

KDC RESEARCH



BIANNUAL RESEARCH NEWSLETTER OF GOVERNMENT DENTAL COLLEGE KOTTAYAM

“Quest for Excellence in Dental Education and Service to Humanity”

• For Private circulation only

• July 2022

• Volume 1, Issue 1

• www.gdckottayam.org

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Message from the Dean (Research) KUHS



Prof. Dr. K.S.Shaji
Dean (Research)
KUHS

We need relevant, reliable research to inform and guide service development. Investment in research will give steady returns in the long term. Starting a biannual research newsletter is a step in the right direction.

Better dissemination of research findings will catalyze the research infrastructure. More research will follow.

Thank you for the leadership, and let the newsletter inspire many professionals to take up good quality research.

I wish you the very best.

Prof.Dr.K.S.Shaji

KDC Establishes Conscious Sedation Unit



The conscious sedation unit at the Department of Pedodontics was inaugurated by the honorable Minister of Cooperation and Registration, Kerala, **Mr. V.N. Vasavan**, on December 13th. This is the first time such a machine has been installed in a Government Dental College in Kerala. The conscious sedation unit can help better management of anxious children as it make them calm during the dental procedure.

Message from the Principal



Dr. V.T.Beena
Principal

My dear friends, for the first time in the history of a Government Dental College in Kerala, we have initiated a biannual research newsletter. All these year we have spent the greater part of our time for patient care and teaching. Now we are taking a turn towards research innovations in an active way. This will be a platform to showcase the research ideas of students, faculties and to share the latest in the field of research. I truly appreciate and congratulate the research enhancement committee members and the Editor in Chief for this great idea of a biannual research newsletter.



Dr. Indu M, Asst Prof

From Editors Desk

It is indeed a proud privilege to work on the first release of the college's research newsletter. This publication is a reflection of the college's research activities and aspirations. This newsletter would not be possible without active participation and contributions of my colleagues and students, to whom I am grateful. I am hopeful that it will serve as an inspiration to our students.

Towards a sustainable and greener research...!!!



Dr. Elbe Peter, Additional Prof,
Dept of Orthodontics

Health and ecosystems face serious threats due to uncontrolled emissions of greenhouse gases, pollution and hazardous waste. Though industries and automobiles are the major sources, the role of healthcare research cannot be ignored. Research projects seldom have any direct influence on the environment, but the results may

contribute to environmental improvement or damage. **Carbon foot print** is an estimate of green house gas emission caused directly or indirectly by an individual, event, organization or product expressed as carbon dioxide equivalent (CO₂e). Though looks trivial, it is pertinent to look in to the carbon foot print by medical research team and take necessary steps to minimize it. The National Institute of Health Research (NIHR), UK has already introduced guidelines for carbon reduction in clinical trials. A study is under progress at the Department of Orthodontics, GDC Kottayam in collaboration with the School of Environmental Sciences, MG University, Kottayam to investigate the **environmental impact of Clear Aligner orthodontic material**. Clear Aligners, a newer orthodontic treatment modality uses a series of plastic trays to sequentially move teeth to ideal positions. Each set of trays are used for a period of about 2 weeks and then discarded. For the entire course of treatment the number of trays can vary from 50 to 100 per case. The disposal of these used trays and stereolithographic models is becoming a problem; hence its environmental impact is currently being studied.

It was heartening to note that the University of Kerala had issued notice and conducted the Ph.D. open defence following the green protocol based on UGC guidelines. It is the responsibility of every researcher to adopt sustainable green research protocols to reduce environmental pollution. The Institution Ethics Committee should mandatorily perform an Environmental Impact Assessment (EIA) for each research protocol to ensure entire research related activity and its outcome is environmentally sustainable.

KDC's achievers and accomplishments

The faculty and junior residents of KDC won awards at national and international conferences in 2022.

Dr. Rasla, Dr. Sudha, and Dr. Bhagya were awarded first, second, and third place prizes respectively for their poster presentations at the International Conference for Forensic Odontology in 2022 by the Department of Oral Pathology. At KSOMP Conference 2022, **Dr. Manjusha Mohan** got second place for her poster presentation and **Dr. Indu M**, Assistant Professor of Oral Pathology, took third place for her paper presentation. **Dr. Lakshmi B** won first place in the Dr. Jacob Zachariah Memorial Essay competition, 2022

Research paper presentation at EuroPerio Conference, Denmark



Dr. Baiju RM, Additional Prof,
Dept of Periodontics

EuroPerio is the biggest international periodontology conference organized by the European Federation of Periodontology (EFP). The 10th EuroPerio was held in Copenhagen, Denmark from June 15–18, 2022. I had the opportunity to attend and present a research paper as one among the 9000 odd participants from across 92 countries in the world.

