



Episteme

The official bulletin of AIIMS Guwahati
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**Fit AIIMS Guwahati: Paving the Path to a Fitter India Through Active Living" -
Esteemed Executive Director Sir seen bicycling with the students as part of Eternia 2024 Celebrations**

Message from the Executive Director of AIIMS Guwahati, Prof Ashok Puranik



I am indeed very happy to present the fourth edition of the news bulletin of AIIMS Guwahati "Episteme." The Institute has grown by leaps and bounds since its inauguration in April 2022 and has succeeded in delivering quality health care to the people of this region. Several cutting-edge medical services like the radiotherapy block equipped with high energy linear accelerator, HDR Brachytherapy unit and a 4D CT simulator was inaugurated by our Hon'ble Prime Minister Shri Narendra Modi ji in virtual mode on the 29th of October this year.

These developments have great potential to revolutionize the cancer care in the entire NE India. Along with this the MRI machine, a state-of-the-Art Biplane Digital Subtraction Angiography Cath Lab for advanced cardiac and neurovascular interventions and a well-equipped night shelter has also been inaugurated to accommodate patients and their attendants reaching from far flung areas. These initiatives underscore AIIMS Guwahati's commitment in delivering high quality and accessible health care services. AIIMS Guwahati is set to become a leading health care destination, serving the population with compassion and care. On the academic front the PhD courses have also been started this year with the MD and MS courses with a promise of exponential growth in the coming years in the academic and research front.

This newsletter showcases our commitment to providing good quality patient care as well as our endeavours in achieving greater heights in research and academics for our faculty and students. The student events and activities highlighted in the newsletter demonstrates the excellence of the students not only in the academic front but also engagement in various extracurricular activities. I congratulate the editorial board and wish them success.

JAI HIND

Major Institutional Events

On the occasion of Dhanvantari Jayanti & 9th Ayurveda Day, the Hon'ble Prime Minister Shri Narendra Modi, virtually inaugurated advanced healthcare facilities at AIIMS Guwahati. The event was graced by the Hon'ble Chief Minister of Assam Dr. Himanta Biswa Sarma, Hon'ble Members of Parliament, Hon'ble Members of the Legislative Assembly, officers from the Government of Assam.



Hon'ble Union Minister of State AYUSH Shri Pratap Rao Jadhav, accompanied by Hon'ble Minister of Health and Family Welfare, Assam govt. and Shri Ashok Singhal, visited AIIMS Guwahati, and reviewed the AYUSH facility at AIIMS, and interacted with the officials, staff, and doctors.



Major Institutional Events

AIIMS Guwahati and IIT Guwahati signed an MoU for Collaborative Academics and Research on July 01, 2024. The event was executed by the respective Directors - Prof. Ashok Puranik and Prof. Devendra Jaliha, in the presence of the Dean (Research) and Associate Dean (Research) of AIIMS Guwahati.



College of Nursing - AIIMS Guwahati celebrated its Genesis Day, on 5th August 2024, marking another milestone achievement i.e. establishment of the first AIIMS Nursing College in the entire Northeast region.



AIIMS Guwahati celebrated the Hindi fortnight from 14th to 30th September. It included various activities for upliftment of Hindi in day-to-day activities.

The Induction ceremony for the 5th Batch of MBBS students was done on 1st October, 2024.

The 18th National Conference of the Indian Academy of Tropical Parasitology- TROPACON 2024 was organized by the Department of Microbiology, AIIMS Guwahati from 12th to 15th September 2024.

Mid-Term CME of Indian Association of Physical Medicine & Rehabilitation [IAPMR], 2024 was held from 4th to 6th October, 2024 at AIIMS, Guwahati with the Department of Physical Medicine & Rehabilitation at the helm.

