



Monthly Newsletter

SHIFA SPEAKS

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GLOBAL PHASE III CLINICAL TRIAL FOR COVID-19 VACCINE STARTS AT SHIFA INTERNATIONAL HOSPITAL

Shifa International Hospital has started the trial of the COVID-19 vaccine to be part of this global multicenter, randomized, double-blind, placebo-controlled, adaptive designed Phase III clinical trial. The vaccine is named Recombinant Novel Coronavirus Vaccine Adenovirus Type 5 Vector (Ad5-nCoV) and has been developed by CanSinoBio and Beijing Institute of Biotechnology, China. Shifa International Hospital is collaborating with the National Institute of Health (NIH), Pakistan and CanSino Biologics, Inc., China for these trials along with four other centers in Pakistan.

Pakistan is among 7 countries that will carry out the Phase III trial in compliance with National and International Ethical & Regulatory Guidelines. Shifa International Hospital is the first site that launched this trial in Pakistan and the first batch of participants in Pakistan has been recruited. This clinical trial will evaluate the efficacy, safety, and immunogenicity of this vaccine. This vaccine has shown to be successful in Phase I and Phase II.



Interested volunteers can feel free to contact at

 **0300-8590112/ 051-8464640**

for registration & information

Coordinating
Center



National Institute
of Health (NIH)

Sponsor

 CanSinoBiologics, Inc.

 www.shifa.com.pk/trial

World PT Day 2020

PHYSICAL THERAPY is key to your recovery from **COVID-19**

Panel Discussion: An awareness program on the **Role of Physical Therapy in the Pediatric Population & Children with Autism Spectrum Disorder** was conducted in collaboration with Early Intervention Providing Institute (Well-Being Center). Assoc. General Manager Rehabilitation Center Shifa International Hospital, Mr. M. Kashif Khan highlighted the importance of a multidisciplinary approach in treating children with autism spectrum disorder. He also shared that the services of physical therapy, speech therapy, applied behavior analysis, occupational therapy, orthotics & prosthesis are being provided under one umbrella at Shifa Rehabilitation Center.

Assoc. Allied Health Officer Rehabilitation Center, SIH Mr. Matloob Ahmed explained how vestibular techniques can help in reducing toe walking in children with autism. He emphasized on Evidence-Based-Practice in treating autism spectrum disorder as EBP has very good outcomes all over the world. Head Practitioner Physical Therapist Rehabilitation Center, SIH Ms. Naila Afreen talked about existing myths and barriers families face in assessing rehabilitation services in Pakistan.

Ergonomics Live Session: As ergonomics works on the principle to make the job fit for the worker, on this World Physical Therapy Day a live session on ergonomics focusing parents, therapists & caregivers involved in child care & treatment was conducted by Principal Practitioner Physical Therapist Rehabilitation Center, SIH Syed Ali Zaidi in collaboration with a well-known rehabilitation setup (Primal Support). The session covered techniques about how to handle children ergonomically to prevent oneself from getting injured. The importance and safe usage of equipment & tools involved in child care were also discussed.

Posture Live Session: Sustaining a good posture is a big part of health. Good posture keeps the body parts in their right positions with minimal stress. Sustaining a good posture should not be taken to be a massive mental task or a constant bother. So, to guide the public regarding posture, Physical Therapist Rehabilitation Center, SIH Ms. Huria Qureshi conducted a live session on the platform of a reputed multidisciplinary rehabilitation setup (Kreative Kinder Haus). Common bad posture habits were also discussed. Symptoms & significant issues with practicing bad posture in daily life were highlighted.

Poster Competition: Encouragement enhances the creativity of young people. In this regard a poster competition was arranged by Rehabilitation Sciences Division of Shifa Tameer-e-Millat University, followed by a certificate distribution ceremony.

Cake Cutting Ceremony: A cake cutting ceremony was attended by Chief Operating Officer Mr. Taimoor Shah, Medical Director Dr. Zeeshan Bin Ishtiaque, HR & D Administrator Malik M. Uzair and physical medicine & rehabilitation specialists.



WEBINAR



JOIN NOW

CME Webinar Series

Panel Discussion | Q & A Session

These webinars are broadcasted LIVE via Zoom

WEBINARS

World Physical Therapy Day (Role of Physical Therapy in Management of COVID-19):

Shifa International Hospital has organized an educational webinar for physiotherapists to celebrate their efforts & contribution to the management of physical therapy during COVID-19 pandemic. Ms. Farah Qureshi, Physical Therapy Practitioner, SIH discussed the safety measures for medical staff during the treatment of patients followed by the talk of Mr. Zaghum Abbas Khan, Charge Practitioner Physical Therapist, SIH. The session was moderated by Mr. M. Kashif Khan, Assoc. General Manager Rehabilitation Center, SIH.



Cardiology in COVID-19:

Management of cardiovascular disease during COVID-19 was discussed in detail by Dr. Saeed Ullah Shah, Consultant Cardiologist, SIH, followed by the discussion on COVID-19 & cardiac complication by Dr. Waqas Ahmed, Consultant Cardiologist, SIH.



Accelerated Partial Breast Irradiation; An Effective Alternative for Early Breast Cancer:

A session was organized by Shifa International Hospital to introduce the research on this topic by Dr. Hira Asim, Assoc. Consultant Oncologist, SIH.



