



Monthly Activity Updates

SHIFA SPEAKS

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*New Year's
Resolutions,
Dreams and
Aspiration!*



Say Yes! I Can Do It - I Will Do It

DR. MANZOOR H. QAZI
Chief Executive Officer

Dear Colleagues

Assalamu Alaykum & Happy New Year

Year 2018 brought continued growth and recognition for Shifa International Hospitals and Shifa family on National and International levels. Myself and Board of Directors of Shifa International Hospitals would like to thank you for the success which was possible through your hard work, commitment and dedication during the year.

Growth and Progress of an Individual or Institution is not possible if we are satisfied with status quo. New horizons cannot be explored and achieved if we stay in our comfort zone. To make progress in the journey, we have to come out of our comfort, we have to accept new challenges.

Let us make a commitment for new year that whenever a new challenge or opportunity comes our way – we should not say “NO - it is not possible, it cannot be done” because we are happy with the things as they are, we don't want to change or make extra effort for change. INSTEAD, our response should be “YES - I CAN DO IT - I WILL DO IT”. Believe me my dear colleagues, with this positive attitude, we can take our institution even to higher levels and achieve, what others thought is impossible. With this message of the New Year, we wish all of you and your families a happy, prosperous and successful new year.

We pray to Allah SWT for his guidance and Mercy and Blessing for all of you and Shifa Family, for the year to come.

DR. MANZOOR H. QAZI
Chief Executive Officer
Shifa International Hospitals Ltd.

Endoscopic Brain Surgery, Minimally Invasive/ Endoscopic Neurosurgery

Neurosurgery Department at Shifa International Hospital has gained expertise to perform Endoscopic Neurosurgery by visualizing various parts of the brain, skull base, or spinal cord through small openings. Endoscopic brain surgery is a procedure used primarily to treat brain tumors. It is considered a minimally invasive brain surgery that allows neurosurgeons to identify and treat conditions that are deep within the brain. The result is a faster and simpler procedure with greatly reduced post-operative complications, faster recovery, and less pain and scarring.



An Awareness Walk on Waste Segregation

Proper handling, storage & disposal of clinical and related waste are an integral part of a hospital's waste management & environment protection strategy. To further educate the clinical staff & patients/attendants on concepts of waste segregation, an awareness walk was organized by Shifa's Infection Control Committee at the hospital premises. The committee members visited various parts of the hospital & interacted with on-duty staff to emphasize the related guidelines at all working levels. The walk participants also displayed slogans to visually signify the waste management guidelines & instructions.



Masterclass In Forensic Psychiatry



Masterclass in Forensic Psychiatry was held on December 02, 2018 as an initiative to combine precision and stringency of the law and many shades of mental health. Hands on training was provided on HCR-20, version 3, Assessing Risk for Violence. Speakers of the masterclass were Dr. Fawad Kaiser (Consultant Forensic Psychiatrist SIH), Ms. Humaira Masihuddin (Lawyer & Victimologist), Dr. Maryam Saeed Khan (Consultant Psychiatrist SIH), Dr. Asad Tamizuddin Nizami, (Head Institute of Psychiatry, WHO Collaborating Center for Mental Health Research & Training, Rawalpindi Medical University; Member Faculty of Psychiatry, College of Physicians & Surgeons Pakistan; Executive Director Publications, Pakistan Psychiatric Society).



Capacity Building Initiatives

1

A lecture on 'Ankylosing Spondylitis and the Role of IL-17A' was organized by Medical Staff Affairs on December 10, 2018. The guest speakers for the occasion were Dr. Zafar Ullah (Consultant Rheumatologist, SIH) & Dr. Tahir Mahmood Hashmi (Consultant Rheumatologist, SIH).



2

A lecture on 'Cyber Knife' was arranged on December 10, 2018. The guest speaker was Mr. Hermann Schaller, Business Director Neuro-Radiosurgery / Business Manager, Accuray, USA.



3

A lecture on 'Dementia; Can Radiologist Make a Difference?' was organized on December 28, 2018 at E-4 Conference Room. The guest speaker for the session was Dr. Ibrar Ahmed Hashmi (Consultant Radiologist, NHS, UK).



Grand Round

A grand round was organized by Medical Staff Affairs on December 22 on 'Advancements in Abdominal Malignancies; HIPEC & Role of Surgical Oncology'. Speaker for the grand round was Dr. Hadi Mohammad Khan (Consultant Surgical Oncologist, SIH).



Glimpses of 1st National Scientific Congress (NSC)

A two-day National Scientific Congress (NSC) was held on 15th & 16th December 2018 at Pak-China Friendship Center, Islamabad by Shifa Tameer-e-Millat University (STMU) in collaboration with Shifa International Hospital Islamabad. The key objectives of the NSC were to review and discuss current state of innovation, research, challenges and opportunities in Pakistan's health sector to explore how national and international stakeholders could collaborate to utilize this dynamic forum as an information hub for further research and development. More than 2,000 healthcare professionals, leading researchers, academicians, I.T experts, and students attended the pre-congress & congress activities.