Services started

- The PhD program in multiple disciplines has commenced at the Institute from July 2024 session onwards.
- The Hospital Based Cancer Registry (HBCR) has been started at the Institute, after signing of MoU with ICMR – New Delhi, from July 2024 onwards.
- The Bicycle Facility has been initiated at AIIMS Guwahati Campus from July 2024.
- Medical Ward (30 beds), and Obstetrics and Pediatrics wards (30 beds) were inaugurated in August 2024.
- The Liquid Medical Oxygen plant at the Institute started functioning from August 2024.
- The dedicated laboratory facility for handling emergency samples round the clock was inaugurated in August 2024.
- A six-bed Neonatal Intensive Care Unit services with provisions for advanced ventilation, parenteral nutrition, and therapeutic hypothermia for managing sick and preterm neonates commenced its functioning in September 2024.
- The Pneumatic Tube System, which ensures more efficient and faster transportation of medical samples within the hospital thereby enhancing patient care, was inaugurated in September 2024.
- Various facilities were inaugurated virtually at AIIMS Guwahati by the Hon'ble Prime Minister of India, Shri Narendra Modi on October 29, 2024. These include:
 - Drone Services for rapid delivery of essential medical supplies
 - Modern Auditorium
 - Radiotherapy Block equipped with a High Energy Linear Accelerator, HDR Brachytherapy Unit, and a 4D-CT Simulator
 - Magnetic Resonance Imaging (MRI) unit with a 3T scanner
 - State-of-the-art Biplane Digital Subtraction Angiography (DSA) for interventional radiology procedures
 - DEXA Scan for bone health assessment
 - Well-equipped Night Shelter





- The Animal Bite Clinic under the Department of Community and Family Medicine was inaugurated in September 2024.
- The Stroke Clinic at the Institute commenced its functioning from October 2024.
- Dept of Medicine - AIIMS Guwahati has commenced hemodialysis services at the hospital from November 2024.
- The Nerve Conduction Velocity (NCV) facility at the Department of Paediatrics was inaugurated in November 2024.
- The E-Library facility at the Central Library of the Institute was inaugurated in December 2024.



- The Department of Burns and Plastic Surgery is offering reconstructive surgery to leprosy patients free of cost, under the activities of Disability prevention and Medical Rehabilitation (DPMR) services of the National Leprosy Eradication Programme (NLEP).
- The Frozen section services have been started for intra-operative consultation by the Department of Pathology.

CMEs/Workshops/Outreach Programmes

- CME on Lower Limb reconstruction was done by the Department of Plastic, Reconstructive and Burn surgery on the occasion of World Plastic Surgery Day on 13th July,2024.
- On the occasion of National BLS and CPR Day, the Department of Pediatrics at AIIMS Guwahati, in collaboration with the IAP Assam State Branch, conducted an awareness program on July 25, 2024.
- The Students of AIIMS Guwahati met Honourable Governor of Assam on 21st July,2024 in an interactive session
- An Awareness program on NABL Accreditation for Medical Laboratories was conducted on 10th August,2024.
- A CME Program “Current Trends in OMICS “ was conducted on 12th August,2024 by the Dept. of Biochemistry.
- Public awareness activity for antenatal mothers on breastfeeding was conducted by the nursing officers of Neonatology and Obstetrics and Gynecology on the occasion of world breastfeeding week celebration 2024.
- Department of Community and Family Medicine, AIIMS Guwahati had organised an outreach awareness program for mothers and staff of Jamalpur Block PHC on the occasion of World Breast Feeding Week on 7th August,2024.
- Department of Pediatrics had organised an awareness program at AIIMS Paediatrics OPD on the occasion of World Breastfeeding Week 2024 in collaboration with Dept of CFM and Dept of OBG.
- On August 5th, 2024, Prof (Dr) Vishwajeet Nimgaonkar, Prof of Psychiatry and Human Genetics, University of Pittsburgh, visited AIIMS Guwahati as guest Faculty for the India-USA brainstorming meeting on Mental health and Neurosciences.
- A session on Heartfulness meditation session was conducted by the Department of AYUSH on 10th august,2024.
- A Webinar on Cyber safety and security was conducted on 13th August,2024 by the Telemedicine Committee.
- An Awareness program on Ragging and its consequences on the Anti ragging day was conducted by the Office of Dean academics on 12th August,2024.
- Department of Anaesthesiology, Critical Care and Pain Medicine, AIIMS Guwahati has successfully conducted TRACE-ICU: CCRS 2024 (Training and Collaborative Education in ICU: Critical Care Refresher Symposium 2024) on 16th-18th Aug, 2024.
- AIIMS Guwahati is the only institution in India to have been appointed to conduct the household-level National Mental Health Survey 2.0, the largest survey of its kind globally, across two states (Assam & Nagaland).
- A booklet titled ‘Recent Advances in Physiology’ was released during the World Physiology Week 2024 in November 2024.