The Pandemic; Lessons and Expectations:

The goal of the activity was to provide the exposure of post-COVID life. The New Normal; COVID-19 was briefly discussed by Dr. Ejaz Khan, Assoc. Prof. Health Services Academy, Islamabad followed by the discussion on "Together We Can Beat Coronavirus" by Ms. Ruth Samuel, Manager Infection Control Department, SIH.



SYMPOSIUM

Head & Neck MDT Symposium:

Head & Neck MDT Symposium; Hybrid Edition was organized by the collaborative efforts of Shifa International Hospital and the Shifa Foundation. A talk on management of neck nodes in head & neck cancer resections was delivered by Dr. Mubasher Ikram, Consultant Head & Neck Surgeon & Assoc. Prof. Otolaryngology, Head & Neck Surgery, Aga Khan University, Karachi.

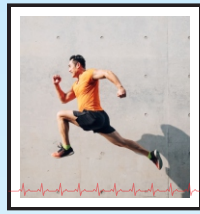


Clinical cases were addressed by Dr. M. Farrukh, Consultant Radiation Oncologist, Shifa International Hospital, while the session was moderated by Dr. Imran Mohib Khan, Consultant ENT and Head & Neck Surgeon, Northwest General Hospital & Research Center, Peshawar (NWGH). Towards the end of the symposium, Prof. Dr. Mamoon Rashid, Consultant/ HOD Plastic Surgery, SIH appreciated the efforts of Dr. Shayan Ansari, Consultant ENT Surgeon, SIH (Facilitator of Symposium) for conducting a successful hybrid edition of Head & Neck MDT Symposium.

Shifa Antimicrobial Guidelines (Launching Ceremony):

Shifa International Hospital introduces its first & updated medical quoted guidelines for doctors and paramedics. Prof. Dr. Ejaz A. Khan, Consultant/ Chief of Pediatrics & Section Head Infectious Diseases, SIH defined the importance of Shifa Antimicrobial Guidelines and updated the knowledge of doctors about how to use it proficiently. Dr. Darakhshan Jabeen, Director PGME & CME and Ms. Salwa Ahsan, Chief of Pharmacy appreciated the efforts of doctors who contributed in this regard.

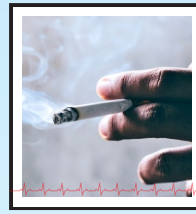




STAY ACTIVE &
EXERCISE DAILY



EAT WELL &
DRINK WISELY



SAY NO
TO TOBACCO

USE  **TO BEAT**
CARDIOVASCULAR
DISEASE

World Heart Day is celebrated every year on 29th September is to educate people about Cardiovascular Disease (CVD), including heart disease & stroke, and to highlight the actions that individuals can take to prevent & control CVD. Nearly half of all Non-communicable diseases deaths making it the world's number 1 killer claiming 17.9 million lives each year. Chief of Cardiology, Shifa Intl. Hospital (SIH), Dr. Asad Ali Saleem, said that most premature deaths from CVD can be avoided if main risk factors; tobacco use, diabetes, hypertension, high cholesterol & physical inactivity, are controlled. "If one has risk factors like diabetes, high blood pressure, high cholesterol, obesity with low or minimal physical activity & excessive salt intake, he or she is at high risk & must modify lifestyle & dietary habits to avoid serious cardiovascular complications". Consultant Cardiologist, SIH Dr. Saeed Ullah Shah said that coronary artery disease & valve diseases should not be confused as both conditions result from different complications. He said, it is alarming that now people at younger age are also coming with heart-related diseases.

Consultant Interventional Cardiologist, SIH Dr. Asaad Akbar Khan advised to adopt a more active lifestyle to prevent cardiovascular & other diseases including high blood pressure, high cholesterol, heart failure, heart attack, obesity, diabetes & even different types of cancer. Assoc. Consultant Cardiologist, SIH Dr. Kashif Jan explained that Ventricular Septal Defect (VSD) commonly referred to as a hole in the heart is the most common heart problem that babies are born with & it happens during fetal heart development and is present at birth. This condition can be improved with timely diagnosis & treatment.

جلد تشخیص زندگی کے تحفظ میں مددگار

40 سال سے زائد عمر کی خواتین کے لیے

سالانہ میموگرافی ٹیسٹ بریسٹ کینسر کی جلد تشخیص اور بچاؤ میں مددگار ثابت ہوتا ہے



10th

Successful **HIPEC Surgery** for
Advanced Abdominal Cancer
Performed at Shifa International
Hospital, Islamabad



A multidisciplinary team led by **Dr. Hadi M. Khan** (Consultant General Surgeon) has performed 10th successful HIPEC surgery on a patient at Shifa International Hospital, Islamabad. The same team introduced HIPEC surgery for the first time in Pakistan last year. Dr. Hadi is a board-certified Consultant General Surgeon, having special interest and experience to perform HIPEC procedures and complex cancer surgeries, being part of an integrated oncology team.

HIPEC is an alternative and innovative method of delivering chemotherapy to treat various types of cancer. Unlike traditional chemotherapy that is delivered intravenously, HIPEC delivers chemotherapy directly into the abdomen.



The surgeon removes any visible tumors from the abdomen. Next, HIPEC delivers heated chemotherapy directly inside the abdomen to help destroy any remaining cancer cells and very small tumors that cannot be seen by the surgeon.

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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