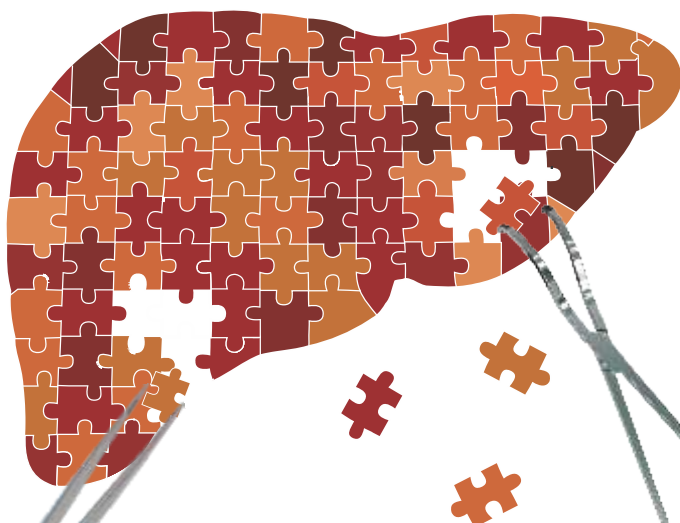


*Pakistan's Largest*  
**LIVER TRANSPLANT TEAM**

Performed **Over 950**

**Living Donor Liver Transplants** Since 2012



*Working together to give you*

**HOPE & HEALING**



**Shifa**  
International  
Hospitals Ltd.



**Liver Transplantation,  
Hepatobiliary and  
Pancreatic Surgery**

Sector H-8/4 , Islamabad

For Appointment & Information:

**Ph: 051-8464646**

[www.shifa.com.pk](http://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.



## LIVER TRANSPLANT COORDINATORS

Sohail Anjum Awan:  
0345-8553845

Farah Yasir:  
0345-8553847

Shagufta Zeeshan:  
0345-8553846

Appointment Center:  
051-8464646

Marketing Coordinator:  
0346-8551618



*Living Donor*

# **LIVER TRANSPLANTATION**

## **in Pakistan**



**L**iver transplant is a treatment option for people with liver failure and for some people with liver cancer who have significant complications due to end-stage chronic liver disease. The chronic liver failure may be caused by a variety of conditions. Among other causes, Hepatitis B & C viruses remain the major cause of cirrhosis leading to liver failure and liver transplant. Cirrhosis is so far the most frequently cited reason for a liver transplant.

It is estimated that over 2.5 million people in Pakistan require Liver Transplantation at any stage during their treatment. The availability of sustainable and quality Liver Transplantation & Hepatobiliary surgery services in Pakistan is a great benefit to the local population, which previously had no option than to go overseas for the treatment.

Today, Pakistan is among the world's leading nations who have been successfully providing Liver Transplantation services to their people in conformity with International quality & patient safety standards. It is a landmark achievement in Pakistan's medical history that such a complex and advanced surgical treatment has been provided at Shifa International Hospital Islamabad to Pakistanis by utilizing the expertise of Pakistani healthcare professionals.

## **Services**



Pre-Liver Transplant Evaluation and Care



Donor Assessment



Post-Liver Transplant Evaluation and Care




Advanced Hepatobiliary and Pancreatic Services



Offering Living Donor Liver Transplant Surgery for adults, children and infants

# What makes us Pakistan's Leading Liver Transplant Program?

 **LIVER**  
**TRANSPLANT** | From **Homeland**  
From **Pakistan**



Performed more than  
**950 Liver Transplants**  
since 2012

Working together to give you  
**HOPE & HEALING**

# PRE & POST LIVER TRANSPLANT PROCESS

## PROCESS FLOW

### STEP 1

Pre-Transplant Evaluation

Making an Appointment

Arranging Medical History and  
copy of previous investigations

Arrival at Liver Transplant Clinic

#### **Initial Assessment**

(Patient & Donor)

- Assessment by Nursing Staff
- Review of Medical History
- Clinical Examination by the Consultant (Detailed Assessment)

#### **Pre-Transplant Evaluation**

(Patient & Donor)

