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From the Desk of the President- Delhi state chapter ASI

Dear Colleagues, Friends and Respected Seniors,
Greetings for the upcoming festival season. It is with the feeling of pride in the team of our State Chapter, that I approach you with a sense of satisfaction. Our state chapter has continued to march towards higher grounds setting a new milestone. We are proud to add one new medical college and institution to our family of regular monthly meetings. We welcome **Hindu Rao Hospital and Northern Railway Central Hospital** who jointly hosted our monthly meeting with aplomb. It has always been our endeavour to spot and nurture talent. Our chapter broke new grounds and for the first time gave the platform to a non member, non medico to present her work to our chapter members. Our chapter has pushed new frontiers of academics for the postgraduates. The frequency and intensity of **PG master classes** as well as clinical case discussions has gained momentum which has been appreciated by our membership and is being demanded by post graduate residents of all institutions in Delhi. In continuation of this effort, not only these classes but our regular SCOPE program is being planned with increased vigor. You will soon be getting the information about the same. The active involvement of our membership in different parts of the city is matter of pride for us. I would like to specially thank our fraternity in west and north Delhi which organized excellent academic programs. **Dr. Lokesh Gupta, Dr. Narin Sehgal & Dr. Rajnesh Attam** deserve credits and congratulations for the same. We have had a shower of multitude of academic activities and look forward to your guidance for continuation. It is being like good academic monsoon coinciding with the monsoon we have had. Festival season dawns upon us and I pray that we celebrate our Annual Conference with the festival gusto. The annual conference is being organized by Northern Railway Central Hospital and our fraternity of South Delhi surgeons. **Dr. S Singhal, Dr. P Arora & Dr S K Poddar** are working with enthusiasm to give us all an exceptional academic feast and fellowship. We all need to support them and mobilize our membership with residents to register at earliest. We should all send our work for presentation at the conference also.

I wish to share good news with you that one of our members **Dr. Harish Gupta** is contesting for the post of National President, Indian Medical Association. Although we are not eligible to vote for the same, we wish him all the best and success in the elections for same. It will be our pride to have a surgeon from our chapter as the National President of Indian Medical Association.

All this has been possible with hard work and enthusiasm of our state chapter executives. I feel privileged to have had guidance of our Past President, **Dr. C K Durga**, our academic force, **Dr. Chintamani** and our President Elect, **Dr Rana AK Singh**. The programs have fructified due to hard work of our dynamic executive, our energetic state secretary, **Dr. T Mittal** and Editor, **Dr. N Dhamija**. I thank them all on your behalf.

Requesting and looking forward for your guidance to make our annual conference a memorable event.

Regards and love.

Prof Brij B Agarwal
President
ASI-Delhi State Chapter



From the desk of the secretary ASI- Delhi state chapter- Dr. Tarun Mittal

Respected seniors and colleagues,
I wish you a very happy festive season in advance. We have already gone more than half way down the year. We have very important upcoming events under the banner of Delhi state chapter ASI. The Surgical Clinical Oriented Practical Examination (**SCOPE**) course is already a popular program amongst the postgraduate students. It gives platform for the students to directly interact with the Examining faculty and to get polished before the actual exit examinations. SCOPE course will be held at at **Northern Railway museum auditorium** on 12th -14th October 2018. You will soon receive an intimation and mailer for the same.

Annual conference of Delhi-State chapter '**SURGICON 2018**' which is going to be a unique event as for the first time the organizing committee comprises of a joint effort of the Northern Railway Hospital and the South Delhi Surgeons Association. It is going to be an academic feast for all of us. The conference venue is the Auditorium Northern Railway Hospital. Kindly mark you dates (23rd November till 25th November 2018).

Looking forward to see you in all the events of Delhi-ASI.

Regards

Dr. Tarun Mittal
Secretary, ASI- Delhi State Chapter



Critical Appraisal of a Scientific Paper

Medicine is a field of uncertainty, where uncertainty might exist regarding a diagnosis, or superiority of a regimen over the other or regarding expected natural outcome of a condition. When it comes to counseling a patients regarding course or outcome or selecting appropriate treatment, most of us are guided by relatively old textbook knowledge or by our past experiences. Though both of these sources are valuable, we have an obligation to our client to select treatment modality based best and up to date scientific literature rather than merely based on personal experiences or preferences. This will also make opinion of different clinicians more consistent, which will help build trust of patient on management plan.

In current era, there is no dearth of information on Internet; tons of relevant citations can be downloaded in minutes by few clicks of mouse. Various authors might have contradictory findings and divergent views about the condition or intervention, further adding to the ambiguity. Here, the onus is again left with the clinician to carefully interpret the literature in wholesome and decide the course of action. In many of the situations, systematic meta-analysis or consensus guidelines might be available to guide the clinicians. However, in some situations, clear and evidence backed guideline might be lacking and clinicians need to interpret available literature to best of their wisdom.

