

AIIMS DOCTOR'S e-NEWSLETTER

Volume 1

Issue 1

August 2016

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Director's Message

Learning knows no boundaries of time and resources. Residents are the integral part of Academic Healthcare system and form the backbone of a teaching institution like AIIMS. It is a unique example that all those, who fall in the category of "RESIDENTS" are engaged in care of patients, research, obtaining higher teaching and also obtaining training for themselves, by continuously engaging themselves in teaching and training of those, who join 6 months or year after. A resident by definition meant a student who spent most of his/her time in the hospital and this was the reason that "Resident Accommodation" is provided inside the campus of most major teaching institutions including AIIMS. We are aware that during Senior Resident years most of us get married and it does lead to change in priorities for the majority, with social and personal life taking precedence and priority. It is very welcome to give priority to personal and family life, but one must be conscious of the fact that the professional commitment/compulsions of putting a sick patient before any entertainment/family commitment puts us on a higher pedestal, different than others by society. At times, these instances become a source of major discord between husband and wife. Both have to have a huge understanding of such compulsions/commitments. The Six-Year learning period (3 –Years as a Junior and 3-Year as a Senior Resident) is extremely crucial for shaping your career, the opportunity which we get only once in lifetime. Therefore any deficiency if left in our training, can never be overcome.

VISION ABOUT AIIMS

I want this Institute to be a unique institute and to be able to give to our people--the young men and women doctors--the opportunities for study for post-graduate education that they have not until now been able to have in their own country.



Dr. Raj Kumari
Amrit Kaur

I firmly believe that in order to become a good professional/ethical doctor (All) we have to learn to become a good human being, learn communication skills, be compassionate to your patients and good to your colleagues. Learn to work in team. Each one of us has to learn to balance personal and professional commitments so that we are an asset to our community as well as society and Nation. I strongly consider that doctors play a crucial role in Nation Building by caring "One and ALL Without any Malice". Hospitals are "TEMPLE OF LEARNING", we learn from books and journals, but what we learn from patients is enormous, at times patient teaches much more than any Journal or book to us. Actually books and journals are authored with this enriching experience.

I am very happy that this initiative has been taken by Dr. Deepak Agrawal & his team to bring out the inaugural issue of "Resident Newsletter". This will improve awareness and interaction amongst the residents regarding the various activities and changes being undertaken at AIIMS. You all will agree that unless each one of us feels a sense of belonging to this institution, we will not be able to constructively contribute to its growth, developments and improvement in patient care, which ultimately would work towards enhancement of our growth and career.

I hope each one of us can rededicate ourselves each day to work selflessly for the patients and to become good doctors and better human beings, by our honest communication, compassionate approach and building TRUST with our patients and colleagues.

I wish you all a Happy Independence Day on the occasion of 70th Year of our freedom from foreign rule.

Jai Hind

Prof. MC Misra

From Editor's Desk



Since my residency at AIIMS, I was always interested in having a resident newsletter, which catered to residents as well as PhD students in AIIMS. It has been more than a decade to finally hold the first issue in hand. Although all content is by residents, it has taken huge effort by my co-editors Metilda, Teenu and Merin to get the articles and compile them into this newsletter. Our aim is to make this a monthly newsletter and this depends on your active participation in contributing articles and other content for future newsletters. As this is work in progress, we would love to have your comments and feedback to make it more relevant and interesting to you all.

Happy reading

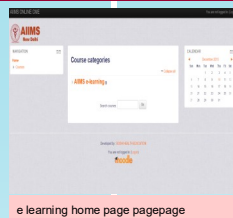
Dr. Deepak Agrawal

Chairman Computerisation, AIIMS

COMPUTERISATION INITIATIVES

e-LEARNING A PERSONALISED LEARNING EXPERIENCE

e learning is an initiative from computer facility in collaboration with Bodhi Health Education to provide online continuous medical education. This module is currently running for nurses since September 2015 ,which helps them to update their knowledge.



e learning home page pagepage

e learning works on moodle platform which is an open source platform that provides personalized learning environment for the users. The user can access it at www.aiimsdelhi.org both from intranet and internet. Every user has a unique user id and password with which they can access their profile. You can contact your NIS for username and password.