It was a life-time experience for me to interact with key opinion leaders and world renowned researchers and clinicians from many European countries and the USA. It was also the largest international social event in which I participated, got to know fellow colleagues, and made new friends from across the globe. The highlights of the conference were the meticulous arrangements, the quality and diversity of scientific content, exceptional conferencing facilities, sustainability initiatives and nature-friendly measures adopted for its smooth conduct. Attending international scientific conferences of the calibre of EuroPerio would undoubtedly broaden the horizons of young professionals and prepare them to demonstrate their talent to a global audience.

Such meetings will help to uplift our professional standards to par with the international level. The added advantage of EuroPerio was that I got my two papers published in the supplementary edition of the high-impact journal, *Journal of Clinical Periodontology*, as poster abstracts. There are encouraging plans available with governmental agencies and NGOs that take care of the expenditure incurred for the travel, if you satisfy appropriate criteria.

and **Dr. Aparna R** received second place in the quiz competition at the 6th national PG Rapid Review and updates from the Department of Oral Medicine and Radiology. The IDA Academic Excellence Award was presented to **Dr. Indu Raj**, Professor and Head of the Department of Prosthodontics. **Dr. Harinee** and **Dr. Femitha Syed** won first prize for scientific papers at the 24th IPS Convention 2022. **Dr. Jeeva PP**, Associate Professor of the Department of Pedodontics, won the award for best paper presentation in the faculty category At the 52nd Kerala dental conference

Alumni's Corner



Dr. Sreedevi PU
MDS Oral Medicine &
Radiology(2016- 2019)
Dr. Sreedevi is currently a
PHD Scholar at the University
of Aberdeen, Scotland. She is
an awardee of the Elphinstone
Scholarship.

Tell us about your research activities.

I am doing a multidisciplinary research project on Lichen Planus under the supervision of Dr Karolin Hijazi, Dr Rasha Abu Eid, and Professor Maggie Cruickshank at University of Aberdeen. The project investigate factors that influence the response to topical steroid treatment in lichen planus patients.

I have developed my skills in systematic review designing, digital pathology imaging, and laboratory techniques. Additionally, I have been fortunate to get involved in another project focused on oral cancer and dysplasia patients. Currently, I am engaged in drafting the manuscript for the systematic review on severity scoring systems in mucosal lichen planus. I am independently managing patient recruitment and research sessions for the study.

What advice do you have for interns and residents?

If you have a strong research interest, make use of every opportunity that helps you understand research, even if it's a quick read of a simple research paper. For example, journal clubs (critically evaluating the research papers) organized in the postgraduate curriculum help to develop critical appraisal skills. In addition, seek good opportunities (learning a laboratory technique) and try to work under experienced research scholars.



Dr. Anish Poorna T
MDS Oral Surgery
(2017 - 2020)
Dr. Anish secured KUHS Ist
Rank in MDS Oral Surgery
2020 and had many indexed
publications by the time he
completed the Senior
Residency.

Tell us about your experience in research and publications in PG life.

My personal experience with research was hampered in the first year due to lack of adequate time. The second year provided me with a conducive environment to plan my research, coupled with ideas and concepts from my mentors and staff members of Govt Dental College Kottayam. Even though my first few publications were rejected, discussions with seniors and friends who had previous experience with research and publications helped me immensely. An unavoidable requirement for success is a good research team that works for quality with selflessness.

What advice do you have for interns and residents?

Research in PG life mostly starts with identifying the thesis topic. Do spend adequate time on understanding the basics of research methodology. Start reading and getting involved in simple studies such as case series. To begin, commence the groundwork with those who have adequate resources and always surround yourself with those who help in increasing the caliber. Publishing in reputed, indexed journals is an achievable task provided the research team works in unison. Do make use of departmental journal clubs, research activities, and identify the grey areas in literature. Adequate resources and workshops are available within the institution and online to gain experience. I wish you the very best. Happy researching!

Memorandum of Understanding (MoU)



An MoU was signed by Govt.Dental College Kottayam and Amal Jyothi College of Engineering, Kanjirappally, on June 15th, 2022. The purpose of the MoU is to foster collaborative research between the two institutions by conceiving research programmes jointly and encouraging interaction between faculty and students of both institutions.

Workshop for Research aspirants



The Department of Public Health Dentistry, under the guidance of **Dr.Susan Thomas, Dr. Vivek Narayan, Dr. Mary Shimi Gomez, Dr. Bindu V Bhaskar, and Dr.Shibu Thomas Sebastian, Dr.Jeeva PP, Dr.Sreela LS, Dr.Elbe Peter, Dr.Baiju RM** conducted the 11th research methodology workshop in two modules at Govt. Dental College Kottayam. The topics covered included research design, biostatistics, selection of research topics, and protocol development. **Dr.Harikumar K**, Govt. Dental College Calicut conducted a session about selection of research topics. **Dr.Remya Shenoy** from Manipal College of Dental Sciences led the session online on "research funding." There were 40 attendees at the workshop.