- A short training on online prescription was conducted for the residents of AIIMS Guwahati on 24th August,2024.
- The Department of CFM, AIIMS Guwahati collaborated with the RBSK, Kamrup (Rural) and conducted several multispecialty camps on 21st, 22nd and 30th august,2024 at F. A Ahmed High School, Naitor, Pritipur M.E School, Boko and Champaknagar Girls High School, Chhaygaon Block.
- A CME on Retinal Imaging n Diagnostics was conducted by Department of Ophthalmology on 31st August,2024.
- An Eye donation campaign was organized by Department of ophthalmology, AIIMS , Guwahati on the auspicious occasion of 39th National Eye Donation Fortnight on 7th September,2024.
- A program “Cardiovascular research convergence” was organized by Dept. of Cardiology, AIIMS Guwahati with NIPER and AIIMS Delhi on 26th and 27th October,2024.
- The 4th National Pharmacovigilance week was observed by the Department of Pharmacology on 16th September,2024.
- A CME has been organised by the NTEP Core committee, AIIMS Guwahati on 18th September, 2024 on Updates in Tuberculosis.
- A Webinar on patient Safety was conducted by the Telemedicine Committee on 24th September, 2024.
- Awareness activities for the Poshan Maah was conducted by The Department of Community & Family Medicine in collaboration with the Department of Paediatrics and Dietetics Dept wherein several awareness sessions were planned in the month of September,2024.



- The Hindi Pakhwada Utsav was observed by the Institute on 14th to 30th September, 2024 wherein several competitions and programs were organized.
- A mass cleaning drive was organised today by MS office and Dhopatari Gram Panchayat from the AIIMS Guwahati main gate to the outer areas on 26th September, 2024.
- Department of Cardiology along with CTVS conducted the 3rd edition of BATTLE OF HEARTS quiz competition at auditorium for MBBS students on 28th September, 2024.
- A CME on Best practices in Health Manuscript writing was conducted on 29th July, 2024 by the research cell, AIIMS Guwahati in collaboration with Elsevier.
- The Department of Community & Family Medicine in collaboration with DBT Wellcome India Alliance, IIT, Guwahati organized a multi-disciplinary Sensitization program on the occasion of World Rabies Day on 28th September, 2024.
- In observance of the 'National Voluntary Blood Donation Day' on the 1st of Oct, 2024, the Dept of Transfusion Medicine and Blood Centre in collaboration with GMCH organized a blood donation camp at the Blood Centre, IPD block ground floor, AIIMS Guwahati.
- The Inaugural function of IAPMR National Mid-Term CME 2024 was conducted on 4th October, 2024.
- On 29th September and 30th September, 2024, the Dept. of CFM conducted the Swachata Hi seva camp for the Safai Karmacharis of AIIMS Guwahati as well as their family members.
- Dept. Of CFM and Dept. of Psychiatry Observed World Mental Health Day at Bezera CHC. There were awareness talks and role plays on case vignettes on 5th October, 2024.
- A Webinar on world Mental Health Day by Dept of AYUSH and Telemedicine on 10th October, 2024.
- World Anatomy Day was celebrated by the Dept. of Anatomy on 15th October at in the OPD FOYER. A felicitation programme was also held to honour the relatives of the body donors.
- A Scientific and cultural program titled 'Shaping the Future of Anaesthesiology: From History to High Standards in Care' was conducted on 15th October on the eve of World Anaesthesia Day.
- International Infection Prevention Week was observed from 13th to 19th October, 2024 by the Dept. of Microbiology and HICC.
- The Department of Anaesthesiology, Critical Care, and Pain Medicine successfully concluded the CPR Awareness and Training Program on 16th October 2024, on the occasion of World Anaesthesia Day and World Restart a Heart Day 2024.



