



Monthly Newsletter

SHIFA SPEAKS

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1st UNIQUE STEM CELL TRANSPLANT

in Pakistan Primary CNS Lymphoma

done at Shifa International Hospital

OVER
350

BONE MARROW
TRANSPLANTS

A 59 years old female underwent first successful Stem Cell Transplant in Pakistan for Primary Central Nervous System Lymphoma (PCNSL), a rare blood cancer, at Shifa International Hospital in Islamabad. The patient was given a series of chemotherapy, immunotherapy, targeted small molecule inhibitor, and radiation therapy, leaving behind less than 5 mm of tumor on brain scans. She then underwent Peripheral Blood Hematopoietic Stem Cell Harvest through an Apheresis machine for four days. Stem Cells were collected and preserved at -80°C for 1 week in a special medium. Drugs eliminated tumor in the brain, but also inevitably caused collateral damage to Bone Marrow, making the patient aplastic and otherwise unable to survive.

To rescue Bone Marrow, her stem cells were then infused back through a central line in the bloodstream over 3 days. Over next 2-3 weeks, she remained in a severely immune-compromised state in a specialized unit with HEPA filters requiring radiated blood products, nutritional and anti-microbial support, but gradually the Stem Cells kicked in and her Bone Marrow was repopulated resulting in improvement in blood counts.

Dr. Ayaz Mir, FACP, Director of Bone Marrow & Stem Cell Transplant at Shifa emphasized that only a few dozen centers in the world including USA and Germany were doing such transplants for this rare tumor. It took a specialized team of coordinators, apheresis techs, blood-bank experts, excellent nursing care, and doctors to successfully orchestrate this complicated process. Shifa has done over 350 Bone Marrow and Stem Cell Transplants, but this was one of the most challenging.

To make the treatment affordable for the masses, he emphasized that the government and the pharmaceutical industry should take special measures for encouraging local manufacturing of drugs as Pakistan lags behind other regional countries in the field of cancer drug manufacturing. It will also curb the multi-billion PKR black market exploiting the desperate.

Shifa Bone Marrow Transplant Team



DR. M. AYAZ MIR

Consultant
Oncologist/ Hematologist

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

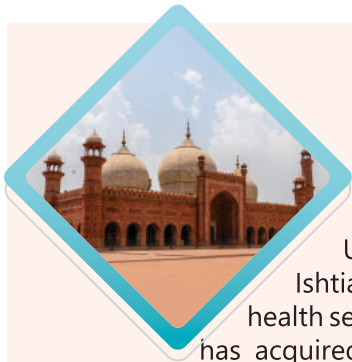
Consultant Hematologist
& Bone Marrow Transplant
Specialist

DR. AZHAR SHAFI

Associate Consultant
Oncologist/ Hematologist

**SHIFA
BONE MARROW
TRANSPLANT SERVICES**

Hope for a healthier tomorrow...



Soft Launch of eShifa Home Health Services in Lahore

eShifa (a partnering organization of Shifa International Hospital, Islamabad) is Pakistan's only digital & home healthcare brand, which is accredited by Joint Commission International (JCI), U.S. Speaking on the occasion of soft launch of Home Health Services in Lahore, Dr. Zeeshan Bin Ishtiaque (Chief Executive Officer, eShifa) said that eShifa is designed to provide world-class home health services to the people of Lahore as per international quality standards. He further added that eShifa has acquired innovative technology solutions to remotely monitor patients at their homes by remote monitoring devices & software. The services offered by eShifa include Tele-Clinics (online consultation with experienced doctors of Shifa Int. Hospital), Home Lab Sample Collection, Home Delivery of Pharmacy/ Medicines, Home Nursing Care, Home Physiotherapy, etc. Shifa Int. Hospital, Islamabad has also started an eShifa Laboratory Facility in Lahore to provide a wide range of testing services to the people of Lahore & peripheries with the same quality & efficient reporting time.



State-of-The-Art Cosmetic Suite Launched at Shifa International Hospital

In continuation of its efforts to provide quality healthcare services of international standards to the people of Pakistan, the Department of Plastic Surgery at Shifa International Hospital has launched a state-of-the-art cosmetic suite.

An inauguration ceremony was held at Shifa which was initiated with a ribbon-cutting followed by Dua. The ceremony was attended by Dr. Zeeshan Bin Ishtiaque (Chief Medical Officer, SIH), Mr. Taimoor Shah (Chief Operation Officer, SIH), Consultant Plastic Surgeons at Shifa; Dr. Saleem Akhtar Malik, Dr. Mamoon Rashid, Dr. Saad Ur Rehman Sarwar, and Dr. M. Ibrahim Khan along with other management & clinical staff.