In this article, we will focus on critical appraisal of a scientific paper. Large amount of research is focused on comparison of two different interventions. It is commonplace for authors to conclude that treatment "A" was better than treatment "B" or to claim that both interventions were equally effective. However, one shall not blindly believe author's viewpoint and shall critically look at the methodology and findings of the study. In case of divergent findings, study with high quality shall be honored more.

If a study cites a difference in effect of treatment "A" versus treatment "B", few things should be looked upon before believing author's conclusion.

- First thing we shall look at is a p value for the difference (critical p value would be <0.05). If p value is less than 0.05, there is a statistically significant difference in the outcome. If p value is >0.05 , the difference is considered insignificant in statistical terms. For example if one group has 4 events out of 20 subjects ie 20% and other group has 8 events out of 20 subjects ie 40%, though difference of 20% vs 40% is huge and clinically relevant, but is statistically insignificant as p value for this difference is 0.3. Hence valid interpretation here would be that groups are not different.
- Another setting in a research could be that difference is statistically significant but clinically irrelevant. This particularly happens in studies of large sample size, where a small difference in outcomes could have p value <0.05 . For example if an event/outcome with standard technique is 48/600 (8%) vs 30/600 (5%) with a new and expensive treatment, this difference is statistically significant, p value 0.04. However, clinician need to take a call if this difference of 3 % is clinically relevant, particularly so if outcome here is not so important and new intervention is far to expensive or difficult to exercise.
- Another very important aspect to be considered is study design and study objective. Retrospective studies are not good for strong conclusions. These are just helpful in generation of hypothesis for more robust future research. For comparison of new intervention with existing standard of care, a well-designed randomized trial with minimum possible biases is desired. Another common issue with clinical research is reporting of findings outside study objectives. In purest sense conclusions made on findings other than a priori outcome measures are not valid and can only be used for hypothesis generation.
- It is also not unusual in research publications to cite that there is no significant difference between two intervention groups if p value is >0.05 . Technically this statement is correct but there are few catch in it. First, we can miss the difference, even if it actually exists, if sample size is small. In statistics this is called β error. Acceptable β error is 0.2. In such settings, it is important to calculate power of study (power = $1 - \beta$). If power of study is less than 80%, honest presentation shall be that the study is not powered to detect the difference, rather than saying different doesn't exist. Another inference that is drawn in such settings is that two groups are comparable. Again, technically it is correct but it doesn't mean that either of modalities can be used in practice, as these are comparable. In a superiority trial, it means that new modality is not superior to standard treatment and hence status quo shall be maintained ie the study refutes superiority of new modality and only standard treatment is acceptable. If we want to establish that new modality is comparable to the standard treatment ie as good as standard treatment, acceptable research design is non-inferiority trial. Bottom line is no difference in superiority trial, doesn't establish that new modality is as good as standard care.

Dr, Manoj Modi
Sir Ganga Ram Hospital

CHAPTER ACTIVITIES

17th June 2018

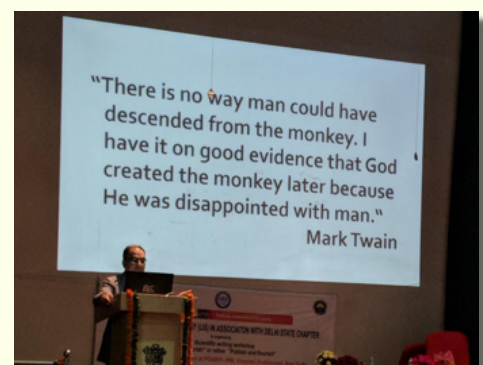
Delhi State Chapter organized a one-day Scientific Writing Workshop in association with Indian Journal of Surgery (IJS) on 17th June, 2018 at PGIMER-RML Hospital.

This was the first of its kind “Hands on” workshop with a focus on Postgraduates and younger surgeons while also getting the senior colleagues to share both the information and ignorance based on their experience.

More than 130 postgraduates and faculty from various institutes of Delhi participated in the workshop.

Topics which were discussed in the Scientific Programme were: -

- a. Why should I write?
- b. How to write? - “Commandments of scientific paper writing
- c. Review of literature
- d. Preparing the manuscript-IMRAD Pattern
- e. Plagiarism and the publisher`s perspective
- f. Biostatistics for the surgeon –how much is optimum?
- g. RCTs and their significance along with levels of evidence
- h. Why is a manuscript rejected?
- i. Panel discussion with the reviewed manuscripts
- j. Hands on -Writing letters to editor and picking up the Editor`s choice of the “Best letter” and “Best Manuscript”
- k. Interactive session –“Stump the Chair” session.