- Dept. of AYUSH in association with Dept. of CFM and College of Nursing, AIIMS, Guwahati conducted an Ayurveda Awareness and Geriatric Health Camp at the Mother Old Age Home, Hatigaon on 19th October, 2024.
- The 37th IAP UG Quiz - College round was conducted for UG students by the Dept. of Paediatrics on 19th October, 2024.
- The Pathology Department organized a haematology quiz for students on 23rd October, 2024.
- Department of General Medicine in collaboration with IRA Assam Chapter organized a CME program RHEUMA INSIGHT highlighting important aspects of rheumatism on 26th July, 2024.
- The Department of Orthopaedics conducted the Basic Knee Arthroplasty Course and Hands on Workshop on 26th October, 2024.



- AIIMS Guwahati observed the Special Campaign 4.0 from 2nd October, 2024, to 31st October, 2024, and Karmayogi Week from 19th October, 2024. A series of activities were carried out with emphasis on institutionalising Swachhata and minimising pendency. Training of sanitary staff was conducted from the iGOT Karmayogi portal on modules- Swachhata Hi Seva, Jan Bhagidari, Mess Etiquette and Table Manners, Stress Management, Daily required Yogic Practices, Yoga Break, Importance of Lifestyle, and Need of Sufficient Rest and Sleep. A total of 71 sanitary staff were provided certificates of participation, and 20 staff were felicitated for best performance.
- The World stroke day was celebrated on 30th October by the Dept. of Neurology followed by a cycling event. Dept of Neurology in collaboration with dept. of Nursing held a stroke awareness camp in BEZERA FRU on 30th October, 2024 to mark the occasion.
- An International webinar observing WMHD was organised by Dept. of AYUSH, AIIMS Guwahati on 10th October
- The Department of Radiation Oncology, in collaboration with the Department of Radiology, celebrated the International Day of Medical Physics and the International Day of Radiology at AIIMS Guwahati on 8th November, 2024.
- The CME cum Workshop on 'Quality Control (QC) Analytics and Six Sigma Methodology in Lab Medicine' was conducted by the Dept. of Biochemistry on 09 November 2024.



- The Department of Pediatrics, in collaboration with the Department of Community and Family Medicine at AIIMS Guwahati, conducted an outreach training program aimed at enhancing the effective use of the Maternal and Child Protection (MCP) card on 12th November, 2024.
- Awareness programme on Organ and Voluntary Body Donation was organised by the Department of Anatomy in collaboration with Elora Vigyan Mancha in North Guwahati College on 12th November, 2024.
- The Thesis Protocol writing workshop for PG and Ph. D. Students of was organized by Research Cell, AIIMS Guwahati on 13th November, 2024.
- The preconference workshop of North Eastern Medical Pharmacological Society (NEMPSCON-2024) was jointly organized by AIIMS Guwahati and Gauhati Medical College & Hospital in AIIMS Guwahati on 15th November, 2024.
- The Department of Forensic Medicine and Department of Community & Family medicine successfully conducted a one-day training program on " Child abuse prevention: Navigating Health care and legal strategies for safety " in collaboration with the State Child Protection Society, MW& CD, Assam on the occasion of Children's Day on 14th November, 2024.
- The Department of Pediatrics and the CDEIC Unit at AIIMS Guwahati celebrated Children's Day on November 14th at the Pediatric Outpatient Department. The event also featured the Inauguration of the new Nerve Conduction Velocity (NCV) machine by honourable Executive Director Sir
- The Department of Physiology organized a public outreach programme on the occasion of World Physiology Week from 18th – 22nd , November, 2024. A new form of relaxation via Immersive Virtual Reality Relaxation, in addition to head up tilt test & Body composition analysis was done for Faculty, Staff and the general public.



