



Monthly Newsletter

SHIFA SPEAKS

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Dr. Manzoor H. Qazi
CEO, Shifa International Hospital

Dear Colleagues,

Assalamu Alaykum!

Happy New Year and Best Wishes!

Looking back at the Year 2020 – by all standards, this was the most challenging year in the history of Shifa. These 366 days have been full of stresses, challenges & uncertainties whether it was psychological, emotional, professional, or financial – but we are closing the year with, Alhamdulillah! We survived. God Almighty has been especially kind to us. All of the employees of Shifa Family deserve a THANK YOU. It is

through your selflessness, dedication commitment, professionalism & hard work that we can keep our heads high during the troubling times. Preparing for JCIA then COVID-19 – then getting surveyed by JCI for Shifa & e-Shifa & then COVID again. These challenges were humongous but you came out WINNER, strong as individuals, as professionals & as Shifa Family. Looking ahead to 2021, several opportunities are ahead of us:

- e-Shifa
- Shifa Care (IT Future)
- Shifa National Hospital, Faisalabad
- Shifa Pan-Africa Hospital, Tanzania
- TeleHealth
- Shifa Medical Center, F-11, Islamabad
- Shifa Neuro Sciences Institute Islamabad (Pvt.) Limited
- Shifa Development Services
- Home Care

All these projects have started or about to get started. Expertise gained through the experience of 2020 will ensure the success of these future projects Insha-Allah. All these are excellent opportunities for the growth, exposure & experience of employees of Shifa International Hospital. I am confident that each one of the projects will be a pride of the Shifa Family over the years to come. I also want to state that our sister organizations Shifa Tameer-e-Millat University, Shifa Foundation & Tameer-e-Millat Foundation also are growing & gaining respect & recognition during the past few years & they all have great plans for the coming years.

As a member of the Shifa Family we are thankful to Almighty & beg His Mercy and Guidance to give us wisdom, strength and courage as we move ahead with the sole mission of providing quality healthcare & education to the people of Pakistan (and beyond!)... Ameen!

2023

2022



2020

2019

*Life's Journey
Continues..*

**HAPPY NEW
YEAR 2021**



unicef

WHO & UNICEF Collaborated Workshop held at SIH as Part of Baby-Friendly Hospital Initiative

Shifa International Hospital has arranged a three-day workshop as part of the Baby-Friendly Hospital Initiative (BFHI) in collaboration with the World Health Organization (WHO) & United Nations Children Fund (UNICEF).

Staff including doctors, nurses, and midwives from the Department of Obstetrics & Gynecology, Pediatrics, and Community Medicine participated in the workshop. Dr. Mian Amjad Sohail, Director Medical Services SIH, Dr. Ejaz A. Khan, Consultant Pediatrician SIH, Dr. Shahid Nazir, Consultant Pediatrician SIH, and Dr. Nabia Tariq, Consultant Gynecologist SIH, also attended the workshop. The purpose of workshop was to educate the trainees about protecting, promoting, and supporting breastfeeding in the hospital which is a step forward towards the implementation of guidelines given by the WHO to improve breastfeeding practices in a hospital setup.



SIH Cardiology Team Performs the Highest Number of Rotablation Procedures in Pakistan for the Year 2020

Shifa Cardiology Team under the supervision of Dr. Asaad Akbar Khan (Consultant Interventional Cardiologist, Shifa International Hospital, Islamabad) performs the highest number of Rotablation procedures in Pakistan for the year 2020. Rotablation is a procedure in which a special catheter, with a diamond-coated tip, is guided to the point of the narrowing in the patient's coronary artery. The tip spins at a high speed and grinds away the calcified plaque on artery walls and the microscopic particles are washed away in the bloodstream. Dr. Asaad has performed 45 successful rotablation procedures for patients in need of this advanced treatment since joining the hospital in August last year.

Shifa International Hospital, Islamabad is among the few hospitals in Pakistan which provide these advanced treatment options for patients suffering from complex coronary conditions. Dr. Asaad Akbar Khan is the proctor and lead trainer of Pakistani doctors for Rotablation in various medical institutions of Pakistan. He is also serving as an international proctor for Boston Scientific for the whole Middle East and North African Region.



ANOTHER MILESTONE ACHIEVED

Congratulations



SIH Inaugurated Outreach OPD Clinics at Lab Collection Points in Rawalpindi & Islamabad



Shifa International Hospital has inaugurated outreach OPD consulting clinics at Shifa Laboratory Collection Points in Rawalpindi and Islamabad. The outreach clinics are located at the prime location of Saidpur Road, Rwp. and Bahria Town Phase 7, Isb. These Outreach clinics will provide quality OPD consultation services to the area residents with Shifa experienced doctors along with the availability of EMR (Electronic Medical Record) for an integrated care and access of patients' medical records.

Dr. Ayesha Arshad, Consultant Medical Specialist/ Nephrologist, will be available at Shifa Laboratory Collections Point, Saidpur Road, Rawalpindi, from Monday to Saturday 9 am to 5 pm, while Dr. Muhammad Irfan, Consultant Medical Specialist/ Nephrologist, will be available for consultation at Shifa Laboratory Collection Point, Bahria Town Phase 7, Islamabad from Monday to Saturday 9 am to 5 pm. Mr. Taimoor Shah, Chief Operating Officer SIH, Mr. Malik Muhammad Uzair, Administrator HR&D SIH, and Dr. Farah Ansari, Medical Director SIHT (Shifa Integrated Healthcare Technologies), and other officials attended the inauguration of the outreach consulting clinics.

