



Monthly Newsletter

SHIFA SPEAKS

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Congratulations

Shifa Bone Marrow Transplant Team for Achieving Milestone of performing

300 BONE MARROW TRANSPLANTS

Shifa Bone Marrow Transplant (BMT) Program has transformed the lives of hundreds of patients and given hope to countless families through performing 300 plus transplants including Autologous, Allogeneic (fully matched and half-matched HAPLO) transplants for adults and children.

Since 2009, Shifa's BMT team has been managing the most challenging cases in the region including high-risk malignancies (Leukemia, Lymphoma, Myeloma, and Germ Cell Tumors) and benign hematologic diseases (Aplastic Anemia, Thalassemia, PNH, etc.).

Shifa's Bone Marrow Transplant Program is registered with the Center for International Blood and Marrow Transplant Research (CIBMTR) in Wisconsin, USA, to report outcomes. Shifa's BMT team has achieved remarkable outcomes comparable to the USA at one-tenth of the cost in the West. The program is accredited by the College of Physicians and Surgeons (CPSP) for a Clinical Hematology Fellowship to train a new generation of physicians in Hematology and BMT.

Shifa BMT center has a specialized HEPA filtered unit, managed under the supervision of Internationally trained consultants and an integrated team to provide exceptional nursing care, technical support, apheresis services, HLA typing, stem cell storage & processing, etc.

In collaboration with leading experts in the field, Shifa is expanding horizons into new indications for transplant especially Autoimmune diseases such as Multiple Sclerosis. From thorough initial clinical consultation, seamless coordination, counseling, pre-transplant workup, comfortable stay at BMT unit, and meticulous post-transplant care; the team is determined to provide the best possible care and service to each patient.

Shifa Bone Marrow Transplant Team



DR. M. AYAZ MIR

Consultant
Oncologist/ Hematologist

**MAJ. GEN. (R)
DR. TARIQ M. SATTI**

Consultant Hematologist
& Bone Marrow Transplant
Specialist

DR. AZHAR SHAFI

Associate Consultant
Oncologist/ Hematologist

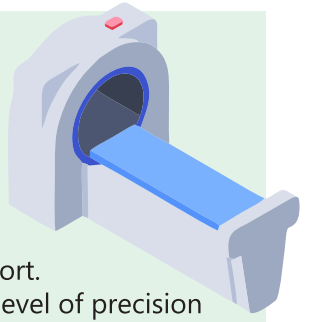


SHIFA INAUGURATES 4D CT SIMULATOR SCANNER FOR CANCER TREATMENT

Dr. Manzoor H. Qazi, Chief Executive Officer at Shifa International Hospital inaugurated a 4D Simulator scanner for cancer treatment which is installed in Radiation Oncology Department, SIH. The ribbon-cutting was followed by a welcome speech by Dr. Asif Masood, Head of Radiation Oncology Department, SIH, whereby he thanked the administration for their contribution and support. He explained that the inclusion of this newly acquired 4D Simulator scanner will provide the next level of precision radiotherapy assistance in cancer treatment. Currently, the radiation oncology department is providing 2DRT (Two-dimensional Radiation Therapy), 3DCRT (Three-dimensional Conformal Radiation Therapy), IMRT (Intensity Modulated Radiation Therapy), Intracavitary and Interstitial Brachytherapy.

Dr. Zeeshan Bin Ishtiaque (Chief Medical Officer, SIH), Mr. Taimoor Shah (Chief Operating Officer, SIH), and other officials & consultants were also present at the ceremony. Dr. Manzoor H. Qazi lauded the efforts of the Radiation Oncology Department team to acquire this new technological 4D CT Simulator Scanner and other latest and computerized systems for delivering high-class services to cancer patients. He assured that the hospital will continue to strive for advancement and improvement in services and equipment to the patients.

Dr. Muhammad Ali Afridi who is the pioneer of the Radiation Oncology Department in Shifa International Hospital, in his concluding remarks said that the oncology department rightly takes pride as the pioneer center that trained many medical physicists and technologists who are now serving cancer patients in different hospitals in Pakistan as well as abroad. The team of Radiation Oncologists; Dr. Muhammad Furrakh, Dr. Uzma Qasim, & Dr. Hira Asim, was also present at the occasion. They reiterated that Department of Radiation Oncology is determined to make a positive difference in the lives of cancer patients by delivering quality care and hope.



Best Wishes

FAREWELL



A Souvenir Shield was presented to
MS. RAISA KAUSAR
Head of Healthcare Education (N.E.S.)

by
Dr. Zeeshan Bin Ishtiaque
(Chief Medical Officer) &
Mr. Taimoor Shah
(Chief Operating Officer)

QR کوڈ اسکین کریں اور معلوماتی ویڈیوز دیکھیں



World No Tobacco Day



International Nurses Day



World Thalassemia Day



Employee Training & Development Program

by Human Resource Department, SIH

Soft Skills Training focuses on skills that are not only valuable to the organization but also for the personality building of individuals. The training team conducted the following training sessions:

- **Confidence Building:** In this session creating a positive attitude was prioritized in order to attain self-confidence. Ways to move forward from under confidence and overconfidence were directed.
- **Managing Violence in Healthcare and the Second Victim:** This training session focused on understanding and managing violence and the effects of violence on victims. Human error, unreasonable expectations, and communication failure were labeled as the most common factors leading to violence. De-escalation strategies were also discussed to control such situations. Identification and importantly counseling of the victim was also discussed.
- **Customer Service Skills:** Service excellence session focused on understanding both organization and customer needs to improve service quality. Trainees were taught about the importance of positive behavior and effective communication to improve customer service. Procedures for complaint handling, personality grooming, and phone etiquettes were shared so that, personal development can be managed as well.
- **Talent Management:** Managing and polishing skills to discover talent was discussed. Skill and talent were differentiated and the importance of goal setting in managing talent was highlighted.
- **Supervisory Skills:** This training focused on the need and importance of a supervisor. Motivating staff and increasing productivity through supervision were discussed.