- Department of Ophthalmology successfully conducted CME cum workshop on “Eye donation & Eye banking” on 16th November 2024.
- A CME was conducted by the Neurology Department on the 23rd of November, 2024. The theme of the CME is” Together we can beat stroke”.
- Reading of The Constitution Preamble at MNC Foyer on the occasion of “ Samvidhan Divas” was done on 26th November, 2024.
- An Awareness program was conducted on the OPD foyer on the International Day of Persons with disabilities by the Department of PMR on 3rd December, 2024.
- An online program on Telemedicine in India: Inception, scope, challenges and Implementation was organized on 9th December by the telemedicine committee, AIIMS Guwahati.

- AIIMS Guwahati in partnership with the District Health Society, Kamrup hosted a multispecialty health camp at Batahidia Char Primary Health Centre on 10th December, 2024.
- The pre-conference CME on 'Unlocking the Secrets: Impact of Laboratory Medicine on Liver and Gastrointestinal Health' was conducted by the Dept. of Biochemistry on 14 December 2024
- A bilingual patient information booklet in English and Assamese on 'Awareness about Autism Spectrum Disorder and Home-Based Care for Children with ASD' was released by the Department of Paediatrics in December 2024



Table of contents

SI No.	Article details
1.	Barman B. Navigating Research Hurdles in North East India: Opportunities for Growth. EPISTEME (Journal section). 2 (2): p 12-15, July-December 2024.
2.	Hussain M. Doctor's with hyphenated degrees. EPISTEME (Journal section). 2(2):p 16, July-December 2024
3.	Boro SS, De M, Mallya S, Tayhung, Rahul, Neelam, Pramod. Case Report: An Interesting Case of Spaghetti Wrist. EPISTEME (Journal section). 2 (2): p 12-15, July-December2024.

Navigating Research Hurdles in North East India: Opportunities for Growth

Prof. (Dr). Bhupen Barman,

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Introduction

Research is the foundation of learning, development, and innovation across disciplines. The New Oxford Dictionary of English (1998) defines research as a "Systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions." In medical science, understanding research methodologies and statistical analysis is crucial, not just for advancing knowledge, but also for responding to complex academic and clinical challenges. As H.G. Wells once predicted, "Statistical thinking will one day be as necessary for citizenship as the ability to read and write" (Campbell, 1974). This foresight is more relevant than ever in today's practice of evidence-based medicine, as well as in the pursuit of higher academic qualifications.

Objectives of Research

Research aims to uncover answers to specific questions using scientific methods. Its key objectives include:

- Gaining familiarity with a phenomenon or exploring new insights.
- Accurately depicting characteristics of individuals, situations, or groups.
- Determining the frequency of occurrences or associations.
- Testing hypotheses regarding causal relationships between variables.

Research Methods vs. Methodology

Understanding the distinction between research methods and research methodology is essential. Research methods refer to the tools and procedures employed during the research process, which can be grouped into three categories:

- Data collection methods.
- Statistical analysis methods.
- Methods to evaluate the accuracy of results.

In contrast, research methodology refers to the study of these methods. It involves understanding the rationale for selecting specific techniques and how they help address the research question. For example, while a short paper may include a simple "methods" section, a more extensive thesis will include a detailed "methodology" section, explaining the approach and justifying the chosen techniques.