E learning is currently live for doctors of AIIMS

e DEATH NOTE

E death note module is an online module for Doctors to prepare death note .Each user has a unique login id and password to prepare e death note. The username and password will be provided by the concerned NIS.

The doctor has to login using the username and password and death note should be made in the entry form .All the details of the patient should be filled in the death entry form including cause of death. Once the form is filled it has to be saved by the doctor .The international death form will be auto filled by the system when UHID is entered. Other forms like death certificate, print card, opd form will also be auto filled.

Changes in death note can be made only till 6hours once it is made. For any changes after six hours ,a letter mentioning the changes should be forwarded by Medical Superintendent and should be sent to Computer facility.

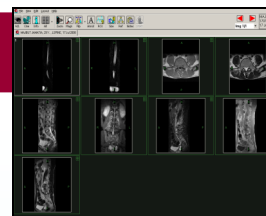
Compliance-100%

(JRs and SR s). Modules online are Computerization and Orientation of AIIMS.

Orientation of AIIMS covers a brief overview of AIIMS so that newly joined JRs/SRs will have an idea about the workflow of AIIMS. Computerization module covers the online modules which are running in AIIMS .

After logging in the user has to enroll themselves to a particular course by selecting 'enroll me' option. Pretest has only one attempt with a time limit of 10 minutes after which the system auto submits it. Post test has two attempts and is conditioned in such a way that the second attempt opens only if the first attempt score is below 60%.

OPEN PACS



Picture Archiving and Communicating Systems (PACS) is a computer system for digitized radiologic images. It provides archives for storage of multimodality images, integrates images with patient database information, facilitates laser printing of images and displays both images and patient information at work stations throughout the network.

In AIIMS, open PACS was made available in 2014 and images of x-ray, CT, MRI etc can be accessed through Open PACS in hand held devices like smart phones , i pad etc through intranet and wifi.

The reports of Holter, HUTT, ambulatory BP (ABP) and PFT (Department of medicine)from CNC are also available in open PACS.

It can be accessed from:

192.168.15.35/newsite.main.html

192.168.15.23:8080/oviyam2 (directly available).

PAPERLESS OPD - A NEW INITIATIVE FROM COMPUTER FACILITY

Gone are those days, when JRs and SRs used to run from one lab to another for getting the report of patients admitted in the wards. Now from placing an order in the lab till receiving of the report is possible with the click of a mouse. Lab module in e hospital was proved to be extremely useful for both doctors and patients in AIIMS.

Even though the lab module was completely online for inpatients, doctors in the OPD were filling the investigation forms manually for outpatients. As a new initiative towards making the OPD paperless, manual forms are stopped from OPDs(RAK OPD). Now for all the investigations available in the e hospital, doctor sitting in the OPD need to only mention the investigations in the OPD card of the patient. Online order entry

for those investigations will be done from the Central Collection Facility and reports will be generated online. This change in the workflow will avoid duplication of work and in turn will save the time of clinicians (currently available in RAK OPD only).

Another step towards making the OPD paperless is online medical certificate (IRCH and RPC). After seeing the patient in the OPD, instead of filling the medical certificate doctor need to mention the period of rest, date, diagnosis and full name of the doctor in the OPD card of the patient. Medical certificate will be generated through online application in the counters and patient will get it signed from the concerned doctor.

ADOPT A PATIENT PROGRAM

AIIMS launched 'adopt a patient' policy on 4th of June 2016, under which public donations can be made for patients who are unable to continue their treatment or bear cost of buying equipment needed for rehabilitation at home .

Donations can be made online as well as offline for this purpose. List of patients provided in website is verified and updated by the doctor treating that particular patient. The policy was launched with a focus on patients with brain and spinal cord injuries who are left with huge and enormous disability, requiring rehabilitation.

