



Monthly Newsletter

SHIFA SPEAKS

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World Patient
Safety Day

GLIMPSES OF WORLD PATIENT SAFETY DAY SEMINAR AT SHIFA INTERNATIONAL HOSPITAL

An awareness seminar in lieu of World Patient Safety Day was arranged at Shifa Int. Hospital Islamabad on 17th Sep 2021. Dr. Nausheen Hamid (Parliamentary Secretary of Health, NHSR & C) was the Chief Guest and Dr. Quaid Saeed Akhunzada (CEO, Islamabad Healthcare Regulatory Authority) was the Guest of Honor for the occasion. Speaking on the occasion, the honorable Chief Guest Dr. Nausheen Hamid, lauded the efforts by the management of Shifa for raising awareness on this sensitive issue and practicing and adhering to patient safety standards. She said that hospitals should ensure the safety of patients as it is a huge challenge in the health sector and its importance has greatly increased during the continuing challenges of the COVID-19 pandemic. She also gave an overview of the initiatives taken by the government for capacity building and training of healthcare workers for patient safety in the public health sector. Guest of Honor, Dr. Quaid Saeed Akhunzada with particular reference to WHO theme of the year; "Safe Maternal & Newborn Care" elaborated the central role of mothers in a family unit and paid tribute to all mothers for their sacrifices and contribution from childbirth to nurturing a healthy next generation. He highlighted the need for public and private partnerships for capacity building to train a broader healthcare workforce at a regional level.



Dr. Manzoor-Ul-Haq Qazi (CEO, SIH) said that medical errors are a serious public health problem and the leading cause of death globally. In context to Pakistan, he advocated the need to provide a consistent and viable solution that minimizes the chances of medical errors and recurrent events. He reaffirmed Shifa's resolve & commitment to join hands with the public health sector to design and deliver free-of-cost training programs for a broader healthcare workforce. Mr. Taimoor Shah (COO, SIH) emphasized the need for nourishing a corporate culture of patient safety where healthcare professionals continuously upgrade their competencies, care delivery processes, and organizational systems to ensure safe care for all. Dr. Farah Ansari (Medical Director, eShifa) specifically mentioned preventable causes related to pregnancy & childbirth and introduced "Mother & Baby Home Care Services" started by eShifa (A Digital & Home Health Care Brand of Shifa). Mr. Taimoor Shah also took an oath from Patient Safety Champions (cross-functional teams) and later acknowledgment certificates were distributed among the participants.



Shifa Cardiologist Successfully Performed a Live Complex Multivessel Angioplasty

Dr. Asaad Akbar Khan, Consultant Interventional Cardiologist successfully performed a live complex multivessel angioplasty (stenting of multiple arteries of the heart) at "Pakistan Live 2021" meeting held at Karachi, recently. The annual meeting was organized by the Pakistan Society of Interventional Cardiology (PSIC). The said complex procedure was broadcasted live to a vast audience in Pakistan & abroad including other countries such as U.S., U.K., India, Australia, Singapore, etc.



5 Promises to Keep Your Heart Healthy

- Cook & Eat Healthy Food
- Avoid Smoking
- Exercise Regularly
- Maintain Healthy Weight
- Keep Stress Under Control

USE ♥ TO CONNECT

World PT Day 2021 "Rehabilitation & Long COVID"



World Physical Therapy Day is celebrated every year on the 8th of September. The day is an opportunity for physical therapists to create awareness about the fundamental contribution therapist makes in keeping people pain free, mobile and independent. The focus for this year's World PT Day is rehabilitation and long COVID and the role of physiotherapists in the treatment and management of people affected by long COVID. Shifa International Hospital's Rehabilitation Department carried out multiple activities focusing on creating awareness regarding the role of physical therapy in the COVID-19 rehabilitation process.

Activity Diary:

An activity diary was introduced on this physical therapy day based on guidelines provided by the World Confederation of Physical Therapy. Patients were guided about the use & maintaining that activity book and it was much appreciated by the patients & attendants.



