



Dr. Shobhana Gupta
Dean
GMERS Medical
College, Gandhinagar

Welcome to GMERS Medical College, Gandhinagar

GMERS Medical College, Gandhinagar is an academic institution of repute under The Gujarat Medical Education and Research Society of Department of Health and Family Welfare, Government of Gujarat and located in the city of Gandhinagar, Capital of Gujarat State in Western India. It is one of the fastest growing Medical College of Gujarat. The institute strives to be among the top medical colleges in India in the spheres of medical education, research and health care services.

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From Editorial Desk: Prevention of Violence Against Doctors

According to the WHO framework Guidelines (2002), "Workplace violence is defined as the situations where staffs are ill-treated, intimidated or attacked in conditions linked to their workplace, including commuting to and from the workplace, involving an explicit or implicit challenge to their safety, well-being or health". India's situation is distinct and precarious for a number of reasons. Some of the are as follows:

- Minimal health education; and low awareness of health issues
- Eroding primary health care; low funding; and direct super-specialty visit
- Lower percentage of population under rudimentary health insurance coverage
- Poor patient-doctor communication; and Lack of medico-legal awareness
- Poor Geopolitical and socio-economic scenario

In a hospital context, violence or misconduct can occur for a number of reasons, some of which are listed below.

			
<p>Patient Related</p> <ul style="list-style-type: none"> • Impatient, Stressed Patient Due to Overcrowding, long-waiting, lack of facilities • Poor Health Literacy • Low Insurance Cover • Ill behaviour from Healthcare staff 	<p>Doctor Related</p> <ul style="list-style-type: none"> • Lack of communication • Malpractice • Disagreement on modalities, course, and option of the treatment • Lack of training in Risk Management 	<p>Hospital Related</p> <ul style="list-style-type: none"> • Lack of proper security protocol, personnel, and equipment • Low staffing resulting in overburdened healthcare professionals • Tendency to ignore Primary healthcare providers 	<p>Community Related</p> <ul style="list-style-type: none"> • Weak and Ineffective Law • Sociopolitical Extravagance • Irresponsible Journalism • Negative publicity on Social media

From Editorial Desk: Prevention of Violence Against Doctors

The first step in prevention is anticipation. When predicting violence in a healthcare setting, the simple STAMP rule is employed as a guideline.

S	Staring / lack of eye contact
T	Tone and volume of voice
A	Anxiety
M	Mumbling
P	Pacing

Points to be considered to prevent the scope of violence.

- A better communication with the patient and their family members
- Informed consent should be taken for all medical procedures and investigations
- In case of any mishap, a proper damage control plan should be in place
- Never over-do your treatment strategy and aware of one's own limitations
- Proper documentation is key to good clinical practice in any medical sector
- Imparting empathy
- Trivial safety measures

There is a significant healthcare gap as a result of the discrepancy between society and healthcare practitioners due to various factors. Violence against doctors has resulted from this imbalance, endangering the status quo in this field. Violence in hospitals, however, is unacceptable. Hospitals cannot turn into battlegrounds because patients in need of sympathy, empathy, support, etc. need a calm environment. Healthcare professionals need a safe and relaxing workplace if they wish to give altruistic care without being concerned for their safety. Therefore, instead of treating patients in a hostile hospital, doctors may use defensive medicine to safeguard themselves. The violence can be reduced by communication, funding, and a strong doctor-patient relationship. The way healthcare is delivered and the patient population is handled needs to change, and everyone from doctors and hospitals to lawmakers and the general public must do so.

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Compression-only Life Support (COLS) Training



On April 30, 2023, compression-only life support (COLS) cardiopulmonary resuscitation (CPR) training was given to about 200 members of Bharat Vikas Parishad, including 5–6 members under 12 years old, by the Department of Anesthesiology, GMERS Medical College, Gandhinagar.

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Compression-only Life Support (COLS) Training



Compression-only life support (COLS) training was imparted to 1500 police staff by the Anesthesia Department on June 11 at the Auditorium, GMERS Medical College, Gandhinagar. From 9:00 a.m. to 6:00 p.m., training is given by PowerPoint presentations, demonstrations, and hands-on training on manikins in batches of 200 police staff every hour. The purpose of this training is to save someone's life before reaching the hospital. At the same venue, the Oath for Organ Donation was also taken by police staff, led by Respected Dean Madam and the Anesthesia Department.

