



Monthly Newsletter

SHIFA SPEAKS

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SHIFA RADIOLOGY SERVICES; *Choose The Best as Your Health Matters*

Latest
**Radiology Imaging
Technologies**
are Life Changing

The role of Radiology department has been greatly increased as the technology in the medical imaging devices improved with the introduction of PACS (Picture Archiving & Communication System) and the latest equipment and techniques for accurate diagnosis, staging, and treatment of diseases.

Shifa International Hospital has invested in the latest diagnostic equipment & technologies for precise and accurate disease diagnosis which leads to better treatment outcomes. Shifa Radiology Department is managed by an internationally experienced team of Radiologists and skilled technologists to provide best quality imaging, diagnostic, and treatment services by ensuring maximum care and patient safety.



**State-of-the-art
MRI (Siemens 3 Tesla)**
*for Precise & Quality
Imaging*

Siemens 3-Tesla MAGNETOM Vida

Features

- Exceptional Imaging Quality & Speed
- Ultra Fast MRI with highest Gradient Strength in 3 Tesla MRIs
- Helps in Diagnosing & Treating Cancers, Neurology, Cardiology & other complex conditions

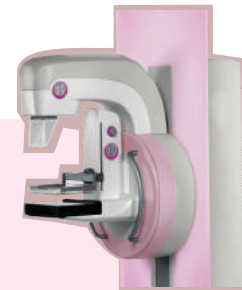


**Latest CT Scan
(Toshiba 640 Slice)**
*for Precise & Quality
Imaging*

Toshiba Aquilion One 640-Slice
Dual Energy Spectral CT

Features

- Less Radiation Effects as compared to conventional scanning
- CT-Angio Feature (Heart Scan in less than a second)
- Fast Imaging Quality & Assessment for all including Oncology, Neurology, Pediatric, Gastroenterology patients, etc.



**Latest 3D Hologic
Mammography**
*for Timely & trusted
diagnosis of Breast Cancer*

Selenia Dimensions Mammography System

Features

- 3D Mammography increases the cancer detection rate than 2D alone
- Reduces the need of unnecessary Biopsy
- It reduces the recall rates (being called back for another look) by almost 30 percent

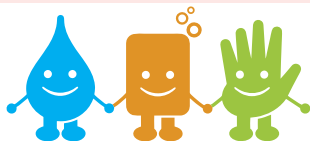
Top of the line Equipment

- MRI Scan (Siemens 3 Tesla MAGNETOM Vida)
- CT Scan (Toshiba Aquilion One 640 Slice)
- Mammography (3D Hologic Selenia Dimensions)
- Nuclear Medicine (Dual Head Gamma Camera)
- Latest & Quality Ultrasound Machines
- Latest Interventional Radiology Suite



Shifa Consultant gave a Presentation on **BREAST CANCER IN A SESSION HELD AT AIWAN-E-SADR, ISLAMABAD**

An interactive session with the social media influencers was held at Aiwan-e-Sadr, Islamabad, where Dr. Hira Asim (Consultant Radiation Oncologist, SIH) gave a detailed presentation on the nature of the disease, risk factors & the importance of self-examination to the participants. Honorable President of Pakistan Dr. Arif Alvi chaired the session along with First Lady Mrs. Samina Alvi. Dr. Manzoor H. Qazi (CEO, Shifa International Hospital) & Dr. Farah Ansari (Medical Director, eShifa Home Health Services) were also present in the session. Dr. Qazi appreciated the efforts of the Honorable President & First Lady in raising breast cancer awareness and suggested that the severity of disease merits a national action plan where all the stakeholders should be taken in the loop to eradicate or lower the prevalence of breast cancer from the country.



SEMINAR & POSTER COMPETITION ORGANIZED AT **SHIFA ON GLOBAL HANDWASHING DAY**

Department of Infectious Diseases, Shifa International Hospital has organized an awareness seminar and poster competition to observe Global Handwashing Day. The event was aimed to promote handwashing with soap, raise awareness about the importance of handwashing in the current pandemic of COVID-19, encourage actions to promote and sustain handwashing habit, and motivate people to wash their hands to ensure a healthy future. Shifa Dialysis Center, G-10, Islamabad secured 1st position in the poster competition.

Dr. Monette B. Brombuela (Chief Nursing Officer, SIH), Mr. Afzaal Ahmed (Chief of Protocol, Regulatory Affairs, Safety & Security, SIH), Dr. Mian Amjad Sohail (Director Medical Services & Shifa Clinical Research Center, SIH), Dr. Ejaz A. Khan (Section Head Infectious Diseases, SIH), Ms. Ruth Samuel (Manager Prevention and Infection Control, SIH) and other staff were also present on the occasion.



CME Session

NEONATAL RESUSCITATION WORKSHOP

Shifa International Hospital in collaboration with Shifa Center of Professional Excellence (SCOPE) organized a three-session workshop on neonatal resuscitation to improve the neonatal care practices as per the standards applied globally. Dr. Shahid Nazir (Consultant Neonatologist & Associate Chief of Pediatrics, SIH), Dr. Yasser Masood (Consultant Pediatrician, SIH), Dr. Qamar Ali (Consultant Pediatrician, SIH) & Dr. Salman Bashir Wani (Consultant Pediatrician, SIH) conducted the workshop. Shifa International Hospital always strives to keep updating the medical knowledge of healthcare providers for the betterment of hands-on methodologies.

