



Monthly Activity Updates

SHIFA SPEAKS

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Eid Mubarak

عيد مبارك



Dear Colleagues

Assalamu Alaykum

BOD and Management of SIH convey, our heartiest Eid Greetings to all our Employees and their families.

Eid is a Joyous day – on this day we, the Shifa family, are thankful to Allah SWT that we were able to experience yet another Blessed Ramadaan and along with it the excellent opportunity for personal and spiritual growth and elevation.

On this special occasion, we, all the members of Shifa family, commit to be more Patient Centered – to give more time, more attention, more care, more respect, more dedication, more awareness and education to **our patients who are the reason for us to be in this profession.** We will give more than what they expect from us.

Once again, our best wishes for joyous Eid and for health, happiness and prosperity for all of you and your loved ones.

Manzoor H. Qazi

DR. MANZOOR H. QAZI
Chief Executive Officer, SIH

Liver Transplant Surgery Clinic in Hyderabad

Shifa International Hospital in collaboration with Asian Institute of Medical Sciences (AIMS, Hyderabad) conducted a one day filter clinic for Liver Transplant and Cirrhosis patients in Hyderabad on 4th May 2019. Dr. Faisal Saud Dar (Sitara-e-Imtiaz), Consultant Liver Transplant Surgeon, Shifa Int. Hospital, visited the city to examine patients belonging to different cities of interior Sindh, i.e., Hyderabad, Larkana, Jamshoro, Mirpur Khas, Sukkur, Nawab Shah, Ghotki, Karachi, Tando Allahyar etc.

Dr. Faisal Saud Dar also delivered a lecture on "Liver Transplantation in Pakistan" to a gathering of local gastroenterologists and GPs at AIMS Hyderabad. He advocated the need to run Liver Transplant Filter clinics all across Pakistan to facilitate transplant patients who previously had no option other than going abroad for the treatment. Dr. Dar further elaborated that the success of liver transplant program at SIH is result of an integrated and quality centered patient care and management which is possible due to close coordination among a multi-disciplinary team of professionals, which includes; Gastroenterologists, Hepatologists, Liver Transplant Surgeons, Critical Care, OR, Anesthesia, Pathology, Radiology, Nursing, Pharmacy and other allied services teams.

It is a great achievement by Pakistani healthcare professionals that so far more than 800 living donor liver transplant surgeries have been performed at Shifa International Hospital Islamabad with success rate compatible to the International standards.

First-Ever Successful Awake Brain Tumor Surgery performed in the region including KPK



Dr. Akbar Ali Khan (Consultant Neurosurgeon SIH) has recently performed a successful awake brain tumor surgery at Shifa International Hospital. Awake Brain Tumor surgery is a neurosurgical technique that allows the surgeon to remove brain tumor while patient is awake to avoid any damage to the brain. The surgery was performed on a 60 year old patient from Buner, KPK on 13th May 2019. On the occasion, Dr. Akbar briefed that it is a preferred technique to remove lesions close to or involving functionally important regions of the brain, like area responsible for speech, for movement of limbs, etc. This allows to test regions of the brain before they are removed and to test patient's function continuously throughout the operation. Anesthesia team also played a vital role in anesthetic management of the patient. The overall aim is to minimize the risks of paralysis or loss of speech following such operations.



Celebrating RECOGNITION

It is indeed a moment of great pride for Shifa International Hospital to mention that Dr. Syed M. Kamran Majeed (Consultant Urologist) was awarded Sitara-e-Imtiaz by Dr. Arif Alvi, President Islamic Republic of Pakistan on 23rd Mar 2019, while Dr. Mamoon Rashid (Consultant Plastic Surgeon) was conferred Lifetime Achievement Award by PAPS (Pakistan Association of Plastic Surgeons) for his pioneering work in Microvascular Surgery on 23rd Feb 2019. Management of Shifa International Hospital recently arranged a ceremony to honor their professional contribution & recognition by such esteemed institutions.

Nurses: A voice to lead - Health for All International Nurses Day 2019 celebrated at Shifa

With relevance to International Nurses Day (IND), a ceremony was organized at Shifa International Hospital on May 03, 2019. Dr. Nausheen Hamid (Parliamentary Secretary, Ministry of National Health Services, Regulations & Coordination) was the chief guest on the occasion. While addressing the participants, she said that Pakistani nurses are now stepping forward even for global competitiveness as they are not only serving the country but some are employed even in other parts of the world. Government looks forward to support the initiatives to uplift professional development and welfare of nurses, she announced. Guest of Honor; Group Captain Di Lamb (UK Defense Professor of Nursing) emphasized that nurses need to value continuing education to improvise professional skills and acumen to adapt to rapidly changing nursing practices globally.

Dr. Manzoor H. Qazi (CEO SIH), Mr. Aziz Ahmad Jan (COO SIH), Dr. Zeeshan bin Ishtiaque (Medical Director SIH), Dr. Monette B. Brombuela (Chief Nursing Officer SIH) and Dr. Raisa Gul (Dean Shifa College of Nursing) also appraised the valued role of nursing in delivering quality and compassionate care to the patients' communities.



International Nurses Day Workshops



In lieu of IND celebrations, Shifa College of Nursing in collaboration with Shifa International Hospital arranged five scientific workshops on May 02, 2019, covering a broad range of professional areas and topics for discussion which includes; Rubric Development, Qualitative Data Analysis, Curriculum Alignment, MCQs Development & Analysis, and Communication with Family in Critical Care. Participants from different nursing institutions presented their research papers and presentations (oral and poster), which were delivered on May 03, 2019. The best two of the research papers and their presenters were acknowledged and awarded by Dr. Raisa Gul (Dean SCN) and Dr. Monette B. Brombuela (Chief Nursing Officer SIH).

