



Monthly Newsletter

# SHIFA SPEAKS

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



**Assalamu Alaykum & Eid Mubarak!**

A lot has happened since the start of the COVID-19 Pandemic. It has tested and effected every segment of our nation, our organization, our Hospital, and ourselves as well. The challenge and fight are still going on. Looks like we are the last chapter of the painful book of crisis and its management. We have gained a lot and lost a lot during these months. Our team of professionals (all of you) has come out stronger, more confident, professional, a better-gelled team who dared a lot, risked a lot, and achieved a lot. What we have seen and have been told by patients and doctors nationally and internationally that the Shifa team performed the best, better than expected. Thank You! You risked yours and your families' health and life and kept professionalism and patients top priority. Thank You again!

It is because of your commitment, professionalism, and dedication that we can keep our heads high but we have lost a lot also as several of our employees got sick with COVID-19. Some were serious, but most of them recovered completely. Unfortunately, some lost their lives. Mr. Zafar Iqbal, Mr. Moin Ahmed, Mr. Muhammad Arif, Dr. Muhammad Naeem, and Dr. M. Naqaish Sadiq (Ex Consultant). Our thoughts and prayers are with the grieved families. May Allah SWT give high place in Jannat ul Firdous to our departed colleagues & Sabr e Jamil to their families. As we move forward after Eid, a New Normal is the future of healthcare. But the boundaries of the New Normal are not defined yet. There will constantly be changing challenges but I am confident, together we will be able to overcome them. As a professional, you have an added responsibility as well to your families and your neighborhood. We do request and expect that all of our employees to be ambassadors of Shifa for promoting healthcare awareness in their families and neighborhood so that appropriate precautions are taken to prevent the spread of COVID-19 and also other infectious and non-infectious diseases.

Wishing all of you and families happy and safe Eid ul Adha. We pray to Almighty for His Continued Guidance and Help as we continue moving into an undefined and uncertain future to provide Quality and Caring Services to our patients in the New Normal.

— HAPPY —  
**INDEPENDENCE DAY**

14th August



پاکستان زندہ باد



درخت لگائیں، امید جگائیں

## WHEN WE PLANT A TREE, WE PLANT HOPE

### SHIFA LAUNCHES PLANTATION DRIVE

*Distribution of 4,000 Free Fruit Tree Saplings*

**Courtesy: Supply Chain Department, SIH**



A ceremony was held at Shifa International Hospital (SIH) to plant trees as part of the Nationwide Clean & Green Pakistan Campaign. Chief Guest of the ceremony Ch. Muhammad Saleem, Deputy Inspector General (HQ) Islamabad Police lauded the efforts of doctors and healthcare professionals during COVID-19 pandemic and planted a tree at the compound as a symbol of hope and courage to fight the pandemic. Addressing the ceremony, Mr. Taimoor Shah, Chief Operation Officer SIH emphasized the importance of plantation in maintaining biodiversity and ecological balance of the environment. As part of the campaign, Shifa International Hospital's management took an initiative by gifting free grape fruit saplings to more than 4,000 of its employees. The saplings were distributed to the employees along with planting instruction handouts. Being part of the plantation drive, Shifa International Hospital has also been planting trees in the green belt adjacent to Pitrus Bokhari Road, Islamabad.

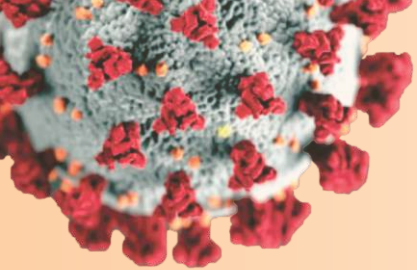


### SHIFA FOUNDATION ONLINE QURBANI CAMPAIGN 2020

Shifa Foundation has successfully distributed almost 10,000 kg of sacrificial meat including 3,600 kg of beef and 6,500 kg mutton. The distribution was conducted among the most deserving communities across Pakistan including Thar, Umer Kot, Rawalpindi, Bannu, Peshawar and surrounding areas.