- Diagnostic Testing  
(Laboratory & Radiology)
- (During Hospitalization &  
during OPD Clinic visit)

Legal Counseling & Preparation  
of Legal Documentation  
(Patient and Donor)

Final Decision & Allocation of  
Surgery Time  
(As per transplant waiting list)

### STEP 2

Post-Transplant Evaluation

Patient & Donor Care at Hospital  
(During Hospitalization at  
Surgical ICU & Transplant Unit)

Discharge from Hospital (after  
review by Transplant Team)

#### **Follow-up Visit Plan:**

- Clinical Examination by Doctor
- Diagnostic Testing  
(Laboratory & Radiology)
- Drug Monitoring etc.





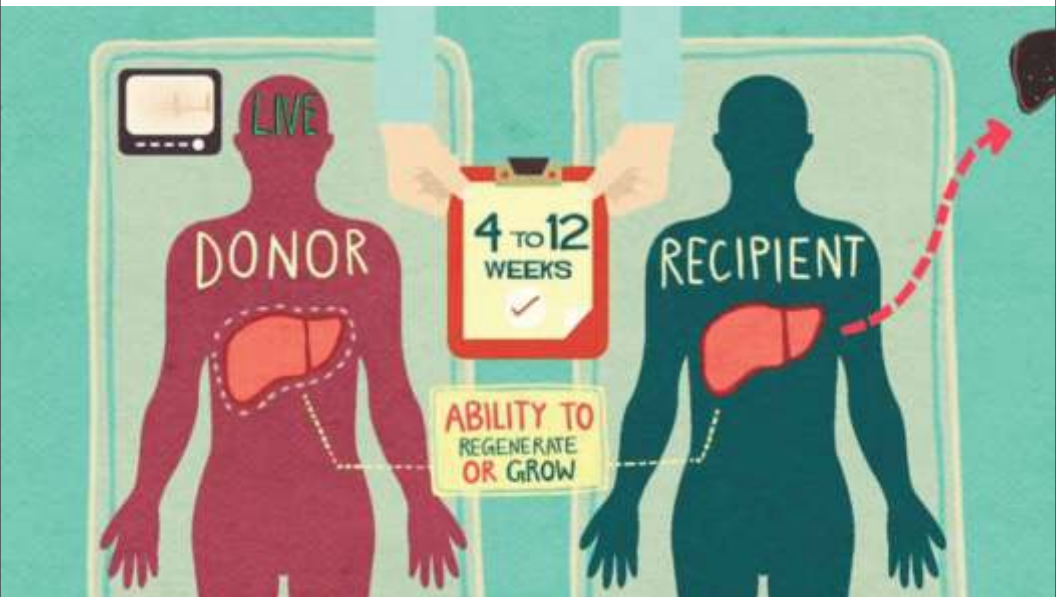
## What is a Living Donor Liver Transplant?

**L**iver transplant is a surgical procedure performed when a person's liver or a part of it fails to function properly, and medication proves ineffective. In the procedure, a healthy liver or a part of it (lobe) is extracted from the donor and surgically transplanted to the recipient. The surgery takes around 4-8 hours and is performed by a liver transplant surgeon who is assisted by a team of medical experts.

In Living Donor Liver Transplant, the donor's liver and portion of the donor's liver given to the recipient grow back to their full size within a few weeks. Living Donor Liver Transplant can also be performed from adult donors to pediatric recipients.

Being the largest internal organ, a properly functioning liver is imperative to keep your body healthy. Liver transplant usually comes as a treatment option when the patient faces significant complications due to severe physical trauma or end-stage chronic liver diseases such as liver cancer. It also serves as a major procedure for liver cirrhosis treatment.

According to a recent survey, liver disease has become a distressing problem in Pakistan with around 5% of people infected with hepatitis C virus and over 2 million critically needing a liver transplant. Moreover, lack of awareness among the general populace and poor standards of living have been detrimental to its containment, treatment and cure.





