

OFFICE OF THE DEPARTMENT OF ORTHOPAEDICS

GOVT. MEDICAL COLLEGE, KATHUA

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INTRODUCTION ABOUT THE DEPARTMENT

The Department of Orthopaedics, GMC Kathua has been providing professional services from the year 2019. Against a sanctioned strength of 4 Faculty members (1 Professor, 1 Associate Professor and 2 Assistant Professors), the Department currently has 01 Associate Professor:- **Dr. Rishabh Gupta** who is also **Head of the Department**, 01 Assistant Professor:- **Dr. Vivek Sharma.** In addition there are 3 Senior Residents.

OPD services are provided at Room no. 1, Associated Hospital G.M.C Kathua, which runs 6 days a week. Approximately 150-200 patients are seen every day and plaster facilities are provide in adjacent plaster room. 24*7 Emergency Orthopaedic services are provided to the patients. Department Clinicians serve people from across the Kathua district and neighbouring districts and state by providing compassionate, expert care for all orthopaedic conditions.

Indoor facilities are provided to patients at ward no.4 & 5, which has 60 beds at present. The Department has been allocated two elective Operation theatre days where 350-400 emergency and elective procedures are done each month.

MISSION OF THE DEPARTMENT

- 1) To provide excellent round-the-clock trauma care facilities to the community.
- 2) To diversify orthopaedic care into subspecialities like Arthroplasty, Arthoscopy, Spine surgery, Traumatology.
- **3)** To Co-ordinate with other departments and other institutions for the holistic care of the patients.
- 4) To give the best possible care to all the patients, with in the resources available.
- **5)** To take academic excellence of undergraduate and post graduates to international standards.
- 6) To provide tertiary care Facilities to patients.

VISION OF THE DEPARTMENT

In the coming years the department aims to specialize in all areas of orthopaedics including joint reconstruction, sports medicine, cartilage restoration, paediatric orthopaedics, spinal disorders, hand, foot and ankle trauma, musculoskeletal oncology, shoulder and elbow, microvascular repair and major limb reconstruction.

CORE VALUES OF THE DEPARTMENT

Ever since its inception in 2019, the Department of Orthopaedics is dedicated to relieving pain, improving function and restoring quality of life to the individuals who suffer from musculoskeletal injury or disease. We aspire to provide state- of-the-art clinical and surgical orthopaedic patient-centred care with continuous orthopaedic education and development of better treatments through research and innovation.

ACADEMIC ACTIVITIES AND ACHIEVEMENTS OF STAFF

- Both the faculty members have rich professional experience spanning over 20 years. Both faculty members have served as Consultants at various Institutions after doing their Post Graduation from Govt. Medical college Jammu. They have presented their research activities at various Conferences and have been trained in various orthopaedic procedures at several workshops, AO-Trauma courses and fellowship Programmes.
- Both faculty members are active life members of Various Orthopaedic associations like IOA, NZIOA, Jammu & Kashmir Orthopaedic Association, AO Trauma membership, Jammu Orthopaedic Club etc.
- Taking Theory and Clinical Classes of Under Graduate Students (MBBS) at GMC Kathua Since 2019

CME'S SEMINARS, CONFERENCE, WORKSHOPS ATTENDED.

• Faculties have attended various CME's, conferences and workshops at UT and national level.