# CME Webinar Series on COVID-19 Pandemic

Panel Discussion | Q & A Session

**Every Thursday at 11:00 am – 12:00 pm**

*These webinars are broadcasted LIVE via Zoom. To join the webinar, please refer to the Zoom Webinar ID: 927-8414-1436 on coming Thursday at 11:00 am*

## CME WEBINAR SERIES (COVID – 19 PANDEMIC)

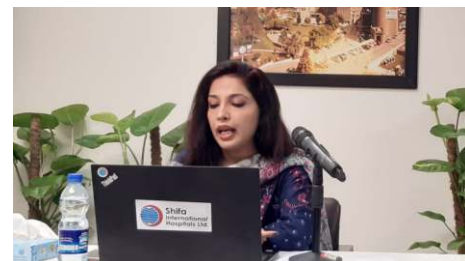
- Obstetrics & COVID-19
- Renal & Dialysis in COVID-19
- Challenges & Management of Oncology in COVID-19
- Eid Ul Azha During COVID-19

## CME WEBINAR SERIES (GENERAL)

- Introductory CME Webinar: Neonatal for Jaundice Approach
- Grand Round: Radiation Oncology
- Acute Pain Management

## eSHIFA – HEALTHCARE BEYOND BOUNDARIES

Shifa International Hospital has organized a webinar on **eShifa - Healthcare Beyond Boundaries** on Tuesday, July 14, 2020, with learning objectives to relate to new services offered via eShifa platform and to interpret trends in home health across the world in the post-COVID era. Medical Director SIHT (Shifa Integrated Healthcare Technologies), **Dr. Farah Naz Ansari** who is also a Consultant Family Medicine at SIH elaborated the need for innovation in healthcare as the world has transformed and with technology and innovation healthcare deficiencies can be catered in a better way.



## MEDICAL EDUCATION IN COVID-19 PANDEMIC; CHALLENGES & OPPORTUNITIES

Shifa College of Medicine, Shifa Tameer-e-Millat University in collaboration with Shifa International Hospitals Ltd. organized a webinar titled **Medical Education in COVID-19 Pandemic; Challenges & Opportunities**. With the rise of educational technology, educators are looking for the transformation of education. With the advent of the COVID-19 pandemic, using educational technology is no longer optional & medical education has been at the forefront of this transformation.

**Dr. Fahad Azam**, Associate Professor of Pharmacology moderated this webinar. Keynote speaker; **Dr. Janet Strivens**, Honorary Senior Fellow, Institute of Population Health, University of Liverpool, UK, discussed in detail the advantages & disadvantages of synchronous & asynchronous online teaching methods.

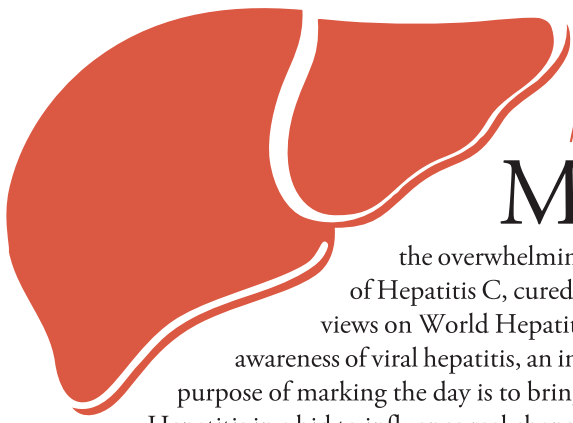
**Prof. Khalid Masood Gondal (Tamgha-e-Imtiaz)**, Vice-Chancellor, King Edward Medical University & Council member, College of Physicians & Surgeons Pakistan discussed various strategies adopted by King Edward Medical University which is one of the largest public-sector medical university of the country.

**Professor Dr. Riffat Shafi**, Chairperson Basic Health Sciences, Head of the Department of Physiology and Health Professions Education, Shifa College of Medicine discussed online curriculum delivery during the COVID-19 pandemic.

A detailed presentation on online assessments at Shifa College of Medicine was given by **Prof. Dr. Abida Shaheen**, Head of Pharmacology and Examination Department, Shifa College of Medicine. A glimpse of challenges in conducting online sessions in a large group setting was given by **Dr. Waqas Rabbani**, Assistant Professor, Behavioral Sciences, Shifa College of Medicine. Panelists; **Dr. Ikram Burney**, Senior Consultant Medical Oncology, Sultan Qaboos University Hospital; **Prof. Dr. Rahila Yasmeen**, Dean Riphah Academy of Research and Education (RARE), Riphah International University and **Prof. Dr. Muhammad Amir**, Dean Faculty of Health Sciences, Shifa College of Medicine discussed in detail ongoing practices and challenges in the context of the presentations given by the keynote speaker.