Donations can be also made to centers and for research activities. You can donate any amount for any patient .

Online donations

These can be made at www.aiims.edu by clicking online donations at the bottom of the page. Donations can be made for whole of AIIMS or a specific centre of AIIMS (both eligible for 100%

The screenshot shows a web interface titled 'Adopt a Patient'. It includes a search bar and a table of patients. The table has columns for UHID, Name, Age, Sex, Date of Birth, Address, and a 'Donate' button. Below the table, there is a note: 'You need not be a doctor to adopt a patient. You can adopt any patient from the list of eligible patients at the link [adopt a patient program](#)'.

UHID	Name	Age	Sex	Date of Birth	Address	Donate
1	Donate
2	Donate
3	Donate
4	Donate

tax deduction). Donation can also be made for promoting research at AIIMS (eligible for 175% tax deduction). In case you want to adopt a patient or pay partially for any patient, you can select the patient from the list of eligible patients at the link '[adopt a pa-](#)

[tient program](#)' and you will be guided through the process.

Offline Donations

If you want to submit cheque/ bank draft, it should be in favour of '**Director, AIIMS**' and/or '**Chief, JPNATC, AIIMS**' and should be accompanied with a cover letter stating the accompanied with a cover letter stating the purpose of the donation. In case the donation is for a specific patient, please mention the UHID of the patient and Kindly let your intention known to us and we will discuss the modalities under '[adopt a patient program](#)'. List of patients with their UHID's can be found on our website at the link '[adopt a patient program](#)'.

LITERARY WORKS

SPECTACULAR SUMMER



(When asked about their favorite season,
Some say spring, some say the monsoon, others say winter,
But poor Summer's always forgotten,
Not anymore...)
I proudly proclaim,
Summer's my favorite season,
And I do so with proper,
Rhyme and reason,
It's the time of the year,
When days are the longest and bright,
Interspersed with,
An extremely short night,
The glorious Sun shining,
High up in the sky,
Gives everything a golden glitter,
A feast to the eye,
Compared to the overcast gray of the monsoon,
Or winter's pale white,
Nature's bright variegated hues in summer,
A sheer delight,
The warmth of the Sun,
Simply energizing,
The bright cheerful precincts,
Simply mesmerizing!
I proudly proclaim,
Summer's my favorite season,
And I do so with proper,
Rhyme and reason,
It's the time when comes the King of the Fruits,
Riding its majestic chariot full of hay,
No other fruit can seriously challenge,
The Alphonso's throne till this day,

The sweet smell enough,
To charm the mind of any sane fellow,
The fleshy texture and taste,
No lesser by any means,
There'd be no end in sight,
If in their praise, one were to start singing paeans!
I proudly proclaim,
Summer's my favorite season,
And I do so with proper,
Rhyme and reason,
It's the time of joy,
Leisure and elation,
As the schools are shut,
For the long vacation,
Visits to dear
Friends' and relatives' places,
Picnics, trips and outings,
To bring a smile on the dullest of the faces,
Many like playing games,
Both outdoors and inside the house,
While the lazier types prefer a book,
Or a remote-control in their hands like a potato-couch,
What beats the pure childlike pleasure
Of slurping on a yummy ice lolly?
An abundance of squashes, shakes and juices,
To keep the body cool and taste buds jolly.
Thus,
I proudly proclaim,
Summer's my favorite season,
And I do so with proper,
Rhyme and reason.

Dev Desai



CATALYST- SCINTILLATING TORCH OF CHANGE

Walking on the footsteps of our seniors, we organised Catalyst 2016, the third of its kind, on the 29th & 30th April. It was a result of the hard work of a lot of people and all the planning started many days before the actual event.

15 days before catalyst, schools were allotted to our juniors. We tried to cover as many schools as possible. These were the days of hard labour. Students went to many schools to invite them but not all came back triumphant. Some got negative to mixed response while some were even denied entry. However, a lot of them succeeded in creating an interest among the school children as well as their teachers regarding the event.