CHAPTER ACTIVITIES

24th June 2018

Delhi State Chapter Delhi in collaboration with Northern Railways Hospital & Hindu Rao Hospital had organized Hands-on- Session on-

- a. Multiple breast biopsies
- b. Special Stitches and Ligature Techniques: Figure-of-eight, U-stitch, B-lynch stitch, Goodsall's ligature, sliding knot
- c. Endotrainers, Silicon Skin Pads, knotting boards were available for practicing square knot, stitching techniques, endosuturing

These facilities were provided free of cost for the benefit of post graduates at Hindu Rao Hospital, New Delhi on June 24, 2018. More than 40 postgraduates from various institutes of Delhi participated in the workshop.

30th June 2018

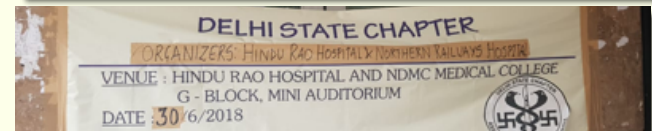
6th monthly meeting of the Delhi state chapter ASI for the month of June was organized by a joint collaboration by Hindu Rao Hospital and Northern Railway Hospital. The venue was Seminar room in Hindu Rao Hospital. There was a PG master class organized to conduct mock Practical exam. Three cases were discussed in this master class.

1. Carcinoma Thyroid by Dr. Ram
2. Carcinoma Breast by Dr. Prashasya
3. Chest Wall swelling by Dr. Jai

All cases were well presented and very well attended by the PG students from across Delhi-NCR.

This was followed by the monthly meet where five interesting cases were presented by the postgraduate students from Hindu Rao hospital and Northern Railways Hospital. The cases discussed were-

1. Chronic pancreatitis with acquired malrotation of the gut- Dr. Satyendra
2. Chylolympatic retroperitoneal cyst- Dr. Sameer
3. Goldenhar syndrome- Dr. Prashasya
4. Renal Lump
5. Neck Swelling



CHAPTER ACTIVITIES

1st to 3rd July 2018

Delhi state chapter in collaboration with ASICON CME Foundation, SGRH, NRCH and Hindu Rao Hospital organized its 15th Intensive Classroom session for DNB and MS practical exam going students in General Surgery. It was held on 1st to 3rd July 2018 at Sir Ganga Ram Hospital, New Delhi and was attended by 60 students from all over India. The faculty for the sessions comprises of various eminent doctors and professors from reputed institutes of Delhi.



21st July 2018

7th monthly meet of Delhi state chapter ASI for the month of July 2018 was organized by Ram Manohar Lohia Hospital (RML) on 21st July 2018. The meeting was preceded by Hands on session on Bowel Anastomosis. There was a guest lecture by Dr. Vineet Aggarwal on 'Real world evidence on mucosal capture'. There was also a Master class specially organized for the benefit of the Post graduate students. There were two exam cases which were discussed as mock practical exam. The first case with title Abdominal Lump was presented by Dr. Ranjan Gupta and the second case with title peripheral vascular disease was presented by Dr. Shubham. The master class was followed by an inspiring talk on 'Female feticide- A curse to humanity' by class 12th student of Delhi public school Ms. Paavni Gupta. In the monthly meet there were four interesting cases discussed by the post graduate students.



1. Gastric outlet obstruction a rare cause- by Dr Manit Korpai
2. Renal transplant from a deceased donor in a 17-year-old with Alport's syndrome- by Dr. Sunil Sangappa
3. Management of unexpected complication in mini gastric bypass- by Dr. Animesh Gupta
4. A rare case of intestinal obstruction- by Dr. Hareesh Mahabala

All the cases were followed by an interactive discussion between the PG students and the faculty members.



CHAPTER ACTIVITIES

18th August 2018

8th monthly meet of Delhi state chapter ASI for the month of August 2018 was organized by Safdarjung Hospital and VMMC on 18th August 2018. There were four interesting cases discussed by the postgraduate students of different Units of the department of general surgery. The title of the cases discussed was:

1. Breast Lump- A Histological Surprise.
2. An interesting presentation of large retroperitoneal cyst.
3. A rare abdominal emergency in a pregnant lady.
4. A large retrosternal goiter- A surgical challenge and a histological Surprise.

The meeting was well attended by the eminent faculty of the Delhi state chapter and many postgraduate students from across Delhi-NCR.

18th August 2018

West Delhi Surgeons Association organized a CME on Current management of Ano-Rectal Disorders and an Update on STARR procedure. The meeting was well attended and was very informative.

