

"HOW TO SELECT A LAB FOR CORRECT TEST?"

A Grand Round was organized for the Medical Staff by the Pathology Department of SIH. The speaker for this grand round was Prof. Ijaz Ahmad, Diplomat American Board of Chemical Pathology, Anatomical & Clinical Pathology, Fellow Forensic



Pathology (USA), Consultant Chemical, Pathologist, SIH, Islamabad. His topic of discussion was, "How to Select a Lab for Correct Test?" The attendees included consultants, residents, etc.

RED CROSS BLOOD DONATION ACTIVITY

Pakistan Red Crescent Society (PRCS) arranged an activity in



SCM for the Thalassemia patients. Students, employees of SCM, SCN and SIH and any volunteer for the cause, to help the Thalassemia patients were donating blood in this campaign. This activity was organized on the 21st of February, 2011. The inspirational slogan used by the PRCS to motivate the youngsters was, "It's COOL to save LIFE, Be a MAN be a HERO".

WORLD CANCER DAY

World Cancer Day was celebrated on 3rd February, 2011 in SIH, on this day Dr. Afridi, Consultant Oncologist said that, "Ten million effected people fall into the pit of cancer every year in the world and in Pakistan only, 150 thousand people are getting in the list of cancer. A free camp of



medical checkup for cancer for males and females was organized by the Oncology Department and a free mammography was also given to the privileged females above the age of 40 on this day. This was followed with an awareness Seminar on Cancer and then a film show exclusively for ladies. Dr. Afridi while addressing the seminar informed that though cancer is of about 100 types but it can be divided into six groups; Carcinoma, Sarcoma, Lymphoma, Leukemia, Glioma and others. Dr. Afridi informed that all cancers are not formed from a cyst or tumor, like blood cancer. At the same time all cysts and tumours are not cancerous. The cancer commonly found in males is of neck, head, lungs, lymphoma, bladder, food pipe, stomach, liver, colon and rectum. The cancers commonly found in females are breast, head, neck, ovary, uterus, food pipe, stomach, lymphoma, colon and rectum. Dr. Afridi informed that cancer is a life-taking disease but if diagnosed on time and given a proper treatment, it can be cured 90%. The treatments for cancer are through surgery, radiation therapy, chemotherapy and biological therapy. Dr. Kamran Rasheed, Consultant Oncologist informed the public about breast cancer. He said that it is the most commonly found cancer. 1 out of 9 women are suffering from breast cancer which sums up to 2 million women per year. 1 in 27 women die of breast cancer in America because of breast cancer. Dr. Rasheed informed that cysts are formed in the ducts or the lobules of the breast; these can even be formed in the armpits and stretched till the breast as well. The treatments are surgery, chemotherapy, radiation and hormonal therapy for the breast cancer.

There was a lady, Ms. Farhana Waqar, who remained a cancer patient and treated at Shifa International Hospital and by the grace of Allah Almighty and got cured, shared her experience with the audience. At the end, a question answer session was held where a panel of experts including Dr. Kamran Rasheed, Dr. Muhammad Ali Afridi, Dr. Salim Khan and Dr. Salim Siddique were present to answer the questions put by the audience.

EMPLOYEE OF THE MONTH

This is a token of appreciation for Ms. Salma Kausar, Physician Assistant- III, OPD and Ms. Nabeela Abdul Hafeez, Staff Nurse- I, Nursing for their valuable services which they have provided in the month of January, 2011. Shifa Family really appreciates the untiring efforts of both of them and hopes that they will perform more energetically and enthusiastically in the coming months.



INAUGURATION PHARMACY G-2



To meet the demand-need supply Pharmacy Department has opened its 8th outlet in G-2.

Mr. Sohail Siddiqui, COO inaugurated the pharmacy.

Dr. Zaheer Ahmad, President & CEO, Mr. Hamdani, AGM Pharmacy, Mr. A.D Zia, Manager FSND, Mr. Sohail Anjum, Manager IPD and the members of the Pharmacy Department were also present on this occasion.

This pharmacy will enable and provide help to the patients to take away medicines at their nearest spots.

