



Monthly Newsletter

SHIFA SPEAKS

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SHIFA INTERNATIONAL HOSPITAL LAUNCHES “HEALTHCARE QUALITY & ADMINISTRATION PROGRAM” FOR HEALTHCARE PROFESSIONALS

Shifa International Hospital has started a multi-tier “Healthcare Quality & Administration Program” for healthcare management professionals. The program is based on CPHQ curriculum and designed to enable participants to improve their core quality, patient safety and healthcare administration skills.

Speaking on the occasion, Dr. Zeeshan Bin Ishtiaque (Medical Director, SIH), emphasized that healthcare quality is crucial to achieve a sustainable competitive advantage in today’s competitive environment and an investment into strengthening human resource capital is a win-win for today’s healthcare organizations, employees, and patients alike.

Mr. Taimoor Shah (Chief Operating Officer, SIH), urged that without a holistic strategy, an organization is like a ship without a rudder, going around in circles. The purpose of such capacity building initiatives is to nourish & develop a future generation of healthcare professionals with a defined & holistic approach towards quality & service excellence.

The program sessions were meticulously put together by a highly trained team of JCI surveyors, board certified quality professionals which includes; Dr. Zeeshan Bin Ishtiaque (MD, SIH), Mr. Taimoor Shah (COO, SIH), Dr. Abdul Wahab Hassan (Director, Quality Assurance, SIH), Mr. Umar Amjad (Associate Director, Quality Assurance, SIH), Dr. Henna Mubarik (Associate Director, Clinical Risk Management, SIH), Ms. Arooj Ishtiaq (Quality Management Specialist, SIH), Dr. Nuzhat Khan (Senior Manager, Radiology, SIH), Dr. Komal Fiza (Assistant Director, Quality Assurance, SIH) & Mr. Zulfiqar Ali (Manager, Environmental Health & Safety, SIH).





Epilepsy Treatment through Advanced Neurosurgical Procedure Performed at SIH

SUCCESS STORY OF A 12-YEAR-OLD BOY ZEESHAN FAISAL FROM PESHAWAR



Zeeshan Faisal, hailing from Charsadda, Khyber Pakhtunkhwa was diagnosed with Epilepsy when he was just 5 years old. Regular episodes of epilepsy were affecting his daily life & he was unable to participate in routine activities as a normal kid. Zeeshan along with his father visited SIH last year, where they were recommended to pursue "Temporal Lobe Surgery" in which a section of the brain responsible for epilepsy, known as the "Hippocampus", is surgically removed.

Dr. Akbar Ali Khan (Consultant Neurosurgeon, SIH) performed this complex procedure & supervised Zeeshan's recovery for a year. He said that "This delicate procedure not only requires a trained neurosurgeon but also a multidisciplinary team of specialists & paramedical staff equipped with state-of-the-art facility catering to all aspects of patient treatment". Shifa International Hospital is among the few institutions in Pakistan which are currently capable of providing this treatment.

REVAMPING CEREMONY OF CENTRAL PHARMACY, Shifa International Hospital



Hospital & Clinical Pharmacy Services play an important and pivotal role in any healthcare institution. Shifa International Hospital believes to provide compassionate and best pharmaceutical care to the patients. A major revamping ceremony of Block H-0 Central Pharmacy was held on March, 19th 2021. Dr. Zeeshan Bin Ishtiaque (Medical Director, SIH), Mr. Taimoor Shah (Chief Operating Officer, SIH), Dr. Syed Nayer Mahmud (Chairman, Pharmacy & Therapeutics Committee, SIH), Ms. Salwa Ahsan (Chief of Pharmacy, SIH), Mr. Faisal Aziz Sandeela (Manager, Pharmacy Services, SIH), Mr. Farhan Jilani (Manager, Pharmacy Services, SIH) & other officials were present at the ceremony. Pharmacy Department is providing 24/7 services including routine refills, STAT medications, controlled drug dispensing, compounding sterile extemporaneous preparations in aseptic clean rooms, non-sterile preparation in multiple dosage forms which are the need of patients to get therapeutic outcomes being the ultimate goal of all healthcare professionals.