LIST OF BOOKS IN THE DEPARTMENT

S.No	NAME OF BOOK	AUTHOR
1	APLEY AND SOLOMON'S CONCISE SYSYTEM OF ORHTOPEDICS AND TRAUMA, 4 ED	SOLOMON
2	BONE AND JOINT DISORDERS, 2 ED	BURGENER
3	CAMPBELL'S CORE ORTHOPEDIC PROCEDURES	CANALE
4	CAMPBELL'S OPERATIVE 5 ORTHOPEDICS (IE), 13 ED, 4- VOLUMES	CANALE
5	AEDIATRIC ORTHOPEDICS: A SYSTEM OF DECISION- MAKING, 2 ED	JOSEPH
6	SEPTIC BONE AND JOINT SURGERY: 1 ED	SCHNETTLE R
7	MERCER'S TB OF ORTHOPEDICS AND TRAUMA 10 ED	SIVANA NTHAN
8	SPINAL TRAUMA- AN IMAGING APPROACH 1 ED	CASSAR- PULLICINO
9	ESSENTIAL ORTHOPAEDICS (INCLUDING CLINICAL METHODS) 6/ED	MAHESH WARI
10	SCOTT INSTALL & SURGERY OF THE KNEE 2 VOL SET 6/ED	SCOTT
11	MASTER TECHNIQUES IN ORTHOPAEDICS SURGERY : THE SHOULDER 3/ED	CRAIG
12	TUREK'S ORTHOPAEDICS PRINCIPLES AND THEIR APPLICATIONS, 7/ED 2 VOL SET	JAIN
13	CHAPMAN'S COMPREHENSIVE ORTHOPAEDIC SURGERY 5 VOL SET	CHAPMAN
14	MERCER'S TEXTBOOK OF ORTHOPAEDICS AND TRAUMA 10/ED	SIVANANTHA N
15	GREENS OPERATIVE HAND SURGERY 7/ED 2 VOL SET	WOLFE
16	TACHDJIAN'S PROCEDURES IN PEDIATRIC ORTHOPEDICS 1ST EDITION	HERRING
17	WATSON AND JONES FRACTURES AND JOINT INJURIES	J.N. WILSON
18	LOVELL AND WINTER'S PEDIATRICS ORTHOPAEDICS 2 VOL SET	WEINSTEIN
19	ROCKWOOD AND GREEN FRACTURES IN CHILDREN AND ADULTS 3 VOL SET 9/ED	TORNETTA
20	CAMPBELL'S OPERATIVE ORTHOPAEDICS 13/ED 4 VOLUMES	AZAR CAMPBELL
21	MAENAB'S BACKACHE 4/ED	WONG DAVID
22	AO PRINCIPLES OF FRACTURE MANAGEMENT (VOL-I & II) 3/ED	BUCKLEY
23	ADAM'S OUTLINE OF FRACTURES INCLUDING JOINT INJURIES 12/ED	HAMBLEN DAVID L
24	CLINICAL ORTHOPAEDICS EXAMINATION 6/ED	MACRAE RONALD
25	SURGICAL EXPOSURES IN ORTHOPAEDICS 5/ED	HOPPENFEL D STANLEY
26	THE COWBOY'S CONUNDRUM; COMPLEX AND ADVANCE	STEPHEN
	CASES IN SHOULDER ARTHROSCOPY	
27	TECHNIQUES AND PRINCIPLES FOR THE OPERATING ROOM	PORTEOUS
28		JOSH B

