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SHIFA SPEAKS



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SHIFA INTERNATIONAL HOSPITAL CELEBRATES INTERNATIONAL NURSES DAY 2022

The Shifa International Hospital (SIH) on Thursday May 12th celebrated International Nurses Day 2022 with the theme "Nurses a Voice to Lead – Invest in Nursing and Respect Rights to secure global health".

International Nurses Day is celebrated every year on May 12th to recognise the incredible work nurses do. Nurses work tirelessly to save lives and look after people with complex health conditions often with little recognition. On the occasion, many speakers addressed the ceremony and paid tribute to the services of nurses for human beings across the globe.



While addressing the ceremony, Chief Executive Officer (CEO) Shifa International Hospital, Dr. Manzoor H. Qazi said that nursing is one of the noblest of professions & the role of nurses in serving humanity can never be neglected. He said that nurses across the globe are the backbone of any healthcare system. Chief Operating Officer of Shifa International Hospital, Taimoor Shah while addressing the event said that investment in nurses is crucial as the nursing department and its services play the role of a lifeline for humanity. Chief Medical Director Dr. Zeeshan Bin Ishtiaq praised the nurses of SIH & encouraged them to continue working on their personal & professional development. Dr. Monette B. Broumbuela, Chief Nursing Officer, SIH on the occasion said that nurses' day is a perfect opportunity to say thank you to all SIH nurses for their dedication & passion to serve the humanity.

Professor Dr. Barbara Parfitt from U.K. joined the ceremony online & gave an inspirational key note message & encouraged nurses to become leaders and change agents within the context in which you work. Nurses from across SIH were recognized with awards for their extraordinary services.



WHAT SHOULD YOU KNOW ABOUT HEAT STROKE?

شدید گرمی کی لہر | بچاؤ اور تدابیر



DR. MARYAM SHARIF
Medical Specialist

Q1: What types of heat related illnesses are there?

Heat rash | Heat cramps | Heat exhaustion | Heat stroke

Q2: What are the symptoms of heat exhaustion?

The patient is sweaty, dizzy, with a fast heart rate and some nausea / vomiting. There may be a mild fever as well.

Q3: How to treat heat exhaustion?

This can be treated by going to a cool/ shady environment with a fan, followed by good hydration with water or any electrolyte solution like O.R.S. Lower the body temperature with cold sponging.

Q4: What are the symptoms of Heat Stroke?

Heat stroke is a serious condition which, if left untreated, it can lead to coma and death. The patient may be drowsy, with highly raised body temperature of up to 104 F & an absence of sweating due to dehydration. They may experience seizures as well.

Q5: How is heat stroke treated?

Heat stroke is a medical emergency which must be treated in the hospital. If the patient is drowsy and hot, loosen their clothing and take them to a cool environment. You may cool their body with a wet towel / sponge, or ice packs if available. Then contact the hospital immediately for intravenous fluid resuscitation and monitoring. Do not attempt to feed them fluids yourself because they maybe drowsy or unconscious, which can lead to aspiration pneumonia.

Q6: How to prevent heat exhaustion and heat stroke?

Firstly, avoid going out in extreme heat condition unless absolutely necessary; prefer staying indoors. Use an umbrella for protection. Wear loose fitting clothing. Keep a flask of cold water with yourself to use as needed.

Shifa News International
as a Guest Speaker appearance in
3 DAY MAGAZINE SEMINAR



The International Association for Media and Communication Research and Fatima Jinnah Women University organized a 3 day magazine symposium for graduate and masters students of Communication & Media Studies department.

The organizers invited Shifa News International as a guest speaker. Ms. Haleema Hassan, Managing Editor represented Shifa and spoke about "Magazine Design Layout and Content Writing".

Ms. Haleema explained to the students the intricacies of magazine design, design principles and various other related aspects. She also shared first-hand knowledge regarding the writing skills required for magazine journalism and answered questions from the audience.

MASTERCLASS - NICU



A masterclass was organised by Shifa Centre for Professional Excellence (SCOPE) under the leadership of Dr. Yasser Masood, Consultant Neonatologist, SIH & Dr. Salman Bashir Wani, Consultant Neonatologist to cover a wide range of evidence-based topics in neonatal hypoglycaemia management, neonatal jaundice management, nutrition in the NICU for term & pre-term babies, and fluid and electrolyte management in the NICU. Dr. Yasser Masood explained ways how to enhance preterm babies' nutrition & weight gain in the NICU and after discharge. He also talked about how different types of fluids and electrolytes should be given to sick new-borns in the NICU. Dr. Salman Bashir Wani explained which neonates are at risk of hypoglycaemia (low blood sugar) & how to recognize & treat them. He also went over the many causes of jaundice in neonates, as well as the tests that should be done and how to manage it. The participants who travelled from all around the region to attend this educational event created a lot of debate & questions during each session.

