



Monthly Newsletter

# SHIFA SPEAKS

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## HOW SHIFA INTERNATIONAL HOSPITAL IS FIGHTING COVID-19 PANDEMIC

In the fight against COVID-19, we at Shifa International Hospital salute to our frontline heroes including doctors, nurses & paramedics, allied & support services teams for their dedication and cooperation to serve the patients. They are fighting the disease gallantly despite having their families and loved ones waiting for them at home. We are committed to providing quality healthcare to the Pakistani nation in this time of crisis. Shifa International Hospital Islamabad is focused on providing its patients with a protected & safe environment with a relentless contribution of all departments. Doctors and healthcare staff are working day and night to provide care and comfort to patients.

Hospital staff is maintaining all infection control measures rigorously. For safety and precaution, only one attendant is allowed with the patients and have barred the unnecessary visits of children from the hospital. Under the supervision of our Housekeeping staff, all high-contact patient areas; such as counters, seating, information booths, and floors are being constantly disinfected and all precautions are being taken when it comes to cleaning & hygiene.



### A Message from CEO, Shifa International Hospitals Ltd.

Assalamu Alaykum

We are at the start of a long journey with unspecified and unknown challenges ahead. Looking at other countries it will be a test of our dedication, commitment and professionalism, strong nerves as well as prudent use of our resources. However above all this, strong faith in Almighty Allah and His Mercy will take us through these troubling times. In the current situation, every employee of the hospital is a frontline employee whether nurses, doctors, paramedical, pharmacy, admission office, housekeeping, facility management, bio medical, security, FNSD, supply chain and all others everybody has to team together and meet this gigantic challenge. We also have to come up to expectation of general public and patients. They are looking towards us for Guidance, Compassion, Care and Support. We will InshaAllah meet all their expectations.

It is going to be an uncharted journey which will test each and every aspect of our personality but this fight or battle or war is winnable - China, Hong Kong and Singapore won it, so will we InshaAllah. Shifa family successfully met previous challenges of devastating floods and earthquake.

Yes, we can do it again but not without saying:

اے اللہ! ہمارے گناہ معاف فرما اور ہم پر رحم کر۔ آمین



**Dr. Manzoor H. Qazi**  
CEO, Shifa International Hospital



**"Consult a Dietitian,  
Get Fooducated"**

*Dietitian day  
2020*

Hundreds of Patients availed  
**FREE KIDNEY SCREENING**  
at Shifa International Hospital on  
12th March, 2020

**World Kidney Day & World Dietitian Day**

**KIDNEY HEALTH**  
is in Your **OWN HANDS**

On World Kidney Day & World Dietitian Day, Shifa International Hospital Islamabad arranged a free health camp to create awareness among the general public for maintaining kidney health & wellbeing. The attendees of the health camp underwent free of cost BMI, BP monitoring and Pathology tests (Blood Sugar, Serum Creatinine, Urine R/E, etc.) They also had an opportunity to talk with Consultant Nephrologists and Nutritionists who helped them identify risks of chronic kidney disease and recommended guidelines for prevention and reducing the risk levels.

The panel of doctors constituted Nephrologists; Dr. Danyal Hassan, Dr. Syed Nayer Mahmud, Dr. Syed Farhat Abbas, Dr. Momena Manzoor, Dr. Kiran Khurshid, and a Dietitian; Dr. Rezzan Khan, who offered free consultation and answered common questions of the audience related to kidney health.



## **Shifa Dialysis Center G-10 Islamabad, Organized Awareness Walk & Free Health Camp on World Kidney Day**

Shifa Dialysis Center G-10 organized a seminar and awareness walk on 12th March 2020 to commemorate World Kidney Day. Chief Guest of the awareness walk, Dr. Nausheen Hamid (Parliamentary Secretary, National Health Services, Regulations, and Coordination) appreciated the efforts of Shifa International Hospital in taking initiative to create awareness about kidney health. The theme of the year 2020 was "Kidney health for everyone everywhere – from prevention to detection and equitable access to care".

Dr. Syed Farhat Abbas (Consultant Nephrologist & HOD Nephrology Department, SIH) and Dr. Momena Manzoor (Associate Consultant Nephrologist, SIH) mentioned that diabetes and high blood pressure are among leading causes of kidney diseases and can often be managed through lifestyle changes and education. They said that using a kidney-friendly diet, maintaining a healthy weight and exercising, etc can help in managing kidney-related diseases. In connection to the World Kidney Day, Shifa Dialysis Center G-10 also arranged a free health camp to create awareness among general public to maintain kidney health & wellbeing.





## Shifa wins 35th Corporate Excellence Award by Management Association of Pakistan in Healthcare Sector

Shifa International Hospitals Ltd. (SIH) has achieved the 7th consecutive Corporate Excellence award in the healthcare sector by the Management Association of Pakistan (MAP).

Mr. Muhammad Zahid (Executive Director and Member BOD, SIH) received the award from the Federal Minister for Planning, Development and Special Initiatives, Mr. Asad Umar, who was the chief guest of 35th MAP Excellence Awards ceremony.

The ceremony was held at a local Hotel in Karachi and attended by prominent business leaders and professionals from various industrial sectors. Shifa International Hospital won the award for having the best corporate and governance practices in the healthcare sector.