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Scientific Conclave on Antimicrobial Stewardship



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Scientific Conclave on Antimicrobial Stewardship



Academic Conclave on “Anti-Microbial Stewardship” successfully organized by Dr. Gaurishanker Shrimali (Professor and Head of the Department of Microbiology) & team in auspicious presence of our Shri Manoj Aggarwal, IAS (Additional Chief Secretary, Health & Family Welfare Department, Gandhinagar), Dr. Yogeshanand Goswami (CEO, Gujarat Medical Education and Research Society, Gandhinagar), Dr. R Dixit (ADME, Gandhinagar), Dr. Shobhana Gupta (Dean, GMERS Medical College, Gandhinagar), Dr. Niyati Lakhani (Medical Superintendent, GMERS Medical College, Gandhinagar) and Dr. Snehal Bagthariya (Joint Director, Gujarat State Biotechnology Mission (GSBTM)–DST on April 9, 2023 at Auditorium, GMERS Medical College, Gandhinagar. The scientific event was attended by approximately 400 delegates across the country, and 50+ papers and posters were presented by delegates.

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World Environment Day and International Day of Yoga Celebration



World Environment Day and International Day of Yoga Celebration



Yoga is the ancient science of health, harmony, and peace. Yoga not only heals human beings but also creates harmony with nature, as a sound mind, a sound body, and a sound environment are interconnected and inseparable. Any imbalance in any one affects others. To express our feelings of gratitude towards Mother Nature, we celebrated "World Environment Day" on June 5, 2023, by creating "5 layers of dense forestation using principles of organic natural farming in Vrindavan Garden at GMERS Medical College Gandhinagar." On the auspicious occasion of International Day of Yoga on June 21, 2023, GMERS Medical College celebrated International Yoga Day with the theme "Yoga for Vasudhaiva Kutumbakam" or "Yoga for the Welfare of All as One World-One Family." The Indian System of Medicine Unit under the aegis of the Department of Physiology organised a session with the mentorship of Dr. Paragi Gandhi (Tutor, Pathology) and Dr. Jignesh Harakhani (Tutor, Physiology). About 70 members of the institution, including senior faculty, interns, students, and security staff, practiced yoga as per protocol and took the pledge to practise a yogic lifestyle routinely. On this occasion, hon. Dean Madam Dr. Shobhana Gupta and hon. Medical Superintendent Madam Dr. Niyati Lakhani emphasized the beneficial role of yoga for medical professionals in these stressful times. Medical doctors shoulder a lot of responsibility in their professional lives, creating stress and strain and feelings of low energy or low motivation to think and act "out of the box" for the betterment of humanity. Yoga and meditation provide extra energy and focus to cope with daily stress for better performance and fruitful living.

World Health Day 2023 Celebration – Quiz Competition



Under the aegis of the Indian Association of Preventive and Social Medicine (IAPSM) and the guidance of Dr. Shobhana Gupta, the Dean and Dr. Jignesh Chauhan, Professor and Head of the Department of Community Medicine, organized a quiz competition for undergraduate students as part of the celebration of World Health Day 2023. The preliminary round was held on April 5, 2023, followed by the final round on April 10, 2023. 45 students enthusiastically took part in this event