The Indian Perspective on Research

Medical research in India is not at par with global standards, both in terms of quality and quantity. India's contribution to global research output hovers around 5%, while citations—a proxy for quality—range between 2% and 3%. A study from 1998 revealed that, of 128 medical colleges in India, only 10 were actively engaged in research, with papers published in 113 Indian journals, of which only 27 were indexed in Index Medicus.

A more recent survey (2005-2014) of 579 Indian medical colleges showed that 332 (57.3%) did not produce a single publication in that decade. Only 25 (4.3%) published more than 100 papers annually. While India's research output has increased in the 21st century, premium institutes like All India Institute of Medical Sciences (AIIMS) Delhi, Postgraduate Institute of Medical Education and Research (PGIMER), and Christian Medical College (CMC) Vellore remain the primary contributors.

Nurturing Research Interest in Young Minds

Fostering a passion for research among medical students during their undergraduate years is critical. By providing opportunities and incentivizing research through assessments, institutions can inspire students to consider research as a viable career path. Programs like the ICMR Short-Term Studentship (STS) play a pivotal role in motivating medical students to pursue research by offering hands-on experience and financial support. Identifying and promoting additional sponsoring agencies that can fund small-scale student

Barriers to Research in India

The challenges hindering research in India can be categorized as follows:

1. **Lack of Dedicated Time:** Faculty members often juggle numerous responsibilities, leaving little time for research.

■ **Inadequate Infrastructure:** Many institutions lack dedicated research setups, access to journals, plagiarism-check software, and other essential tools.

■ **Limited Financial Support:** Though organizations like Indian Council of Medical Research (ICMR) and Department of Biotechnology (DBT) offer grants, delays in fund disbursement often disrupt research.

■ **Lack of Teamwork:** Collaborative, interdisciplinary research is essential but underutilized in India. Global research increasingly relies on coordinated, multidisciplinary teams.

■ **Lack of Focus:** Due to time constraints, researchers often work on broad topics rather than developing expertise in niche areas, which affects the quality of research.

Challenges and Opportunities for Research in North East India

North East India (NER) is a unique region with a population of around 46 million spread over 2.6 lakh square kilometers, and its healthcare system faces several challenges. These include:

■ **Shortage of Medical Personnel:** With a doctor-patient ratio of 1:5000 (national average: 1:2000), the region suffers from inadequate healthcare.

■ **Limited Infrastructure and Funding:** Many institutions in the region face infrastructural challenges, including outdated (lack of modernized) equipment, inadequate research facilities, and a lack of dedicated research centres. Additionally, obtaining grants and funding can be competitive and limited, especially for early-stage researchers.

■ **Geographical and Economic Barriers:** The region's tough terrain and economic backwardness hinder the effective delivery of healthcare services.

■ **Lack of Research Culture:** While there are pockets of excellence, the overall research culture in the region is still developing. Medical colleges are largely focused on clinical care and teaching, with research often taking a backseat.

■ **Ethnic and Political Instability:** Insurgent violence and extortion networks often disrupt healthcare and research efforts.

Despite these challenges, NER has promising potential. The region has 25 medical colleges which includes 3 autonomous institutes, 4 private medical colleges and 18 state medical colleges.

■ **Potential of Autonomous Institutes:** All India Institute of Medical Sciences (AIIMS) Guwahati, North Eastern Indira Gandhi Regional Institute of Health and Medical Sciences (NEIGRIHMS) Shillong, and Regional Institute of Medical Sciences (RIMS), Imphal are positioned to become research hubs, given their autonomy and capacity to focus on cutting-edge medical research. These institutes can lead high-impact projects, especially in the fields of infectious diseases,

tropical medicine, public health, and indigenous medical conditions.

■ **Field Research Potential:** Institutions like ICMR-Regional Medical Research Centre, North-East Region, Dibrugarh offer significant potential for field research, particularly in the areas of vector-borne diseases, public health, and epidemiological studies. The diverse demographic and environmental factors in NER provide unique opportunities to study diseases in specific contexts, nutritional disorders, non-communicable diseases (NCDs), infectious diseases like tuberculosis, malaria, human immunodeficiency virus (HIV), and emerging infections like scrub typhus, melioidosis etc.