CME SESSIONS



WEBINAR ON COVID-19 RELATED SKIN CHANGES IN YOUNG PEOPLE

Shifa Center of Professional Excellence (SCOPE) in collaboration with Shifa International Hospital organized a webinar to address the most important topic of COVID-19 related Skin Changes in Young People. Lecture was delivered by Pakistan's only foreign qualified Neonatal Dermatologist Dr. Amjad Khan; a graduate of Ayub Medical College, Peshawar associated with Shifa International Hospital, Islamabad. He is a Fellow of Royal College of Pediatrics & Child Health, UK. He described pathophysiology, transmission, diagnosis, and treatment of COVID-19, based on up-to-date research and elaborated the cutaneous manifestations of COVID-19 related Skin Changes, followed by the Q&A session.



WEBINAR ON ANTICOAGULATION WITH DIRECT ORAL ANTICOAGULANTS (DOACs)

Shifa Center of Professional Excellence (SCOPE) in collaboration with Shifa International Hospital organized the Fourth webinar on the Anticoagulation with Direct Oral Anticoagulants (DOACs). Mr. Muhammad Awais, Clinical Pharmacist at Shifa International Hospital, also a Certified Anticoagulation Management Pharmacist from USA, delivered a lecture followed by Q&A session. He defined the characteristics of Direct Oral Anticoagulants including indication and dosing requirements. He explained the risk factors for bleeding complications from the use of DOACs and strategies to minimize the risk and reviewed current approaches to reverse the effect of DOACs in patients with major and life-threatening bleeding.



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

What are the benefits of getting vaccinated?

The COVID-19 vaccines produce protection against the disease, as a result of developing an immune response to the SARS-CoV-2 virus. Developing immunity through vaccination means there is a reduced risk of developing the illness and its consequences. This immunity helps you fight the virus if exposed. Getting vaccinated may also protect people around you because if you are protected from getting infected, you are less likely to infect someone else.

How does the vaccine work?

Different types of vaccines work in different ways to offer protection. But with all types of vaccines, the body is left with a supply of "memory" T-lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future.

It typically takes a few weeks after vaccination for the body to produce T-lymphocytes and B-lymphocytes. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then gets sick because the vaccine did not have enough time to provide protection.

Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building immunity. The vaccine itself does not cause disease.

Viral vector-based vaccines use the body's cells to produce antigens. They do this by using a modified virus (the vector) to deliver the genetic code for the antigen, which then triggers an immune response. The vaccine mimics what happens during natural infection with certain pathogens — especially viruses. This has the advantage of triggering a strong cellular immune response by T cells as well as the production of antibodies by B cells.

Who should get the COVID-19 vaccines?

The COVID-19 vaccines are safe for most people 18 years and older, including those with pre-existing conditions of any kind,

including auto-immune disorders. These conditions include hypertension, diabetes, asthma, pulmonary, liver, and kidney disease, as well as chronic infections that are stable and controlled.

Who should not get the Covid-19 Vaccine?

These include:

1. **Have a compromised immune system**
2. **Are pregnant or nursing your baby**
3. **Have a history of severe allergies, particularly to a vaccine (or any of the ingredients in the vaccine)**
4. **Are severely frail**

Do vaccines protect against variants?

The COVID-19 vaccines are expected to provide at least some protection against new virus variants and are effective at preventing serious illness and death. That's because these vaccines create a broad immune response, and any virus changes or mutations should not make vaccines completely ineffective. If any of these vaccines become less effective against one or more variants, it will be possible to change the composition of the vaccines to protect against these variants. Data continues to be collected and analyzed on new variants of the COVID-19 virus.

What are the side effects of COVID-19 vaccines?

Like any vaccine, COVID-19 vaccines can cause mild side effects, such as a low-grade fever or pain or redness at the injection site. Most reactions to vaccines are mild and go away within a few days on their own. More serious or long-lasting side effects to vaccines are possible but extremely rare. Vaccines are continually monitored to detect rare adverse events.

Reported side effects to COVID-19 vaccines have mostly been mild to moderate and short-lasting. They include fever, fatigue, headache, muscle pain, chills, diarrhea, and pain at the injection site. The chances of any of these side effects following vaccination differ according to the specific COVID-19 vaccine.



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بڑھتی عمر کے ساتھ، مجھے چاہیے
کو الٹی اور سہولت ایک ساتھ
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eShifa

پاکستان کا قابل اعتماد
ڈیجیٹل اور ہوم ہیلتھ کیئر براڈ

eShifa ہوم ہیلتھ سروسز

کو الٹی ہیلتھ کیئر۔ آپ کی دہلیز پر

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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