



TRAUMA & EMERGENCY ACADEMIC MEDICINE SENTINEL

“Proclaiming and Promoting Academic Leadership”

TEAMS

OFFICIAL VOICE OF ACADEMIC COLLEGE OF EMERGENCY EXPERTS (ACEE) & EMERGENCY MEDICINE ASSOCIATION (EMA) - AN INDUSEM UNDERTAKING

Department of Emergency Medicine,
MOSC Medical College Hospital, Kolenchery, Ernakulam, Kerala, India



From the Editor’s desk.

Dear friends,

Every year has a different perspective to teach us. 2021 was no different. As we have gone through 2021, I would say it was a year which saw e-technology taking a great leap in our daily life.



A new year has started. Everyone hopes this year will normalize their lives after the covid pandemic. During the past 2 years, majority of the events, academic programs and conferences had come to a standstill. We all are looking for a normalcy in our professional as well as personal lives. Either back to normal life or to live with covid is going to be a thing in the coming year.

This quarter also witnessed the joining of the 2021 PG batch across the country. A batch whose NEET PG exam got rescheduled due to the pandemic. After some time of uncertainty the new bunch of enthusiastic residents is going to find way to their PG life. When we look back, PG life is indeed a life we all remember. Hectic duty schedules and work patterns, mind exploding academic sessions, trying to strike some balance into family life and so on, would make us feel lost in another world. But towards the end of it, we are doing the subject which we love; the passion keeps us going and helps us to find happiness and relaxation.

When it comes to academic program, the coming quarter is going to be filled with revisions and final PG exams. A time testing moments for the final year PG’s. Preparation is the most important aspect. There are different modalities for it. It can be internal exams within the institutions or Formative assessment test from the NBE. In emergency medicine, this revision/preparation is given extra importance as the national leadership through EMA tries to provide a national platform for exam preparation. There are 2 ways it is conducted - the National EM Board review course – NEMBRIC and the national level mock exam in EM – EXAMTHALON. Last few years, these programs have yielded good result and have helped the resident’s fine tune themselves for their final exam. Even this year, it was no different. Wishing all exam going PG all the very best.

The new quarter have been filled with many academic feasts. Let this be the begining of many more to come in 2022.

Together we can, together we will....



Dr. Ajith Venugopalan
(ajith.v123@gmail.com)
Chief Editor

TEAMS Editorial Board	Dr. Ajith Venugopalan	Dr. Vimal Koshy Thomas	Dr. Mithuna Nair Dr. Rebecca Paulose
	Department of Emergency Medicine MOSC Medical College Hospital, Kolenchery, Ernakulam, Kerala, India		

<http://www.indusem.org/teams-newsletter/>

EXAMS – Tackling the last few days

Dr. Ajith Venugopalan MBBS, MD (EM)

PGDMLE, FACEE, FICM

Associate Professor & Head,
Dept. of Emergency Medicine,

MOSC Medical College Hospital, Kolenchery, Ernakulam, Kerala

Exams have always been a challenge right from our school days. I am sure many would have fond memories of exams and the late night struggles. Years down the line, there have been drastic changes in the style of examination. We never would have imagined we would be sitting in front of a laptop and writing an exam and that too from our home...!!!

Online exams are indeed a welcome change during COVID. But many are still favoring the offline exams. Anyway whatever be the style, the last few days prior to the exam is indeed challenging. As exams are round the corner, let's try to understand how we could tackle the last few days prior to an exam. Also let's try to assess ourselves on how to work ourselves out during the last round preparation. We all are worried whether we have prepared adequately, whether we will be able to deliver the exam properly, whether we could recollect things, whether we will be fresh during the exam and so on. There are lots of queries in our mind. But make sure we understand our strength and also know our weakness.

1. Know your exam pattern thoroughly

Understand the pattern of exam you are going to face. If it's DNB exam then go through the National Boards exam guidelines, if it is MD exam, refer to the university exam pattern. Know clearly the pattern in which the questions are asked including the marking schemes. Also make sure you are aware about the syllabus for each paper.

2. Time management

What works for one person, may not work for the other. Know the time you have per day to learn/revise. Understand the maximum time and minimum time you may get per day. Try to create a regular pattern daily. Organise the

time properly. Try to mitigate your distractions. Most importantly plan your rest time, your brain also needs some rest. More than the quantity of time, the quality of time is most important.

3. Be confident in yourself.

Maintain one main textbook. Do not shuffle your textbook during the last minute. Have an environment friendly for learning. Striking a balance between daily reading and revision is a key in setting the pace forward. Even if you are referring different textbooks or articles, try to mark it in the main textbook. What is needed is a good content in your answers.