Workshop on "Endovenous Ablation for Treatment of Varicose Veins"

To promote continuous learning on latest developments and advancements in the field of medical sciences, a two day session on "Endovenous Ablation for Treatment of Varicose Veins" was conducted at C4- Hall, Shifa International Hospital Islamabad. The event was attended by Residents, PG's, Medical Officers & Consultants of various healthcare institutions.

Dr. Omer Ehsan (Consultant Vascular Surgeon) conducted the workshop. The participants were informed about this latest minimally invasive technique to treat varicose veins. The audience was given introduction to the new technique, its benefits and risks and how it is performed. Dr. Omer Ehsan along with other international and local guest speakers briefed the audience about the procedure while carrying it out simultaneously via live streaming video link. Participants also asked questions which were answered during the procedure.



**EVENING
OPD CLINICS**

**WELCOME
ABOARD**

DR. FAZAL MANAN
MBBS, FCPS
Assistant Consultant
Gastroenterologist

**6:00pm - 10:00pm
Monday to Saturday**

SMC, F-11: 2:00pm - 5:30pm (Mon to Sat)

Q 1: What do ENT surgeons do?

A: ENT surgeons are specialists who treat all the diseases of ears, nose and throat. The medical name for this specialty is Otorhinolaryngology. This would not only include surgeries but also medical management of these conditions. Most of the ENT surgeons now further develop sub-specialist interests like Ear Surgeries, Nose or Facial Plastic Surgeries, Pediatric ENT or Head and Neck surgeries.

Q 2: What are common ENT diseases? What are the symptoms of these diseases?

A: Although ENT is counted as a minor specialty but as we look into the practice trends of a General Medical Practitioner, approx. 10-15 % of the consultations would include ENT problems.

These would start from a common cold involving your ears, nose or throat to severe life-threatening breathing problems or cancers of head and neck region.

Symptoms are very variable and can range from blocked nose and hearing problems to breathing, voice and swallowing problems. However, I feel that we should create awareness about red flag symptoms for life threatening illnesses. These include persistent hoarseness, persistent neck lump, worsening swallowing problems, recurrent single sided ear or nose infections, recurrent nose bleeds or blood on coughing, non-healing mouth ulcers and unexplained weight loss.

Q 3: How are ENT diseases treated?

A: Many of the ENT common conditions are self-limiting which means they will get better on their own and the patient just needs to take supportive measures. For instance, common cold would last 7-10 days. But if symptoms gets worse or patient becomes unwell with fever then it's time to see a specialist and start appropriate treatment. I would like to strongly discourage people in using antibiotics unless needed or advised by the specialists. Supportive measures would include improving hydration, treatment for symptoms like cough or nasal washouts and steam inhalation, etc.

Q 4: How can we reduce the risk of head & neck cancers?

A: I mentioned about red flag symptoms for head and neck cancer but it's equally important to know about risk factors for these cancers. Some of these you cannot change like your genes but there are a lot of them which are modifiable like stopping smoking or tobacco chewing, etc. Healthy lifestyle should be emphasized.

Q 5: Tell us about the voice related diseases? What are common voice diseases prevalent in Pakistan?

A: Voice problems are under diagnosed in developing countries. These would include hoarseness, vocal straining, temporary voice loss or voice changes after surgeries. It is also very important to emphasize that persistent hoarseness for more than four weeks could be an early sign of throat cancer.

Most commonly occurred problems include voice straining in professional voice users like singers, teachers, call center employees, etc. It is estimated that one out of five professional voice users will have problems in working due to voice problems every year. This is reversible and treatable. This group should be made aware of vocal hygiene and warm-ups.

Q 6: What diagnostic and treatment facilities are available at Shifa Voice Clinic?

A: A specialist voice clinic provides diagnostic facilities like stroboscopes, laryngeal endoscopes, voice (acoustic) analyzers, EMG machines, etc., for targeted treatments. These clinics are run by Laryngologist who is an ENT surgeon with special interest in head and neck surgery along with speech and language therapists. As far as I am aware, Shifa Voice Clinic is the first dedicated specialist clinic in Pakistan having all these facilities. I had experience of successfully running these specialist clinics in UK along with my ENT/ Head and Neck Surgical practice. I not only have interest in voice, but I am also a trained head and neck surgeon with special interest in laryngology.



**Worried about
Winter Illnesses?**

Let's get to know about
Common Winter Illnesses & precautions
to be taken in **WINTER SEASON**
by our **Doctors**

**Scan this QR Code
& watch an informative video**



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We would love to hear from you

If you have any questions, comments or any suggestions as to what can be included in this newsletter, please write to us at: media@shifa.com.pk or call at 051 8463804/3106