Celebration of Menstrual Hygiene Day



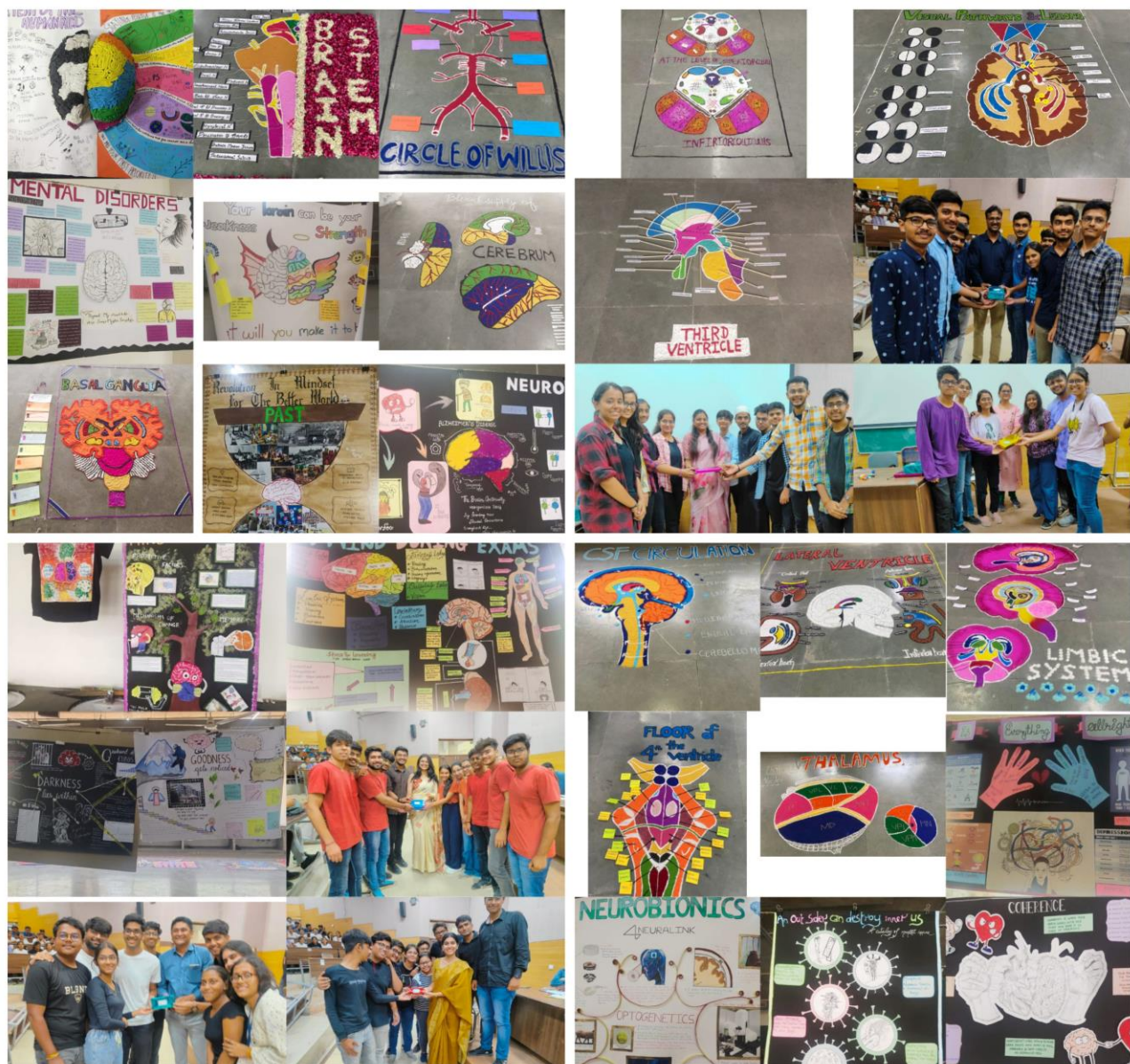
Menstrual hygiene day was celebrated on Saturday, May 23, at the Urban Health Training Center (UHTC), Sector 24, Gandhinagar, and the Rural Health Training Center (RHTC), Rupal, under the guidance of Dr. Jignesh Chauhan, Professor and Head of the Department of Community Medicine. Information and guidance were given to adolescents on menstrual hygiene, the use and disposal of sanitary pads, and dietary advice. Hemoglobin estimation was done, and iron and folic acid tablets and sanitary pads were distributed to adolescents and girls.

World Blood Donor Day Celebration



On June 14, 2023, the doctors and other staff members of the Blood Bank at GMERS Medical College, Gandhinagar celebrated World Blood Donor Day. The blood bank was decorated beautifully, and everyone was so happy and joyful. A blood donation camp was also organized at the CRPF camp in Chiloda as well as at the blood bank in the institute itself (in-house donation camp). An awareness rally was organized and led by Dr. Niyati Lakhani, Medical Superintendent and Dr. Meeta Parikh, Professor and Head of Department of Pathology and respected faculties also actively participated. The rally covered the Pathika Ashram bus stand as well. They taught people about blood donation and made them aware of the benefits of donating blood. A poster-making competition was also organized, in which various staff members from the hospital and doctors participated. Prize distribution was also done afterwards by the judges. Overall, it was the day of blood donors, who, by donating the blood, brought smiles to many faces. The blood bank appreciates every blood donor and is thankful for the happiness they spread.