Not to forget, the Delhiites were there for our rescue just when we needed them. Thanks to our dear fachchas (special mention to Mehul) who managed to bring a large number of students from their respective schools. We covered almost all schools of South Delhi. The event was advertised in various newspapers and magazines like The Hindu, PTI etc. Following all the hard work that our juniors and batch mates put in, we got a better than expected outcome. The response from the schools was so overwhelming that for once we were dumbfounded - 'How the hell would we manage this much crowd?' Thankfully, our volunteers were more than capable of handling any situation, and they did.

This year, a lot of amendments were made as well. We added microbiology slides, demonstrations of normal labour and surgical instruments, to the usual anatomy and pathology specimens. Another significant addition this year was the collaboration with IIT Delhi under the tag name IOTA. The students from IIT-D along with our fachchas organised a toppers' talk to guide the young participants on how to crack the entrance exams of the top institutes of the country. They also conducted an interactive workshop on entrepreneurship.



On 29th, we rushed to the Foyer at 8:30 in the morn-

ing and made all arrangements. The students were as punctual as us and were all lined up outside the foyer at 9 am.



The morning session on 29th was a little too hectic as a large number of students arrived. We were a bit tensed in the beginning as to how we'd manage the crowd. Thanks to all our beloved seniors, juniors and batch mates; they all were there by our side to support us.

Because of the stressful sleepless night on 28th, our dear Panda (Vishal Anand), one of the coordinators, had a seizure on 29th morning at the foyer itself. It made all of us very anxious, but the show must go on. We couldn't disappoint all the enthusiastic students waiting outside to attend the event so we resumed quickly, Panda being admitted to emergency for a while.

At 1 pm started the inauguration ceremony, (a little delayed though) in the presence of the honourable Director, Dean, HOD Paediatrics and Physiology in the Audi. Then there was an intriguing talk on protein structure by the HOD Biophysics, Dr. TP Singh.

The second day was even more challenging as the DH was unavailable. We had to shift all the specimens from the DH to the Foyer. However things went smooth, thanks to all the fachchas who were so enthusiastic about teaching students that they left their own scheduled classes (for which the DH was unavailable).

The entire event went on to become a huge success and ended on a content note. I'm sure CATALYST will keep growing in the coming years and bit by bit, we will definitely bring a 'Parivartan' in some, if not many, young lives.

[Edited by Soham Banerjee (Magazine Editor, Students' Union, AIIMS)]

-Munish Bhan



IN THE MAKING

'...toh Doc saab, jara yeh batao...'

Two years ago, this was the dream. People lining up for sensible advice, making your advice count and being listened to—sounds like 'growing up'? Finally, **YOU** are the important person. Never before was your word taken for real, but now, someone demands your attention and their life depends on it. This is happening.

Remember when we entered this grand institution, all prim and proper, our faces all lit up with anticipation, and eagerness to embrace a new life! "Cardiologist!" was a popular answer when asked the kind of doctor you yearn to be. Surely the electrophysiology, or the radiation of murmurs weren't around to haunt our unripe minds back then. Have a good laugh at your old self, now that you are finally beginning to unravel the intricacies of this world.

For a year after you enter, you strive to reason with your existence. I, for one, never brought myself to the realization that the subjects that are being taught will actually do me any good.

Clinical postings are one of the cornerstones in our lives. It's books coming to life. As they say, seeing is believing, and here you have all the symptoms and signs lighting up right in front of your eyes!

Well, it's not as magical as it sounds. You have to develop an eye for it. From mechanically iterating every tit-bit of history-taking to refraining from asking urinary frequency to someone with a uro-bag, this is character-building.

When we introduce ourselves and ask for the personal details of the grieved, that's the cultured kid Mum and Dad brought up, but the moment we start talking business, it's like getting unsheathed in this miraculous saviour armour, for this is a mission! This is no longer a human but a battlefield! The causative is your mortal enemy. Gear up and attack! Start your mental engines, only here, you've got lives to **save**.

