

SHIFA KIDNEY TRANSPLANT SERVICES

*A Comprehensive Program Ensuring
Quality Care & Patient Safety*



Shifa
International
Hospitals Ltd.



**Urology & Kidney
Transplant Services**
Sector H-8/4, Islamabad
For Appointment & Information:
Ph: 051-8464646
www.shifa.com.pk

25 *Years* of Commitment & Service

Shifa International Hospital Islamabad is accredited by **Joint Commission International (JCI)**. We embarked on a journey over **25 years** ago to provide quality healthcare services to the citizens of Pakistan.



Contact Us:



Manager Kidney Transplant Program (Saeed Ahmed)
Ph: 051-8463294, 0345-8553866



Urology & Kidney Transplant Clinic
Ph: 051-8463038, 0518463169



Marketing Executive
0346-8551618



www.shifa.com.pk

SHIFA KIDNEY TRANSPLANT PROGRAM

About Us



Shifa International Hospital, Islamabad, is a tertiary care hospital contributing to patient centric care and healthcare excellence for over 25 years. One of the objectives of the hospital is to set-up a Center of Excellence for Kidney diseases in Pakistan. Shifa International Hospital started Kidney Transplant Program in 2001 and so far the team has performed more than 600 kidney transplant surgeries. From its very inception, the Kidney Transplant team set a clear objective to ensure ethical medical practices and guidelines on organ donation and transplantation.

Services



Kidney Transplant Evaluation & Care



Donor Assessment



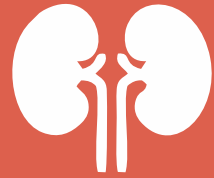
Offering Kidney Transplant Surgery
(For Adults & Children)



Advanced & Minimally Invasive Urology procedures
(Treatment for Kidneys, Ureters, Bladder, Prostate, etc.)

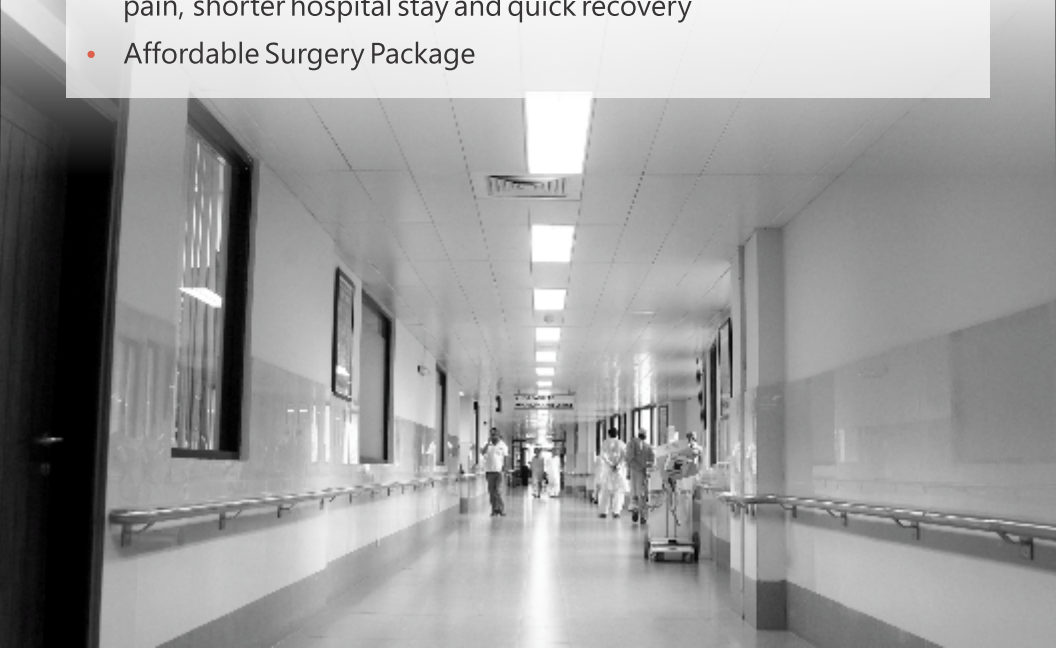
SHIFA KIDNEY TRANSPLANT PROGRAM

Why Choose Us?