PASSING OUT OF NURSING ASSISTANTS OF THE PARAMEDICAL TRAINING PROGRAM

22 Nursing Assistants have graduated in the first batch of Paramedical Training Program in the Paramedical Institute under the wing of Shifa International Hospitals. Ltd.



Paramedics form the backbone of healthcare delivery system. Shifa International Hospitals, Ltd has appreciated the need of a paramedical school and has taken a lead in establishing a Paramedical Institute first of its kind in any private hospital in the region. The scope for this training program is wide; as they are employed as Nursing Assistants and on completion of one year they will be eligible to join Technician/ Technologist Program in the disciplines i.e. OR-Tech, ICU-Tech and Dialysis Tech.

SCOPE OF CADAVERIC TRANSPLANT IN PAKISTAN

An informal get together between media persons and transplant surgeons was arranged in order to discuss, "The Scope of Cadaveric Transplant in Pakistan". Dr. Saeed Akhtar, Kidney Transplant Surgeon, SIH, Dr. Nayyar Mahmood,



Consultant Nephrologist, SIH, Dr. Khawaja Saeed, Consultant Nephrologist, SIH, Dr. Faisal Dar, Organ Transplant Surgeon, SIH, Brig. Waqar Azeem, Commandant, AFIC, Gen. Asif, Cardiac Surgeon, AFIC, Prof. Umer, Herpetologist, Holy Family Hospital, Prof. Khurshid Anwer, Kidney Transplant Surgeon, PIMS and Prof. Nadeem Ahmad, Liver Transplant Surgeon, PIMS were among the panelists in the discussion. They said that cadaveric transplant, which is the transplant of an organ from a deceased donor, is possible in Pakistan as there are enough well-trained professionals. However, unawareness and acceptance are lacking among the general public. "We want every citizen in Pakistan to have a donor card," a doctor said during the discussion. Till a brain-dead person's body is kept on a ventilator, his/her organs such as kidneys, liver, heart, pancreas, lungs, eyes and intestines are functional and can be transplanted to others. "We assure people that the transplants will be free of charge," emphasized Dr. Saeed Akhtar. Dr Akhtar said a kidney transplant was more cost effective than having a dialysis and urged the need for a comprehensive transplant programme in the country. Even the Council of Islamic Ideology has announced its complete satisfaction on organ transplantation, he emphasised. According to Dr Dar, "There is a liver disease crisis in Pakistan at present." About 7-8 million people in Pakistan are suffering from hepatitis B&C, some of which could be saved through liver transplants.

MEDIA CHIT CHAT

Media is an important power for the people to communicate and be communicated. On the occasion of World Cancer Day a number of our consultants were interviewed by media to educate and inform the masses about the topic. Dr. Muhammad Ali Afridi, Consultant Oncologist was interviewed by The Express Tribune and Dawn TV, Dr. Kamran Rasheed, Consultant Oncologist was interviewed by CNBC and Dr. Mati ur Rahman was interviewed by Dawn TV.



ON BOARD

Growth is part of our Shifa culture where we grow in size and opportunity, likewise; Dr. Muhammad Yousaf Awan has joined in as an Associate Consultant Hospitalist. He is a FCPS-Pakistan has CESR/CCST (UK) and is registered with General Medical Council, UK; as a Consultant Internal Medicine. He will provide services in General Internal Medicine. Dr. Muhammad Ashraf has also joined in as Associate Consultant Hospitalists. He is a FCPS - Pakistan. He did his training from PIMS, Islamabad. He will provide services in General Internal Medicine. Shifa Family welcomes them and extends full support in making his stay comfortable and productive.