	STEP BY STEP MANAGEMENT OF CLUB FOOT BY JESS	
29	ESSENTIAL ORTHOPAEDICS AND TRAUMA 5/ED	DANDY
30	MRI FOR ORTHOPAEDIC SURGERONS 1ST /ED	KHANNA
31	OPERATIVE APPROACHES IN ORTHOPAEDICS SURGERY AND TRAUMATOLOGY 2/ED	KERSCHBAU MER
32	BONE AND JOINT INFECTIONS; FROM MICROBIOLOGY TO DIAGNOSTIC TREATMENTS	ZIMMERLI
33	CASTS, SPLINTS AND SUPPORT BANDAGES ; NON OPERATIVE TREATMENT AND PERIOPERATIVE PROTECTION	DRESING
34	FRACTUERS OF THE PELVIS AND ACETABULUM;PRINCIPLES AND METHODS OF MANAGEMENT 2 VOLS 4/ED	TILE
35	ORTHOPEDIC EXAM REVIEW A COMPREHENSIVE MANUAL FOR POSTGRADUATES FOR MS, DNB & DIPLOMA STUDENTS,	ASHRAF SHAIKH
36	I/ED (9789354659614) ACS(I) TEXTBOOK ON CUTANEOUS AND ASTHETIC SURGERY 2VOL SET 2E/D	VENKATARA M
37	TEXTBOOK OF ORTHOPAEDICS AND TRAUMA 3ED(4 VOLUMES- I,II,III,IV)	KULKARNI
38	AO MANUAL OF FRACTURE MANAGEMENT; ELBOWS AND FOREARM	JUPITER
39	ESSENTIALS IN BONE AND SOFT TISSUE PATHOLOGY	KURANA
40	NON UNION OF LONG BONES (R)	MORA
41	ELEMENTS OF FRACTURE FIXATION	ANAND J THAKUR
42	TUBERCULOSIS OF THE SKELTON SYSTEM (BONES, JOINTS, SPINE AND DORSAL SHEATHS)	TULSIM
43	AO MANUAL OF FRACTURE MANAGEMENT: INTERNAL FIXATURE WITH DVD-ROM	WAGNER
44	SPORTS INJURIES VOL-11 (HANDBOOK IN ORTHOPEDICS AND FRACTURE SERIES VOL 24	EBENZAR JOHN
45	JOHN EBNEZAR CBS HANDBOOK IN ORTHOPEDICS AND FRACTURES: YOGA THERAPY	EBENZAR JOHN
46	THE CLOSED TREATMENT OF COMMON FRACTURES	CHARNLEY
47	100 CASES IN ORTHOPAEDICS AND RHEUMATOLOGY (SAE) (9781032204093)	SINGH SWALES
48	ADAMS'S OUTLINE OF FRACTURES, 12/ED (9788131262320)	HAMBLEN
49	ALL ABOUT JOINTS HOW TO PREVENT AND RECOVER FROM COMMON INJURIES(*) (9781888799569)	SIEGEL
50	APLEY & SOLOMON'S CONCISE SYSTEMS OF ORTHOPEDICS AND TRAUMA, 5/ED (ISE) (9780367481841)	DAVID WARWICK
51	ESSENTIAL ORTHOPEDICS 7/ED (9789354653766)	MAHESHW ARI
52	FAQ'S IN PRACTICAL ORTHOPAEDIC EXAMINATION (9789380316130)	HUDA
53	LOCKING PLATES CONCEPTS AND APPLICATIONS, 2/ED (9789387963764)	THAKUR
54	NONUNION OF THE LONG BONES(R) (9788181286611)	MORA
		BRUMITT
55	PHYSICAL THERAPY CASE FILES, SPORTS (9780071821537)	

F7	UNDERGRADUATE STUDENTS, (9789386478696)	THAKUR
57	STRATEGIC RADIOGRAPHIC POSITIONING: FOR	INAKUK
	ORTHOPAEDICIANS & RADIOLOGISTS (9788184732016)	SHETH
58	TEXTBOOK OF ORTHOPEDICS (9789386478153)	
59	TEXTBOOK OF ORTHOPEDICS INCLUDES CLINICAL EXAMINATION METHODS IN ORTHOPEDICS 5/ED (9789386056689)	EBNEZAR
60	ELEMENTS OF FRACTURE FIXATION 5TH/2023 (9788131266069)	ANAND J THAKUR
61	UNDERSTANDING JOINTS A PRACTICAL GUIDE TO THEIR STRUCTURE AND FUNCTION (*) (9780748753994)	KINGSTON
62	FUNDAMENTALS OF TOOTH PREPARATIONS FOR CAST METAL AND PROCELAIN RESTORATIONS (9788190668521)	SHILLINGB URG
63	HAND SPLINTING: PRINCIPLES OF DESIGN AND FABRICATION (9789814020558)	WILTON
64	HANDBOOK OF FRACTURES: SAE (9789393553188)	EGOL
65	POCKET TUTOR: ORTHOPAEDICS, 1/E, (PB) (9781907816994)	NICOLA BLUCHER KATHERIN E BUTLER SIM
66	PRACTICE OF INTRAMEDULLARY LOCKED NAILS ADVANCED TECHNIQUES AND SPECIAL APPLICATIONS (EXCLUSIVE)(2VOLS) (9783540640806)	KEMPF
67	ORTHOPEDIC SECRETS, 4E (9788131242193)	NAMDARI
68	ESSENTIALS OF ORTHOPEDICS AND APPLIED PHYSIOTHERAPY, 4E (9788131255476)	KOTWAL
69	THE PROBLEM KNEE, 3/ED (9781444120110)	MACNICOL
70	THE RATIONALE OF OPERATIVE FRACTURE CARE, 3/ED (9783662658895)	SCHATZKE R J
71	NONUNION OF THE LONG BONES(R) (9788181286611)	MORA
72	ORTHOPEDIC REHABILITATION(R) ASSESSMENT, AND ENABLEMENT (9788181287526)	LEONG
73	ESSENTIALS OF ORTHOPEDIC SURGERY, 3ED (JP EX) (9788181287533)	WIESEL
74	TUBERCULOSIS OF THE SKELETAL SYSTEM (BONES, JOINTS, SPINE, AND BURSAL SHEATHS)6/ED (9788194709022)	TULI SM
75	EXAMINATION OF ORTHOPEDIC AND ATHLETIC INJURIES 3/ED (9789350253519)	STARKEY
76	BIOMECHANICS OF JOINTS (9789350904947)	GANVIR SHYAM
77	LANGE CLINICAL CASES: ORTHOPAEDIC SURGERY, I/ED (9789351343370)	ΤΟΥ
78	ORTHOPEDIC RESIDENCY GUIDE (9789351520948)	MAZLOOM
79	NEURO SPINAL SURGERY OPERATIVE TECHNIQUES:LATERAL MASS FIXATION IN SUB-AXIAL CERVICAL SPINE (9789352500529)	PARTHIBA N JKBC
80	FUNDAMENTALS OF ORTHOPEDICS (9789352701322)	MOHINDR A

