



DEPARTMENT OF CHEST DISEASES & TB (RESPIRATORY MEDICINE) GOVT. MEDICAL COLLEGE KATHUA.

GENERAL INTRODUCTION ABOUT THE DEPARTMENT

- Department of Chest Diseases & TB (Respiratory Medicine) at Govt. Medical College and Hospital, Kathua, specializes in Tuberculosis and disorders relating to the lungs & Sleep Medicine was established in June, 2019.
- Pulmonology is a branch of medicine that deals with the treatment of diseases of the respiratory tract. Chronic Obstructive Pulmonary Disease (COPD) is, today, among the most common diseases that has taken on epidemic proportions worldwide. Other lung related chronic ailments like asthma and allergic rhinitis are also fast becoming major issues, particularly in cities because of rising pollution.
- The department provides comprehensive consultative evaluation and management for patients with pulmonary diseases such as Tuberculosis, Drug Resistant Tuberculosis, Asthma- Acute and chronic, Pulmonary embolism, Emphysema and chronic bronchitis, Pneumonias, pleural disorders, Occupation Related Lung Diseases ,Interstitial lung diseases, Lung Cancer, Sarcoidosis, Pulmonary vascular diseases, Fungal infections of the lung, Sleep apnea, insomnia and other sleep disorders.
- The department is committed to deliver clinical services to all patients suffering from Respiratory illness. **FACILITIES AND SERVICES** The department is running daily OPD excluding Sunday and indoor services. Procedures like Pleural fluid aspiration, intercostal drainage, Fine needle aspiration cytology are practised regularly.
- The Department of Chest Diseases & TB (Respiratory Medicine) also has an actively functioning NTEP AND DOTS CENTRE has been Started as a part of NTEP for medical college to cater to the people suffering from various forms of tuberculosis. NTEP DOTS Centre with sputum AFB & CBNAAT (GeneXpert) to diagnose Drug Resistant TB (MDR TB) and DOTS Therapy also provided by the Department.
- The center is under administrative control of District TB officer, KATHUA, Urban District Centre. It has a designated microscopy centre (DMC) for diagnostic services and a Directly Observed Treatment Short Course (DOTS) centre for treatment of TB patients at free cost. We have already started the treatment and providing drugs to MDR TB patients and other Drug Resistant TB patients in the department only.
- Various specialty clinics are run by the Department of Chest Diseases & TB (Respiratory Medicine) Govt, Medical College and Hospital, Kathua to help the patients on various days of the week.

Services Offered:-

1.OPD services

Daily OPD services except Sunday starting from (9am to 2pm).

2.OPD Procedures

- Nebulization
- Six Minutes Walk Test
- Pre-operative evaluation

3.Pulmonary Function Testing

- Peak Expiratory Flow Rate (PEFR)
- Spirometry
- Lung Volumes

4.Inhalation Device training

5.Speciality Clinics

- Asthma
- COPD
- Pulmonary Rehabilitation

6.In-Patient Services

- Male Respiratory Medicine Ward – 05 Beds
- Female Respiratory Medicine Ward – 05 Beds

7.Outreach activities

- CMEs done under combined clinical round.

8.Speciality Clinics

a. Smoking Cessation Clinic

- Smoking cessation clinic comprises of counselling by respiratory physicians ,assessment of lung age with the help of spirometry and guidance about various smoking cessation methods.

b. Sleep clinic

- We are soon going to start Level-3 Polysomnography lab along with Auto CPAP titration. Before Sleep study, patients undergo pre sleep evaluation which includes dental assessment for providing mandibular advancement devices in addition to CPAP as therapeutic modalities.

c. Asthma clinic

- On every, tuesday Bronchial Asthma clinic is conducted from 12 PM -1 PM. Patients are given comprehensive asthma education comprising of nature and course of disease, inhalational techniques & avoidance of allergens.

d. COPD clinic/ Pulmonary Rehabilitation

- On every Friday COPD clinic is conducted from 12 noon - 1 PM, along with faculty from physiotherapy department. Patients are counselled about the importance of pulmonary rehabilitation.

➤ Vision:

We foresee our department as one of the best departments of respiratory medicine. We envision achieving this goal by virtue of:-

- Providing training to students with focus on bench to bedside practice.
- Providing professional, compassionate, competent & comprehensive patient care.
- Promoting quality clinical research.

MISSION Statement.

- To provide high-quality tertiary care services in fields of Interventional Pulmonology, sleep disorders, intensive care and lung function testing.
- To achieve excellence in teaching and training of both Undergraduate and Postgraduate National as well as International students.

We help you breathe free.....

LIST OF BOOKS IN THE DEPARTMENT LIBRARY

S.No	Book Name	Author
1.	RESPIRATORY INFECTIONS	TORRES
2.	CLINICAL TUBERCULOSIS, 5ED	DAVIES
3.	FISHMAN'S PULMONARY DISEASES AND DISORDERS, 5E, 2 VOLUME SET	
4.	ALLERGIC DISEASES: CLINICAL ASPECTS AND TREATMENT K. PARKER 2 LUNG FUNCTION TESTS MADE EASY	1E SHINER 3 TUBERCULOSIS BLOOM
5.	LUNG FUNCTION TESTS MADE EASY	1E SHINER
6.	TUBERCULOSIS BLOOM	TUBERCULOSIS BLOOM
7.	TUBERCULOSIS & NONTUBERCULOUS MYCOBACTERIAL DISEASES	SURENDRA K SHARMA
8.	PLEURAL DISEASES	RICHARD W LIGHT
9.	TEXTBOOK OF RESPIRATORY MEDICINE	MURRAY & NADEL'S
10.	BEDSIDE RESPIRATORY MEDICINE	BASATA HAZARIKA & V DHARMA RAO

11.	PRINCIPLES OF RESPIRATORY MEDICINE	FAROKH ERACH UDWADIA & ZARIR F. UDWADIA ANIRUDH F KOHLI
12.	HANDBOOK OF PULMONARY AND CRITICAL CARE MEDICINE	S K JINDAL

MISSION OF THE RESPIRATORY MEDICINE DEPARTMENT

- To start various procedures in Interventional Pulmonology.
- To set up Bronchoscopy suite
- Minor OT for daily procedures
- Fibre Optic Bronchoscopy with
- Bronchoalveolar Lavage (BAL), Brushings and Endobronchial Biopsy
- Transbronchial lung biopsy
- Bronchoscopic Fine needle Aspiration of Lymph node
- Thoracoscopy
- C T guided FNA and biopsy
- Ultra sounded guided Pleural Drain
- EBUS (Endobronchial Ultrasound)

ANCILLARY SERVICES

- Full polysomnography (Sleep Study)
- Spirometry
- Pulmonary Rehabilitation Centre

FACULTY

Dr. Manik Mahajan (Assistant Professor) & I/C Head

MBBS & MD – Respiratory Medicine

RESEARCH PUBLICATIONS:-

- A Comparative Study of Diagnostic Utility of Bronchial Washings And Brushings. IOSR Journal of Dental and Medical Sciences (IOSR-JDMS).
- Bode Index as a predictor of severity in patients with chronic obstructive pulmonary disease. IOSR Journal of Dental and Medical Services (IOSR-JDMS).
- “D-dimer and prothrombin time as a biomarker to predict the outcomes in covid-19 patients : A hospital based study.”(IJDMSR)