



Monthly Newsletter

SHIFA SPEAKS

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eShifa - Pakistan's 1st ever Home & Digital Healthcare brand earned Prestigious Joint Commission International (JCI) Accreditation

eShifa, a home, and digital healthcare brand has become the 1st ever Joint Commission International (JCI) accredited services provider in Pakistan and across the South Asia region. eShifa was established to create a positive impact in people's lives by expanding outreach of quality healthcare beyond boundaries. With the advances in modern medicine and integration of technologies in healthcare settings, eShifa endeavors to create better ways of delivering quality care to the people of Pakistan.



Speaking on the occasion, Dr. Manzoor H. Qazi, Chairman Shifa Integrated Healthcare Technologies (SIHT) termed the milestone as a way forward for a developing country like Pakistan to establish quality benchmarks for delivering home health services to its people in compliance with international standards. He added that "healthcare services in Pakistan are currently facing enormous challenges and keeping in view the growing demand for quality health services, such initiatives would not only help in coping with these challenges but they would also provide relative ease and affordability to the end-users of these services.

Dr. Zeeshan Bin Ishtiaq, Chief Executive Officer, SIHT while presenting the overall landscape of home health services in Pakistan, said that "the load on traditional healthcare services structures in the country has increased tremendously over the years. Therefore, the situation demands to devise alternate solutions and options for the users of healthcare services. Mr. Taimoor Shah, Executive Director, SIHT said that "accreditation achievement has a special significance as the COVID-19 has already compelled the world to explore alternate healthcare solutions while ensuring high-quality services blended with affordability & to-date only 24 organizations in the healthcare sector have been awarded this unique accreditation globally." Previously, Shifa International Hospitals Ltd, Islamabad was accredited by JCI in 2017 and got re-accreditation in Oct 2020.



First Total Body Irradiation (TBI) Procedure

Successfully Performed By Radiation Oncology & Bone Marrow Transplant Team at SIH

Radiation Oncology & Bone Marrow Transplant teams at Shifa International Hospital, Islamabad has successfully performed the first Total Body Irradiation (TBI) of a patient suffering from Acute Lymphatic Leukemia (ALL). Total Body Irradiation was recently added to Shifa's arsenal for treating cancer. Only available at a few centers in the region, this modality is particularly of use in bone marrow/ stem cell transplant for diseases like Acute Lymphoblastic Leukemia and half-matched (Haplo) transplant. It also provides a less toxic option for transplants in the



elder population when used at a lower dose. Dr. Ayaz Mir, Chief of Bone Marrow Transplant Unit stated that the procedure was made successful by a multidisciplinary team of Oncologists, Radiation Oncologists, Medical Physicists and a dedicated nursing team catering to patients' need. Dr. M. Furrukh, Consultant Radiation Oncologist said that this advanced technology will play a key role in the treatment of cancer diseases in-country as many patients who were unable to get this treatment here had to travel many miles abroad. Shifa International Hospital is committed in its endeavors to provide the people of Pakistan with the most advanced healthcare and will continue to do so.



SIH Introduces MRI Breast on SIEMENS 3Tesla MAGNETOM VIDA SCANNER

The Radiology Department at Shifa International Hospital is proud to announce and introduce its state-of-the-art high magnet strength 3T MRI (SIEMENS MAGNETOM VIDA) machine which is top of the line by all international standards, resulting in better imaging techniques and precision imaging.

We have started MRI Breast with our 18 channel breast coil, which in conjunction with higher strength magnet, resulting a reduction in overall scan time with high resolution of images increasing the diagnostic yield.

MRI Breast is one of the key imaging techniques in the treatment of breast cancer along with Mammography & Sono Mammography. This technology is used as a problem-solving tool for screening the true extent of cancer in the malignant breast and also it plays a key role in patients who are on neo-adjuvant chemotherapy before their surgery and in screening of women with high risk of cancer given its higher sensitivity. Furthermore, this technology guides our aesthetic specialists to spot any rupture in breast implants.



