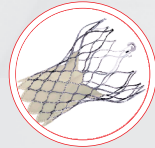




Monthly Newsletter

SHIFA SPEAKS

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FIRST TRANSCATHETER AORTIC VALVE REPLACEMENT PROCEDURE (TAVR)

performed in Islamabad at Shifa International Hospital

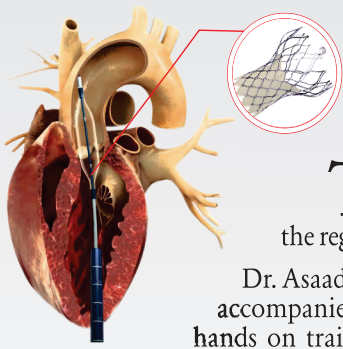
The Cardiology team at Shifa international Hospital has performed first ever Transcatheter Aortic Valve Replacement (TAVR) procedure in Islamabad on an elderly patient suffering from critical heart condition.

TAVR/ TAVI has emerged as a major breakthrough in the field of interventional cardiology and now recognized as an alternative for selected high risk patients for standard valve replacement with an open heart surgery. The procedure was performed by a team led by **Dr. Asaad Akbar Khan** (Consultant Interventional Cardiologist), who has experience of performing more than 500 TAVI procedures in United States (U.S.).

According to American Heart Association, TAVR or TAVI is a minimally invasive surgical procedure which repairs the valve without removing the old, damaged valve. Instead, it wedges a replacement valve into the aortic valve's place. The surgery may be called a Transcatheter Aortic Valve Replacement (TAVR) or Transcatheter Aortic Valve Implantation (TAVI). Somewhat similar to a stent placed in an artery, the TAVR approach delivers a fully collapsible replacement valve to the valve site through a catheter. Once the new valve is expanded, it pushes the old valve leaflets out of the way and the tissue in the replacement valve takes over the job of regulating blood flow.

Previously, patients needing aortic valve replacement had to undergo open heart surgery. However, with this new interventional procedure, heart valves can be replaced through a very small opening in groin of patients. Shifa International Hospital, Islamabad is committed in its efforts to introduce advanced treatment options to benefit larger patient populations.





18th CoreValve Evolut R Team Approach to TAVI Training

January 25th & 26th, 2020

The 18th CoreValve Evolut R Team Approach to TAVI Training was conducted at Shifa International Hospital, Islamabad on January 25th & 26th, 2020. This was the first time that such training course was conducted in the region to cater to the training needs of Cardiologists and Physicians from Punjab, KPK and Federal Capital.

Dr. Asaad Akbar Khan (Consultant Interventional Cardiologist, SIH) was the chief trainer of the training session and was accompanied by Mr. Nabil Saleh (Global TAVI Trainer, Medtronic). The two day session aimed to introduce & conduct hands on training session for most advanced treatment of AORTIC Stenosis i.e. TAVI procedure. This new & advanced



procedure allows replacement of aortic valves utilizing a minimally invasive catheter based technique instead of an open chest surgery yielding better outcomes. Renowned senior cardiologists & medical technicians, from prestigious institutions across the country, participated in the training session. Dr. Asaad A. Khan has extensive experience of performing such complex procedures in USA and is among the pioneers in introducing TAVI procedure in the region.



**Shifa EMPLOYEE
of the Month**

November, 2019

Mr. M. Nazakat
OPD



**Shifa NURSE
of the Month**

November, 2019

Ms. Sadia Azam
Nursing





Shifa Tameer-e-Millat University-7th CONVOCATION

116 Medical, 50 Nursing, 81 Physical Therapy,
43 Medical Technology & 36 Pharmacy Graduates Received Degrees



As many as 326 graduates of STMU received degrees, gold & silver medals and other awards on 7th STMU convocation held at the Jinnah Convention Center, Islamabad. Prof. Dr. Masoom Yasinzaï, Rector IIUI was the Chief Guest of convocation. He advised the fresh graduates that dedication, devotion, sincerity and hard work determine long-term success. Dr. Habib-ur-Rahman, Chairman BOD SIH, Dr. M. H. Qazi, Chancellor STMU, Prof. Dr. M. Iqbal Khan, Vice Chancellor STMU, Dr. Samia Ahmed, Chairperson Shifa Tameer-e-Millat Foundation were also present on the occasion.



Ethical & Regulatory Aspects of Clinical Research

National Institutes of Health (NIH), Bethesda, MD, U.S. (Bioethics Course)



Shifa Clinical Research Center (SCRC) hosted the certificate distribution ceremony of Bioethics Course - Ethical & Regulatory Aspects of Clinical Research of NIH, Bethesda, MD, U.S. on December 7th, 2019. Dr. M. H. Qazi, (CEO SIH) was the Chief Guest of the event. Dr. Mian Amjad Sohail, Director Medical Services/SCRC and Site Chairperson of Bioethics course, Dr. Darakhshan Jabeen, Director PGME & CME & Dr. Ejaz A. Khan, Chairperson Institutional Review Board & Ethics Committee/ Data & Safety Monitoring Board also addressed the occasion. Dr. Sumeyya Azam, Senior Clinical Research Associate (HOD) in SCRC was the official NIH-assigned supervisor of the course which was conducted for the first time at Shifa International Hospital. The course lectures were delivered by her for a period of 2 months (September 27th through November 16th, 2019). A total of 73 participants from different departments of various medical institutions attended the course and got certified.