4. Nembric & Examthalone

Attend review courses like Nembric, examthalone & FAT. These programs are under the guidance of senior faculty who can guide you through. Examthalone will also provide a mock exam for theory & practical.

5. Recent advances.

Go through all the new updates in the field. It can be new drugs, newer modality of treatment, new equipments and so on. Go through the latest trials and journals.

6. Revise & Review previous question papers.

7. For practicals

Present as many cases as possible. Be fluid with your presentation pattern. For OSCEs, read questions clearly and answer to the point within the time frame provided.

Putting it all together

Each day is a new one. Hence, prepare systematically. Relax - Be fresh. Time management is the most PIVOTAL thing. All these exams and revisions are not just for clearing your PG degree but to make sure you all become an excellent emergency physicians.



NEMBRIC @ NAMS

The Annual National Emergency Medicine Board Review of India Course (NEMBRIC2022) concluded at the headquarters of National Academy of Medical Sciences (NAMS) in New Delhi. NEMBRIC 2022 was conducted from 22nd to 26th March 2022 over 5 days, with over 48 hours of rigorous and well-structured academic content, to give the participants a complete overview of various academic topics in Emergency Medicine.

The sessions were well prepared and delivered by faculty in a very interactive way.

The course was attended by around many elite MD and DNB residents in emergency medicine, practicing emergency physicians, departmental heads, surgeons, anesthesiologists, respiratory physicians, internists, and pediatricians.

The course particularly benefited the physicians who are training in emergency medicine. They were pleased to attend the same and appreciated the efforts put in by the course faculty.

Department of Emergency Medicine, AIIMS, New Delhi and NAMS, under the leadership of Dr Praveen Aggarwal, were very pleased to host the 5-day event which was well appreciated by all faculty and participants.



“NEMBRIC”- DELEGATES PERSPECTIVE

Dr KONURI BHARGAVARAM
JUNIOR RESIDENT
EMERGENCY MEDICINE
JIPMER, PUDUCHERRY

Dr. ROSE JOSEPH
JUNIOR RESIDENT
EMERGENCY MEDICINE
JIPMER, PUDUCHERRY

A beneficiary review course for the Emergency medicine residents and the people having enthusiasm for Emergency medicine.

It is the platform where senior faculty from various disciplines shared their vast experiences, knowledge which is really useful for budding Emergency Physicians. I personally liked the course and got benefited from NEMBRIC.

It enlightened my strengths and weaknesses and helping me to progress further. Not only for me but it helped me to share the knowledge to my colleagues and juniors.

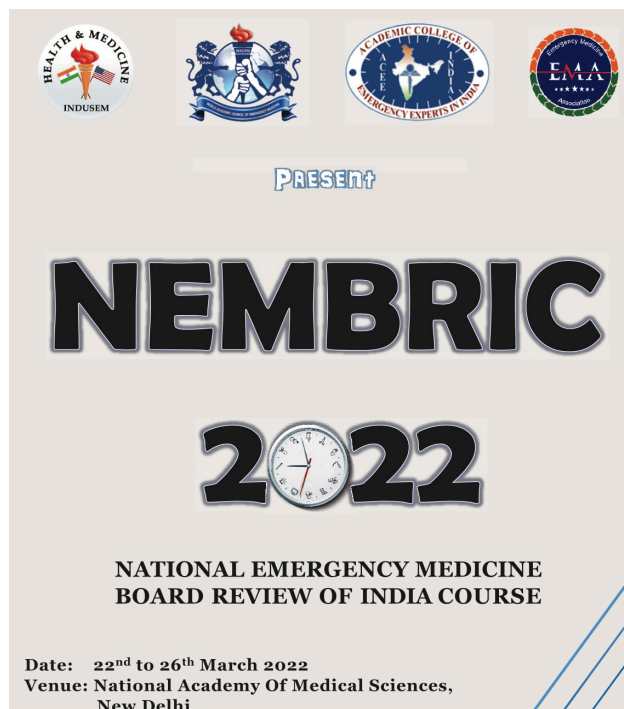
Thanks to Dr Praveen aggarwal sir Dr Manu ayyan sir for helping to go through this year NEMBRIC

A place of educational extravaganza. Having walked in with no clue of what to expect nembric bombarded us with its knowledge treasure

troves right from the country's very best on different fields. It was an absolutely amazing experience to know one's peers and realise how to better ourselves. Meeting up with pioneers in the field of emergency medicine was a real eye opener to our future pathways. The review comprised of preplanned, carefully structured sessions to ensure that the absolute essentials of Tintinalli was reviewed in fast paced manner synced in with the most recent advances. The sessions were innovative and interactive where mentors took in personal efforts to ensure that no queries are left unanswered. Even when it was physically exhaustive, it was worth

every moment spent there.

A brilliantly conducted board review at its very best.



