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SHIFA SPEAKS



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SHIFA TAMEER-E-MILLAT UNIVERSITY Holds 8th Convocation

As many as 859 graduates of Shifa Tameer-e-Millat University (STMU) on June 11, 2022, received Degrees, Gold & Silver Medals, & other awards on 8th Convocation at the Jinnah Convention Centre, Islamabad.

Lt. Gen. Nigar Johar, HI (M) Surgeon General of Pakistan was the Chief Guest of the convocation for the morning session. In her speech, Lt Gen Nigar Johar stressed the need to strengthen the research base in medical and allied health sciences in Pakistan. She felicitated the graduating students & acknowledged the standards of programmes offered at STMU. Dr. Amjad Saqib, head of the Akhuwat Foundation, was the Chief Guest of the afternoon session. While addressing the ceremony, Dr. Amjad Saqib said that the journey of knowledge never ends, adding that the next step is a moment of action & exploration. "I see leaders in you," he added.

Dr. Manzoor H. Qazi, Chief Executive Officer (CEO) of Shifa International Hospital & Chancellor of STMU, Prof. Dr. Muhammad Daud Khan, Founding Vice-Chancellor of Khyber Medical University, Peshawar, & Prof. Dr. Zia-ul-Qayyum, Vice Chancellor, AIOU also graced the convocation. In his welcoming speech, Prof. Dr. Muhammad Iqbal Khan, Vice-Chancellor-STMU, said that the university is committed to excellence in education, research & training.



SIH HOLDS FREE MEDICAL CAMPS IN ASTORE, MINIMERG DISTRICTS OF GB



Shifa International Hospital organized free medical camps in the District Headquarters Hospitals of Gilgit-Baltistan's districts of Astore and Minimerg. Services in pulmonology, oncology, gastroenterology, and emergency medicine were provided, along with consultations with specialist doctors. Over 600 patients underwent check-ups and medicines were also distributed among the patients.

Session of the Prime Minister's Cardiopulmonary Resuscitation (CPR) Training Initiative-LIFE SAVER at Shifa International Hospital Islamabad



عيد الاضحیٰ مبارک

اس عید قرباں

آئیے مل کر عہد کرتے ہیں کہ ہم جانور کی قربانی کرنے کے ساتھ ساتھ
اپنی غیر ضروری خواہشات کی بھی قربانی کریں اور معتدل معاشرہ بنانے میں
اپنا کردار ادا کریں۔

YELLOW ALERT

Jaundice in the newborn baby



نومولود بچوں میں یرقان علامات اور علاج



Ask from **A Doctor**



DR. QAMAR ALI
Consultant Pediatrics

Q: What is jaundice?

Yellow appearance of the skin & the whites of the eyes is called Jaundice. Jaundice in newborn is NOT a liver disease.

Q: Is jaundice common in newborn babies?

Jaundice is very common in newborn babies. About 60% of full term babies & 80% of premature babies develop jaundice in the first week of life. Jaundice within first 24 hours after birth, needs urgent consultation. If jaundice continues beyond 14 days of age in a full-term baby or 21 days in a premature baby, then this should be investigated.

Q: What causes baby jaundice?

When your baby is born their own body has to remove waste from the blood. It can take some time for a baby's liver to be able to do this. In the early days of life some waste products may build up in the baby's body. One waste product is called Bilirubin.

Q: What is bilirubin?

This is a product of the breakdown of old red blood cells. This bilirubin gives yellow colour to eye and skin of baby.

Q: Why is the stool and urine color important?

Yellow urine in a baby is not normal and the baby should be investigated for liver disease.

Any baby, at whatever age, with pale stools or stools which appear 'fatty' in texture should be investigated for liver disease.

Q: Why do some babies remain jaundiced?

Jaundice may continue occasionally in babies who are entirely well and are being breast fed. Your baby may have an infection or other illness or have a thyroid gland that is not working properly. Baby may have a problem with their liver. This is rare. The most common liver disease in newborn babies is called biliary atresia. In the early stages of liver disease, a baby can look and feed entirely well. The best way is to look at the stools and urine color and bilirubin test.

Q: What is Breast Milk jaundice?

Some babies who are breastfed may develop persistent jaundice. The color of faeces will be yellow or green & urine will be colorless. Breast milk jaundice is completely harmless and will go away with time.

Q: Role of sunlight in preventing newborn baby jaundice?

In some situations, sunshine may be beneficial in preventing neonatal jaundice, however studies have not shown that if phototherapy is required, sunlight alone is effective. Sunlight filtration to block dangerous UV light and frequent temperature checks for neonates exposed to the sun may be necessary for their protection.



Interview of MR. TAIMOOR SHAH

Chief Operating
Officer, SIH

Hum TV Pashto



The Chief Operating Officer of Shifa International Hospital, Mr. Taimoor Shah, while talking in a Hum Pashto 1 show, said that the aim of Shifa International Hospital is to provide the best quality health care and implement all the global SOPs for best quality health care. He maintained that the leadership of Shifa International Hospital never hesitates to take tough decisions for the practical implementation of international health care SOPs.

While talking about the maintenance of staff behaviour and hospital equipment, Mr. Shah said that SIH has trained staff for the maintenance of equipment who are available 24/7 to perform their duties.

He said, "One of the top priorities of the Shifa International Hospital is to work on the behaviour of its staff and train them how to act and react in certain circumstances." He elaborated that in order to avoid any communication barriers, SIH has hired qualified interpreters for the foreign patients, especially for Afghans and Chinese, and they are available 24/7 to give their services and help the foreign patients. Shifa is probably one of the few hospitals in the region that conducts all four major transplants under the same roof, which includes liver transplant, kidney transplant, bone marrow transplant, and cornea transplant. He continued that all these major transplants are made possible in SIH due to a wide range of specialist doctors and trained paramedical staff who can take care of the patients with complex health issues.

While responding to a question about the security procedures, Mr. Shah said that medical errors, child abductions, incorrect procedures, and infections can all happen in hospitals, even in developed countries like Europe, during treatment.

All of these problems are globally recognized. SIH, like few other hospitals, is always working on these difficulties and training its staff to provide foolproof security at hospital's premises.

SIH places a high priority on providing safe care. This is why every single health care practitioner at SIH is required to participate in some form of training on a regular basis. SIH's expert consultants are leading from the front and play a key role in professional development of paramedical staff.

Mr. Taimoor Shah further added that SIH not only provides high-quality health care, but it also delivers high-quality cuisine to its patients and visitors after a thorough assessment by a dietician. SIH does not allow outside food because it may be harmful to the patient's health. SIH's key motive in this area is "Safer Food, Better Life." Our Food Services Department is responsible for guaranteeing the safety of high-



quality food. He concluded that all medicines given to SIH patients are delivered following a thorough review by the hospital's pharmacy, saying that SIH is also one of the few leading hospitals in Pakistan that has its own laboratory, which performs over 600 types of tests of different categories.

Shifa International Hospitals Ltd.

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Write to Us:

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