

WORLD RABIES DAY

World Rabies Day is a global initiative to raise awareness about the continuing burden of rabies and how the disease can be prevented. The campaign brings together individuals of multiple fields to show support for anti-rabies efforts. World Rabies Day advocates for the health of the total population (human and animal), through a "One Medicine" approach and is the only worldwide event of its kind focused on global rabies control and prevention.



Dr. Abdul Salaam Khan, who is the Head of the Emergency Department in Shifa International Hospitals said while celebrating the day the effectees of Rabies are mostly the poor people and unsuspected and fail to report until it is too late. The animals which he stated that can spread rabies are not only the dogs but it includes a list of animals like foxes, raccoons, bats, monkeys, horses, jackets, skunks can also transmit rabies.

Dr. Haseeb Khawaja, Medicine Consultant in Emergency Department stated that rabies occur through the exposure of the saliva and brain tissues. As soon as an individual is bitten, the wound must immediately be washed with soap and water as it discourages it from spreading further. Myths include that if bitten by these animals one should use spices and it will be cured, on the other hand it worsens the situation and help in spreading of the disease in the body.

Symptoms as indicated by the doctor were fever, headache, and fatigue. And later stages include the brain malfunctioning, malfunctioning in the digestive system and the patient will also suffer from having problems in breathing.

The above facts were delivered by Dr. Abdul Salam Khan and Dr. Haseeb Khawaja addressing a workshop organized by Emergency Department of SIH, observing World Rabies Day on 28th September, 2010.

EID MILLAN

As a tradition every year Shifa College of Medicine, on the first working day of Eid host an Eid Milln in its premises. They followed their tradition for this year as well. A large number of faculty; members of SCM, Consultants, Management Team and other staff members of SIH attended the event. Mutual greetings of the people present in the event, was the main activity. A variety of delicious sweets were served on the occasion. Dr. M. Amin, Dean SCM and Mr. Sohail A. Siddiqui, C.O.O, SIH were with their teams present there.



SHIFA ON AIR

The flood related programs are on air nowadays, the fastest and the quickest reaching medium for the affectees is the television. Shifa had arranged television programs on different television channels to connect its consultants to the affectees.



• Dr. Mati ur Rahman gave series of talks on ATV regarding all the possible health hazards in flood affected areas.

• Dr. Ahsan Hameed, Consultant Dermatologist talked about occurrence of skin diseases in the flood affectee and its solution on Khyber TV. This program was aired in Pashto for making the understanding more for the viewers in Khyber Pakhtoon Khuwa.

• Dr. Rizzan Khan, Consultant Nutritionists, Dr. Nasir Khokhar, Consultant Gastroenterologist and Dr. Mati ur Rahman Consultant Pulmonologists and Interist talked about nutrition and gastro problems in the flood affectees and how to overcome them. These brief interviews were recorded for Dunya TV.



DR. MUHAMMAD BILAL'S VISIT TO SHIFA

Dr. Muhammad Bilal, Interventional Radiologist working at John T Mather Hospital Long Island NY, visited Shifa International Hospital as a Guest Speaker from 9 to 11 August. He delivered very enlightened lectures on the following topics:



- (1). "Role of Interventional Radiology in DVT".
- (2). "Role of Interventional Radiology in Diagnosis of Colorectal Carcinoma".
- (3). "Scope of Interventional Radiology- Case Studies" Role of Interventional Radiology in DVT: Speaker has drawn particular attention to Percutaneous Management of DVT. He covered the whole topic of DVT giving audience Pathophysiology, Medical treatment, Prognosis, Complication of DVT, Obstructive Symptomatic DVT and about the Post Thrombotic Syndrome. Mesmerizing them with Evolution of Percutaneous DVT Thrombolysis and Role of Pharmacomechanical Catherter Directed Thrombolysis (PCDT) is highlighted. He also discussed the Role of Power Pulse Spray AngioJet Thrombectomy and Tresliss Isolated Thrombolysis and Thrombectomy. Interventional Oncology for Colon Carcinoma and Liver Mets: Speaker talked about the Role of local control Options i.e. Embolization and Ablation. Role of Hepatic Artery embolization had been given a special attention. New methods such as TransArterial Chemo Embolization (TACE), Blunting Beads, Radio Embolization were also highlighted.