EM Activities and Achievements in the past quarter

ASHWAMEGH Arrives

Emergency Medicine is a novel interdisciplinary specialty which creates specialists who are expected to manage any emergency, any age, any life-threatening condition 24/7.

The Academic Science of Emergency Medicine demands a well-designed Faculty Development Program (FDP) as India embarks on this visionary initiative.



To meet this challenging task The All India Institute of Medical Sciences (AIIMS) Nagpur, has partnered with The World Health Organization Collaborating Center for Emergency and Trauma (WHO-CCET) to launch the nation-wide Academic Emergency Medicine Faculty Development Program called “ASHWAMEGH”.

ASHWAMEGH is a 12 Month Cyclical Program is open to All faculty (Assistant Professors and above) who are a part / or going to be a part of the Academic Emergency Medicine Initiative across India as we develop MD/DNB PG Programs in EM. Senior Residents who envision an Academic Career in Emergency Medicine are also Encouraged to Join ASHWAMEGH. For More Information: www.ASHWAMEGH.org

Prof. Ajai Singh To Head PGICH, Noida

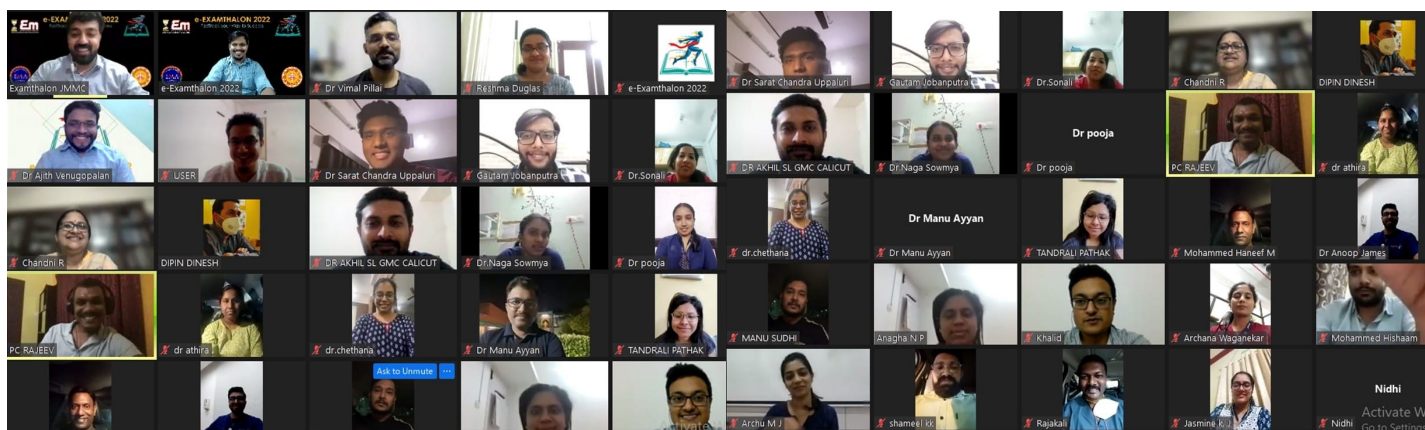
It is with great pride that we announce that INDUSEM Leader Prof. Ajai Singh from KGMU Lucknow has assumed charge as the Director of The Post Graduate Institute of Child Health Noida, Uttar Pradesh

“Professor Singh is a senior INDUSEM Leader who has spearheaded the efforts to establish Academic Emergency Medicine and Trauma Sciences in India. His efforts have led to the development of excellent Trauma Services at his University. His national and international leadership continues to play a pivotal role in the growth of INDUSEM”. said INDUSEM CEO Dr. Sagar Galwankar



EXAMTHALON - BACK with a BANG!!

EXAMTHALON is an annual high-fidelity simulation event for emergency medicine residents from all over India, hosted by the Department of Emergency Medicine at Jubilee Mission Medical College in Thrissur, Kerala, India. It is a precisely designed to enable exam going candidates in identifying their strengths and weaknesses, as well as equipping them to overcome challenges and prepare for upcoming exams in advance. It is based on the latest DNB and MD board examination layout and includes eminent emergency medicine faculty from across the country.



The efforts of organizers Dr. P C Rajeev. (Professor, Emergency Medicine, JMMC & RI), Dr. Deo Mathew (Senior Resident, Emergency Medicine, JMMC & RI) and Dr. Vijay Chanchal A B (Senior Resident, Emergency Medicine, JMMC & RI) were appreciated by the students and faculty alike. The hosts for the simulation programme were Dr. Leenus Jacob, Dr. Arin Eliza Sunny, Dr. Appu Susheel, Dr. Saraswathy M, Dr. Faris Abdul Gafoor, Dr. Hima Ben and Dr. Clint Davis.