		MUKUL
81	RECENT ADVANCES IN ORTHOPEDICS-2 (9789352702879)	P MAXWELL COURTNEY
82	FREQUENTLY ASKED QUESTIONS (FAQS) FOR POST GRADUATE PRACTICAL EXAMINATION IN ORTHOPEDICS (9789352703616)	KP DAGA
83	PHYSIOTHERAPY IN CARDIOPULMONARY CONDITIONS (PB) (9789354651410)	MARIYA JIANDANI
84	EXAM PREPARATORY MANUAL OF UNDERGRADUATES- ORTHOPEDICS 2/ED (9789354651724)	GHOSH
85	MUSCULOSKELETAL EXAMINATION, 2ND/ED (9789354651984)	PANDEY
86	TEXTBOOK OF BIOMECHANICS & KINESIOLOGY: DETAILED ANALYSIS OF MUSCULOSKELETAL STRUCTURE AND FUNCTION (9789354652349)	PAVAN KUMAR
87	MCQS IN SPORTS PHYSIOTHERAPY (WITH EXPLANATORY ANSWERS) 2/ED (9789354653483)	VIJAY
88	PHYSIOTHERAPY IN NEUROLOGICAL CONDITIONS (9789354653926)	SHETH
89	PHYSIOTHERAPY IN ORTHOPAEDIC AND RHEUMATOLOGIC CONDITIONS, 1/ED (9789354654121)	MEGHA SANDEEP SHETH
90	POSTGRADUATE ORTHOPEDICS: AN EXAM PREPARATORY MANUAL, 3/ED (9789354659584)	MANISH KUMAR VARSHNEY
91	MCQS IN PHYSICAL MEDICINE & REHABILITATION 2/ED (9789354654893)	SUNDER
92	PHYSIOTHERAPY IN GENERAL MEDICINE AND SURGICAL CONDITIONS, 1/ED (9789354657023)	MEGHA SANDEEP SHETH
93	ESSENTIALS OF ORTHOPEDICS FOR PHYSIOTHERAPISTS, 3/ED (9789386261793)	EBNEZAR JOHN
94	JOINT STRUCTURE & FUNCTION: A COMPREHENSIVE ANALYSIS, 6/ED (9789389034820)	LEVANGIE
95	TEXTBOOK OF REHABILITATION 4/ED (9789389188707)	SUNDER
96	PRACTICAL ORTHOPEDIC EXAMINATION MADE EASY 3ED (9789389188998)	VARSHNEY
97	CLINICAL METHODS IN ORTHOPEDICS A CONCISE GUIDE (9789389587517)	KUMAR
98	PRINCIPLES AND PRACTICE OF PHYSICAL REHABILITATION (9789389776799)	NEETA VYAS
99	MOM MEHRA'S ORTHOPEDICS FOR MCI ORTHOPEDICS MADE EASY FOR FOREIGN MEDICAL GRADUATES (9789352705849)	MEHRA APURV