LIVER TRANSPLANTATION PROGRAM AT SHIFA INTERNATIONAL HOSPITAL

Liver transplantation is the standard treatment for patients with end stage liver disease. With an epidemic of viral hepatitis in Pakistan, there are almost 7 million people in Pakistan infected with viral hepatitis. The need for a comprehensive liver transplant program has been realized and we have been working to achieve liver transplantation as a reality at SIH. Dr. Faisal Dar's has taken the lead to stream line all the preparations for liver transplant program. There have been various meetings with all the relevant support groups, and this report is just an update that we are not far away from achieving this milestone. All the surgical equipment required for this program has been ordered. Dr. Manzoor Qazi, Medical Director and Mr. Aqeel Mir, AGM Purchase has been instrumental in this regard. We are aiming to get the entire infrastructure in place by the end of April this year. The up gradation of the surgical ICU, to meet the highest standard required for liver transplantation is a major task. A meeting including Dr. Manzoor Qazi, Dr. Faisal Dar, Dr. Nauman, Dr. Altaf, Chief of Nursing and In-charge Nursing for Surgical ICU was held. The need to strengthen the infrastructure and staffing issue were discussed and an immediate action plan has been put in to perspective to address all the issues as a matter of priority. Our hepatology and transplant surgery department has developed a uniformed liver transplant assessment protocol and patients are being assessed for liver transplantation according to the international standards. A multidisciplinary team approach including hepatologists, hepatobiliary/pancreatic surgeon, radiologist, pathologist and oncologist has been put into practice. A waiting list has been created and patients who are found suitable candidates are being placed on the waiting list. A comprehensive "Transplant Web" will soon be online, and it will include detailed information for living liver donors, liver transplant recipients, pre and post transplant care, hepatology, hepatobiliary/pancreatic surgery and transplant educational activities for the coming year. According to "Transplantation of Human Organs and Tissues Act 2010" (ACT No VI of 2010), cadaveric organ donation has been approved as acceptable option for human organ transplantation. To promote cadaveric organ donation in Pakistan, SIH hosted a regional meeting with media representatives on 26th February. Prof Saeed Akhtar and Dr. Faisal Dar highlighted the need for cadaveric donation. In case of an availability of a cadaveric organ, we are ready to do liver transplantation. Living donor liver transplantation is the epitome of liver surgery. Considering our culture and social practices, living donor will be the main stay of liver transplantation in Pakistan. With the availability of living donor liver transplantation in the near future we will be offering full range of services for all kind of liver, biliary and pancreatic pathologies. We are working on the lines to be the national leaders in hepato-pancreaticobiliary pathologies. To perform a transplant does not finish the job, it is followed by the post transplant care. To manage transplant patients is a great challenge, patients and their relatives should know about the care a patient will need after transplant. It is a continuous stress and misery if complications occur. Patients should be explained about post transplant problems and therefore importance of regular follow up. They have to take a lot of medications after transplant including anti-rejection, antibiotics, anti fungal, anti viral, and vitamins.

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

Ph: (051) 4603846, 4603027, 4603454 Email: shifa-ltc@hotmail.com

PHARMACY STAR EMPLOYEE

Pharmacy has made a step forward being the first one to appreciate their employees in terms of intra-department. They have chose star employees from within their department and wish to continue this practice in future as it would encourage employees to move ahead in a better way. The first Pharmacy Star Employee was given to; Muhammad Sajid, Pharmacy Technician-III and Khurram Waheed, Pharmacist-I. And wish that they would perform better in future and it is going to be a motivational factor for the rest of the team.



POSTER COMPETITION OF B.SC NURSING OF STUDENTS OF SCN

The B.Sc Nursing Students of 2nd Year of SCN, Islamabad presented their posters about Nutrition and Health. Under the supervision of Ms Jacqueline Sommer and Ms Mehreen Khan this activity was aimed to raise awareness among the people visiting Shifa Foundation OPD.



This initiative was highly appreciated by Ms Zahra Ladhani, Director SCN, Dr. Mohammad Amin, Dean Health Sciences, Professor Mohammad Aslam, Principal SCM and, both the students and the Nursing faculty.



SHIFA INTER SCHOLASTIC TOURNAMENT 2011

4th Shifa Inter-Scholastic Tournament was organized in SCM on the 12th and 13th of February, 2011. The theme for this year as set by the Shifa Student Society was, "Best of Both Worlds". The purpose of this event was to provide the young generation with a venue to explore their varied talents and to re-discover their rich culture and roots. The aim is, to provide a platform for the young minds who are trying to find their place in the society to engage in intellectual discourse and come to the realization that Islam is a way of life.