■ **Collaborations with Other Institutes:** Collaborative studies with Indian Institute of Technology (IIT) Guwahati, NIPER (North East Institute of Pharmaceutical Education and Research), Ayurvedic and Homeopathy medical colleges, and nursing institutes open up interdisciplinary research opportunities. Joint efforts in biomedical engineering, pharmacological studies, traditional medicine, and community-based healthcare can lead to innovative solutions for regional and national health challenges.

■ **Growing Postgraduate and DM/MCh Programs:** With around 2750 undergraduate, 1171 postgraduate and 50 DM/MCh seats available annually across NER, there is an ever-expanding pool of postgraduate researchers. Encouraging these students to engage in research projects, possibly through grants and fellowships, will build a foundation of young researchers invested in academic inquiry.

Publication

We recently analyzed the data from the last five years (2019-2023) of published articles across institutes in North East India indexed in PubMed. The analysis revealed over 1,600 articles, with the majority contributed by institutions such as ICMR Dibrugarh and NEIGRIHMS Shillong. When other indexing sites are considered, the total exceeds 5,000 publications. While this reflects a growing trend in research output, there remains significant untapped potential, given the wealth of resources and opportunities available in the region.

Publish vs Perish

A balanced approach to academic growth publication is essential for the advancement of science and career progression, with administrators increasingly focusing on publications during faculty recruitment and promotion. However, the resulting pressure to publish often leads to an increase in low-quality research and unethical practices, including publication fraud. Urgent steps are needed to address this issue. While publications are crucial for academic careers, they should not overshadow the primary goal of medical education and patient care. Universities often claim teaching is their top priority, but the inability to quantify teaching effectiveness means publication metrics often dominate tenure decisions. This creates a cycle where educators focus more on research than on educating their students or patient care. To foster a healthier academic environment, universities must balance the emphasis on research with a stronger commitment to student education, ensuring that both are given equal importance for the long-term growth of science and academia.

Plagiarism and ChatGPT

To prevent plagiarism, researchers should adopt rigorous citation practices, use plagiarism detection tools, and ensure originality in their writing. Educating oneself about proper paraphrasing and referencing techniques is essential. Regarding AI tools like ChatGPT, while they can assist in generating ideas or

refining text, it's crucial to use them ethically. Researchers should verify AI-generated content for accuracy, context, and originality. Ensuring genuine research involves critical thinking, synthesizing diverse sources, and incorporating personal insights. By maintaining transparency about AI usage and adhering to ethical standards, researchers can uphold the integrity and authenticity of their work.

Conclusion

Overcoming the research hurdles in North East India requires strategic interventions, infrastructure development, and a stronger research culture. By harnessing the potential of academic institutes and fostering interdisciplinary collaboration, NER can address regional health issues while contributing to global medical advancements. Balancing research with teaching and patient care, promoting ethical research practices, and engaging young minds in academic inquiry are essential for sustained growth. With the right support and focus, NER can transform into a thriving research hub.

Suggested reading

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Health care has been undergoing a quiet revolution, which was hastened by the recent pandemic. The most prominent aspect of the change is the shift from the more traditional health care system to an “integrated health care” approach. The expectations from today’s physicians are markedly different from those of previous generations. In modern health care system, only traditional medical expertise is not sufficient to deliver best quality care and results.

All disciplines, including medical science are individually noble and time honored. However, with the ever changing landscape of health care, and other disciplines like engineering technology, management, administration, law and order, media, Artificial Intelligence, and research and development, a paradigm shift in approach is necessary to mold health care to meet these challenges. Therefore, is it time to Cross Pollinate traditional health science with other disciplines to deliver the Hybrid Physician?

History has shown that, the juxtaposition of sciences lead to the emergence of hybrid fields, which are potent and indelible. In modern health care, physicians are increasingly working across academic fields not previously associated with medicine.

