

First Postgraduate teaching course

Department of Orthopaedics

AIIMS Raipur CG

15th and 16th December 2018



Report

The first postgraduate teaching course for Orthopaedic Post graduate residents of various medical colleges including the newly opened AIIMS was conducted by the Department of Orthopaedics, AIIMS, Raipur on 15/12/18 and 16/12/18. More than 50 post-graduate students pursuing MS Orthopaedics, Diploma in Orthopaedics and DNB Orthopaedics from all over the country (AIIMS Raipur/ AIIMS Jodhpur/ AIIMS, Bhopal/ AIIMS Bhubaneswar, and various medical colleges from Rajasthan, Madhya Pradesh Odissa and Chhattisgarh) attended the PG teaching course. Very senior Medical Teachers and examiners - Senior National faculty like Prof. Dr G.K Singh, HOD Orthopaedics, KGMC Lucknow, Prof. Dr A.K Pal IPGMER Kolkata, Prof. Dr Bishnu patra Additional Professor and HOD AIIMS Bhubaneshwar, Dr Mohit Dhingra, Associate Professor AIIMS Rishikesh were the outside faculty apart from Prof. Dr A.C Agrawal HOD AIIMS Raipur, Dr. Bikram K Kar, Dr H Sakale and Dr Bikas Sahoo Asst. Prof from our institute. All Faculty graced the occasion and delivered lectures on the important topics which are useful for the final examination and 3 years

postgraduate training course. (Annexure 1). More than 40 participants attended the course and their list is attached as annexure 2.

Day 1



The post graduate training started following registration and breakfast at morning 8 AM. Programme was flagged with multiple spotters covering finer aspects of orthopaedic ward rounds, under the guidance of our Professor and Head of Department at AIIMS Raipur, Dr.A C Agrawal. The spotters were asked one by one from all participants so that they can get free from all inhibitions and learn freely during the course. Examination of hip joint was taught by the eminent teacher Prof G K S Singh who spoke spontaneously with teaching on black board and demonstration on self so that the participants learn how to make scientific diagrams related to hip and gait analysis. His lecture was quite lucid and informative. Next was a case presentation of hip by post graduate resident from AIIMS Raipur Dr. Buddhadeb Nayak, and was moderated by Prof. G K Singh, Prof. Dr. K Sudarshan Ex HOD Orthopaedics Medical College Raipur and Dr. A K Pal followed by an elaborate discussion on history taking, clinical examination and management of the case presented. Next was a talk on the examination of spine by Dr. A K Pal combined with a case presentation on spine presented by post-graduate resident Dr. Sharath koushik where examination of spine was taught. Examination of shoulder joint was presented by Dr. Bishnu patra (H.O.D & Additional professor, AIIMS, Bhubaneshwar) and he also demonstrated clinical examinations on shoulder joint.



The course was inaugurated by lamp lighting by Prof. G K Singh who was the chief guest of the ceremony. Prof. Dr. S P Dhaneria (Dean, AIIMS, RAIPUR), Prof. Dr. A C Agrawal, Prof. Dr. A K Pal, Dr. Bishnu Patra, Dr. Mohit Dhingra, Dr. Bikram K Kar, Dr. Harshal S Sakale, Prof. Dr. S. Phuljhele and Dr. K.D Tiwari President Elect CZIOA were also guests seated on the Dias. Prof. Dr Alok C Agrawal welcomed all dignitaries on the dias and introduced his department to all. He emphasised the need of such courses to make postgraduates confident and ready for exams. Prof. Dr G K Singh in his speech as a chief guest enlightened about how to prepare for final exam on Orthopaedics. It was followed by lecture on “how to prepare for practical exams” by Dr. A K Pal which enlightened and uplifted the morale of post graduates for the upcoming exams. Dean Prof. Dr. S P Dhaneria presided on the meeting and informed all that this initiative is good and will be soon followed by all departments. Inauguration ceremony was followed by lunch.