**Prof. Dr. Muhammad Iqbal Khan**, Vice-Chancellor, Shifa Tameer-e-Millat University mentioned that COVID-19 Pandemic is considered as an opportunity to get the best out of existing resources and Shifa Colleges of Medicine was able to switch on to online teaching and assessment tools in the shortest time possible.





# WORLD HEPATITIS DAY

July 28, 2020

More than 15 million people are living with **HEPATITIS B OR C IN PAKISTAN**

More than 15 million people are living with Hepatitis B and C in Pakistan which means the prevalence of hepatitis B in Pakistan is around 5%, while that of hepatitis C is 2.5%. But the overwhelming majority is unaware of how the viral infection can be prevented, treated, and, in the case of Hepatitis C, cured. Dr. Muhammad Naseer, Gastroenterologist at Shifa International Hospital shared these views on World Hepatitis Day (WHD). World Hepatitis Day is commemorated each year on 28 July to enhance awareness of viral hepatitis, an inflammation of the liver that causes a range of health problems, including liver cancer. The purpose of marking the day is to bring the world together under a single theme to raise awareness of the global burden of Viral Hepatitis in a bid to influence real change. Worldwide 325 million people are living with viral hepatitis B and C. Dr. Muhammad Naseer, while explaining the strains of Hepatitis, said that there are five main strains of the hepatitis virus A, B, C, D and E. Together, Hepatitis B and C are the most common cause of deaths, with 1.4 million lives lost each year worldwide. Dr. Nadeem Iqbal, Gastroenterologist at Shifa International Hospital said that this year's theme is "Hepatitis-free future" with a strong focus on preventing Hepatitis B (HBV) among mothers and newborns. While talking about the major risk factors for the transmission of Hepatitis B and C infection he said that therapeutic injections, syringe reuse, surgery, improper sterilization of invasive medical devices, blood transfusion, hospitalization, and sharing of razors are modes of transmission of B and C infection. Early detection and treatment can save lives of patients.



معلوماتی ویڈیو دیکھنے  
کے لیے  
کوڈ اسکین کریں



## WE ARE PROUD TO HONOUR & SERVE OUR NATIONAL HERO!



Pride of Pakistan, **Jansher Khan** (PP SI HI) with  
**Prof. Dr. Inayatullah Khan** (Consultant Neurosurgeon)

The former **World # 1 Squash Player** was successfully operated for Spinal Stenosis at **Shifa International Hospital, Islamabad**

Wishing Squash legend Jansher Khan a Swift recovery! Jansher Khan (PP SI HI) former World No. 1 professional Pakistani squash player, record 8 time world open winner, widely regarded as the greatest squash player of all time, was recently operated at Shifa International Hospital, Islamabad for chronic Spinal Stenosis, a condition that is caused by narrowing of the spaces within the spine. The operation was conducted successfully under care of Prof. Dr. Inayatullah Khan, Consultant Neurosurgeon, Shifa Int. Hospital, Islamabad.



## Welcome To Shifa Family



**DR. KHALID RASHEED**

MBBS, FRCS (Edin)  
**Consultant  
Cardiothoracic Surgeon**

### Professional Interests

- Heart Valve Repair
- Aortic Root Surgery
- Aortic & Mitral Valve Repair (COMVAR & CARVAR)



**DR. RAAZIA TANVEER**

FRCOE (UK), FCPS (PK)  
**Consultant  
Gynecologist**

### Professional Interests

- High-Risk Pregnancy
- Laparoscopy
- Hysteroscopy
- Colposcopy



**DR. NAVEED RASHID**

MBBS, FCPS (PK), FACP (US)  
**Consultant  
Infectious Diseases**

### Professional Interests

- Cancer related Infections
- Prosthetic Infections
- STDs/ HIV/ AIDS
- Fever of Unknown Origin



Location: Sector H-8/4, Islamabad - Pakistan.  
UAN: +92 51 1111 shifa (74432)  
shifa.international.hospital  
www.shifa.com.pk



**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 8463804/4532