the burden. After having recovered from infection, the staffs willingly resumed their works immediately and have been continuing to serve dutifully. During this entire journey from the very start to the present date, we are truly grateful for countless amazing experiences that have been making us stronger each passing day to explore things in better ways and face roadblocks.



Dr. Abhishek Gaur
Associate Professor
Department of Microbiology
Govt . Medical College
Shahdol (M.P.)

ART Corner



* That painting is based on this shloka from Rudrashatak.

निजं निर्गुणं निर्विकल्पं निरीहं।
चिदाकाशमाकाशवासं भजे हं।।

Created By
Dr .Pradeep pathak
Assistant Professor
Department of Orthopedics



Pradeep
21/01/20

Announcements

The Government Medical College will start special facilities for Shahdol District :-

- Blood bank
- Special New-born Care Units: Saving precious young lives
- CT-MRI machine
- Dialysis machine