## PRE-LIVER TRANSPLANT EVALUATION



### **Making An Appointment**

Liver Transplant Clinic mostly accepts patients for assessment by prior appointment. You can make an appointment by contacting us at 051-8464646 or by emailing your query at [marketing@shifa.com.pk](mailto:marketing@shifa.com.pk)



### **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 Liver 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 Liver 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.

### **Inpatient Investigation Stream**



Most patients require admission to the hospital to undertake full pre-transplant investigations. Patients are admitted to special private rooms where they are put in a fast track investigation stream to complete the pre-transplant assessment process with in the shortest possible time. A specifically nominated Liver Transplant Coordinator will facilitate in this whole process.

### **Outpatient Investigation Stream**



There is a small percentage of patients who might already have undergone appropriate and reliable tests. These patients are put in the outpatient investigation stream and would normally not require to be admitted. The specialist nurse will complete their investigation request, paper work and a Liver Transplant Coordinator will take the patient through a fast track, investigation protocol specifically arranged for such patients.

### **Decision Time**



On completion of your assessments and investigations, one of our transplant physicians would review these and make final recommendations about your suitability or otherwise for a Liver Transplant. The transplant physician will personally convey this decision and the basis for making his/her recommendations. All patients found suitable for a liver transplant would be enrolled on the Liver Transplant Waiting List. These patients are given an individualized care plan with special and preferential access to our outpatients and inpatient assessment areas.







## POST LIVER TRANSPLANT CARE

Our post liver transplantation care facilities have been running since June 2009. We offer a comprehensive service for patients after their liver transplantation. A large number of patients are currently being followed up on regular basis in our liver transplant outpatient clinic.

### **The Team**

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



### **Individual Attention**

Each and every patient gets individualized and specific follow-up on one to one basis. We are really proud of this service and every patient can confirm how this service works.



### **Immuno-Suppression Drug Monitoring**

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



### **Management of Post Liver Transplant Complications**

We have written protocols in place to diagnose and manage all post liver transplant complications like rejection, recurrence of viral infection, biliary leaks, biliary stenosis 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.

## Liver Transplant Donor Assessment



### Initial Paper Work

We have strict rules for accepting any person for a living donation. A copy of rules and regulation can be obtained from the Liver Transplant Information Office. You will only be accepted for assessment, if you fulfill the laid down criteria for a living donor. You will be offered a clinic appointment once we are satisfied that you fulfill the criteria.



### On Arrival

On Arrival to the Liver 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 follow with one of our Liver Transplant physician or surgeon. 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.



### What Happens Next?

Patients are usually put into a fast stream for further work up if they are found suitable to act as living donors. The specialist nurse will complete their investigation request, paper work and a liver transplant coordinator will take them through a fast track investigation protocol specifically arranged for such patients. The aim will be to complete the whole process in the shortest possible time.



### Final Interview

On completion of your assessments and investigations, one of our transplant physicians would review these and make final recommendations about your suitability or otherwise to act as a living donor.

## LIVER TRANSPLANT UNIT



**I**ntensive care management of liver transplant patients requires sophisticated monitoring and a complete multi-disciplinary approach. Shifa International Hospital houses Pakistan's largest liver 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 dedicated liver 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 & newly built executive floor has been allocated for the hospital stay of the patient and donor for Liver Transplant Surgery. Our dedicated and professional team of nursing and paramedics provide round the clock care to the patients



## LIVER TRANSPLANT TEAM

Shifa International hospital has the largest Liver Transplant team in the country which ensures close coordination & integration to make it Pakistan's leading liver transplant program. Having a nationally and internationally recognized multi-disciplinary team of specialists under one roof, Shifa International Hospital has invested years in ensuring that our patients are not only being offered the best care and treatment, but to ensure their long-term health, wellbeing and sustainability as well. The success of Shifa's Liver Transplant program is also matchable to international standards, which is mainly possible due to close coordination between multidisciplinary team of specialists to eventually produce quality results and outcomes.