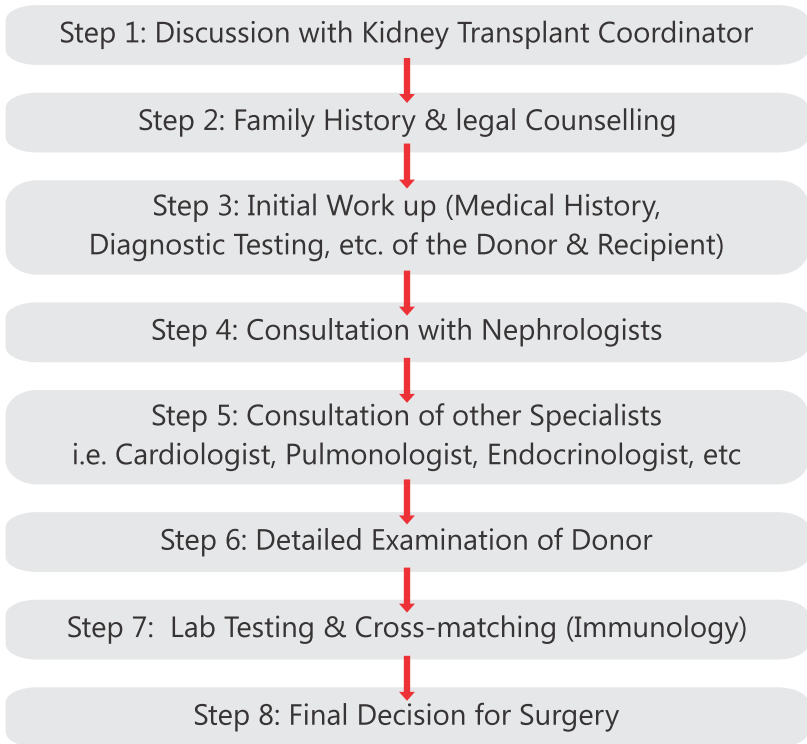


Key Features

- Our multidisciplinary team includes experts in Transplant Surgery & Urology, Nephrology, Transplant Immunology & Pathology, Cardiology, Pulmonology, Anesthesiology, Critical care, Infectious diseases, Radiology & Transplant Pharmacist, Transplant Immunology, and Urology. This interdisciplinary approach allows us to provide the best in patient care by taking advantage of the most innovative developments in surgical techniques and transplant medicine
- A thorough pre-transplant evaluation and post-transplant care by a multidisciplinary team under one roof
- Offering Kidney transplant surgery to Children (with complex bladder issues) and Adults (BMI more than 30, Diabetic, Re-transplant with high PRA/ Antibody level)
- Surgery using Minimally Invasive Laparoscopic technique with less pain, shorter hospital stay and quick recovery
- Affordable Surgery Package



KIDNEY TRANSPLANT PROCESS FLOW



Step 1: Initially patient & donor are required to meet our kidney transplant coordinators for evaluation.

Step 2: Taking all the family history, making family tree, & asking patient to complete legal documentation. i.e. Family Registration Certificate, Marriage Certificate, B-form etc.

Step 3: Initial work up starts from both donor & recipient including taking medical history & diagnostic testing (Laboratory & Radiology).

Step 4: Patient & donor are seen by the Nephrologists & referred to Urologists for transplant evaluation.

Step 5: As per requirement, transplant team can recommend the patient to take opinion of other specialists, i.e., Cardiologist, Pulmonologist, Gastroenterologist, Endocrinologist, General Surgeons. etc.

Step 6: Further Evaluation of Donor (CT Angio (Renal) & blood tests)

Step 7: Immunology Laboratory Testing for crossmatching (HLA Typing, Luminex Screening, Flow Cytometry)

Step 8: Final Decision for Surgery (as per transplant waiting list) after discussion in Transplant Multi-Disciplinary Meeting.



KIDNEY TRANSPLANT EVALUATION



Making An Appointment

Kidney Transplant Clinic mostly accepts patients for assessment by appointment. You can make an appointment by contacting us at 051-8464646.



Initial Paperwork

We would normally ask you to provide copies of all your previous investigations and any other relevant past medical record after accepting your name for appointment. These documents are screened by our preliminary medical assessment team, who will then fix a time and date for your appointment.



On Arrival

After arrival at Kidney Transplant Clinic, our unit receptionist will take you through your Registration Process.