Post lunch session: Dr. Mohit Dhingra, Associate professor, AIIMS Rishikesh gave a lecture on examination of Elbow joint .Followed by a case presentation on elbow joint by DNB resident.

This was followed by a detailed lecture on examination of knee joint by Dr. Bikram Keshari Kar, Associate professor, AIIMS Raipur .Next talk was on examination of knee examination – special tests which was taught by Dr. Harshal Sakale, Assistant Professor, AIIMS, Raipur. Examination of foot and ankle was covered by Dr. S Phuljhele (H.O.D JNMMC, Raipur) who extensively covered all the minute aspects of foot & ankle examination. Examination of a child with clubfoot was taught by D Bikas K Sahoo Asst prof Orthopaedics AIIMS Raipur followed by a discussion on Ponseti's technique and bracing schedule. The first day programme was well appreciated by all teachers and learners with a real desire to start next day programme again on time.



Day 2:

The second day activity again started with spotters by Prof Dr. Alok C Agrawal and faculty discussion which were much appreciated by all students. First lecture of day 2 was by Dr. Anand Joshi who demonstrated and explained in detail with videos about different types of gait. Followed by a brief talk on basics of a spine MRI by Dr. Narendra Kuber Bhodey, HOD, Radiodiagnosis, AIIMS, Raipur, who taught the residents how to read a MRI of the spine. Next was a elaborated talk on Orthosis and Prosthesis by Dr. Jaideep Nandi (Assistant prof PMR, Raipur) who explained in detail about the indications, prescription and uses of orthosis. Next talk was on examination of peripheral nerve injuries by Dr.Surender Kumar (DM, Neurology), Assistant Professor, Dept. of Neurology which also included a case presentation on ulnar nerve injury and demonstration of peripheral nerves of upper limb by him along with Dr Mrityunjay Kumar Asst Prof Neurology. Prof. Dr. A C Agrawal extensively and exhaustively covered all the aspects of bone tumors in detail with multiple radiographs of bone tumors. Followed by a case

presentation on knee with ligament injury by Dr. Buddadeb Nayak who intricately presented and discussed related problems. Dr. Udit Agrawal , post graduate resident, AIIMS, Bhopal presented a case of hip examination.



The session was followed by a group photograph of faculty and students and a delicious lunch.

The post lunch session started with demonstration of radiographs on various orthopaedic disorders with discussions on their diagnosis /management and prognosis. The session lasted almost one hour and the collection of X-rays with Dr. Alok C Agrawal was well appreciated by students and other faculty. Another hip examination case was presented by final year DNB residents. Followed by a demonstration of orthosis and prosthesis by Dr Madhushre Sengupta Senior Resident PMR.



In the valedictory programme a chance was given to all trainees to express their feedback on the training and methods to improve on it. Most postgraduates expressed a desire to have more frequent trainings and of 3 days duration so that they can learn and practice better. How to pass DNB Orthopaedics was described by Dr Rudra Pratap Singh asenior resident at AIIMS Raipur who qualified DNB also in his first attempt. Personal experience as a DNB trainee and how to prepare for DNB exams and pass it was well described by Dr Sameer Mittal senior resident at AIIMS Raipur. These experiences were well appreciated.



Closing remarks on the post graduate teaching course were given by Prof. Dr. A C Agrawal and he thanked all for their whole hearted support in the conduction of the programme. He said that this was a basic P G Teaching course emphasising examination of an Orthopaedic patient. Soon in the future advanced courses for exam preparation will be also conducted.



We are thankful and Grateful to Prof. Dr. Nitin M Nagarkar Director AIIMS Raipur for permitting conduction of this course as well as permitting travel, transport and accommodation facilities for the faculty. We are thankful to DDA Shri Neeresh Sharma for helping in execution of the above and also making the hostels lively for residence of trainees.