"Colourful Minds on the Floor," and "My Mind, My Thought"

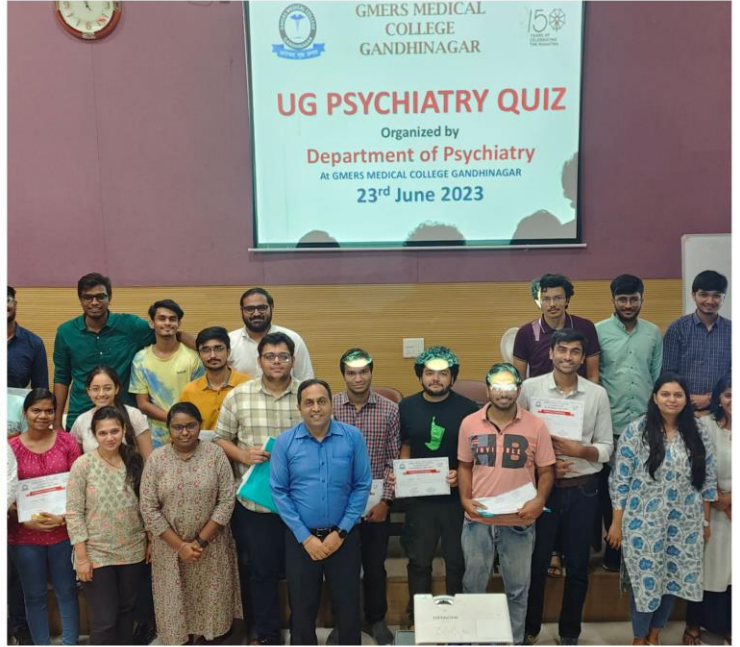


On May 29, 2023, the Department of Anatomy, GMERS Medical College, Gandhinagar, hosted an exciting rangoli-making competition, "Colourful Minds on the Floor," and an innovative poster presentation, "My Mind, My Thought". The event saw enthusiastic participation from students showcasing their artistic talents. The theme of the competition centered around the brain, allowing students to creatively depict it with vibrant colours and meticulous craftsmanship. The participants skillfully brought the theme to life. The competition was followed by prize distribution and proved to be a valuable platform for students to enhance their artistic skills, teamwork, and leadership while showcasing their creativity.

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Annual Psychiatry Quiz Competition



The Department of Psychiatry, GMERS Medical College, Gandhinagar, had organized the undergraduate medical students' quiz on June 23 at the lecture hall on the 4th floor of the OPD building. This annual quiz is organized every year, and the winning team goes on to play the next round at the state level. A total of 11 teams participated in the quiz. After the screening round, four teams were selected to play the quiz. There were six rounds, including a buzzer and an audio-visual round. The winning team was Mr. Yashil Langnesha and Mr. Mihir Kachhadiya, and the runner-up team was Mr. Saksham Srivastva and Mr. Meet Patel from the final-year batch. They were given certificates and prizes. The purpose is to encourage students to read about mental health and to understate the importance of psychiatric illnesses in their careers. The Department of Psychiatry is thankful for the guidance and support of Dean Madam and office staff.

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Workshop on Peritoneal Dialysis



A Workshop on Peritoneal Dialysis (PD) for Trainees in Pediatric Medicine was organized on April 5, 2023, by the Division of Pediatric Nephrology, Department of Nephrology, Smt. G.R. Doshi and Smt. K.M. Mehta Institute of Kidney Diseases and Research Centre (IKDRC), Dr. H.L. Trivedi Institute of Transplantation Sciences (ITS), and Gujarat University of Transplantation Sciences (GUTS), Ahmedabad, at the Department of Pediatrics, GMERS Medical College, Gandhinagar. PD introduction, physiology, PD prescription, and hands-on training were done. All faculties and residents of the paediatrics department attended and got benefits.

Exhibition on Diabetes by Interns



An exhibition on diabetes mellitus was organized by interns of batch 2018 at Urban Health Training Center (UHTC), Sector 24, Gandhinagar, under the guidance of Dr. Jignesh Chauhan, Professor and Head of the Department of Community Medicine. A detailed explanation of diabetes, along with guidance on treatment and preventive measures, was given to the beneficiaries. Random blood sugar testing was done on all the attendees and visitors.