The health care system demands the active participation of physicians in:

1. Creation of health policies and laws
- 2 . Health administration and management

3. Health care engineering
4. Health insurance
5. Artificial Intelligence

To fulfill these demands, hybrid educational programs have to be created, which can be pursued by the physician after completion of their basic medical degree, or post graduate medical degree.

1. Degree/ Fellowship in Health/Public policy and practice
2. Degree/ Fellowship in Health Administration
3. Degree/ Fellowship in Health care Engineering
4. Degree/ Fellowship in Medical Laws
5. Degree/ Fellowship in Health care Artificial Intelligence
- 6 . Fellowship in National / International Health care disaster management
7. Fellowship in Health care media policy and practice
8. Fellowship in Health care Advocacy

Hybrid physicians, who work across clinical and nonclinical academic fields, create “social capital” by helping health care delivery organizations enhance performance, communication, and collaboration. Training programs for hybrid physicians are becoming common, with 9-10% of U.S. medical students currently enrolled in dual-degree programs.

Although uncertainties exist, the future seems promising for Doctor's with Hyphenated degrees.

Case Report: An Interesting Case of Spaghetti Wrist

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(Keywords: Spaghetti wrist, nerve injury, tendon injury, fracture of both bone forearm)

Introduction

A spaghetti wrist is a severe laceration of the volar forearm that involves multiple structures, including tendons, nerves, and arteries. The term was coined in 1985 by Puckett and Meyer and it was defined as those injuries occurring between the distal wrist crease and the flexor musculotendinous junctions involving at least three completely transected structures, including at least one nerve and often a vessel. (1) The most common causes of spaghetti wrist injuries are accidental glass lacerations, knife wounds, and suicide attempts.

Our Case:

Our patient presented with a crush injury over the anterior aspect of the distal left forearm following a machine injury at his workplace on 13/12/24. (Fig 1) He presented to emergency with a compound fracture of both bone forearm wounds with exposed cut ends of tendons, nerves, and vessels (Spaghetti wrist). On the 3 repetitive card tests, he was found to be HIV seropositive.

Under universal precaution, the patient was operated on 14/12/24. Firstly, a TENS Nail of 3 mm diameter is inserted in the ulna and another Nail of 3 mm is entered over the lateral aspect of the radius (by the orthopedic team),

reduction is checked under C-arm.

On exploration of the wound, transection of all FDS (Flexor digitorum superficialis), all FDP (flexor digitorum profundus), FPL (Flexor pollicis longus), FCU (flexor carpi ulnaris) and two-level transection of ulnar artery and nerve, and laceration of muscle belly of all FDS and FDP was found. Gross contamination with plastic threads was there at the wound. Repair of all the tendons done with 2-0 prolene modified Kessler 4 strand core suture and 5-0 prolene epitenon suture. The Ulnar artery was ligated proximally and distally with the intervening transected 3 cm segment kept as such. The Ulnar nerve coapted with 8-0 nylon at two places. The Median nerve coapted with 8-0 nylon. Muscles were repaired with 3-0 vicryl suture, Irrigation was given, and FCU was found extensively lacerated with segment loss which was not repaired. The skin flaps cannot be approximated and the wound closed with an intermediate-thickness skin graft taken from the left thigh. Skin closed with 3-0 nylon. The surgery lasted almost 7 hours. (Fig 2) The postoperative period was uneventful. He was discharged on the 6th post-operative period with the advice of regular follow-up and physiotherapy. (Fig 3)



Fig 1: The exposed wound at the emergency



Fig 2: Intra-op pictures of the surgery



Fig 3: Immediate postoperative outcome

Eternia 2024 (college fest for MBBS Students) which is in its 2nd year of inception was celebrated in the campus from 27th -30th November. The event saw participation of students from various colleges across the state.

The college magazine, The Broaca"s Broadcast 2.0 was also released during this occasion.





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