Webinar:

A webinar on "Role of Physical Therapy in Long COVID Haulers" by Mr. Zaher Qadir (Senior Physical Therapist) & Mr. M. Kashif Khan (Associate General Manager Rehab) was arranged, which was well attended & appreciated by the audience.

Tree Plantation Drive:

Along with other multiple activities, a tree plantation drive was carried out by the Rehabilitation Department at Margalla Hills, Trail 5 with the aim of creating awareness about physical therapy discipline in the general public.

Cake Cutting Ceremony:

A cake-cutting ceremony was also arranged, which was attended by Mr. Taimoor Shah (Chief Operating Officer), Malik M. Uzair (Administrator HR & D), physical therapists & rehabilitation specialists.



eShifa Home Health Services Introduces Home Care Plan for New Mothers & Babies

Postnatal (after birth) is a difficult period, as new mothers require personalized care, guidance for speedy recovery & wellbeing of the child. To take post-birth worries away from the new parents, eShifa is offering a carefully designed Mother & Baby Home Care Program. The program offers services of trained medical & nursing professionals to guide & help the mother with newborn baby care & post-delivery care at home. Launching ceremony of the Mother & Baby Care Program was held at Obs/ Gyne Clinic. Consultants of Obs/ Gyne Clinic including: Dr. Shazia Fakhar, Dr. Shahnaz Nawaz, Dr. Shaheen Ashraf, Dr. Nabia Tariq, Dr. Raazia Tanveer, Dr. Ameena Shah, Dr. Huma Tasleem, Dr. Tasneem Akhtar, Dr. Farah Ansari (Medical Director, eShifa) & Dr. Shahid Nazir (Section Head, Neonatology) highlighted the benefits of the program & congratulated the whole team for taking this initiative.



ON-SPOT RECOGNITION OF STAFF SHIFA DIALYSIS CENTER



A ceremony was held at Shifa Dialysis Center, G-10, Islamabad for on-spot recognition of staff to appreciate their efforts and improved performance on job. Dr. Malik Imad Khan (Chief Operating Officer, External Services Department) awarded appreciation cards & badges among outstanding employees.

Shifa Pharmacy Department Organized Week-Long Activities on World Pharmacists Day



World Pharmacists Day was observed on 25 September 2021 with this year's theme "Pharmacy: Always trusted for your health". Shifa International Hospital organized week-long activities from September 20, 2021 onwards to highlight the importance of pharmacists in care delivery and improving health. Drug information desks were established at different prominent places within the hospital. Pharmacy teams visited different patient care areas, clinics, and wards where nurses, doctors, and other healthcare staff joined fun learning activities including quiz for general medication management & use, promoting ADR reporting, creating awareness on key components of antibiotic stewardship & safe use of medications. The department also arranged a fully virtual Annual Medication Management Conference (AMMC Shifa 2021) on World Pharmacist Day followed by a workshop on Sep. 26th.



Speakers of the conference were prominent names from the field of pharmacy including Mr. Asim Rauf (CEO, Drug Regulatory Authority of Pakistan – DRAP), Prof. Dr. Marianne F. Ivey, Prof. Emerita, James L. Winkle College of Pharmacy (University of Cincinnati – USA), Dr. Muhammad Tahir Aziz (CEO, SKMCH & RC, Peshawar), Zeeshan Ahmed (Director Regulatory, R&D Analytical Laboratory, Getz Pharma Pvt. Ltd Pakistan), Dr. Farrukh Malik (Chief Consulting Officer SYNTOF, France), Prof. Dr. Tauseef Rajput (Dean Faculty of Pharmaceutical and Allied Health Sciences – STMU, Islamabad), Mohammad Aslam Siddiqui (Director, Inpatient Pharmacy Services, Cleveland Clinic Abu Dhabi, UAE).

Chairperson, Annual Medication Conference Shifa 2021, Ms. Salwa Ahsan (Chief of Pharmacy, Shifa International Hospital) concluded these events by her closing remarks and expressed that "Knowledge and Life-Long Learning is the key to success for pharmacy professionals and Shifa will continue to conduct such activities in future to play its role in improving pharmacy practices in Pakistan".



Shifa International Hospitals Ltd.



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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