The audience consisted of consultants and residents from all the departments especially from the Radiology, Gynecology, Surgery, Medical and Oncology.



SHIFA'S PEDIATRICIAN

Dr. Mazhar Hussain Raja, MBBS, DCH, MRCP (UK), FRCPCH (London) has recently joined the Pediatrics Department in Shifa International Hospital and also have had sessions in F-11 Markaz, Islamabad.. He has a wide experience in his field with special interest in Gen. Pediatrics & Neonatology. He has a working experience of 20 years in Saudi Arabia and UK. We welcome him in our Shifa family.

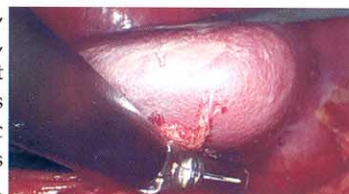


Meeting: Department of Anesthesiology, Shifa International Hospitals, hosted the clinical meeting of Pakistan Society of Anesthesiology Rawalpindi/ Islamabad chapter. Over 100 delegates from different hospitals attended the meeting. Presentations were made by Dr. Shawkat Matabdin, Dr. Harris Baig, Dr. Lubna and Dr. Amna. This was followed by dinner.

Dinner: Dr. Shawat Matabdin, Head Department of Anaesthesiology hosted a dinner in appreciation of the hardwork done by OR Staff in achieving over 1000 operations during the month of July, 2010. Over 140 OR Staff including housekeeping, CSSD, Nurses, Technicians, Managers attended the dinner. Dr. Manzoor H. Qazi, Dr. Imad Malik and Mr. Sohail A. Siddiqi (COO) were also present in that function.

SHIFA'S FIRST LAPAROSCOPIC SPLENECTOMY

Dr. Arif Malik, DABS (USA), General, Laparoscopic & Bariatric Surgeon, has recently performed Shifa's first Laparoscopic Splenectomy. The patient is a 37 year old female with Idiopathic Thrombocytopenic Purpura (ITP). She was initially managed medically by Dr.



Kamran Rasheed, a consultant in Hematology & Oncology. The patient had an uneventful recovery, did not require any transfusions, and has a normal platelet count after surgery.

ITP is a disorder of immune system with increased destruction of platelets (cell's required for normal hemostasis). Thrombocytopenia or decreased platelet count leads to abnormal bleeding under the skin, from gum's, gastrointestinal system & in urine. Spleen is often the main site for production of IgG antiplatelet factors and destruction of the cells coated by the antibodies. Bleeding occurs when counts drop below 50,000 mm³. Steroids, IVIG, Retuxan & immunosuppressants are used to increase platelet numbers but patient's often develop refractory or chronic ITP.

This condition was previously treated with open Splenectomy. With the advent of improved techniques & technology, the spleen can now be removed with laparoscopic or key hole surgery. Approx. 80-90% of patients can achieve remission with this operation. Laparoscopic Splenectomy is less painful with faster recovery & superior cosmetic result compared to open procedure.



LIVER TRANSPLANT PROGRAM AT SHIFA- INTERNATIONAL NETWORKING

Our Liver Transplant programme, which was started, on last 27th of Ramadan, has completed its first year. Apart from our clinical activity, there has been a lot happening behind the scene and this mostly concerns local infrastructure and planning as well as international collaboration.

Our Liver Transplant Director at Shifa, Dr Najmul Hassan Shah visited the Liver Transplant Unit at the King's College London this July and August. His interactions with local Pakistani's liver transplant surgeons finally lead to the happy announcement that Shifa has now acquired the services of its first fully trained and highly reputable Liver Transplant Surgeon. Dr Faisal Saud Dar, who has been working at the Liver unit at the King's college London. He has accepted to join Shifa from January 2011. This appointment becomes even more important when one realize that so many other offers were available to him from within Pakistan.

Dr Faisal Saud has also been instrumental in arranging hands on training opportunities for some of the other members of his future transplant team.