25th August 2018

All India Institute of Medical Sciences (AIIMS) in association with ASI-Delhi state chapter organized Hands on session on abdominal wall closure & prevention of surgical site infection. It was a well-attended academic event with more than 40 postgraduate students from across Delhi-NCR participated in the workshop. The efforts of the faculty of Surgical Department of AIIMS under the leadership of Dr. Anurag Srivastav was well appreciated and the post graduate students had an interactive one of a kind workshop.

1st September 2018

Symposium on Abdominal Wall Closure and Science of Tissue Management

Sehgal Neo Hospital, Dr. Narin Sehgal in association of ASI-Delhi state chapter organized a CME on 1st September 2018. It was a very interactive CME with discussion on the Current Best practices in the Surgical technique for Abdominal Wall Closure and Science of Tissue management.

9th September 2018

Sir Ganga Ram Hospital in association with Delhi state chapter ASI and KRISH foundation organized a CME on Pancreas at Sir Ganga Ram Hospital Auditorium. The CME was well attended by the Postgraduate students across Northern India. There was a PG master class and didactic lectures on Pancreas and its surgical aspects. A PG quiz on Pancreas was also organized at the end which was thoroughly enjoyed by the students. The program was organized under the guidance and support of Dr. Vijay Arora, Dr Brij B Agarwal and Dr. Chintamani.



REWARDS

Prof Anil Aggarwal, Director Professor and Head G I Surgery has been conferred the prestigious Dr B C Roy award in the eminent teacher's category.



Society of Laparoendoscopic Surgeons, USA selected **Dr. Brij B. Agarwal** as one of the Best two Surgeons for their "World's Best" session in the Annual MIS week & Conference 2018 held at New York.



OBITUARY

Dr. Suryakant Bansal, husband of Dr. Anu Kapur, left for the heavenly abode on 25th July 2018

Dr. Rohit Aggarwal who was working as a consultant surgeon at Acharya Bhikshu hospital Delhi. He died suddenly on 30th July 2018 after a fight against GBM.



Dr. Suryakant Bansal

MEDICO-LEGAL Committee- Update

Dear colleagues,

Medico-legal cell of the Delhi-state chapter ASI is receiving many messages, mails and queries from the fellow members of the Delhi-ASI. Since its inception we have held two meetings with the members of the Medico-legal cell committee. Both the meetings were very fruitful. We had a health discussion on various ongoing cases and the future agendas. We are also in a process to form a SOP for safe and ethical practice of Surgery which will not only benefit the young budding surgeons of the Delhi-ASI but also for the practicing faculty.

The aim of the medico-legal committee is to empower Surgeons and to provide them a sense of security because ethical and safe practice is the best practice. Looking forward for the active support and guidance from the members of the Delhi ASI.

Medico-legal gems:

Don't

1. No loose talk regarding treatments carried out by colleagues.
2. Carry out procedures you are unqualified or untrained for without supervision.

Do's

1. Informed consent.
2. Regular follow-up and documentation with signature, date and time.

SCOPE COURSE- From the desk of Convener SCOPE- Dr. Chintamani

Greetings from team SCOPE !!

It gives me great pleasure to announce that like every year we will indeed be conducting the second "SCOPE" course of the year under the aegis of Delhi State Chapter of Association Of Surgeons of India. We have decided to have the three-day compact course on 12-14th October 2018 **at Northern Railway museum auditorium**. The course like every year is focused on "Clinical case presentation as it happens in the examination". I thank you all for being part of this mission all along and we would like to assure you that the effort would never stop. As the course is very well received and is hugely popular amongst the postgraduate students and faculty across the country, there was huge pressure to conduct it yet again and here we are to share our academic best (both information and ignorance) with you. I have received lots of mails and messages and there was no way we could have skipped it in spite of a tight academic schedule this year. The dates had to be adjusted keeping in mind the RRC-ASI course.

Highlights of the course

- Live case presentations" depending on the availability of cases
- Mock examination using clinical scenarios
- Attempting an examination both theory and practical-the tips and tricks
- Short operative instructional videos for operative surgery
- Interactive question answer session ["stump the chair"]

Like every year we will have distinguished postgraduate teachers and examiners from across the country and I am sure the students are going to find it worthwhile like every year.

Best wishes

"Looking forward to seeing you soon"

Prof. Chintamani

MS, FRCS(Ed.), FRCS(Eng.),FRCS(Glas.), FRCS (Irel.), FACS, FICS(Surg Oncol), FIMSA
CONVENER- SCOPE COURSE

**From the desk of the Editor- Delhi-ASI: Dr. Neeraj Dhamija**

Dear Seniors & Colleagues,

Warm greetings for the Festival Season.

Newsletter is a mode of communication. Our newsletter is an open platform to discuss, to share, to celebrate and to pay respect to our Seniors and colleagues. It is my humble request to please be open with the ideas to share by the medium of this newsletter.

I will be waiting to get a message or mail from you.

Regards

Dr Neeraj Dhamija

Editor

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