Shifa Neurosurgery department has been continuously taking initiatives to pace-up with the latest technological advancements in the field of neurosurgery. Dr. Inayat Ullah (Consultant Neurosurgeon, Head, Department of Neurosurgery SIH), while introducing the recent additions of Neuro-navigation system, top-of-the-range Microscope & Neuro-endoscope, mentioned that Shifa Neurosurgery unit is a well-equipped and modern facility. The integration of Microscope with Neuro-navigator & Neuro-endoscope will further improve outcomes & results of brain and spine tumor surgeries as per international standards. Other benefits include; faster patient recovery with small incision, lesser chances of infection & pain and ensuring shorter hospital stay.

A Step towards Neurosurgery Advancement

Microscope Integration with Neuronavigation and Neuroendoscopy



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Dr. Shahzad Riyaz
Consultant Hepatologist/ Gastroenterologist

Q1. How does Ramadan affect our body?

A: Fasting is one of the well-researched methods for getting control of your mind and body. Fasting enhances brain function and helps supercharge our bodies with energy. Fasting is usually associated with weight loss. It may increase our metabolism and helps preserve muscle tissue by reducing body fat. Fasting also improves blood sugar control. It has been associated with lower risk of coronary heart diseases and may help lower blood pressure, triglycerides and cholesterol levels. Fasting gives your overworked gut a break from energy intensive tasks like digestion. Some studies have also suggested that fasting can decrease levels of inflammation in the body and help promote better health.

Q2. Occasionally people gain weight during and after Ramadan. How can this be avoided?

A: Weight gain is very complex and multifactorial. This can be avoided by planning your daily meals. Start your day with a good calorie breakfast which will help you to have a nutrient dense food at the beginning and to postpone the need to eat simple refined carbohydrates. Foods that are high in fiber and proteins stabilize your blood sugar and prevent overeating. Drinking enough fluids will not only keep you from becoming dehydrated, but will also control your sugar cravings. Foods containing high sugar content should be avoided. Adding healthy fats such as olive oil reduces the need for unhealthy fats. 15 to 45 minutes of light cardio like walking or jogging will make you feel active and energetic and prevent weight gain.

Q3. What is the best way of maintaining weight loss that has occurred during Ramadan?

A: Taking a healthy balanced diet with adequate calories is the best way of maintaining a healthy weight. Swapping certain foods can help us in achieving this goal. Sunflower oil, vegetable oil or margarine can be replaced with extra-virgin olive oil. Fruit juices have significant amount of sugar and can be replaced with lemon infused water. Taking plain yoghurt instead of cereals can also reduce your carbohydrate intake. Similarly replacing white sugar with good quality honey can reduce your overall sugar intake. White refined grains should be replaced with whole grains such as whole wheat flour, oats and brown rice. In addition to the above, exercise and adequate physical activity will help in maintaining an adequate weight.

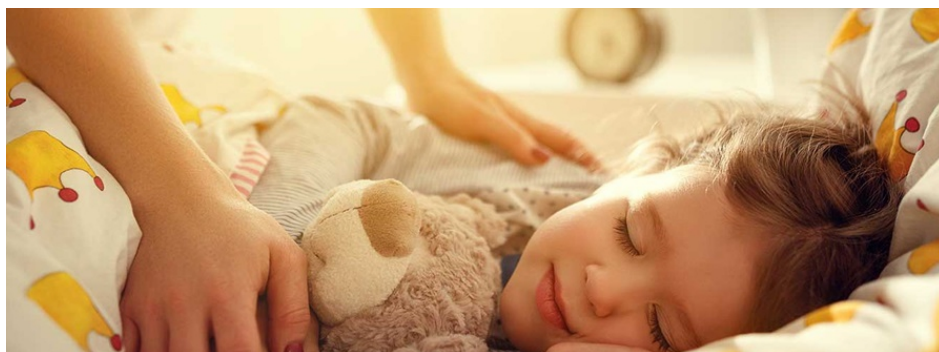
Q4. How can indigestion and heartburn be prevented post Ramadan i.e. on Eid?

A: Heartburn and indigestion can be avoided after Ramadan by avoiding overeating. Highly processed and refined foods can cause indigestion. Similarly oily, deep fried, very spicy food and caffeine should be avoided. We should all also avoid lying down after eating as this can precipitate indigestion. Some time-tested remedies such as apple cider vinegar and lemon juice can help in improving digestion. Adding fennel, ginger or peppermint to the diet can also improve the symptoms of indigestion.

**You say that You are just a Body, but
Inside of You is Something Greater than The Universe**
Imam Shafi

WORLD BEDWETTING DAY

Time to Take Action – 28th May 2019



BEDWETTING IS NOBODY'S FAULT;

IT IS A COMMON MEDICAL CONDITION THAT CAN AND SHOULD BE TREATED

- It is not a psychological issue, but rather is commonly caused by over-production of urine at night, the inability to wake up or reduced bladder capacity
- This medical condition can have a serious detrimental effect on the child's self-esteem, emotional well-being and day time functioning, including school and social performance
- Early treatment in young children (5-6 years) should be recommended

For More Information, Contact
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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