



**Shifa**  
International  
Hospitals Ltd.

*Monthly*

# NEWSLETTER

**SHIFA SPEAKS**



MAY, 2022

Volume: 11 | Issue: 10

[www.shifa.com.pk](http://www.shifa.com.pk)

## EID-UL-FITR MUBARAK



**DR. MANZOOR H. QAZI**  
*CEO, Shifa International Hospital*

Dear Colleagues,

Assalamu Alaykum & Eid Mubarak!

The Holy Month of Ramadan is coming to an end. May all your Ibadats and Prayers are accepted and answered by Allah SWT.

On behalf of Board of Directors, I want to congratulate and appreciate each and every member of Shifa for their dedicated, selfless and professional contribution during the long, stressful and painful challenges of COVID-19.

Yes - there will also be challenges and testing times ahead - but - with team like you, I am confident that our future will be much brighter and rewarding in every respect.

Best wishes for you and families.

Thank you.

## SIH Installs Sprinkler Irrigation System in SHIFA GREENS TO CONSERVE WATER

Prophet Muhammad peace be upon him said "Do not Waste Water Even if you are at a Running Stream." Water is a precious commodity to sustain life on earth. However, water scarcity has rightfully become a global concern posing an imminent threat to human life & sustenance. Among the plethora of environmental issues Pakistan is facing, one of the pressing challenges is the burgeoning water crisis. Keeping this in view, Shifa International Hospital (SIH) has installed the Sprinkler Irrigation system in Shifa Greens to conserve water up to 40% relative to conventional gravity flow systems.

This low flow system distributes water evenly on the green field, with reduced percolation below the root zone hence eliminating wastage through runoff. SIH management seeks to ensure sustainable management and use of water by adopting water conservation practices.



*Major bleeding reduced in patients undergoing Non-Cardiac Surgery, POISE-3, Study* by Shifa Clinical Research Center, Shifa International Hospital, Islamabad.

A large, international study found a drug that helps the blood clot; reduced life-threatening, major and critical organ bleeding in patients undergoing non-cardiac surgery – without increasing major vascular complications. A study called Peri-operative Ischemic Evaluation-3 (POISE-3) was conducted at multiple centers around the world, sponsored by Population Health Research Institute, Canada. Shifa International Hospitals Ltd, which served as the National Coordinating Center in Pakistan under the supervision of Shifa Clinical Research Center and Principal Investigator Prof. Dr. Muhammad Amir (Consultant General Surgery/Principal Shifa College of Medicine). This was a collaborative endeavour that involved the Aga Khan University Hospital's research team as well. It must be noted that Tranexamic acid (TXA), the medicine studied, was given to individuals who were at risk of bleeding or vascular problems.

According to the study, TXA did not increase venous thromboembolism, heart attack, non-hemorrhagic stroke, or any other severe vascular complication in the 30 days following surgery. A senior scientist and Principal Investigator for POISE-3 at McMaster University's Population Health Research Institute and Hamilton Health Sciences (HHS), Dr. P.J. Devereaux presented the findings at the American College of Cardiology's 2022 conference, which was simultaneously published in The New England Journal of Medicine. "Our research shows that tranexamic acid can help prevent this major bleeding and the need for blood transfusions," said Devereaux.

Professor Dr. Muhammad Amir (Consultant General Surgery/Principal Shifa College of Medicine), who is also local principal investigator and co-author of the study said that Tranexamic acid revealed a consistent reduction in the risk of bleeding based on different definitions, and it reduced the chance of receiving 1 or 2 to 4 transfusions."

"Given that 300 million procedures are performed each year around the world," Dr. Amir noted, "tranexamic acid has the potential for significant public health and clinical advantages."



# پاکستان کا کامیاب ترین ٹرانسپلانٹ سینٹر



لِیور  
LIVER



کِیڈی  
KIDNEY



بُون مِیرو  
BONE MARROW



کَرنِیا  
CORNEA

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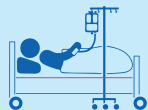


# Its OK to be different **WORLD AUTISM DAY**

SIH Celebrates World Autism Day, Vows to Promote Autism Awareness

Every year on April 2nd, World Autism Awareness Day is commemorated to raise autism awareness and acceptance. To commemorate this year's World Autism Awareness Day, Shifa International Hospital hosted a training session for parents. Ms. Sadaf Arif, an ABA therapist, spoke about ASD children's mental processes and behavioral control. Ms. Maryam Arif's talk focused on debunking stereotypes regarding communication in ASD. Ms. Mishal Arif discussed the obstacles and barriers that parents of children with ASD experience in our society, as well as a few success stories that were inspiring to the audience. Ms. Saima Knawal, a senior occupational therapist, skillfully addressed the function of sensory integration treatment in the management of sensory disorders.