Annexure 1
Programme schedule, Brochures & Registration form

POST GRADUATE TEACHING COURSE

15th -16th DECEMBER, 2018
DEPARTMENT OF ORTHOPAEDICS, AIIMS, RAIPUR



आरोग्यम् सुख सम्पदा

Venue

**LT-1, AIIMS, Gate No.-5, Medical College Building Raipur
(Chhattisgarh)**

Address for Correspondence

**Faculty Chamber No. 10, A1 Block, Ground Floor, Gate No. 4,
Tatibandh Raipur (C.G.) Pin- 492099**



Patron:

Prof. Dr. Nitin M Nagarkar, - Director AIIMS Raipur
Prof. Dr. K Sudarshan, - Ex Prof and HOD Orthopaedics,
Pt.J N Medical College, Raipur.
Prof. Dr. S K Mukharjee, - Ex Prof and HOD Orthopaedics,
Pt. J N Medical College, Raipur.
Prof. Dr. R.S Dhir, - Ex. Prof. and HOD Orthopaedics,
KEM Medical College, Mumbai

Course Director:

Prof. Dr. Alok C. Agrawal, HOD Orthopaedics, AIIMS Raipur (CG)

Course Co-Ordinators:

Prof. Dr. S. Phuljhele, Prof. and HOD Orthopaedics, Pt. J N M Medical College, Raipur
Dr. Bikram K Kar, Asso. Prof. Orthopaedics, AIIMS Raipur
Dr. Harshal S Sakale, Asst Prof Orthopaedics, AIIMS Raipur CG.

Faculty:

Prof. G.K. Singh, KGMC, Lucknow, Ex. Director, AIIMS Patna.
Prof. A.K. Pal, IGPEMR, Kolkata
Prof. Bishnu Patra, AIIMS Bhubaneswar
Dr. Mohit Dhingra, AIIMS Rishikesh
Prof. Dr. S. Phuljhele, Prof. and HOD Orthopaedics, Pt. J N M Medical College, Raipur
Prof. Dr. Alok C. Agrawal, HOD Orthopaedics, AIIMS Raipur (CG)
Dr. Bikram K Kar, Asso. Prof. Orthopaedics, AIIMS Raipur (CG).
Dr. Harshal S Sakale, Asst Prof Orthopaedics, AIIMS Raipur (CG).
Dr. Bikas Sahoo, Asst. Prof. Orthopaedics, AIIMS Raipur (CG)
Dr. Sandeep Yadav, Asst. Prof. Orthopaedics, AIIMS Raipur (CG)

POST GRADUATE TEACHING COURSE

15th -16th DECEMBER, 2018

DEPARTMENT OF ORTHOPAEDICS, AIIMS, RAIPUR

Message

Dear Sir/ Madam,

The Department of Orthopaedics AIIMS, Raipur CG is conducting a Post-graduate teaching course for residents pursuing M.S. Orthopaedics, DNB Orthopaedics and Diploma in Orthopaedics course. The objective of the course is to impart the orthopaedic resident with practical training so that he becomes confident in day to day work and develops communication skills which will inculcate into him confidence to appear for summative examinations. A copy of the program is attached herewith for you. We also request you to depute your post graduated for getting training in the course.

Yours truly,

Prof. Dr. Alok C. Agrawal
Course Director
HOD, Dept. of Orthopaedics
AIIMS, Raipur (CG)

Dr. Bikram Keshari Kar
Course Co-Ordinator
Associate Professor
AIIMS, Raipur (CG)

POST GRADUATE TEACHING COURSE

15th -16th DECEMBER, 2018

DEPARTMENT OF ORTHOPAEDICS, AIIMS, RAIPUR

REGISTRATION FORM

NAME :

AGE : SEX:

DESIGNATION :

ADDRESS :

INSTITUTION :

MOBILE No. :

E-Mail ID :

REGISTRATION FEE: 3000/- INR Three thousand rupees only payable at “**AIIMS ORTHOPAEDIC**” or by money transfer at **Account No. 936320110000081**, Bank of India, Tatibandh Raipur (C.G.), **IFSC Code- BKID0009363**.