Clinical Randomisation of an Antifibrinolytic in Significant Head Injury

Shifa Clinical Research Center (SCRC) & Department of Emergency Medicine has recently successfully completed a multicenter, international Phase-III clinical trial "CRASH-3" after 7 years of international collaboration, sponsored by London School of Hygiene & Tropical Medicine, UK, published in 'The Lancet' and Principle Investigator (PI) of the trial Dr. Abdus Salam Khan (Director, Emergency Medicine) is one of the authors of the trial publication. A total of 12,731 patients were recruited worldwide in 28 recruiting countries including 171 hospitals & medical centres. Among all the recruiting sites worldwide, Department of Emergency Medicine, SIH was the only department who participated in CRASH-3 trial. The objective of the trial was to determine the effects of early administration of Tranexamic Acid (TXA) on death & disability in patients with traumatic brain injury (TBI). The result of CRASH-3 trial has shown that TXA is safe in patients with TBI & that treatment within 3 hours of injury reduces head injury-related death. TXA could prevent deaths from TBI by as much as 20% depending on the severity of the injury. The study has provided reliable evidence about the effect of TXA on mortality & disability in patients with TBI.

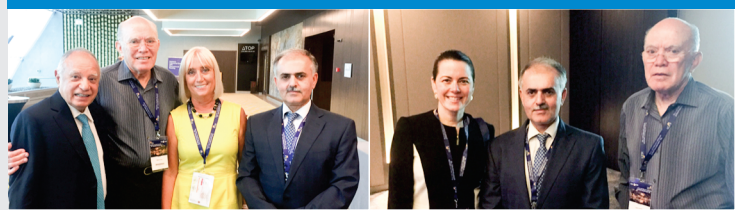


Town Hall Meeting 2020

The first Town Hall meeting of the year was organized by Human Resource Department in the first week of January 2020. The purpose of Town Hall is to give employees an opportunity to directly interact with higher management. Chief Operating Officer, Mr. Taimoor Shah briefed the employees about upcoming visit of JCIA (Joint Commission International Accreditation) team. He encouraged hospital-wide teams to keep on working with same dedication and focus. The employees serving for ten and more years were recognized and awarded with shields.



Dr. Nasir Aziz (Consultant, Pediatric Surgeon, SIH) presented his Research Paper in Pediatric Colorectal Club, 26th International Meeting Organized by UDHS & SAPS at Belgrade, Serbia (June, 2019)



MEDICAL ONCOLOGY

Medical Oncology Care for Solid Tumors & Hematological Malignancies including:

- Chemotherapy
- Bone Marrow Transplant
- Multi-disciplinary Tumor Board
- Inpatient Care
- Blood Transfusions for Thalassemia Patients



COMPREHENSIVE & INTEGRATED CANCER CARE UNDER ONE ROOF



SURGICAL TREATMENT OF CANCER

Surgical treatment to remove Cancerous Tumors:

- Minimally Invasive/ Laparoscopic cancer surgeries treating multiple conditions
- Qualified team of General Surgeons & Plastic/ Reconstructive Surgeons

SPECIALIZED CLINICS

Breast Clinic:

- Nurse educator for counseling & navigation of patient through each stage from screening to treatment

Interventional Radiology (IR):

- Treatment of multiple diseases without surgery (Minimally invasive procedures through angioplasty & stenting)

RADIATION ONCOLOGY

Radiation Therapy Services for cancer patients:

- Latest Brachytherapy Machine to effectively treat cancer by internal radiation
- 2DRT (Two Dimensional), 3DCRT (Three Dimensional Conformal Radiation Therapy)
- IMRT (Intensity Modulated Radiation Therapy)

PATHOLOGY SERVICES

Cancer Pathology Services for reliable Diagnostics & Study of Cancerous Tumors:

- Histopathology Services for Cancer Screenings
- Haematology Services to study Blood Disorders, including Blood Cancers

RADIOLOGY SERVICES

Cancer Imaging Services for Cancer Detection, Screening, Staging & Monitoring:

- 640 Slice CT-Scan
- Latest MRI
- 3D Hologic Mammography



PAUSE

Before Invasive Procedures

The idea of the event organized by Shifa OPD was to spread awareness of usefulness of procedural timeout. It is a pause just before any invasive procedure. It helps in rechecking all the required equipment for procedure. A panel discussion followed by a Q & A session was conducted with eight consultants of different clinical specialties while Dr. Rabbia Bajwa led the panel discussion. Dr. Ghulam Sadiq (Chief of Surgery) shared his thoughts regarding timeout and an education video clip was shown to the audience regarding appropriate timeout performance. Dr. Manzoor H. Qazi (CEO, SIH), Mr. Taimoor Shah (COO, SIH) and Dr. Zeeshan Bin Ishtiaque (Medical Director, SIH) were also present at the event.



Safety Tips For Women At Workplace



- Stay alert and aware of your surroundings
- Keep your belongings (phone, bag, key, credit card, etc.) safe in lock
- Avoid sharing your contact number in crowd or calling out female with her name in front of a stranger. Never give out personal information
- Report a theft/ suspicious activity or an incident to concerned authorities
- Follow dress code policy of your organization & cater for the socio-cultural norms & values
- Stay low profile, don't flash your wealth
- Don't just open your office door to anyone especially when you're not expecting them, restrict the RFID use at your office door

Courtesy: Safety & Security Department



Ophthalmology Grand Round



A grand round on **Ocular Tuberculosis** was organized by Shifa International Hospital on Jan. 18, 2020. The presenter was Dr. Aqdas Haq, PG, Ophthalmology and facilitators were Dr. Saadia Farooq (Consultant Ophthalmology), Dr. M. Amer Awan (Consultant Ophthalmology) & Dr. M. Javid Bhutta (Consultant Infectious Diseases).



HELP



SAFETY FIRST



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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