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100	ORTHOPEDICS QUICK REVISION, 9/ED (9789354657351)	MEHRA
101	FUNDAMENTALS OF ELECTROTHERAPY & BIOMEDICAL	KAKKAD
	PHYSICS 2/ED (9789354652400)	ASHISH
102	TEXTBOOK OF PHYSIOTHERAPY (9789354657924)	BASANTA
		KUMAR NANDA
103	BONE AND SOFT TISSUE TUMORS: A MULTIDISCIPLINARY	BOCKLAGE
	REVIEW WITH CASE PRESENTATIONS (9781907816222)	
104	TEXTBOOK OF PHYSIOTHERAPY FOR CLINICAL	MADHURI
	CARDIOTHORACIC CONDITIONS 2/ED (9789354659485)	
105	ORTHOEPDIC NAVIGATOR:AN ORTHOPEDIC GUIDE FOR	JACOB IPE
	POSTGRADUAES (9789354652035)	
106	MANUAL OF PRACTICAL ELECTROTHERAPY, 2/ED	SINGH
	(9789390595990)	
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107	ESSENTIALS OF HAND SURGERY (9781907816321)	CHUNG KEVIN
		С
108	MINIMALLY INVASIVE SPINAL SURGERY PRINC PLES AND	LEWANDR
	EVIDENCE-BASED PRACTICE (9781909836105)	OWSKI
109	THE REHABILITATION SPECIALIST'S HANDBOOK, 3/3D	ROTHSTEIN
109	(9788180616921)	NOTISTEIN
	(3/00/000/0321)	

LIST OF JOURNALS IN THE DEPARTMENT

S.NO	TITLE OF THE JOURNAL	CATEGORY
1.	INDIAN JOURNAL OF ORTHOPAEDICS SURGERY	INDIAN
2.	INDIAN JOURNAL OF ORTHOPAEDICS	INDIAN
3.	JOURNAL OF CLINICAL ORTHOPAEDICS AND TRAUMA	INDIAN

LIST OF EQUIPMENTS IN DEPARTMENT

<u>S.No</u>	Name of Equipment	
1.	C-Arm System	
2.	Manman Stainless Steel Electrical Bone Drilling, Cutting and Reaming System	
3.	OT Table	
4.	Arthoscope with Accessories	
5.	Orthopaedic Battery Operated Drill with Accessories	

RESEARCH PUBLICATION OF THE STAFF MEMBERS/ PAPER PRESENTATION/ BOOK CHAPTERS.

* Publications by Dr. Rishabh Gupta (Associate Professor and Head)

Gupta R, Gupta R, Dewan D, Mahajan S, Singh P; Fine needle aspiration cytology as a diagnostic tool in nodular skin lesions; Int J Med Sci Public Health 2016;5: 1229-1232.

Gupta R, Mahajan S, Dewan D, Gupta R; Screening of Osteoporosis using calcaneal quantitative ultrasound in a rural population of Jammu, Jammu and Kashmir, India. Int J Community Med Public Health 2017;4: 940-3.

Gupta R, Mahajan S, Dewan D, Gupta R; Study of group education intervention for people with low back pain, Int J Community Med Public Health 2017;4: 652-6.

Gupta R, Mahajan S, Dewan D, Gupta R; An epidemiological study of low back pain in a tertiary care hospital of Jammu, Jammu and Kashmir, India; Int J Res Med Sci 2017;5:835-9.

Gupta R, Mahajan S, Dewan D, Gupta R; Pattern of Hand Injuries reported in a tertiary care setting of North India; Int J Res Med Sci 2017;5:880-4.

Gupta R, Singh G, Kumar A. Management of Clavicle Midshaft Fractures: A Comparative Prospective Study in Jammu. Bioscientia Medicina: Journal of Biomedicine and Translational Research. 2022 Sep 2;6(11):2406-12.

Rana N, Singh G, Gupta R. Treatment of Unstable Thoracolumbar Burst Fractures with Single-Stage Posterior Subtotal Corpectomy and Circumferential Reconstruction: A Prospective Observational Study in Jammu. Journal of Pharmaceutical Negative Results. 2022 Oct 20:719-23.