Paid by Cheque/ Draft/ Money Transfer No. of Rs.
3000/- Dated from Bank

- Note—1. Postgraduate residents have to provide a referral letter from the head of the department
2. For basic Hostel accommodation Please contact Dr. Harshal Sakale- 8518881731 and Dr. Sandeep Yadav- 8078659867.

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Signature

Annexure 2
List of Participant for First PG-Teaching Course

S. No.	Full Name	Address
1	Dr. Sudarshan Kumar Arya	Govt. D.B. Hospital, PDU Medical College Churu, Rajasthan
2	Dr. Jeshwanth N.	AIIMS, Jodhpur, Rajasthan
3	Dr. Amit Kumar Pandey	Pt. JNM Medical College Raipur CG
4	Dr. Champa Singh Kanwar	Pt. JNM Medical College Raipur CG
5	Dr. Ajay Kumar Patel	Pt. JNM Medical College Raipur CG
6	Dr. Kalyan Singh Kuruvanshi	Pt. JNM Medical College Raipur CG
7	Dr. Dushyant Kumar Soni	Pt. JNM Medical College Raipur CG
8	Dr. Deepak Kumar Jangde	Pt. JNM Medical College Raipur CG
9	Dr. Bodhan Parte	Pt. JNM Medical College Raipur CG
10	Dr. Prem Sai Tirkey	Pt. JNM Medical College Raipur CG
11	Dr. Ratna Thakur	Pt. JNM Medical College Raipur CG
12	Dr. Diwakar Bhauriya	Pt. JNM Medical College Raipur CG
13	Dr. Subham Asati	Pt. JNM Medical College Raipur CG
14	Dr. Amit Shivhar	Pt. JNM Medical College Raipur CG
15	Dr. Prasannaajeet Haldhar	Pt. JNM Medical College Raipur CG
16	Dr. Amarjeet Meena	Pt. JNM Medical College Raipur CG
17	Dr. Pushpendra Singh Rathor	Pt. JNM Medical College Raipur CG
18	Dr. Doleshwar Patel	Pt. JNM Medical College Raipur CG
19	Dr. Udit Agrawal	AIIMS, Bhopal, MP
20	Dr. Sanchit Roy	AIIMS, Jodhpur, Rajasthan
21	Dr. K. Nagendra	Appollo Hospital Bilaspur, CG
22	Dr. Amit Das	SCB Medical College Cuttack, Odisha
23	Dr. Kumar Rahul	MGM Medical College, Indore MP
24	Dr. Ankit Kumar Kayathwal	MGM Medical College, Indore MP
25	Dr. Harshwardhan Dawar	MGM Medical College, Indore MP
26	Dr. Babu Mohhemmed Rafi V.	AIIMS, Bhopal, MP
27	Dr. Rajendra Prasad	Medical College Churu, Rajasthan
28	Dr. Parth Patel	RKCH Raipur, CG
29	Dr. Rupesh Patel	RKCH Raipur, CG
30	Dr. Divy Patel	RKCH Raipur, CG
31	Dr. Aakash Upadhyay	CCMH Bhilai, CG
32	Dr. Pranay Mahadev	CCMH Bhilai, CG
33	Dr. Deepak Sinha	CCMH Bhilai, CG
34	Dr. Vipin	Sector 9 Hospital , Bhilai, CG
35	Dr. Jatin S.R	Sector 9 Hospital , Bhilai, CG
36	Dr. Mohit	AIIMS, Rishikesh, Uttarakhand
37	Dr. Surendra Kumar	Sector 9 Hospital , Bhilai, CG
38	Dr. Vipin Mishra	MGM Medical College, Indore, MP
39	Dr. Satish	Appollo Hospital Bilaspur, CG
40	Dr. Sai Prasad	JMC, Jhalawar, Rajasthan
41	Dr. Anis	JMC, Jhalawar, Rajasthan
42	Dr. Yardpal Singh	JMC, Jhalawar, Rajasthan
43	Dr. Manoj Meena	JMC, Jhalawar, Rajasthan
44	Dr. Manoj Yadav	JMC, Jhalawar, Rajasthan
45	Dr. Vidya Bhushan Toppo	Govt. District Hospital Durg, CG
46	Dr. Paulson Varghese	AIIMS Bhubaneswar, Odisha
47	Dr. Mrinal	Govt. District Hospital Durg, CG