One of our Consultant Anaesthetists, Dr Nasir secured a period of hands on training opportunity for himself in collaboration with Dr Faisal. Dr Nasir arrived at King's to be received by Dr Robert Gingburg who is the head of the London Academy of Anesthesia.

Dr Nasir was given a free hand to participate in different aspects of liver transplant surgery, which included several sessions in pre operative assessments of liver transplant and hepato-pancreato-biliary surgical patients and management of patients at the liver intensive care unit. However, most important was his hands on running of several liver transplant and HPB surgical intra operative sessions at King's liver theatre. He was extremely impressed with the friendly and liberal attitude of the local anaesthesia and surgical team who really made his stay more useful by facilitating a "have a go" policy. Dr Nasir also highlighted the existing surgical infrastructure at Shifa and drew plans how best to gap any existing facilities to enable us to move to a stage to be able to offer liver transplant surgery at Shifa. It is anticipated that he will now provide a formal feedback to our liver transplant task force headed by our liver transplant Director Dr Najam to draw up future plans for upgrading and improving our anesthesia related facilities at Shifa.

The next important visit was that of Dr Humaira Nasir, our Consultant Pathologist who also managed fantastic hands on period of attachment at the Liver Transplant Unit at King's College London. Dr Humaira spend three weeks at the Liver Histopathology Laboratory of the Institute of Liver Studies, Kings College Hospital London as a visiting Histopathologist. She was given an opportunity to participate in each and every aspect of specialized liver work, especially transplant related hepatology. Apart from being involved in Expert interpretation advices, She also observed all steps from receiving the specimens of liver transplant to reporting frozen sections and routine transplant biopsies. She also participated in Multidisciplinary meetings of pediatrics as well as adult cases. Dr Humaira was given access to the liver slide library which contains slides from almost all cases managed at the King's since its inception. This visit not only provided her with an excellent hands on opportunity to work in a liver transplant surgical set up but most importantly to develop a close repo with the local team of world renowned histopathology faculty comprising of Dr Alberto Quaglia, Dr Alex Kinsely and Dr Yu Zen.

Dr Najam has now confirmed securing a period of attachment at the King's for our consultant surgeon, Muhammad Aamir, who will be travelling to United Kingdome sometime in October-November to spend some useful time at their Liver Transplant unit to not only participate in different surgical activities but also develop a close working relationship with the local transplant community.

We all look forward to Dr Faisal Saud's arrival at Shifa and remain extremely thank full for all his help in arranging these critical and useful hands on training and observation opportunities for the future liver transplant team.

SPECIAL ANNOUNCEMENT

We are pleased to confirm that arrangements are now in place to offer the following specialized services at our liver transplant clinic.

Therapeutic ERCP
Trans Arterial Chemomobolization (TACE)
Wedged Hepatic Venography
For FHVP & WHVP
Transjugular Intra Hepatic Porto-Systemic Shunt (TIPS)

Please make your referrals to the

Liver Transplant Clinic (Department of Gastroenterology & Hepatology)

Shifa International Hospitals Ltd, Islamabad
Telephone: 051-4603846, 051-4603027, 051-4603454
Email: shifa-ltc@hotmail.com

CHIEF OF NURSING ARRANGES HIGH TEA

Nazhat Sultana, Chief of Nursing hosted an informal high tea for the Nursing and the Management team of the Hospital. The gesture was highly appreciated by the participants for hosting efforts of the whole nursing division.



OBITUARY

Last couples of weeks were Grieved days for some of our employees. Mothers of Aziz ur Rashid Manager OPD, Qazi Ahsan Associate Manger, Saeed Ahmed Coordinator Kidney Transplant, and brother of Waqas Ahmed Office boy SCM, and father of Tanveer Hussain, Communication and Facilitation Department have also passed away.

On this sorrowful occasion Shifa Minimag and Shifa Family pray that may Allah rest the departed souls in peace and give strength to the bereaved families to bear this loss with fortitude.