Shifa Tree Plantation Drive Under Prime Minister's "Clean Green Pakistan Campaign"

Chief Operating Officer, Shifa International Hospital, Mr. Taimoor Shah inaugurated the campaign by planting "Melaleuca Bracteata" trees at Shifa International Hospital Islamabad, as a part of "Clean Green Pakistan Initiative" to Promote Environmental Sustainability and Biodiversity.

Melaleuca Bracteata is an indigenous species with the ability to adapt to climate change. The extracts from Melaleuca possess antibacterial, fungicidal, acaricidal, antioxidant, and antiviral properties. 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 Distributed FOOD PACKAGES in Leepa Valley, Azad Kashmir

More than three hundred relief packages were distributed by Shifa Foundation among households with almost 1800 people in Leepa Valley, Muzaffarabad District, Azad Kashmir near Line of Control. These people also included the ones whose houses were damaged by the cross border attacks at LOC. Leepa Valley is the most enthralling valley in Azad Kashmir, which is 45 kilometers ahead of Muzaffarabad city; at an altitude of 1921 meters. In winters the roads are heavily covered with snow and the temperature drops to -7 degrees, but Shifa Foundation took the challenge to reach out to the people of Leepa Valley. Natives of Leepa Valley expressed gratitude towards Shifa Foundation's Manager Mr. Adil Rauf, Mr. Mohammad Wajid, Mr. Arif, their donor Mr. Ashfaq Ahmed from UK, and rest of the team for reaching such a remote area.



Enhanced Medication Safety through Camera Assisted Verification of Chemo Drug Preparation

Shifa Oncology & Pharmacy team is verifying correct sterile drug preparation through Camera Assisted Verification which is the best practice listed in many authentic resources of medication safety and hospital pharmacy. In this process, a camera installed in the Laminar Flow Hood (LFH) takes pictures of the product being prepared and sends them to a computer located in the order processing area, where 2nd pharmacist verifies that the correct strength, dose, and dilution of the drug is being prepared. It surely adds another tier of safety check in the process of correct drug preparation. This technology has been used successfully both in sterile compounding, IV admixture, and chemo drug preparation, often coupled with barcode scanning for further eliminating the chances of errors. Almost 500+ preparations were verified during the pilot phase and it turned out to be a major success, as our pharmacists were able to transfer the pictures and verify them in real-time. In only 2 months' time period after its launch, the verification rate increased from 30% (baseline) to above 80%, and more than 700 preparations were verified which is expected to reach more than 90% by the next quarter. Pharmacists were able to catch ~2% errors that would have been otherwise overlooked without the system in place.





Prof. Dr. Ejaz A. Khan
Site Principal Investigator
Chairman Infection Control Committee,
Shifa International Hospital

Q: What is the coronavirus vaccine & its phase 3 trial?

A: The corona vaccines being developed are used to prevent COVID-19 & these vaccines are supposed to induce immunity in the human body, just like any other available vaccines. Phase 3 includes a large number of people from different countries to assess protection against COVID-19 after vaccination.

Q: Is it safe?

A: Yes, it is safe as the Phase 1 & Phase 2 trial showed only self-limiting minor side effects (Fever, Muscle pain, Headache, etc.) which resolve with fever & pain medications.

Q: Can I get COVID-19 after this vaccine?

A: No. This vaccine contains only part of the virus which induces immune responses only. It does not replicate in the human body hence does not cause disease.

Q: How Phase 3 trial will work?

A: The vaccine is given to thousands of people & then to see how many become infected, compared with volunteers who received a placebo. Also, safety is determined by side effects. Phase 3 trial is currently going on in other countries & we intend to recruit more than 18,000 healthy volunteers from Pakistan for 12 months. It will involve weekly messages & monthly telephone calls to know their well-being with the in-person visit at the start & the end of the trial.

Q: How this vaccine will help my community and country?

A: This vaccine will help to determine if there is the prevention of COVID-19 & this trial will establish safety & efficacy in Pakistan & will be available for the public at the earliest & cheaper rates.

Q: Who can participate in this vaccination trial?

A: 18 years of age or older healthy volunteer who meets eligibility criteria & gives consent to be part of the study for 1 year.

Q: Who cannot take part in the vaccination trial?

- Participant in any other vaccination trial
- History of laboratory-confirmed COVID 19
- Current diagnosis or treatment for cancer
- History of anaphylaxis to any vaccine
- Pregnant females at the start of the study
- Person with bleeding disorder


Q: What are the steps for participation in this vaccine trial?

1. Make an appointment
2. Arrival & registration
3. Counseling Session: Concerns & queries will be addressed
4. Informed written consent will be taken
5. Physical exam & vital signs will be checked
6. Randomization
7. Blood sample will be taken
8. Vaccination will be administered
9. Post-vaccination observation for 30 minutes.
10. Follow-up with weekly messages & monthly telephone calls to know your well-being
11. Visit at vaccination trial site after 12 months for blood sampling



BECOME A PART OF COVID-19 VACCINE TRIAL

For Registration & Information:

 **051-8464729**
051-8464730




COVID-19 VACCINE TRIAL

A good number of people are turning up to participate in the COVID-19 Phase 3 Vaccine Trial at Shifa International Hospital. The process of recruitment is still going on.

Anyone who meets the trial criteria and is willing to volunteer can participate by contacting us.

Sponsor

 CanSinoBiologics, Inc.

Coordinating Center

 National Institute of Health (NIH)

Local Sponsor

 AJM PHARMA



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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