Workshop on ethical issues in research



The institutional ethical committee of Govt. Dental College Kottayam, in collaboration with the Indian Association of Public Health Dentistry, Kerala Chapter, conducted a one-day workshop on "Ethical Dilemmas in Research Review" on May 21st,2022. **Dr.Chandrashekar Janakiram**, HOD, Department of Public Health Dentistry, Amrita School of Dentistry, led the workshop.

Research Day Celebration



The first Research Day Celebration was conducted on April 21st, 2022 at the exam hall of Government Dental College, Kottayam. **Chinju Baby** won the first prize in the Research Protocol Competition for Undergraduates. **Dr. Indu M, Dr. Prashanth Soni Soman, and Dr. Aby Abraham**, respectively, won first and second prize in the Innovative Dental Excellence Arena (IDEA), while **Indu Mohan** won first prize in the student category. An original research competition was conducted for the alumni and junior residents and was won by **Dr. Migi Johnson and Dr. Devidas**, respectively.

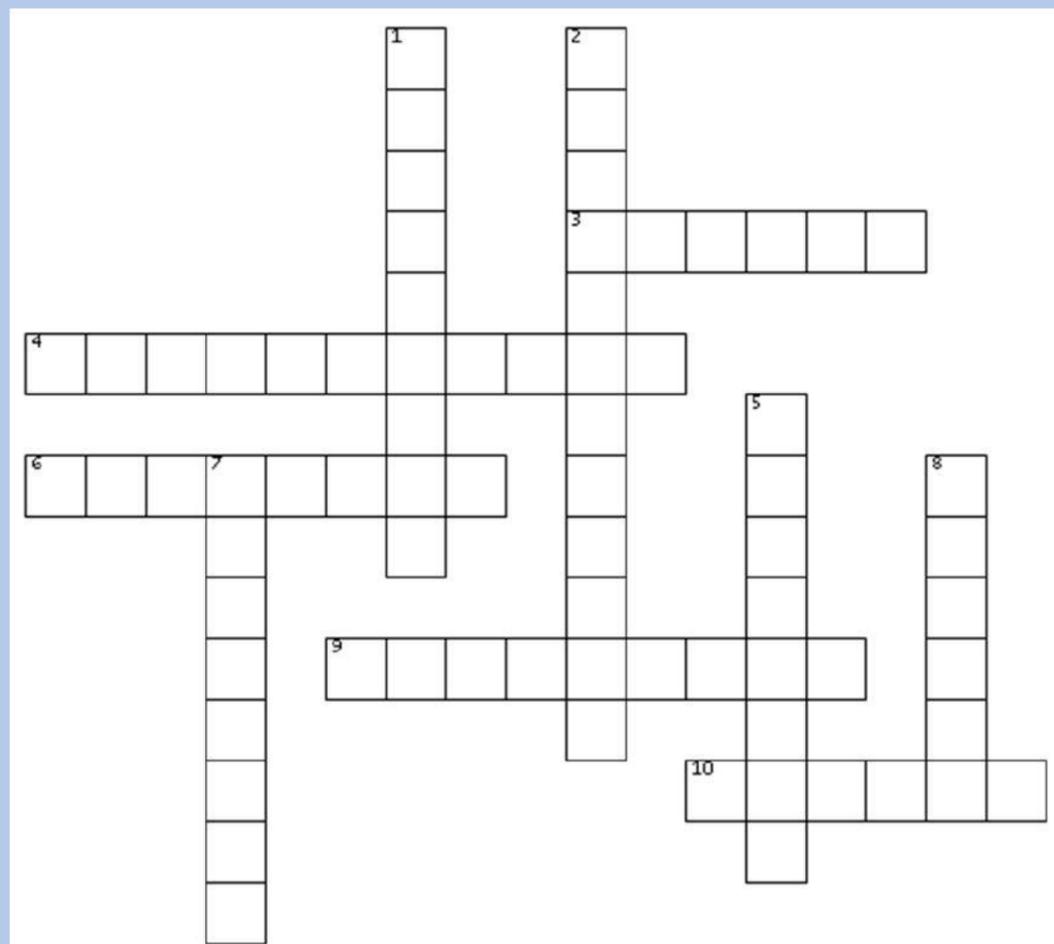
Research Puzzle

DOWN

1. Father of clinical research
2. Frog's eggs colony appearance on tongue
5. 4th major salivary gland
- 7.Influential European dynasty with prognathic jaws
8. Type of immunity attained by Covishield vaccine

ACROSS

3. Most commonly used database for scientific literature
4. Recent cancer miracle drug which completely eliminated cancer in trials
6. Major database for systematic reviews in healthcare
9. First landmark guideline/code in medical research ethics
10. Father of Indian dentistry



1) James Lind 2)Lymphangioleiomyomatosis 3)Pubmed 4)Doxorubicin 5)Tuberculin 6)Cochrane 7)Habsburg 8)Active 9) Nuremberg 10)R Ahmed