The state-of-the-art facility is equipped with advanced technology & an experienced team to facilitate patients in need of Rhinoplasty, Upper & Lower Eyelid Surgery (Blepharoplasty), Facelift, Abdominoplasty, Laser Liposuction, Botox/ Fillers & other complex surgeries. Furthermore, patients will be facilitated in a conducive & personalized-care environment to help them feel more comfortable with their appearance. We are thankful to our dignitaries for their powerful presence and support in making this facility a dream come true.



WORLD PREMATURETY DAY MARKED AT SHIFA INTERNATIONAL HOSPITAL

World Prematurity Day is observed on 17 November each year to raise awareness of pre-term birth & the concerns of pre-term babies & their families worldwide. Approximately 15 million babies are born pre-term each year, accounting for about 1 in 10 of all babies born worldwide. Pre-term birth complications are the leading cause of death for children under 5, causing an estimated 1 million deaths in 2015 globally. The day was marked at Shifa Int. Hospital to increase awareness about the subject. At SIH, we provide modern, safe & effective care using the latest equipment under supervision of foreign qualified consultants & trained nursing and paramedical staff. Our outcomes for premature babies are best in the region and most of our premature babies especially those born after 30 weeks go home and stay healthy.



CME SESSIONS

Antibiotic Awareness Seminar

In lieu of World Antibiotic Awareness Week (18-24 November 2021), Shifa Center of Professional Excellence (SCOPE) conducted a seminar in collaboration with the Department of Infectious Diseases, SIH. Antibiotic resistance, its burden & causes, medical microbiology & antibiotic stewardship, and rational use of antibiotics in COVID-19, were the main points of discussion. Dr. Afreenish Amir (Medical Microbiologist/ Technical Officer, National Institute of Health), Dr. M. Usman (Consultant Microbiologist, SIH), Dr. Ejaz A. Khan (Section Head, Department of Infectious Diseases, SIH) & Ms. Sundas Maria (Clinical Pharmacist, SIH) were the speakers of the seminar.



Workshop on Thyroid Thermal Ablation

Shifa Center of Professional Excellence (SCOPE) conducted a workshop on Thyroid Thermal Ablation in collaboration with the Department of Radiology with the aim to strengthen knowledge, skill set, and practice in RFA of the Thyroid Surgery. RFA is a minimally invasive treatment option performed by interventional radiology as an alternative to surgery in some patients with thyroid nodules.

The first part of the workshop comprised of didactic lectures on RFA basics, the technique of thyroid RFA, indications for thyroid RFA, and complications of RFA by Dr. Shahzad Ahmad (Consultant Endocrinologist, Diabetes & Metabolism at Endocrinology Center of Utah, USA). The second part of the workshop allowed participants to practice on the phantom and improve their thermal ablation competency and skill set. The third part of the workshop was to observe Live Procedures to have a better understanding of RFA in thyroid surgery by Dr. Shahzad Ahmad, who is ECNU certified; a professional certification awarded to endocrinologists who have expertise in thyroid ultrasounds, and procedures.

Dr. Zeeshan Bin Ishtiaque (Chief Medical Officer, SIH) applauded Dr. Atif Rana (Chief of Radiology & Consultant Interventional Radiologist, SIH) for his efforts in planning this workshop and thanked Dr. Shahzad Ahmad for sharing his expertise for capacity building to eventually improve clinical outcomes.





Congratulations

Food & Nutrition Services Department Team for Food Safety Management System ISO 22000:2018 Recertification

Team FNSD has achieved & earned another feather in the cap by successfully completing the ISO FSMS Audit 22000:2018. This certification verifies provision of safe & quality food for human consumption. FNSD team on the occasion, reaffirms its commitment to cater to dietary requirements of patients in a best possible manner.



Dr. M. Yousaf Chaudhary (Former Chief of Radiology & Consultant Radiologist, SIH) has been conferred with the **"Lifetime Achievement"** Award by the Radiological Society of Pakistan on his valuable contribution to the field of radiology in Pakistan. The award was presented during 37th Annual Radiological Conference held at Peshawar, KPK.



Diabetes Awareness Walk Arranged at Shifa Int. Hospital



Endocrinology Department, SIH arranged an Awareness Walk in collaboration with CCL Pharmaceuticals to mark World Diabetes Day

Awareness Walk Held at Shifa Int. Hospital to Mark World Antibiotic Awareness Week



Department of Infectious Diseases, SIH arranged a walk to raise awareness of antibiotic resistance

Human Resource Department, SIH

Monthly Activities

Trainings

Farewells



On-The-Spot Recognition



Ms. Kainat

Nursing Department, SIH

On-The-Spot Recognition



Mr. Jagdesh

Nursing Department, SIH

On-The-Spot Recognition



Mr. Shaukat Mehmood

Admin Supervisor-II,
Shifa Dialysis Center, G-10, Islamabad

Farewell



Mr. M. Zahoor Hussain

Sr. Engineer,
Facility Management Division, SIH



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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