Initial Assessment

Preliminary Interview and assessment will be carried out by a specialist nurse to document your temperature, pulse, BP and other relevant measurements.



Detailed Assessment

Detailed Interview and assessment will be undertaken by one of our Kidney Transplant Physicians or Surgeons. This session may last between 20 minutes to an hour depending on the complexity of your medical condition. A detailed medical history is usually followed by a thorough clinical examination to get a full assessment of your existing clinical condition.

The Team



A team of kidney transplant surgeons and nephrologists is supported by our pathology and interventional radiology department to participate in this whole process. Clinical specialist nurses along with our transplant coordinators are busy day and night to streamline each & every aspect of care for post kidney transplant patients.

Individual Attention



Each and every patient gets individualized and specific follow-up on one to one basis.

Immuno-Suppression Drug Monitoring

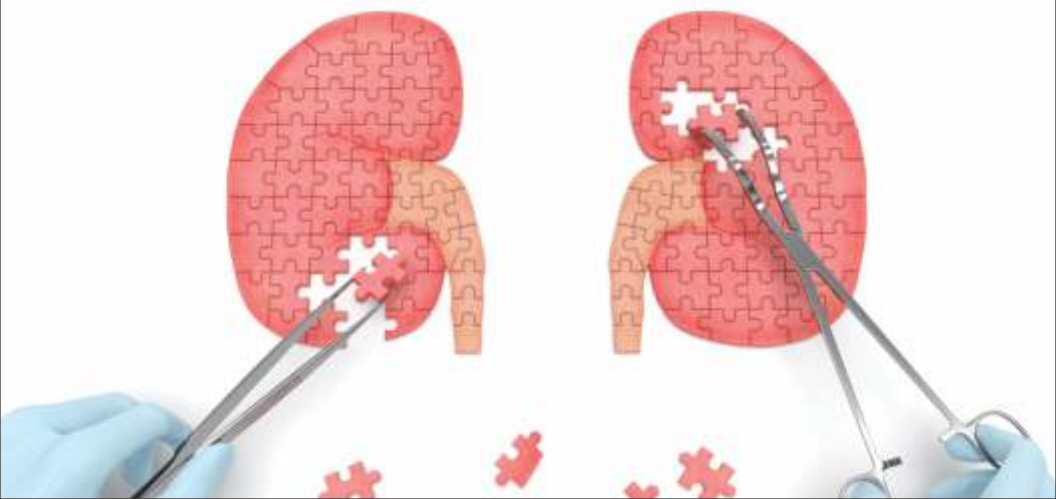


Our kidney transplant services have established immuno-suppression drug monitoring facilities in collaboration with our pathology department. All patients in our post kidney transplant follow-up regularly participate in this monitoring process.

Management of Post Kidney Transplant Complications



We have written protocols in place to diagnose and manage all post kidney transplant complications like rejection, recurrence of viral infection and renal, cardiological, metabolic and endocrinological complications of immuno-suppressant drugs. We are supported by our pathology and radiology department in particular in these management areas.



KIDNEY TRANSPLANT UNIT



Intensive care management of kidney transplant patients requires sophisticated monitoring and a complete multi-disciplinary approach. Shifa International Hospital houses Pakistan's most qualified kidney transplant team to cater to both pre-operative and post-operative intensive care of patient and donor by offering advanced intensive care/institution facilities, i.e., diagnostic testing, operating room, blood bank, pharmacy etc., comparable with international standards.

Immediately following the transplant surgery, the patient & donor are brought to the kidney transplant surgical intensive care unit (ICU) where highly trained physicians & nurses provide them constant care in order to ensure normal bodily functions. Following transfer from ICU to an inpatient transplantation unit, patient & donor are monitored by a multi-disciplinary team, i.e., transplant surgeons, nurses, pharmacists, physical therapists, nutritionists, etc. until both patient & donor are fully recovered and suitable for hospital discharge.

A dedicated executive floor has been allocated for the hospital stay of the patient and donor for Kidney Transplant Surgery. Our dedicated and professional team of nursing and paramedics provide round the clock care to the patients



KIDNEY TRANSPLANT SURGEONS & UROLOGISTS



Dr. Muhammad Ayaz Khan

MBBS, FCPS (Urology)

Consultant Urologist & Kidney Transplant Surgeon

Section Head, Urology

Assistant Professor of Surgery, SCM



Dr. Muhammad Athar Khawaja

MBBS, FCPS

Consultant Urologist & Kidney Transplant Surgeon

Fellowship in Abdominal Transplant Surgery (USA)

Assistant Professor of Surgery (SCM & STMU)



NEPHROLOGY TEAM



Dr. Syed Nayer Mahmud, M.D.