COMMUNITY ENGAGEMENT PROGRAM



For the first time, a "Community Engagement Program" led by BLS Instructors, SIH was arranged for all lay rescuers. CPR skills, the chain of survival, treatment of foreign body airway obstruction, indications of a heart attack, cardiac arrest, stroke, and choking were taught in this class. We believe that by training the community in life-saving techniques, participants will be able to give someone the best chance of survival if the worst happens.



SHIFA FOUNDATION, AKPBS SIGN AGREEMENT TO BRIDGE KNOWLEDGE GAPS



Shifa Foundation (SF) & Aga Khan Planning & Building Services (AKPBS), Pakistan, signed an agreement with the goal of bridging knowledge gaps by offering capacity-building services & innovative solutions at the agreement signing ceremony sponsored by SIH. Under the leadership of the Department of Emergency Medicine, of Shifa International Hospitals Ltd (SIHL), the Shifa Centre of Professional Excellence (SCOPE) has been tasked with developing need-based educational interventions for Medical First Responders as well as formulating Mass Causality Management Plans for Government Health Facilities/Hospitals in Gilgit-Baltistan.

Mr. Ejaz Karim (Head EM, AKPBS) represented Aga Khan Planning & Building Services & Dr. Khadeeja Azhar (ED, SF) represented Shifa Foundation at the agreement-signing ceremony hosted by SIH. Mr. Zulfiqar Ali (Program Coordinator, AKPBS), Mr. Jaffar Ali (Manager Admin & Procurement, AKPBS), Dr. Darakhshan Jabeen (Director SCOPE), & Dr. Abdus Salam Khan (Director ER, SIHL), Dr. Khawaja Junaid Mustafa (Director Risk Management, SIHL), Dr. Adeel Tariq (Assistant Consultant ER, SIHL) & other SIH representatives attended the ceremony.



ALL YOU NEED TO KNOW ABOUT MONKEYPOX



DR. EJAZ A. KHAN

Consultant, Infectious Disease

Q: What is Monkeypox disease?

- It is a rare viral zoonotic infection that results in a rash similar to smallpox and is caused by the monkeypox virus.

Q: How is it transmitted?

- The disease can spread through contact with animals, infected people and materials used by infected people.
- Lesions are the most common means of transmission, such as skin-to-skin contact with someone who has rashes or sharing bedding or clothes that has been exposed to lesions.
- The virus enters the body through broken skin, the respiratory tract, or the mucous membranes (eyes, nose, or mouth).
- Animal-to-human transmission may occur by bite or scratch, direct contact with body fluids or lesion material, or indirect contact with lesion material. Human-to-human transmission can occur through large respiratory droplets.

Q: What is the incubation period (time from infection to symptoms)?

- Monkeypox infections typically last two to four week.

Q: What are the signs and symptoms?

- In humans, the symptoms of monkeypox are similar to but milder than the symptoms of smallpox.
- It begins with fever, chills, headache, backache, muscle aches, and exhaustion.
- A characteristic feature in monkeypox is enlarged lymph nodes (lymphadenopathy), unlike in smallpox.
- After 1-3 days of fever, the patient develops a rash, often beginning in the mouth, then the face, and subsequently spreading to other parts of the body. The illness typically lasts for 2–4 weeks.
- One in 10 cases can lead to death.

Q: How is monkeypox diagnosed?

- Mostly, clinical diagnosis is made (symptoms and rash) however, laboratory confirmation can include virus isolation, electron microscopy, PCR, ELISA, and immunofluorescent antibody assay.

Q: What is the treatment for monkeypox disease?

- There is no specific treatment for monkeypox virus infection, only supportive care should be given, some current antivirals, and Vaccinia Immune Globulin (VIG) can be used if available.

Q: What are the current preventive recommendations for the monkeypox virus?

- There are a number of measures that can be taken to prevent infection with the monkeypox virus:
- Avoid contact with animals that could harbor the virus (including sick or dead ones in areas where monkeypox occurs).
- Avoid contact with any materials, such as bedding, that have been in contact with a sick animal.
- Isolate infected patients from others who could be at risk for infection. Wash your hands with soap and water or using an alcohol-based hand sanitizer.
- Use droplet precautions & use personal protective equipment (PPE) when caring for patients.
- Isolation precautions should be continued until all lesions have healed.

Q: Is there a vaccine available for the monkeypox virus?

- Currently, there is no vaccine available for the general public however, the JYNNEOSTM (Imvamune or Imvanex) and a live vaccinia virus (ACAM2000) have been licensed for prevention against smallpox and may be used for monkeypox, which is 85% effective.

Note: Stay informed about the updated information about the disease.

Ref: CDC.<https://www.cdc.gov/poxvirus/monkeypox/index.html>

Uptodate: <https://www.uptodate.com/contents/monkeypox/contributors>

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Write to Us:

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