OBSERVED AT SHIFA INTERNATIONAL HOSPITAL



Each year World Kidney Day is aimed to raise awareness of the importance of our kidneys to our overall health & to reduce the frequency & impact of kidney disease & its associated health problems worldwide. Theme of this year was "Living Well with Kidney Disease". This has been done to increase awareness about symptom management & patient empowerment, with the goal of encouraging life participation. According to experts, Pakistan ranks eighth in the list of countries with a high rate of kidney diseases, with 17 million people suffering from such diseases. Chronic Kidney Disease (CKD) is growing in Pakistan due to late diagnosis, kidney stone disease & increasing patients suffering from diabetes & high blood pressure.

Dr. Syed Farhat Abbas (Consultant Nephrologist) at Shifa International Hospital said that kidney patients should keep their blood pressure on the lower side & manage blood sugar levels, also they should reduce salt intake & moderate protein consumption.

Dr. Syed Nayer Mahmud (Consultant Nephrologist, SIH) said that if a person has diabetes or high blood pressure, or a family history of kidney failure, he is at higher risk of kidney problems.

Dr. Danyal Hassan (Consultant Nephrologist, SIH) said that kidneys serve a vital role by filtering waste & excess fluid from the blood & maintaining a healthy balance of water, salts & minerals.



ORIENTATION CEREMONY OF 2ND BATCH OF DENTAL STUDENTS (Batch of 2024) at Shifa College of Dentistry

Shifa Tameer-e-Millat University has crossed yet another milestone by inducting the 2nd Batch of BDS students at Shifa College of Dentistry. The Chief Guest of the orientation ceremony was Dr. Manzoor H. Qazi (Chancellor, Shifa Tameer-e-Millat University). Prof. Dr. M. Iqbal Khan (Vice-Chancellor, Shifa Tameer-e-Millat University), Prof. Dr. M. Amir (Dean, Faculty of Health Sciences) & Prof. Dr. Anwar Ali Shah (Principal, Shifa College of Dentistry) addressed the audience and congratulated the students on their success at becoming part of the Shifa Family.

The newly admitted students took their oath alongside Prof. Dr. M. Israr, VP of the College. The college has an integrated competency-based dental curriculum. The students have a unique opportunity of being exposed to clinical skills right from the first year of their studies. The college also puts great emphasis on professionalism, patient-centered care, research, and evidence-based practice which is reflected throughout the four years of training. The eventual goal is to produce truly professional dentists according to international standards. The newly established Shifa College of Dentistry has an associated Teaching Hospital under the auspices of Shifa Tameer-e-Millat University which will serve the dual purpose of training undergraduate & post-graduate students as well as provide dental treatment to residents of the twin cities.



CME SESSIONS

Masterclass in Pediatrics ICU

Shifa International Hospital in collaboration with Shifa Foundation organized a Masterclass in Pediatrics ICU on 2nd March 2021 to elevate the knowledge of medical care providers by the inclusion of updated approaches in children care applied internationally. PICU allows intensive nursing care & continuous monitoring of heart rate, breathing, and blood pressure.

Neonatal Ventilation Course

SIH in collaboration with Shifa Foundation organized a course that was the first-ever ventilation course in the region. The purpose of the course is to improve the standards of neonatal care shortly after birth especially if newborns need to be in NICU. Sick neonates in NICU are either placed on ventilator for respiratory support or receive Non-Invasive Ventilation (NIV) either via CPAP or High Flow Nasal Cannula (HFNC). This course aimed to educate health care professionals about current evidence-based ventilation strategies that should be used in NICU. Over 3 days, our experienced foreign-trained neonatologists shared their current international practices in both invasive and non-invasive ventilation.

Adverse Drug Reactions Monitoring and Reporting

Following the lecture series on the updates in Pharmacy, SIH in collaboration with Shifa Foundation has organized the 2nd webinar on the "Adverse Drug Reactions Monitoring and Reporting". This activity was designed to update clinical knowledge that helps to improve daily practice, enhance patient confidence & improve patient safety.