The hope in the eyes of the help-seeker is madden-

ing. We are their last resort. The multitudes at the out-patient sector are a constant reminder that we are an institute of utmost repute. For some, we are, merely an additional advice before reviewing their options; but for some, we may be the final key. Such is the regard for doctors and we familiarise with the tradition by breathing in this air, hoping that one day, we may be the reason the frown is wiped off the help-seeker's face.

And then your ego goes crashing when you head for the community! The rule goes— they don't need you, you need them to carry out their duties as a responsible citizen. Pull up your sleeves; you might have doors being shut on your face. This is a test of your convincing powers. Maybe the white coat is over-rated, one is bound to ponder. Here you see people convinced that their practices are in no way, responsible for their outcomes; where prayers and elders are more reliable than a medical student standing at your door-step.

The hunt for diagnosis is another bug that bites us in this phase. Never before, did we ever imagine that fever had a story. Our best bud in school, fever never let us down. Only here we see that one word speaks volumes for a medico and it's these little swaps and transitions that are shaping us. The words that previously meant the bland 'ill' are now screaming for identity. This is a new parlance in the making.

And yes, don't shy away from presenting a case! 'Sabki baari aati hai...'

Nothing about this time in our lives is meagre. Slowly and unsteadily, it is transforming us. We may not realise it soon, but the way we see treatment now is probably what we are going to practice when we step into their shoes. This is a phase of tremendous transition— from an on-looker to an intervener. Do not belittle this process by shunning it as a futile exercise. These encounters shall catalyse the aggregation of the person the world sees in you. And you want to hope they see a healer.

By- Saloni Une

EVENTS

AIIMS UN

This September, PULSE will go from South East Asia's largest Med College Fest bang straight to the world stage. Yes presenting the first of its kind 'AIIMS Model United Nations'. A platform for constructive dialogue and deliberation on the 'Global Refugee Crisis: World Impact and Solutions'. Stay tuned for further details. We can always be contacted on aiimslexicon2016@gmail.com



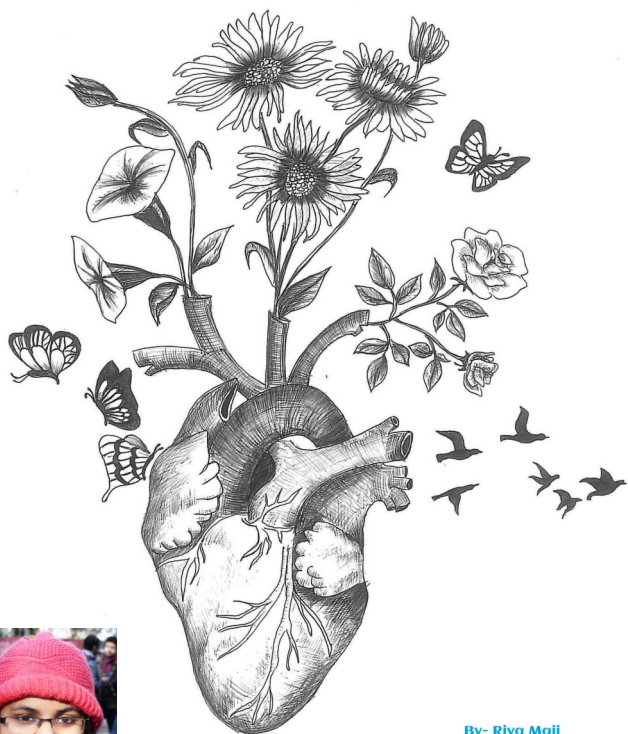
GYM NITER WINNERS

Congrats to the winners of the second Futsal tournament of the year (Shamsudheen Akbar and Sreerag P Rajan send off tournament also)



Winners: Ronnie Georgee, Sachin Jose Pulickall, Navaneeth Patterethh, Irfan V Pankoll, Shafneed C H Cheppuu

Runners up: Shamsu, Sreerag, Govinda Balmuchuu Gopikrishna Shyamm Muhammed, Ajmall, Umang Aroraa.