RESPIRATORY CARE WEEK CELEBRATED AT SHIFA

The last week of October is celebrated globally as "Respiratory Care Week" which aims at recognizing the contributions of respiratory care professionals and raising awareness about respiratory health, asthma, Chronic Obstructive Pulmonary Disease (COPD), etc. Respiratory Therapy Department, Shifa International Hospital carried out multiple activities focusing on creating awareness regarding the role of RTs in the COVID-19:

Teaching and Training Sessions:

As per the activity guide introduced by the American Association of Respiratory Care, teaching and training sessions were conducted at Shifa International Hospital, including hands-on practice in collaboration with the Nursing Department across the hospital to provide awareness regarding respiratory therapy services and improving patient care. Help desks were set up for public awareness & patients were guided for better lungs health, usage of lung expansion therapy devices & able spacer with Ventolin inhaler for asthmatic patients. It was much appreciated by the patients and attendants.



Masterclass/ Webinar:

Respiratory Therapy Department, SIH in collaboration with Shifa Center of Professional Excellence (SCOPE) arranged a masterclass/ webinar hosted by Ms. Ayesha Siddiqua (Supervisor Respiratory Therapy Department, SIH). Learning objectives of masterclass enlighten various topics as Interpretation of Arterial Blood Gases, Noninvasive Ventilation, Role of High Flow Nasal Cannula in COVID-19, etc. The masterclass was attended by Dr. Monette B. Brombuela (Chief Nursing Officer, SIH), Dr. Aftab Akhtar (Section Head Critical Care & Pulmonology, SIH), Dr. Sohail Naseem (Consultant Pulmonologist, SIH), Dr. Syed Murtaza Hassan Kazmi (Consultant Pulmonologist, SIH), and respiratory therapy team.

Cake Cutting Ceremony:

A cake-cutting ceremony was also arranged, which was attended by Dr. Monette B. Brombuela (Chief Nursing Officer, SIH), Dr. Sheher Bano (Associate Consultant Critical Care, SIH), and RTs.



NATIONAL SPEECH & LANGUAGE PATHOLOGY DAY

National Speech & Language Pathology Day was celebrated at Shifa International Hospital on 9th of October with the aim of creating awareness among the general public about speech and swallowing problems and their management.





MoU Signed between eShifa Home Health Services and Spring North Hospital, Bahria Town, Islamabad



eShifa Home Health Services (an outreach partner of Shifa International Hospital) has signed an MoU to offer quality laboratory diagnostic services to the residents of Bahria Town through a franchise arrangement with Spring North Hospital, Bahria Town, Islamabad. The MoU signing ceremony was held at Shifa International Hospital, Islamabad, which was attended by Dr. Zeeshan Bin Ishtiaque (CEO, SIHT/ eShifa), Mr. Taimoor Shah (Executive Director, SIHT/ eShifa), Malik Muhammad Uzair (Chief Operating Officer, SIHT/ eShifa), Dr. Malik Imad Khan (Chief Operating Officer, External Services Department, SIH), Dr. Farah Ansari (Medical Director, SIHT/ eShifa), Ms. Sadia Kiani (GM Finance & Company Secretary, SIHT/ eShifa), and Mr. Abdul Sattar Butt (Senior Manager, SIHT/ eShifa). Dr. Mohammad Faheem Khan (Chief Operating Officer & Medical Director) represented the Spring North Hospital for the MoU signing ceremony.



Awareness Walk held at Shifa to mark WORLD OCCUPATIONAL THERAPY DAY

World Occupational Therapy Day is celebrated on 27th of October every year with an aim to create awareness among general public on the role of occupational therapy in Sensory Integration and Activities of Daily Living (ADL) training. Occupational Therapy helps people work on cognitive, physical, social, and motor skills. The theme for this year is "Belong. Be You". To celebrate the day, Shifa International Hospital's Rehabilitation Department arranged an awareness walk. Walk participants were carrying colorful play cards with informative messages.

Mr. Taimoor Shah (Chief Operating Officer, SIH) appreciated the role of occupational therapists during COVID-19 pandemic helping patients during and after their treatment and hospitalization. He also lauded the commendable work done by the department in providing services to the patients at their doorstep through eShifa Home Health Services. Mr. M. Kashif Khan (AGM Rehabilitation Department, SIH) & Ms. Faiza Badar (Manager Rehabilitation Department, SIH) educated the audience about sensory integration services at Shifa International Hospital and highlighted the role of occupational therapists in multi-disciplinary team approach towards the patients.



Shifa International Hospital, Islamabad Donates 12 Lead Aprons to Lady Reading Hospital MTI, Peshawar

Shifa International Hospital, Islamabad offered lead aprons for the safety of patients & healthcare staff at Lady Reading Hospital MTI, Peshawar. These lead aprons have been tested under fluoroscopy & found suitable for clinical use X-Ray, CT, and Angiography Suits. This would protect the medical personnel & patients from undue radiation exposure. Lead can attenuate certain kinds of radiation because of its high density and high atomic number.

Mr. Taimoor Shah (Chief Operating Officer, SIH) expressed his resolve and said that Shifa International Hospital is a JCI accredited healthcare organization with a robust radiation protection program because dangers associated with exposure to X-Rays are detrimental. Brig. (R) Dr. Muhammad Abrar Khan (Hospital Director, LRH) received the donation with thanks while Mr. Tariq Khan (Associate Hospital Director, LRH), Mr. Bilal Bashir (Secretary to BOG, LRH), and Dr. Tahira Nishtar (HOD Radiology Department, LRH) were present on the occasion. On behalf of Shifa International Hospital, Dr. Nuzhat Khan (Senior Manager Radiology Department, SIH), and Mr. Umar Amjad (Associate Director Quality Assurance Department, SIH) were also present there.



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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