رمضان مبارک

رحمت، برکت اور مغفرت کا مہینہ

روزہ اور صحت کے متعلق اکثر پوچھے جانے والے سوالات

روزہ ایک ایسا جسمانی اور روحانی تجربہ ہے جس میں سے گزرنے کیلئے آپ کو بہت ہمت اور تیاری کی ضرورت ہے۔ اگر آپ اپنی صحت سے پوری طرح مطمئن نہیں تو بہتر ہے کہ روزے شروع کرنے سے پہلے اپنے ڈاکٹر سے مشورہ کر لیں۔ جس کی روشنی میں ڈاکٹر آپ کی ضرورت کے مطابق دوا اور خوراک میں ممکنہ تبدیلی سے متعلق بہتر مشورہ دے سکتا ہے۔ کوشش کریں کہ روزہ رکھ کر اس کے روحانی اور جسمانی فوائد کو زیادہ سے زیادہ اس طرح حاصل کریں کہ آپ کی صحت کے مسائل کم سے کم رہیں۔ ان سوالات و جوابات میں آپ کے مسائل اور ان کے حل پیش کرنے کی کوشش کی گئی ہے:

کیا ذیابیطس کے مریض روزہ رکھ سکتے ہیں؟

وہ لوگ جو اپنی شوگر، غذا میں احتیاط یا دوا سے کنٹرول کر سکتے ہیں، وہ روزہ رکھ سکتے ہیں۔ بہتر ہے کہ وہ اپنے ڈاکٹر سے رجوع کریں تاکہ وہ مریض کو دوا کے استعمال کے لئے ایسے اوقات تجویز کر سکے جو روزے کے نہ ہوں لیکن جن لوگوں کو اپنی شوگر کنٹرول کرنے کے لیے انسولین لینا پڑتی ہے وہ اگر روزہ نہ رکھیں تو بہتر ہے۔

کیا حاملہ خواتین کو روزہ رکھنا چاہیئے؟

حاملہ خاتون کا روزہ رکھنا ضروری نہیں لیکن خاتون کو چھوڑے ہوئے روزے ولادت کے بعد رکھنے ہوں گے یا فدیہ ادا کرنا ہوگا لیکن اگر حاملہ خاتون اچھی صحت رکھتی ہے تو وہ روزہ رکھ کر رمضان کے فیض و برکات حاصل کر سکتی ہے۔

کیا میں روزہ کی حالت میں دمہ کیلئے دوا کا پھر استعمال کر سکتا ہوں؟

اس باب میں مسلمان فقہاء کے درمیان اختلاف ہے، کچھ علماء کے نزدیک دمہ میں استعمال ہونے والا پھر کھانے پینے کے ذیل میں نہیں آتا اس لئے روزہ کے دوران اس کا استعمال جائز ہے۔ جبکہ دوسرے علماء کا استدلال یہ ہے کہ پھر کے ذریعے معمولی مقدار ہی میں صبح لیکن مانع دوا پھپھڑوں میں پہنچتی ہے جس سے روزہ ٹوٹ جاتا ہے۔

کیا بچے کو اپنا دودھ پلانے والی ماں کو روزہ رکھنا چاہیئے؟

جی نہیں! بچے کو اپنا دودھ پلانے والی ماں کو شریعت روزہ میں چھوٹ دیتی ہے اور وہ ان روزوں کے بدلہ میں بعد میں روزے رکھ کر یا فدیہ دے کر بری الذمہ ہو سکتی ہے۔

فدیہ: اسلام میں ایک ایسا نظام متعین کیا گیا ہے جس کے تحت اگر کسی بناء پر روزہ رکھنا ممکن نہ ہو تو اس کے بدل کے طور پر ایک روزہ کیلئے ایک مسکین کو دو وقت کا کھانا کھلایا جائے۔ مثلاً کوئی مستقل مریض ہو یا بہت ضعیف و کمزور کہ روزہ رکھنے کے قابل نہ ہو۔ تفصیل کے لئے کسی عالم سے رابطہ کیا جاسکتا ہے۔



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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