By- Riya Maji
Batch 2015

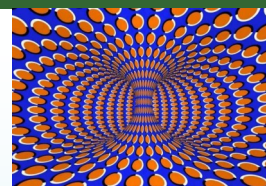


Painting by Vashishta Polisetty

By- Vashishta Polisetty
Batch 2014

OPTICAL ILLUSION

An optical illusion (also called a monstasir) is an illusion caused by the eye and characterized by visually perceived images that differ from objective reality. Optical illusions neither trick the eye nor fool the brain, but they are fascinating! They also teach us about our visual perception and its limitations. Emphasis here is on beauty, interactive experiments and attempts at explanation of the visual mechanisms involved.



For many illusions, there is a percentage of people with perfectly normal vision who just don't see it, often for reasons currently unknown. These phenomenon highlight particular good adaptations of our visual system to experience with standard viewing situations.

UPCOMING CONFERENCES



All India Institute of Medical Sciences
Jai Prakash Narayan Apex Trauma Center

6th International CME, Workshop & Conference on
'Cost Effective Use of Technology in e-Healthcare'
(4th Annual Conference of SCEUTH)

CEUTEH-2016

8th - 10th September 2016 JLN Auditorium, AIIMS, New Delhi

Organized by
Department of IT & Emergency Department (ED), JPN Apex Trauma Centre,
All India Institute of Medical Science (AIIMS), New Delhi

Date	Pre Conference workshops	Venue	Course fee
3rd September 2016	Workshop on Research Ethics and Publication	Seminar Hall, Trauma Centre	1000 INR
4th September 2016	Educational Tour	Delhi	500 INR
5-7 September 2016	AIIMS - Advanced Ultrasound Trauma Life Support (AULTS)	Seminar Hall, JPNATC.	3500 INR
8th September 2016	Personality Development, Communication and Presentation Skills (AIIMS- PDCP)	JLN Auditorium, AIIMS.	1000 INR
8th - 10th September 2016	Main conference (CEUTEH - 2016)	JLN Auditorium, AIIMS	4000 INR

Package Registration (for all preconference workshops & Main conference)
 • Up to 30 July 2016 (Doctors : 3500 INR /Nurses: 3000 INR) • Accompanying person: Rs.2000/-
 • After 30 July 2016 (Doctors : 7500 INR /Nurses: 4500 INR) • Spot Registration Rs. 5000/-

ABSTRACT SUBMISSIONS OPEN
 Abstract Center closes on 15 August 2016. Abstract can be mailed at: sceuth@gmail.com
 For Abstract guidelines and online Registration please visit <http://www.aiims.edu/ceuteh2016>

CMEACCREDITED HOURS-8 HOURS /DAY

For information or registration contact:
 Room no 102, Dept of IT, JPNATC, AIIMS, New Delhi-29
 Ph. 986398265 986398634. 011-26731124 email - sceuth@gmail.com
 Register at <http://www.aiims.edu/ceuteh2016>



We welcome young faculties working in fields of Physiology, allied sciences or Medicine for

Workshop on Techniques in Physiological Sciences

20 - 22 Dec 2016

@AIIMS, New Delhi

REGISTER ONLINE

Last Date 31 Aug 2016

For more details visit
<https://www.plexusmd.com/event/wtpps16>



NATIONAL MEDICAL BOOK AUTHORS-WORKSHOP (NMBA-W)

Dear Friends!

It gives us immense pleasure to invite you for **NATIONAL MEDICAL BOOK AUTHORS-WORKSHOP (NMBA-W)**, to be conducted by **DR.BRAIRCH, All India Institute of Medical Sciences (AIIMS), New Delhi, INDIA** on **September, 10th, 2016 (Saturday)** from **9AM to 4 PM**. This first time event in India promises to bring together the **Leading Authors of Medical Books from India, the Who's Who of International Medical Publication Houses & Broad Based Audience**. Details about registrations, speakers & programs will follow soon.



Contact : dr.amarranjan@rediffmail.com