**Dr. Haseeb Haider Zia**  
Consultant  
Liver Transplant Surgeon

**Dr. Nusrat Yar Khan**  
Consultant  
Liver Transplant Surgeon

**Dr. Abubakar Hafeez**  
Consultant  
Liver Transplant Surgeon

## LIVER TRANSPLANT SURGEONS



**Dr. Haseeb Haider Zia**  
MBBS, FCPS, MRCS (U.K.)  
Consultant Liver Transplant  
Surgeon

Dr. Haseeb has Fellowships in Surgery from the College of Physicians & Surgeons, Pakistan and in Transplant from Baskent University Hospital, Turkey. He is also member of Royal College of Surgeons, Ireland.

Dr. Haseeb is graduate of Army Medical College, Rawalpindi. He completed residency from Combined Military Hospital, Rawalpindi. Previously he has worked as General Surgeon in Naval Hospitals, Islamabad & Karachi and has worked as a HBP Transplant Surgeon in North West General Hospital, Peshawar.



**Dr. Nusrat Yar Khan**  
MBBS, FCPS, MRCS (U.K.)  
Masters in HPB and  
Pancreatic Surgery (France)  
Consultant Liver  
Transplant Surgeon

Dr. Nusrat Yar is graduate of Rawalpindi Medical College, Rawalpindi. He is Fellow of College of Physicians & Surgeons, Pakistan and a member of Royal College of Surgeons (Edinburgh). He has done Fellowships in abdominal organ transplantation from Addenbrooke's Cambridge University Hospital Cambridge, (UK) and in Liver Transplant / Hepatobiliary & Pancreatic Surgery from St. James's University Teaching Hospital Leeds, (UK).



**Dr. Abu Bakar Hafeez**  
MBBS, FCPS,  
Consultant Liver  
Transplant Surgeon

Dr. Abu Bakar Hafeez Bhatti is graduate of Dow Medical College Karachi and Fellow of College of Physicians and Surgeons Pakistan. He did his Fellowship in complex surgical oncology from Shaukat Khanum Cancer Hospital. He received additional training in multi visceral abdominal transplantation and hepatobiliary surgery from Georgetown University Washington (U.S.) and Shifa International Hospital Islamabad. He has authored more than 50 International Publications and is a reviewer for many international journals.



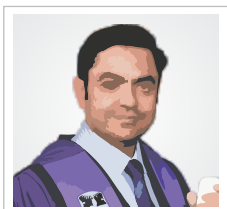
## GASTROENTEROLOGISTS & HEPATOLOGISTS



**Dr. Muhammad Naseer**

MBBS, MRCP (U.K.), CCT  
Consultant Gastroenterologist  
& Hepatologist

Dr. Muhammad Naseer is graduate of Khyber Medical College, Peshawar. He is member of Royal College of Physicians (U.K.). He did his residency from Royal Liverpool University Hospital (U.K.) in Gastroenterology & Hepatology. He is currently working as a Consultant Gastroenterologist & Hepatologist at Shifa International Hospital, Islamabad.



**Dr. Shahzad Riyaz**

FRCP (UK), CCT (UK),  
M.Sc (UK)  
Consultant Gastroenterologist,  
Hepatologist & Interventional  
Endoscopist (ERCP & EUS)

Dr. Shahzad Riyaz has over 15 years of experience of working in the United Kingdom. He has worked as a Consultant Gastroenterologist/Hepatologist in various UK hospitals. He trained at the Liver Transplant Unit at St James University Hospital, Leeds and the Hepatology Unit at Royal Hallamshire Hospital Sheffield, UK. He holds sub specialty accreditation CCT in Hepatology and worked as a consultant for 5 years in the UK before moving back to Pakistan. He has special interest in ERCP, EUS and Transplant Hepatology.



**Dr. M. Naeem Ullah**

MBBS, MRCPI (U.K.), CCST  
Consultant Gastroenterologist  
& Hepatologist

Dr. Naeem Ullah is graduate of Ayub Medical College, Abbotabad. He is member of Royal College of Physicians, Ireland & associate member of Royal College of Physicians London. He has previously worked as Locum Consultant Gastroenterologist at The Royal Oldham Hospital (U.K.) and has worked in the Liver Transplant unit at St. Vincent's University Hospital in Dublin, Ireland.