Singh G, Rana N, Gupta R. A Prospective Study on the Demographic status of Thoracolumbar Fractures. Neuro Quantology. 2022;20(13):615-618

Gupta R, Singh G, Kumar A. Comparison Of Anterior Drawer, Lachman And Pivot Shift In Case Of Anterior Cruciate Ligament Injury. Journal of Pharmaceutical Negative Results. 2023 Jan 1:1170-3.

Gupta R, Sharma V, Spolia P. Functional and Radiological outcome of Gartland type II B and type III Extension type supracondylar fractures of distal humerus in

children managed by percutaneous lateral two K-wire fixation in a tertiary care hospital. European Journal of Cardiovascular Medicine. 2024; Volume 14 Issue:3

* List of Presentations by Dr. Rishabh Gupta (Associate Professor and Head)

Title of the Presentation	Name of Conference	Nature of Presentation
Clinical, MRI and operative Correlation in cases of low backache	NZIOACON	Paper
Relevance of Backschool therapy in Conservative Management of low back pain	NZIOACON	Paper
Epidemiological study of low back pain in a tertiary care hospital	NZIOACON	Paper

* Publications by Dr. Vivek Sharma (Assistant Professor)

Management of Subtrochanteric fractures by Dynamic Condylar Screw(DCS).The Internet Journal of Orthopaedic Surgery 2009:Volume 11 Number 2.

Treatment of diaphyseal Forearm Bone Fracture by Locking Plate (LCP), The Internet Journal of Orthopaedic Surgery 2009 : Volume 11 Number 1.

Epiphyseal separation associated with chronic osteomyelitis of femoral shaft in a young child. J Orthopaed Traumatol:2010, June,11 (2);129-131.

Eosinophilic granuloma in shaft of tibia: a rare entity. J Pak Med Stud. 2012;2 (4): 140-143.

Bilateral psoas abscess with extension to flanks through iliac bone erosion. J pioneer medical sciences2014;4 (4): 165-168.

Implantation dermoid of the distal phalanx: A missed diagnosis. J pioneer medical sciences2014; 4(4): 180-183.

Giant cell tumour (GCT) of pisiform bone in a 13 years old female:- a rare and unusual presentation. Punjab journal of orthopaedics 2014 September; 5(1): 165-168.

Epidemiological pattern of Osteoarticular Tuberculosis in a Teaching hospital of Rural India: A prospective study. International Journal of Biomedical Research 2016; 7(5): 273-275.

Prevalence and severity of Vitamin D deficiency in patients presenting with fractures following trivial trauma in a teaching hospital of rural India. International Journal of Biomedical Research 2016; 7(7): 529-532.

Epidemiologic pattern of paediatric supracondylar fractures of humerus in a teaching hospital of rural India: A prospective study of 263 cases. Chinese journal of Traumatology, 2017: (20): 158-160.

Efficacy and outcome of platelet rich plasma in management of primary osteoarthritis knee; A prospective study. Indian journal of Orthopaedics surgery, 2019 April –June; 5(2).

Sharma V, Spolia P, J Sikdar and Singh R, Management of infected non-unions of long bones with ilizarov external fixator: Our experience, Trends Clin. Med. Sci. 2023, SI: Recent developments of medical and surgical research, 502-506

Spolia P, Ghani A, Sharma V, To Study the Effect of Covid-19 Pandemic on the Clinical Practice in Orthopaedics in A Tertiary Care Hospital in Jammu: A Retrospective Study. European Journal of Cardiovascular Medicine; Volume 13 Issue: 4 – 2023

Gupta R, Sharma V, Spolia P. Functional and Radiological outcome of Gartland type II B and type III Extension type supracondylar fractures of distal humerus in children managed by percutaneous lateral two K-wire fixation in a tertiary care hospital. European Journal of Cardiovascular Medicine. 2024; Volume 14 Issue:3

Anjum R, Sharma V, Singh N; Isolated tuberculosis of the patella mimicking as prepatellar bursitis; BMJ; volume 17, issue 8.