Dr. Manzoor H. Qazi (CEO, SIH) on the occasion, reiterated the organization's commitment to providing quality healthcare and the latest medical technologies to the people of Pakistan.



## PAPSCON CONFERENCE

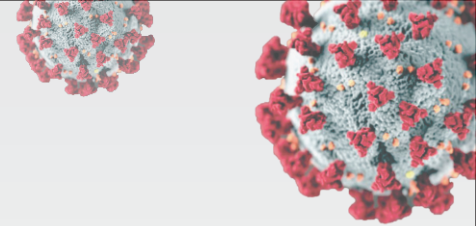
### 25th Annual Meeting: Pakistan Association of Plastic Surgeons

Every year Pakistan Association of Plastic Surgeons provides the platform; PAPSCON to educate and update plastic surgeons to advance the practice of plastic surgery globally by inspiring and facilitating scientific discovery and its translation to clinical practice. Dr. Manzoor H. Qazi (CEO, Shifa International Hospital) was the Chief Guest for the Evening Ceremony. He lauded the contribution made by members of the association and said that the current achievements of the PAPS are a testimony to the commitment of the founding members. Dr. Zeeshan Bin Ishtiaque (Medical Director, Shifa International Hospital), Chief Guest of the Inaugural Ceremony welcomed all distinguished delegates from Pakistan and faculty coming from abroad to Islamabad.

In his inaugural speech, Dr. Zeeshan Bin Ishtiaque said that it's an honor to have leading experts of plastic surgery in this distinguished gathering. He also said that now we have subspecialties of plastic surgery established in this country and the Pakistan Association of Plastic Surgery will upgrade the art and science of plastic surgery.







## FAQ's for Novel Coronavirus (2019-nCoV)

### Q: What are Coronaviruses?

A: Coronaviruses are a large family of viruses, some cause illness in humans & others cause illness in animals, such as bats, camels & civets. Human coronaviruses generally cause mild illnesses, such as the common cold. Rarely, animal coronaviruses can evolve to infect & spread among humans, causing severe diseases such as Severe Acute Respiratory Syndrome (SARS) which emerged in 2002 & Middle East Respiratory Syndrome (MERS) which emerged in 2012.

### Q: What is the 2019-nCoV or COVID-19 virus?

A: There is a new strain of coronavirus that has not been previously identified in humans, with a majority of cases affecting people in Hubei province, China. There is much more to learn about how it is spread, its severity, & other features associated with COVID-19, investigations are ongoing. At the moment, this coronavirus is called COVID-19.

### Q: What are the symptoms?

A: Most cases have had a fever, cough & shortness of breath. In more severe cases, the infection can cause pneumonia with severe acute respiratory distress. It is unknown at this stage but most likely approximate 05 days (2-14 days) for symptoms to present.

### Q: How is it diagnosed?

A: Infection with COVID-19 is diagnosed by finding evidence of the virus in respiratory samples such as swabs from the throat or fluid from the lungs. Testing for COVID-19 is done in public health laboratories.

### Q: How does the virus spread? How can we prevent it?

A: Coronavirus experts think that it's likely that the novel coronavirus originated in an animal species & then spread to humans. Person to person spread of the novel coronavirus is reported as occurring, but it is not yet understood how easily this happens. Other human coronavirus strains are spread from person to person through

contaminated droplets from a person who is sick with the illness (through coughing or sneezing) or contaminated hands & generally occurs between people who are in close contact with one another. This novel coronavirus likely spreads the same way. The best way to protect yourself is the same as you would against any respiratory infection.

### Practice good hygiene by:

Making sure to clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub

Cover your nose & mouth when coughing & sneezing with a tissue or a flexed elbow

Avoid close contact with anyone with cold or flu-like symptoms

### Q: Can the virus be transmitted during the incubation period?

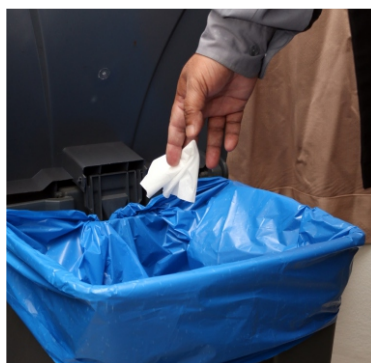
A: There is preliminary evidence of a very small number of people who may be infectious before their symptoms developed. More information about this new virus is needed to understand when a person becomes infectious. As a precautionary measure anyone in contact with a confirmed case, or anyone who has traveled overseas to any other epidemic area must isolate themselves for 14 days after the last possible contact or travel.

### Q: Is there a treatment or vaccine?

A: Currently, there are no available vaccines that protect against coronaviruses. There is no specific treatment. Early diagnosis & general supportive care are important. Most of the time, symptoms will resolve on their own. People who have a serious disease with complications can be cared for in hospital.

### Q: Do face masks protect against the virus? Which face masks?

A: Face masks are not recommended for the general population. People who have symptoms and might be infected with novel coronavirus disease-19 should wear a surgical face mask to reduce the risk of transmitting the virus to anyone else whilst seeking medical advice.



## Recommendations to prevent the spread of COVID-19



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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](mailto:media@shifa.com.pk) or call at 051 8463804/3106