Mr. Taimoor Shah, SIH's Chief Operating Officer, discussed the role of the multi-disciplinary team in enabling people with Autism Spectrum Disorder to live independent and fulfilling lives. Mr. Kashif Khan, Associate General Manager rehabilitation department, explained why it is critical to work toward establishing equality, equity, and inclusion for children with ASD. Mr. Kashif Khan, Associate General Manager, Rehabilitation Department, stated that SIH intends to expand ASD services in the future to adequately address the growing need for people with autism spectrum disorders.



## PARENTERAL NUTRITION (TPN/ PPN)

Parenteral nutrition often called total parenteral nutrition, is the medical term for infusing a specialized form of food through a vein (intravenously). Parenteral nutrition provides liquid nutrients, including carbohydrates, proteins, fats, vitamins, minerals, and electrolytes. Shifa International Hospital's Pharmacy-maintaining international standards, provides the best nutrition to its patients via Parental nutrition which is looked after by qualified pharmacists. Shifa International Hospital works around the clock in providing high-quality medicines with compassionate care to its customers.



Scan the QR Code & Watch  
Informational Video



On 'World Health Day, Shifa International Hospital reaffirmed its commitment towards raising awareness among people about the significance of a healthy lifestyle and healthy eating habits. Diseases like Diabetes, Blood Pressure, Asthma, etc. can only be prevented and cured when people are well informed about adopting a healthy lifestyle for the well-being of society. Stay Aware. Stay Healthy!



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# Ask from A Doctor



**DR. SAJJAD HASSAN ORAKZAI**

(Consultant Orthopedic Surgeon)

## TOTAL KNEE REPLACEMENT - Orthopedic Department, SIH.

### When total knee replacement surgery is advised?

According to Dr. Sajjad Hassan Orakzai, Orthopedic Surgeon, SIH, a patient is advised of total knee replacement surgery when the knee joint is worn out, damaged, or reduces mobility.

### How long does it take to start walking after total knee replacement surgery?

Patient can start walking on second day of surgery with support. After two weeks, doctors usually advise the patient to walk without support.

### What helps the patient to recover swiftly?

Regular exercise can help restore a patient's strength & improve the range of motion, making an early return to routine activities as soon as possible. Dr. Sajjad suggested patients with a full knee replacement walk more as it is one

of the few ways to avoid further complications in the knee & other joints of the body.

### How soon one can ride a bicycle after total knee replacement?

After 1.5 months of total knee replacement, the patient may be able to ride a bicycle.

### What is the success rate of total knee replacements?

According to Dr. Sajjad, success rate of total knee replacement surgery is 98%. Only 2% of the patients may face problems after surgery.

### What are the symptoms of needing a total knee replacement surgery?

About the symptoms, Dr. Sajjad claimed that severe knee pain or stiffness that limits everyday activities, including walking & climbing stairs are a few vivid symptoms of knee illness.



**MS. AYESHA SIDDIQA**

Incharge/ Supervisor Respiratory therapy

## RESPIRATORY THERAPY -

### What is the purpose of oxygen therapy for a patient?

If you have lungs disease, you may require supplemental oxygen to maintain normal function. A doctor should examine you & determine whether additional oxygen is necessary for you or not. Oxygen therapy does not work for everyone who has a lung problem.

### How does Oxygen Therapy help?

Oxygen Therapy improves low blood oxygen levels & can help with difficulties associated with lung illness.

### When you will require oxygen therapy?

You may have been diagnosed with a lung condition & are experiencing severe shortness of breath. An adequate check-up with a professional may reveal the level of oxygen in the blood.

### How will the patient be evaluated?

A qualified healthcare professional will administer the appropriate amount of oxygen & will evaluate the patient.

### How will O2 therapy be administered?

The following methods can be used to deliver oxygen:

**Oxygen Concentrator:** An oxygen concentrator is a small, low-cost gadget that may be safely kept by the bedside & plugged into the household power source. It draws air from the surrounding environment, compresses it to the required density, & then distributes it to the patient via plastic tubing connected to a nasal cannula or facemask.

**Oxygen Cylinder:** It contains compressed oxygen provided by tubing connecting to the nasal cannula & facemask. It provides oxygen for a variable length of time, depending on the size of the cylinder, flow of oxygen, & density required by the patient.

### How do you use O2 safely at home?

- Place "Oxygen in Use" signs in visible areas
- Never place the tank or machine near an open flame
- Keep the oxygen tank at least six feet away
- Always turn your oxygen off when not in use
- Check the oxygen tubing for cracks and leaks
- Clean the nasal prongs to keep them open
- Never smoke near the oxygen source

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**Write to Us:**

If you have any questions, comments or any suggestions, please contact at [media@shifa.com.pk](mailto:media@shifa.com.pk) or call at 051-846 3804/ 051-846 4532