WORLD ANTIBIOTICS AWARENESS WEEK 2020

Global Awareness of Antibiotics Resistance (AMR)

اینٹی بائیوٹک کے بے جا استعمال کو روکنے میں اپنا کردار ادا کریں



Shifa International Hospital observed 'World Antibiotic Awareness Week' intending to increase awareness of antibiotic resistance, the importance of appropriate antibiotic prescribing, and to encourage best practices among the general public, health workers & policymakers to avoid the further emergence & spread of antibiotic resistance. Dr. Ejaz A. Khan (Consultant/ Chief of Pediatrics Department & Chairman Infection Control Committee, SIH), Ms. Salwa Ahsan (Chief of Pharmacy, SIH), Ms. Ruth Samuel (Manager Prevention and Infection Control, SIH), and other healthcare professionals attended the walk regarding World Antibiotics Awareness Week.

On the occasion, Dr. Ejaz said that "Antibiotic or Antimicrobial Resistance (AMR) has been called one of the 'greatest threats' to human health with significant public health consequences unless we all come together and work to save remaining antibiotics. Overuse of antibiotics in humans and animal causes AMR that is now a major public health crisis." He said that by reducing the spread of infections and changing how we produce, prescribe, and use these medicines, we can reduce the impact and limit the spread of antibiotic resistance.

FREE STROKE & NEUROLOGY CAMP

Held at Kallar Syedan, Rawalpindi



Shifa International Hospital has been endeavoring to outreach quality healthcare services to various patient communities in rural and remote areas. In this context, being part of hospital's outreach program, a free health camp was arranged by Shifa Neurology and Stroke Medicine team at THQ Hospital, Kallar Syedan, Rawalpindi District, on 8th November in coordination with Alkhidmat Foundation. Over 150 patients from Kallar Syedan and surrounding areas were seen during the camp. The Shifa team included Dr. Raja Farhat Shoaib, Consultant Stroke Medicine & Neurorehab, Dr. Waseem Tariq Malik, Consultant Neurologist, Dr. Qamar Zaman, Associate Consultant Neurologist, Mr. Abdullah (OPD), & Mr. Shakil (OPD).

JOIN THE
**MOVE
MENT**



BILATERAL TIES BETWEEN PAKISTAN & UZBEKISTAN HEALTHCARE ORGANIZATIONS



In September 2019, Shifa External Services (SES) on the model of footprint expansion and propagating the brand name of Shifa International Hospital (SIH), started to explore the prospective organizations in the Central Asian country, Uzbekistan, for collaboration and association in terms of healthcare and education. In this regard, a visit was scheduled to Uzbekistan in October 2019 by Chief Operating Officer SES, Dr. Malik Imad Khan & Senior Manager SES, Dr. Nauman Haider. Later, two historic agreements were signed, one between Shifa International Hospital & Tashkent Medical Academy (TMA), Tashkent & other between Shifa Tameer-e-Millat University (STMU) & Fergana branch of TMA, Fergana. At the beginning of the COVID-19, when the world was under the immense pressure of the pandemic, SES was requested by the Fergana branch of TMA to arrange online classes for their students as there was complete lockdown in Uzbekistan & their students were encountering loss of time. Hence, the request was immediately accepted & online classes were conducted. The lectures were delivered for subjects of; Anatomy, Histology, Microbiology & Immunology. On Sep. 17 & 26, 2020, a webinar regarding the Prevention & diagnosis of COVID-19 was also arranged by Shifa International Hospital for the Senior Faculty of the Fergana branch of TMA & the doctors working at the Fergana regional clinics participated & exchanged mutual experiences.



The Deputy Director, Fergana branch of TMA, Mr. Botirov Murodjon Turgunbaevich, conveyed his gratitude to the leadership of SIH, STMU, and SES for their brotherly gesture given by the faculty of STMU in difficult times. He said that this cooperation was very useful for the students and teachers of Fergana branch of Tashkent Medical Academy. These are the first steps of cooperation. In the future, professors and teachers of Fergana branch of TMA will research at Shifa International Hospital and leading scientists & researchers of STMU will visit Uzbekistan to give lectures, practical classes & conduct joint research.



eShifa Home Health Services | ہوم ہیلتھ سروسز

- ہوم ویکسینیشن
- ہوم کیمو تھراپی
- eShifa ٹیلی کلینکس
- گھر میں ادویات کی فراہمی
- لیب نمونوں کی گھر سے وصولی
- ہوم فزیو تھراپی
- گھر میں نگہداشت اور ہوم نرسنگ کی سہولت (COVID-19)
- ہوم پیری ٹونیل ڈائلیسز

کوالٹی ہیلتھ کیئر۔ آپ کی دلیز پر



A Project of Shifa International Hospitals Ltd.

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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/ 4532