## LIVER TRANSPLANT SUCCESS STORIES



6 year old Tanveer Ahmed was living a painful life before his **Surgery**. He couldn't play outside or go to school like other kids. Today he smiles and goes to school and is living life to the fullest without anything to hold him back!

**Tanveer Ahmed** from Dera Bugti



**Shifa International Hospital** has an excellent team dedicated to providing the highest standards in services to their patients. My son gave me his Liver and today, Alhamdulillah, we are both cherishing every moment of life.

**Nasar Ullah Dhiyar** from Gilgit:



Shifa International Hospital is conducting **Liver Transplant Surgery** according to International Standards. Its team consists of experienced and highly qualified professionals. Their hard work makes it possible for both, the donor and the recipient, to live better lives.

**Fida Hussain** from Balochistan



Surely ALLAH Almighty cures us all from diseases. **Shifa International Hospital** became the source of happiness & health for me after a successful **Liver Transplant Surgery**.

**Noor ul Wahab** from Charsadda

# LIVER TRANSPLANT SUCCESS STORIES



Struggling & fighting against the negative social behavior, I donated **Liver** to my younger brother in 2013. By the grace of Allah, it's been 6 years and we are both living healthy lives.

**Sibtain Kazmi & Misbah Latif**  
from Azad Kashmir



Life before my Liver **Transplant** was unbearable. It was like a scary dream for me. Alhamdulillah, after my **Liver Transplant Surgery**, I have completed my studies and I am now living a happy and prosperous life.

**Mir Muhammad** from Sukkur



Many People advised me to go abroad but I preferred the treatment in my own country & visited **Shifa International Hospital**. Today by the grace of Allah and the love & compassion shown to me by my doctors, I am fit and Strong.

**Shahid Khan** from Bannu



My message to all Pakistanis, who search for Liver Transplant treatment abroad is that **Shifa International Hospital** is a great facility with Internationally Experienced Team, Care Standards & Comparable Success Rates.

