



Monthly Newsletter

SHIFA SPEAKS

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عيد مبارك

E I D M U B A R A K



Dr. Manzoor H. Qazi
CEO, Shifa International Hospital

Dear Colleagues

Assalam u Alaykum & Eid Mubarak!

First of all, I would like to appreciate and thank every member of Shifa family for their exemplary services and performance during this period of prolonged stress. The stress has affected each one of us and every aspect of our life. Your teamwork, discipline, your professionalism, dedication, and commitment were tested repeatedly, and each time you made Shifa proud of you. The Covid-19 Vaccines have proved to be safe and highly effective. I would strongly advise each one of you to GET VACCINATED. Please get all your eligible family members vaccinated as soon as possible. VACCINE IS SAVING LIVES!

Another important subject I want to stress is the CHILDREN OF SHIFA FAMILY. They are also being affected by the ongoing prolonged stress. Their EDUCATION is being severely affected. Their PERSONALITY is being impacted. They are being unintentionally ignored. They cannot tell but they need your help. Everything is not OK with them. Each one of us should take time to assess, analyze and plan to HELP our children. Remember – Each child is different – and there should be a strategy for each one of them. Towards the end I would suggest - please continue doing what you have been doing during this year, you are already doing the right thing – can't ask for anything more.

Thank you,

May Allah SWT's Blessings and Guidance be with all of us during this time and the uncertain future challenges...Ameen.

Thank you,



First Minimally Invasive
CARDIAC SURGERY (MICS) PERFORMED
at Shifa International Hospital, Islamabad



MR. NASIR ABBAS
Cardiac Surgery Patient from Islamabad



There is generally a trend worldwide to modify and adapt less invasive surgical procedures. One of the MICS procedures is MINI AORTIC VALVE REPLACEMENT. This procedure is done through a small, 6 – 7 cm incision either on the right side of chest or in the midline. First such procedure of Mini AVR was performed by Dr. Khalid Rasheed and his team on 7th April 2021 which has been followed by 2 more Mini AVRs. Alhamdulillah, all procedures have been smooth and uneventful and all patients have been discharged home. This procedure is done through a small midline incision and partial division of the sternal bone, called Hemisternotomy.

Advantages of this technique are a reduction of chest trauma, decreased ICU length of stay, early extubation, early rehabilitation and return to work. Any minimally invasive technique needs an approach that goes beyond a small cut and mandates a team effort with the Anesthesiologist, perfusionist, surgical assistants and scrub nurses, all playing their roles with dedication and competence. The other major advantage is virtual absence of sternal dehiscence (deep wound infection) since the sternum is never divided completely. Ministernotomy is a versatile technique not only for AVR but also for more complex operations.



SIH's Advanced
4D CT Simulator for
Cancer Treatment

Shifa international hospital proudly introduces its first 4-D CT Simulator for the next level of precision radiotherapy assistance in cancer treatment. 4D CT uses a new technology that captures the location and movement of the tumor over time. This is valuable for accurately treating tumors located on or near organs that move, such as those in the chest and abdomen.

Information from 4D CT scans allows the radiation oncologist to design more precise treatments for moving tumors. The radiation oncologist can better target these moving tumors and deliver radiation within a certain interval in the breathing cycle. Radiation oncologist does this by using gated intensity-modulated radiation therapy (IMRT). This technology will reduce the risk of treatment-related side effects.



LONG TERM SERVICE AWARDS

Employees at Shifa who have served with devotion and dedication for a tenure of 10, 15, 20 and 25 years were awarded with shields in recognition of their long term service.



DR. MALIK IMAD KHAN
Chief Operating Officer
Shifa External Services



MR. M. SAEED
HOD, Internal Audit
Department



MR. TAUSEEF AMIR
Principal Practitioner,
Rehabilitation Department

EMPLOYEE TRAINING & DEVELOPMENT PROGRAM



Training department motivates employees to attend training sessions and enhance their skills to encourage continuous learning process. Training team conducted various soft skills sessions with the staff of different departments as per their interest and request. Trainings included communication skills, how to deal with difficult people, team work and supervisory skills. Training was also conducted on managing violence in healthcare/second victim focused on de-escalating a violent situation to avoid harm to anyone. Elaborate discussions and question/answer sessions provided knowledge to trainers and trainees likewise.

LMS TESTING SESSION at Shifa International Hospital, Sector G-10, Islamabad

Learning Management System (LMS) is a platform for employees of Shifa International Hospital to continue the learning process through online training sessions. Training team visited G-10 facility and initiated first testing phase of LMS modules after thorough introduction.



A Souvenir Shield was presented to
Mr. Javed Shaikh (Renowned Actor/ Director)
by **Mr. Taimoor Shah** (Chief Operating Officer, SIH)
on his recent visit to Shifa International Hospital

Congratulations



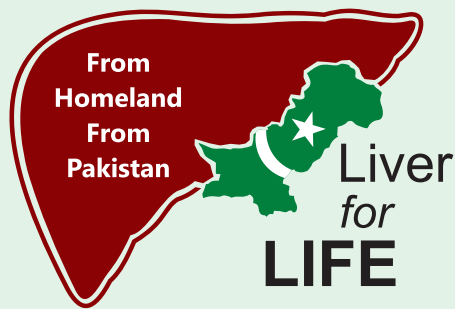
for achieving
GOLD MEDAL
in MBA (SZABIST)

Performing
on the JOB & off the Job

SUMBAL SAEED MALIK

Marketing Executive
Media & Marketing Department





Pakistan's only Hospital to complete **1000** Living Donor Liver Transplants

SHIFA REACHES MILESTONE OF 1000 LIVER TRANSPLANTS IN PAKISTAN

Shifa International Hospital Islamabad has achieved a landmark in country's medical history by becoming Pakistan's first ever hospital to complete 1000 living donor liver transplants recently. The first ever liver transplant was performed in Shifa on a 12 year old patient on 30th April 2012. Since then, the transplant program has transformed lives of hundreds of children and adults through out Pakistan by becoming a beacon of hope & healing for them.



Speaking on the occasion, Dr. Zeeshan Bin Ishtiaque (Chief Medical Officer), Mr. Taimoor Shah (Chief Operating Officer) lauded the whole multidisciplinary team for their integrated efforts to make this dream come true. The core team of Consultant Liver Transplant Surgeons; Dr. Haseeb Haider Zia, Dr. Nusrat Yar Khan, and Dr. Abu Bakar Hafeez Bhatti termed this success a result of rigorous and dedicated team efforts which enabled them to provide such a complex and advanced surgical treatment to the people of Pakistan with success rate comparable to international standards. The team further mentioned that it is truly a national program which is treating patients coming from all over the country and far flung areas.

Shifa International Hospital Islamabad is the pionerring and longest running liver transplant center in the country which houses Pakistan's largest liver transplant team providing quality and integrated care under one roof. The provision of Liver Transplantation services in Pakistan is benefiting people who previously had no choice than to travel out of country to get treated.

What makes us Pakistan's Leading Liver Transplant Program?

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



Performed more than
1000 Liver Transplants
since 2012

Working together to give you
HOPE & HEALING



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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