SHIFA STARS

Shifa International Hospital values its employees and acknowledges their affiliation with the institution in terms of cash and kind. Following are the Shifa team members who have completed their 15 years working with Shifa:

NAME	TITLE	DEPARTMENT
Emmanuel Allah Ditta	AHN	Nursing
Hasnain Ahmed Abaidullah	Network Coordinator	MIS
Muhammad Ahsan Hussain	Associate GM	MIS
Muhammad Hayat	Asst. Manager	Purchase
Nargis Asher	LHV/ Midwife- III	OPD
Javed	Mali- III	Horticulture
Najma Ijaz	Technician- III	OPD
Muhammad Javaid	Head Nurse	Nursing
Ahmed Hasan	Asst. Manager	Accounts/ Finance
Muhammad Malik	Security Guard- III	Safety & Security



Following are those who have completed 10 years, working with Shifa:

NAME	TITLE	DEPARTMENT
Kamran Tariq	Senior Technician	Nursing Cath Lab
Qutab ud din Qureshi	Transporter- III	OPD
Abdul Aziz	Comm. Technician	Communication
Muhammad Afsar Mughal	Graphic Designer	Shifa News



We on behalf of the Shifa Family and Shifa Minimag appreciate all the above members of Shifa family for their long term affiliation and loyalty to Shifa International Hospital and pray for their success in years to come.

قابل ستائش

اب تو یہ معروف بات ہے کہ بہتر کارکردگی کی بنیاد پر شفا کی انتظامیہ کی جانب سے ہر ماہ نامزد کارکنان میں سے



نرس آف دی منٹھ اور ایپیلوائی آف دی منٹھ کے اعزازات دیئے جاتے ہیں۔ ماہ اگست میں وہ خوش



نصیب جنہیں اسناد تحسین کے ساتھ ساتھ نقد بھی مل رہی ہے۔ شفقت حسین، ریکارڈ کیپر، اکاؤنٹس/ فنانس ڈیپارٹمنٹ، ایپیلوائی آف دی منٹھ کے لیے نامزد قرار پائے اور سنیل ناز، سٹاف نرس، ای (ای پی ڈی) نرسنگ ڈیپارٹمنٹ، سٹاف آف دی نرس قرار پائیں۔ ہم شفا مینجنگ کی جانب سے دونوں اعزاز یافتگان کو مبارک باد دیتے ہیں اور آئندہ کے لئے نیک خواہشات کا اظہار کرتے ہیں۔

شفا انٹرنیشنل کی عمارت اور خدمات میں جوں جوں اضافہ ہو رہا ہے ویسے ہی تنظیمی ضروریات بھی بدل رہی ہیں۔ ان ضروریات کو پورا کرنے کیلئے مختلف شعبہ جات کی مکانیت تبدیل ہونا ایک فطری سی بات ہے۔ اسی سلسلہ کی کڑی کے طور پر شفا کا پروجیکٹ ڈیپارٹمنٹ جو کلیدی حیثیت رکھتا ہے اسے H بلاک سے اٹھا کر اسی نئی عمارت میں منتقل کر دیا گیا۔ جس میں پہلے سے ایم ایم سٹور اور شفا نیوز کے دفاتر موجود ہے۔ پروجیکٹ کے اس کشادہ اور خوبصورت دفتر کے باقاعدہ افتتاح کیلئے اس مقام پر قرآن خوانی کرائی گئی اور شکر کا دو پہر کے لذیذ کھانے سے ضیافت کا اہتمام کیا گیا۔ ہم اس موقع پر پروجیکٹ ڈائریکٹر انجینئر عتیق احمد اور مینیجر ظفر اقبال کو دلی مبارکباد دیتے ہیں اور دعا گو ہیں کہ اس مقام کو شفا کی ترقی و معیار کا سنگ میل بنائے۔

اعتزاز: گذشتہ شمارے میں ترقی پانے والوں میں نرسنگ کے شعبہ سے تعلق رکھنے والی کلثوم رمضان اور شہنم سجاول کے بارے میں سہو ہو گیا۔ صحیح یہ ہے کہ یہ دونوں نرسیں ACNM سے ترقی پا کر ایسوسی ایٹ منیجر بنادی گئیں ہیں۔ ہم کلثوم رمضان اور شہنم سجاول سے غلطی کے لئے معذرت خواہ ہیں۔

بنیاد



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