**Ch. Danish Pervaiz** from Lahore



**Shifa**  
International  
Hospitals Ltd.



*Working together to give you*  
**HOPE & HEALING**

امید اور زندگی  
کے سفر میں آپ کے ہم قدم



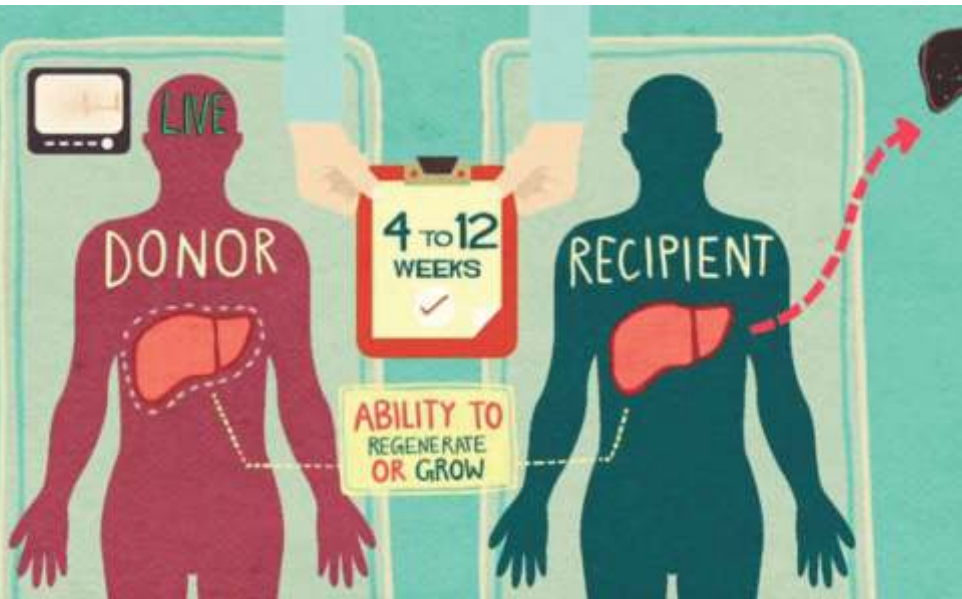


## زندہ کنندہ جگر (لیور) ٹرانسپلانٹ کیا ہے؟

جب کسی شخص کا جگر یا اس کا کوئی حصہ کام کرنا چھوڑ جاتا ہے اور ادویات بھی بے اثر ہو جاتی ہیں تو ایسے میں جراحی طریقہ علاج سے اس کے جگر کی پیوندکاری کی جاتی ہے۔ اس عمل کو جگر (لیور) ٹرانسپلانٹ کا نام دیا جاتا ہے۔ اس عمل میں صحت مند شخص کے جگر کا حصہ لیا جاتا ہے اور اسے مریض کے جگر کے ساتھ آپریشن کے ذریعے پیوند کر دیا جاتا ہے۔ لیور ٹرانسپلانٹ سرجن کو اپنی ماہر طبی ٹیم کے ہمراہ اس آپریشن کو مکمل کرنے میں تقریباً 4 سے 8 گھنٹے درکار ہوتے ہیں۔

Living ڈونر ٹرانسپلانٹ میں ڈونر کے جگر کا حصہ لیکر اسے مریض کے جگر کے ساتھ پیوند کر دیا جاتا ہے۔ عطیہ کرنے والے شخص کا اپنا جگر چند ہفتوں میں بڑھ کر پورا جگر بن جاتا ہے۔ پیوندکاری کے اس عمل میں بڑی عمر کے ڈونر سے چھوٹے بچوں کے جگر کو بھی پیوند کیا جاسکتا ہے۔

لیور جسم کے اندر پایا جانے والا ایک اہم عضو ہے۔ لیور ٹرانسپلانٹ عام طور پر اس وقت کیا جاتا ہے جب مریض جگر کے کینسر کے آخری مرحلے میں داخل ہو جاتا ہے۔ جگر ٹرانسپلانٹ جگر کے Cirrhosis کے علاج کیلئے ایک اہم پروسیجر تصور کیا جاتا ہے۔ ایک حالیہ سروے کے مطابق پاکستان میں جگر کی بیماری بوجہ ہپاٹائٹس C ایک بہت بڑا المیہ بن چکی ہے، جس میں تقریباً 2 ملین مریضوں کو فوری جگر کی پیوندکاری کی ضرورت ہے۔ مزید برآں عام لوگوں میں آگاہی کی کمی، ابتر معیار زندگی ایسی چیزیں ہیں جو اس بیماری پر قابو پانے میں مزید مشکلات پیدا کر رہی ہیں۔





# ٹرانسپلانٹ سے پہلے اور بعد کا عمل

## PROCESS FLOW

### دوسرا مرحلہ

ٹرانسپلانٹ کے بعد کا معائنہ و نگرانی

مریض اور عطیہ کنندہ (ڈونر) کی دیکھ بھال، (انتہائی نگہداشت یونٹ یا ٹرانسپلانٹ فلور پر قیام کے دوران)

ہسپتال سے رخصت (ڈسچارج)  
(لیور ٹیم کے معائنہ اور تجویز کے بعد)

- سرجری کے بعد ڈاکٹر سے چیک اپ و مشورہ
- تشخیصی ٹیسٹ (لیبارٹری اور ریڈیالوجی کے ٹیسٹ)
- تجویز شدہ ادویات کی نگرانی

### پہلا مرحلہ

ٹرانسپلانٹ سے پہلے کی تشخیص اور جائزہ

سابقہ ٹیسٹ رپورٹس کی فراہمی  
(اپائنٹمنٹ تاریخ سے پہلے)

ٹرانسپلانٹ کلینک میں آمد

ابتدائی چیک اپ و معائنہ مریض اور عطیہ کنندہ (ڈونر)  
کے لیے وزن، بلڈ پریشر، پلس وغیرہ۔

- مریض کی طبی تاریخ کا جائزہ
- ڈاکٹر / معالج سے مشورہ و معائنہ

ٹرانسپلانٹ سے پہلے کا تعین:

تشخیصی ٹیسٹ (لیبارٹری اور ریڈیالوجی کے ٹیسٹ)  
(ہسپتال میں داخلے یا چیک اپ کے دوران)

قانونی رجسٹری

(مریض اور عطیہ کنندہ کے قانونی کوائف کی جانچ)

سرجری کے لیے فیصلے اور وقت کا تعین

# پاکستان کا کامیاب ترین جگر (لیور) ٹرانسپلانٹ پروگرام

ایسے لوگ جو جگر کے پیچیدہ امراض یا جگر کے کینسر کا شکار ہوں انکے لئے جگر کی پیوندکاری ایک اہم طریقہ علاج ہے۔ جگر کی خرابی کئی ایک وجوہات کا مجموعہ ہو سکتی ہے۔ دوسری وجوہات کے ساتھ ہیپاٹائٹس بی اور سی جگر کی خرابی کی سب سے بڑی وجہ ہو سکتی ہے جس کی وجہ سے جگر کی پیوندکاری کے عمل سے گزرنا پڑتا ہے۔

ایک اندازے کے مطابق پاکستان میں تقریباً 2.5 ملین لوگوں کو جگر کے علاج میں کسی نہ کسی سطح پر پیوندکاری کی ضرورت ہے۔ پاکستان میں معیاری اور دیر پا جگر کی پیوندکاری اور ہیپاٹو بائیلری سرجری کی خدمات کا میسر ہونا مقامی لوگوں کے لئے کسی نعمت سے کم نہیں۔ اس سے قبل جگر کے پیچیدہ امراض کے علاج کی سہولت ملک کے اندر میسر نہیں تھی اور بیرون ملک جانے کے علاوہ کوئی چارہ نہ تھا۔

آج پاکستان دنیا کے ان چند ممالک میں شامل ہے جہاں جگر کی معیاری پیوندکاری کی خدمات بین الاقوامی معیار کے مطابق میسر ہیں۔ پاکستان کی طبی تاریخ میں یہ ایک بہت بڑی کامیابی ہے کہ ایسا پیچیدہ اور جدید سرجیکل ٹریٹمنٹ پاکستانی ہیلتھ پروفیشنلز کی مہارتوں کو بروئے کار لاتے ہوئے شفا انٹرنیشنل ہسپتال میں فراہم کیا جا رہا ہے۔

## خدمات

جگر کی پیوندکاری سے پہلے کی تشخیص اور نگہداشت



عطیہ کنندہ (ڈونر) کا چیک اپ



جگر ٹرانسپلانٹ کے بعد کی تشخیص اور نگہداشت



ہیپاٹو بائیلری اور لبلبہ سے متعلق جدید خدمات کی فراہمی



زندہ عطیہ کنندہ جگر ٹرانسپلاٹ 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۔



## LIVER TRANSPLANT COORDINATORS

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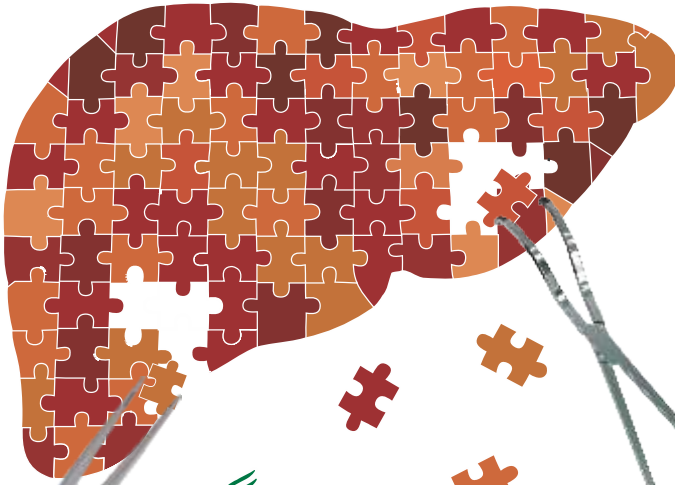
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جگر ٹرانسپلانٹ سرجریز کی تکمیل



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**Liver Transplantation,  
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For Appointment & Information:

**Ph: 051-8464646**

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