Annexure 3
Final Program

ALL INDIA INSTITUTE OF MEDICAL SCIENCES, RAIPUR
(CG)

FIRST POST GRADUATE TEACHING COURSE

Final Programme

Day-1, 15.12.2018

Time	Topic	Faculty
8.00 am – 9.00 am	Spotting	
9.00 am – 9.20 am	Examination of the Hip Joint	Prof. Dr. G.K. Singh
9.20 am – 10.00 am	Long case on Hip	
10.00 am – 10.20 am	Examination of the spine	Prof. Dr. A.K. Pal
10.20 am – 11.00 am	Long case Spine	
11.00 am – 11.20 am	Examination of the shoulder Joint	Prof. Dr. BishnuPatra
11.20 am – 12.00 pm	Short cases Shoulder and upper limb	
12.00 pm – 12.10 pm	Examination of the Knee Joint	Dr. Bikram Kar
12.10 pm – 12.20 pm	Special test of knee	Dr. Harshal Sakale
12.20 pm – 1.00 pm	Short Cases of the knee and lower limbs	
Inauguration and Introduction (1.00 pm – 1.30 pm)		
11.00 am – 11.10 am	Inauguration	
11.10 am – 11.20 am	How to prepare for Theory	Prof. Dr. G.K. Singh
11.20 am – 11.30 am	How to prepare for Practical's	Prof. Dr. A.K. Pal
Lunch Break: 1.30 PM to 2.00 PM		
2.00 pm – 2.15 pm	Examination of the Foot and Ankle	Prof. Dr. S. Phuljhele
2.15 pm – 2.25 pm	Examination of Club foot	Dr. Bikas Sahoo
3.00 pm – 3.20 pm	Examination of the Elbow Joint	Dr. MohitDhingra
3.20 pm – 4.00 pm	Case Presentations	
4.00 pm – 4.20 pm	Bone tumor Histopathology	Dr. L.K. Patel
4.20 pm – 5.00 pm	Case Presentations	
Ward Round in Batches 5.00 pm – 5.30 pm		
Discussion with faculty: where you were wrong/ Question and answers (5.30 pm onwards).		

Day- 2, 16.12.2018

Time	Topic	Faculty
8.00 am – 9.00 am	Gait Analysis	Dr. Anand Joshi
9.00 am – 9.30 am	Bone Tumours	Prof. Dr. Alok C. Agrawal
9.30 am – 10.00 am	Principles in Rehabilitation and prescribing an Orthosis	Dr. Jaideep Nandi
10.00 am – 10.20 am	Examination of Peripheral Nerve Injuries	Dr. Surendra Kumar and Dr. Mrityunjay Kumar Singh
10.20 am – 10.30 am	How to read MRI Spine	Dr. N.K. Bodhey
10.30 am – 12.00 pm	Case Presentations	
X-Rays 12.00 pm – 1.00 pm		
Lunch: 1.00 pm – 1.30 pm		
1.30 pm – 3.30 pm: Batch wise demonstration of Instruments/ X-ray/ Specimen/ Orthosis/ Prosthesis/ Bones		
3.30 pm : Discussion with faculty: Where you were wrong/ Question and answers		

Annexure IV

Photographs