Pyogenic Granuloma of Tongue – A Very Rare Case Report



Pre-Operative



Post-Operative

A 19-year-old male patient came to the dental department with the chief complaint of growth in relation to the right lateral border of the tongue. The growth was approximately 1.5 x 1 cm in size, causing difficulty eating for the patient. On examination, the growth was pinkish to whitish in colour, soft in consistency, and had a sessile base. As per clinical examination, the provisional diagnosis was a traumatic lesion. The growth was excised by laser in the department itself and sent for biopsy for confirmation. As the tongue is highly vascular, the excision by laser resulted in minimal or no bleeding and showed satisfactory healing on follow-up. As per histopathologic findings, the confirmatory diagnosis is pyogenic granuloma.

Success Story of Patient with Guillain-Barré syndrome (GBS)



"GBS was a life changer, But I'm always grateful to my treating doctors."

– Sahdev Parmar (Father of survivor patient with GBS)

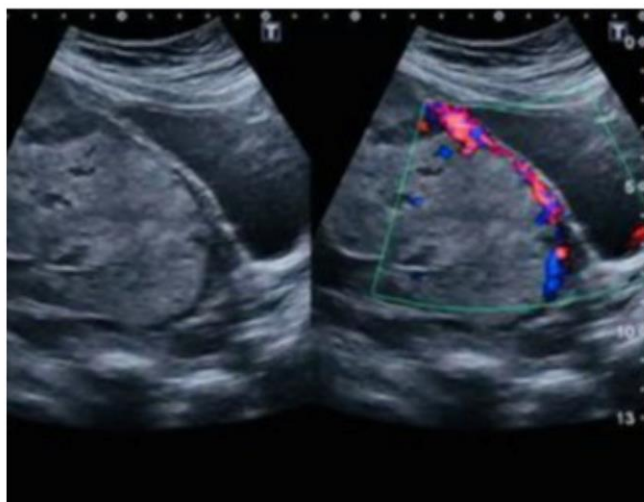
The aforementioned 3.5-year-old male child was admitted to our PICU with the chief complaint of an inability to stand up on his feet (sudden loss of power in bilateral lower limbs) on waking up from bed. He was having acute diarrhoea one week ago before this complaint. After taking a detailed history, clinical examination, and necessary investigations, we started treatment with IVIG, suspecting a case of GBS. On the very next day, Sahdev felt difficulty swallowing and breathing. So, he was intubated immediately in view of the progressing ascending paralysis involving respiratory muscles too. After 14 days of our treatment, Sahdev needed to be operated on for a tracheostomy, requiring prolonged ventilatory care. With the immense support of the ENT department, we were able to manage Sahdev further. In a total of 65 days of hospitalisation, Sahdev went through various ups and downs: pneumonia, UTI, septic shock, autonomic disturbances (hypertension, anemia).

After a lot of hard work by our team members and, obviously, with the support of the ENT department, this little one goes home after 65 days of continuous hospital care with a big smile on his face. His parents are very thankful to our team.

We, as a team, are always on our toes to treat such innocent souls and spread smiles! Currently, Sahdev is on our regular follow-up list and taking regular physiotherapy with adequate nutritional care!

**Department of Paediatrics,
GMERS Medical College, Gandhinagar**

Conservative and Fertility Sparing Surgery in a Case of Placenta Accreta Spectrum (PAS)



Placenta Accreta Spectrum (PAS) is the leading cause of intractable postpartum haemorrhage and emergency peripartum. PAS increased over the last decade due to an increase in caesarean deliveries (1 in 300 deliveries). Since the last few years, there has been a gradual shift towards the idea of conservative management to reduce major obstetric haemorrhage and salvage hysterectomy. The objective of this case report is to demonstrate the value of accurate antenatal diagnosis and a multidisciplinary strategic approach in PAS. A 34-year-old female with 38 weeks of gestation and prior 3 caesarean sections with gestational hypertension in labour with outside ultrasonography S/O complete placenta praevia with morbidly adherent placenta with loss of placental myometrial interface admitted to GMERS Medical College, Gandhinagar, for an emergency C-section. Complete placenta praevia with PAS, Blood and blood products were in hand, and delivery was done by upper segment transverse incision, keeping the placenta in situ. Bilateral internal iliac ligation and bladder separation are done by blunt and sharp dissection. Adherent placenta resected along with the uterine wall Reconstruction of the uterus done Segmental uterine resection is an alternative to caesarean hysterectomy to preserve fertility and the uterus in PAS. This successful, complicated surgery was done by Dr. Vijay Kansara, Associate Professor, Department of Obstetrics and Gynecology, with the able support of his departmental staff and anaesthesia department.