DAB (Internal Medicine, Nephrology),
Consultant Nephrologist and
Renal Transplant Physician



Dr. Syed Farhat Abbas

MBBS, FCPS (Nephrology)
Section Head of Nephrology
Consultant Nephrologist



Dr. Shahrukh Mirza

MBBS, FCPS
Hypertension & Nephrology
Assoc. Consultant Nephrologist



Dr. Fareeha Khalil

DAB (Medicine, Nephrology)
Assoc. Consultant Nephrologist



Dr. Danyal Hassan, M.D.

DAB (Internal Medicine, Nephrology)
Consultant Nephrologist



Dr. Kiran Khurshid

MBBS, M.D.
DAB (Internal Medicine, Nephrology)
Assoc. Consultant Nephrologist



Dr. Momena Manzoor

MBBS, Fellow Royal Australasian
College of Physicians
Assoc. Consultant Nephrology

CARE AFTER KIDNEY TRANSPLANT



The long term success of a kidney transplant depends on many things. You should

- Be seen by your transplant team on a regular basis & follow their advice
- Take your anti-rejection medications daily in the proper dose & at the right times, as directed by the transplant team, to keep your body from rejecting your new kidney
- Follow the recommended schedule for lab tests and clinic visits to make sure that your kidney is working properly
- Follow a healthy lifestyle including proper diet & exercise

What is the best way to stay healthy?

Finding & treating infections as early as possible is the best way to keep you & your transplanted kidney healthy. Exposure to diseases such as the flu or pneumonia can make you very sick. Proper vaccination as recommended by transplant team can help you stay healthy. Wash your hands or use an antimicrobial gel during cold & flu season.

What problems should I report to my doctor?

Report your doctor as soon as possible if you have:

- Sores, wounds, or injuries, especially those that don't heal
- Urinary tract infection symptoms such as frequent urge to urinate, pain or burning feeling when urinating, cloudy or reddish urine, or bad smelling urine
- Respiratory infection symptoms such as cough nasal congestion, runny nose, sore or scratchy throat, or fever

• How do I follow a healthy lifestyle?

Your transplant team will help you make the right choices to develop and live a healthy lifestyle. You should:

- Return to your normal routine, such as work, school or housework
- Increase physical activity with regular exercise. Check with your doctor before you start an exercise program
- Eat a proper diet. A dietitian can help you make the right healthy food choices for a healthy lifestyle
- Lose weight, as needed to reach & maintain a healthy weight. Consult with your dietitian & transplant team for a healthy weight loss diet. Fad diets should be avoided. Once you get to your healthy weight you will feel better

ٹرانسپلانٹ سے پہلے اور بعد کا عمل

مراحل

مرحلہ ۱: ماہر امراض گردہ سے طبی معائنہ / مشاورت

مرحلہ ۲: مریض اور خاندان کی میڈیکل ہسٹری کا جائزہ اور قانونی رہنمائی

مرحلہ ۳: مریض اور عطیہ کنندہ / ڈونر کا ابتدائی طبی معائنہ (میڈیکل ہسٹری اور تشخیصی ٹیسٹ)

مرحلہ ۴: ماہر امراض قلب، ماہر امراض سینہ اور اینڈوکرینولوجسٹ سے مشورہ

مرحلہ ۵: عطیہ کنندہ (گردہ دینے والا / ڈونر) کا مکمل طبی معائنہ

مرحلہ ۶: (ایمونولوجی) لیبارٹری ٹیسٹنگ اور کراس میچنگ

مرحلہ ۷: سرجری کا حتمی فیصلہ





کڈنی ٹرانسپلانٹ پروگرام

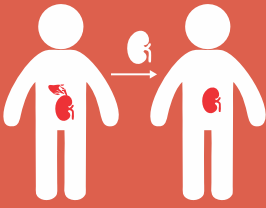
خصوصیات / سروسز:

- ایک کثیر الشعبہ ٹیم مریض اور ڈونر کی بہتر دیکھ بھال اور نگہداشت کو ممکن بناتی ہے۔ اس ٹیم میں ماہر گردہ / کڈنی ٹرانسپلانٹ سرجنز اور ریولوجسٹ، ماہرین امراض گردہ، ایمنولوجی اور پیتھالوجی کے ماہرین، ماہر امراض قلب، انستھیزیسٹ، انتہائی نگہداشت، ریڈیالوجی، آپریشن تھئیٹر، فارمیسی اور متعدی بیماریوں (Infectious Diseases) کے ماہرین شامل ہیں۔
- گردہ / کڈنی ٹرانسپلانٹ سے پہلے کا مکمل جائزہ اور طبی معائنہ اور آپریشن کے بعد خصوصی دیکھ بھال کے لیے ایک ہی چھت تلے ایک کثیر الشعبہ ٹیم
- بچوں (مٹانے کے پیچیدہ مسائل کا شکار) اور بڑوں / بالغ افراد (ذیابیطس اور موٹاپے کا شکار، یا دوبارہ ٹرانسپلانٹ کے ضرورت مند جن کا PRA/ Antibody لیول بلند سطح پر ہے) کے لیے گردہ / کڈنی ٹرانسپلانٹ کی سہولت
- ڈونر یعنی عطیہ کنندہ کی سرجری کے لیے لیپر واسکوپک تکنیک (Minimally Invasive Laparoscopic Technique) کا استعمال جس کے فوائد میں کم تکلیف دہ اور چھوٹے کٹ کے ساتھ سرجری، ہسپتال میں داخلے کا کم دورانیہ اور جلد صحت یابی شامل ہیں۔

شفا کڈنی ٹرانسپلانٹ پروگرام

(گردے کی پیوندکاری)

مریض کی بہتر نگہداشت کے لیے جامع پروگرام



شفا انٹرنیشنل ہسپتال (Joint Commission International Accreditation-JCIA) سے منظور شدہ ہسپتال ہے جو گزشتہ 25 سال سے صحت کی معیاری خدمات فراہم کر رہا ہے۔ پاکستان میں گردے کی بیماریوں کے علاج کے لیے ایک مثالی سینٹر کا قیام شفا انٹرنیشنل ہسپتال کے مقاصد میں شامل تھا اور اس کے حصول کے لیے 2001 میں گردے کی پیوندکاری کے آغاز سے اب تک 600 سے زائد کڈنی / گردہ ٹرانسپلانٹ آپریشن سرانجام دیے جا چکے ہیں۔ شفا انٹرنیشنل ہسپتال بالغ افراد اور بچوں کے گردے کی پیوندکاری (Kidney Transplant) میں مہارت رکھتا ہے۔ پروگرام کے آغاز سے ہی جسمانی اعضاء کے عطیہ پیوندکاری کے لیے مجوزہ قانونی ہدایات اور اخلاقی اقدار کی روشنی میں گردہ / کڈنی ٹرانسپلانٹ آپریشن سرانجام دیے جا رہے ہیں۔

خدمات

پیوندکاری سے پہلے کی تشخیص اور نگہداشت



عطیہ کنندہ (ڈونر) کا چیک اپ



ٹرانسپلانٹ کے بعد کی تشخیص اور نگہداشت



ٹرانسپلانٹ سرجری کی خدمات
بڑوں، بچوں اور چھوٹے بچوں کو فراہم کی جاتی ہیں



خدمت کے عزم کے ساتھ 25 سال

شفا انٹرنیشنل ہسپتال اسلام آباد، جوائنٹ کمیشن انٹرنیشنل سے تصدیق شدہ
ہسپتال ہے جو گزشتہ 25 سال سے پاکستان میں صحت کی معیاری
سہولیات فراہم کرنے میں مسلسل کوشاں ہے۔

Contact Us:



Manager Kidney Transplant Program (Saeed Ahmed)
Ph: 051-8463294, 0345-8553866



Urology & Kidney Transplant Clinic
Ph: 051-8463038, 0518463169



Marketing Executive
0346-8551618



www.shifa.com.pk

کڈنی ٹرانسپلانٹ سروسز

جامع اور معیاری پروگرام



Urology & Kidney Transplant Services

Sector H-8/4, Islamabad
For Appointment & Information:
Ph: 051-8464646
www.shifa.com.pk



شفا
انٹرنیشنل
ہسپتال لمیٹڈ