The events in this tournament were divided into three categories. These categories were further divided into sub-categories. Category I was named as "The Art" and the sub-categories of it were; Arts on the Spot, Project Runway: Muslimah, Calligraphy, Photography, Anasheed (brothers & sisters) and Short Film. Category II was known as "Knowledge and Quran" and the further sub-categories of it were; Islamic Jeopardy, Tajweed (brothers and sisters) and Reviving Sunnah on Campus. Category III was named as, "Articulation and Writing" and the sub-categories of it were; The SIST Debates, Muslim League of Nations, Soapbox (extemporaneous speaking), Stand-Up Comedy (brothers and

sisters), SIST Journalism, and On-The-Spot Essay Writing (Urdu/ English). Category IV was Miscellaneous and in it was the Sister's Basketball competition. The speakers at the conference were Mr. Faiez Seyal, Mr. Arshad Malik, Br. Nouman Ali Khan, Dr. Waqas Ahmed, Mr. Khalil-ur-Rehman Chishti, Dr. Saeed Akhtar, Dr. Anis Ahmed and Mrs. Sobia Kamaluddin.

The winners of the tournament were; 1st position to Halqa-e-Yaaraan from Ghulam Ishaq Khan Institute, 2nd position to Quaidians from Quaid-e-Azam University, 3rd position to Immaculate Islamians from International Islamic University.

TRIP TO MURREE

Winter season has almost come to an end; snowfall will be seen next year that to depending on when it would start over next year.



To enjoy the snowman and the white blanket for this year, trips were arranged by Pharmacy and PCD Department for their members.

شفاء انٹرنیشنل ہسپتال ٹیم نے پاک پوٹھوہار کو 67 رنز سے ہرا دیا

شفاء انٹرنیشنل نے ہسپتال اسلام نے پاک پوٹھوہار کلب راولپنڈی کو 67 رنز سے ہرا دیا۔ شفاء انٹرنیشنل ٹیم نے 30 اوورز میں تین وکٹوں کے نقصان پر 227 رنز بنائے۔ طاہر اختر نے 27 ناٹ آؤٹ، شہزاد کیانی 62، خرم بھٹی نے 39 رنز ناٹ آؤٹ اور فیصل اقبال نے 33 رنز بنائے۔ پاک پوٹھوہار ٹیم 30 ویں اوورز میں 160 رنز بنا کر آؤٹ ہو گئی۔ اسد نے 50 رنز بنائے۔ شہزاد کیانی نے تین،، ابرار اخلاق نے دو، سید مدثر بخاری نے دو، کپتان شفیق اسلم نے دو اور قطب الدین قریشی نے ایک کھلاڑی کو آؤٹ کیا۔

INAUGURATION OF E-4

Inauguration of E-4 was conducted on 18th February, 2011. This facility



com-prises of 31 Executive Rooms in E-4 further divided in 3 categories of rooms i.e. 1 Executive Plus, 20 Executive and 10 Private Plus Rooms. The Executive Rooms are positioned to meet the rising demand of health care and offer much more in the way of needs, space and amenities. The facility offers exquisite interior with technological advance features which will resonate comfort and care for our patients to make sure that all necessary treatment and attention is given instantly. Congratulations and best wishes for future to Shifa Team on this occasion.

SCN SPORTS WEEK

SCN Sports Week was organized by the students to bring together the role of being and feeling healthy at the same time.



Games like cricket, basketball, volleyball and badminton was played among the students. They actually practice the word of "staying healthy" in this hectic life.

گائنی کلینک میں بحیثیت مڈوائف کام کرنے والی حنا جون کے والد کا گذشتہ دنوں انتقال ہو گیا۔ ہم شفا منی میگ اور شفا فیملی کی جانب سے حنا سے دلی تعزیت کرتے ہیں اور ان کے حوصلہ و ہمت کے متمنی ہیں۔

اسٹنٹ نیجرجی سی سی ارشد جاوید کی خوش دامن کا گذشتہ دنوں قضائے الہی سے انتقال ہو گیا۔ ہم ارشد جاوید سے شفا منی میگ اور شفا فیملی کی جانب سے دلی تعزیت کرتے ہیں اور دعا گو ہیں کہ اللہ تعالیٰ مرحومہ کو جنت الفردوس میں جگہ دے اور لواحقین کو صبر جمیل عطا فرمائے۔



شفاء انٹرنیشنل ہسپتال اسلام آباد

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