A Case of Thrombocytopenic Purpura

A 26-year-old female patient presented with the chief complaint of fever, abdominal pain, and headache for 3 days on May 17, 2023. Fever was mild grade with a frequency of 1 to 2 times a day and was associated with headaches. Abdominal pain was dull and aching, non-radiating, and not associated with other complaints. There is no similar past history, as well as no history of blood transfusion, trauma, or tuberculosis. The last menstrual period was May 14, 2023, and menstrual bleeding was continued.

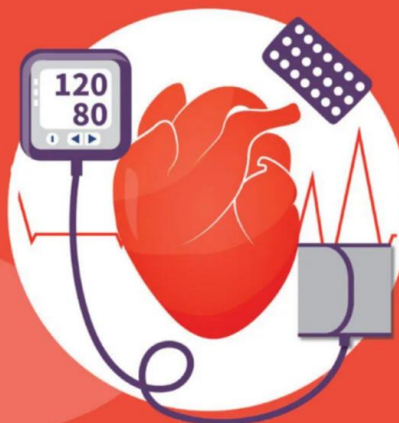
After 3 days of admission, the patient has been shifted to the ICU due to a high-grade fever and 3–4 episodes of convulsions, which lasted around 30–40 seconds. Stool and urine were not passed during convulsions; a tongue bite was present. After episodes of convulsions, patients become semiconscious for around a day. Patient had undergone an MRI of the brain, which came normal. Patient was still menstruating and developed heavy menstrual bleeding per vagina with clots. For the convulsions, inj. lacosamide and inj. levetiracetam were administered.

On May 23, 2023, on general examination, the patient was conscious but disoriented to time, place, and person. Vitals were normal, but pallor and jaundice were present. On systemic examinations, the patient developed left-sided upper and lower limb weakness; deep and superficial sensation was lost on the left side of the body; right-side gaze was fixed with continued eye movements with a GCS of 10/15 (E4 V1 M5); tone was decreased on the left side; power was +3 on the right side and 0 on the left side; planter was extensor on the right side and absent on the left side; pupils were reactive to light.

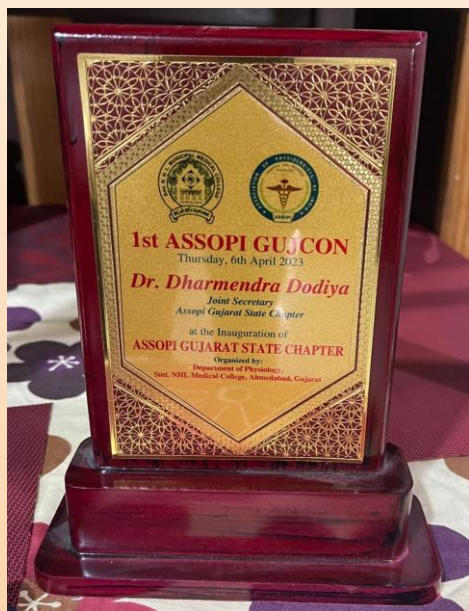
Based on laboratory reports, the patient was diagnosed with thrombotic thrombocytopenic purpura on May 25, 2023. Five cycles of plasmapheresis were done. On June 5, 2023, the patient was conscious and oriented with a GCS of 15/15 and normal neurological activity. There were no convulsions after May 30, 2023. A double-lumen catheter was removed on June 10, 2023, by an all-aseptic procedure. The patient was fully conscious and oriented to time and place on June 10, 2023, and was discharged happily from the hospital.

**WORLD HYPERTENSION
DAY 2023**

**Measure Your Blood Pressure
Accurately, Control It, Live Longer!**



Achievements



Dr. Dharmesh Dodiya, Associate Professor, Department of Physiology, GMERS Medical College, Gandhinagar, was appointed as Joint Secretary of the Association of Physiologists of India (ASSOPI), Gujarat State Chapter, at the Inauguration Ceremony of the Gujarat State Chapter on April 6, 2023, organized by the Department of Physiology, Smt. NHL Municipal Medical College, Ahmedabad.

Dr. Nidhi Jariwala, a 2nd year postgraduate student of the Anesthesia department, was awarded the 2nd prize in poster presentation at the Adrenaline Medical Conference (AMACON) 2023, held at Smt. NHL Municipal Medical College, Ahmedabad, on June 2-4, 2023.





प्रारंभ



भारत 2023 INDIA

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World Health Organization

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