



Shifa
International
Hospitals Ltd.

Monthly

NEWSLETTER

SHIFA SPEAKS



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ACCREDITED



Congratulations



Shifa Foundation Awarded

Provisional Accreditation for two years by

**ACCREDITATION COUNCIL FOR CONTINUING
MEDICAL EDUCATION (ACCME®)**

Shifa Foundation has been reviewed by the Accreditation Council for Continuing Medical Education (ACCME®) and awarded Provisional Accreditation for two years as a provider of continuing medical education (CME) for physicians. Accreditation in the ACCME System seeks to assure the medical community and the public that Shifa Foundation delivers education that is relevant to clinicians' needs, evidence-based, evaluated for its effectiveness, and independent of commercial influence.



SHIFA
FOUNDATION
making an effort

SCOPE
SHIFA CENTER OF PROFESSIONAL EXCELLENCE



SIH Participates in 13th Biennial International Conference Organized by Pakistan Society of Nephrology



A delegation of three consultant nephrologists of Shifa International Hospital (SIH) participated in the 13th Biennial International Conference of Pakistan Society of Nephrology (PSN) held at Serena Hotel Quetta from **18th to 20th March 2022**. Dr. Syed Nayer Mahmud, Dr. Danyal Hassan & Dr. Kiran Khurshid participated in the scientific session of the conference as technical speakers. To complement their efforts, an exhibition stall was set up to further increase awareness about the Shifa Organ Transplant Program and eShifa Home Health Services among the local community of Nephrologists, Urologists, and relevant government officials. Enhancement material related to the organ transplant program was also distributed. The annual PSN conference was also attended by relevant academic faculty, & postgraduate students from Quetta and other cities. One of the key objectives of the Quetta visit was to look for engagement opportunities with government and private institutions, and other relevant stakeholders for the enhancement of healthcare for kidney transplant patients and their caregivers. Shifa's team also visited Quetta LPP to assess the feasibility of Tele-consultation services, especially for pre and post transplants workup and diagnostics. Leading physicians of Quetta and Provincial Health Minister Baluchistan also attended a Hi-Tea gathering arranged by Shifa International Hospital's team.



LEADS Training Program by HUMAN RESOURCE DEPARTMENT, SIH



Monthly Employees' Appreciations by HUMAN RESOURCE DEPARTMENT, SIH



Nurse of the Month
Ms. Kajal



Nurse of the Month
Mr. M. Zubair Khan



Employee of the Month:
Mr. Mudassar Khan



Employee of the Month
Mr. Asghar Baig



Farewell
Mr. M. Banaras



Farewell
Ms. Kalsoom Akhtar

The ongoing Leadership Development Program- Leading-self, Engaging others, Achieving results, Developing coalitions and System transformation, (LEADS) of Shifa's HR-Training department held many important sessions for the employees of Shifa International Hospital with a purpose to boost their skills and abilities.

Finance for Non-Finance Professionals: The objective was to equip non-financial personnel with the knowledge of financial management. This session will not only help the individuals in managing their personal finances in an effective way but will also help them to contribute positively to their departmental financial moves.

Team Building & Employee Engagement Creating a Culture of Service Excellence: This session will help to increase employee's motivations and nurture a successful company culture.

Effective Delegation & Performance Management Skills: Efficient delegation aids managers to cultivate, empower and stimulate their teams which is vital for employee development and retention. It also empowers individuals to take on responsibilities and contribute more to organizational success.

Personality Development, High Impact communication & Presentation skills: The objective of the session was individual focused. The session revolved around developing an influencing personality and presentation skills.

HEALTHCARE EDUCATION DEPARTMENT Organizes Guest Lectures on PERSON-CENTERED CARE, QUALITY, AND PATIENT SAFETY

International nursing and midwifery experts from the United Kingdom (UK) were invited to share knowledge and expertise with SIH nurses. Emeritus Professor Dr. Barbara Parfitt and Mrs. Gwyneth Ratcliffe who is the divisional lead for quality and patient safety in NHS Wales, UK spoke about core values of person-centered care and the benefits of developing a therapeutic relationship with patients. The event was attended by SIH nurses and nursing managers.

Dr. Monette B Brombuela, the Chief Nursing Officer SIH while addressing the guest lecture stressed the importance of the professional development of nurses and the need to update current trends for the betterment of nursing practice. Meanwhile, Mr. Sulman Siddique, HOD, Healthcare Education Department thanked Shifa leadership for their commitment to enhancing nursing and allied health professionals' knowledge and competence.



Food & Nutrition Services Department, SIH observes Nutrition Month



Nutrition month is celebrated every March. It's an annual campaign created by the Academy of Nutrition and Dietetics. This year the theme is "world of flavors", celebrating flavors from the culture around the world is a tasty way to nourish ourselves and appreciate our diversity. Food and nutrition services department Shifa International Hospital aimed to bring attention and public awareness to the importance of making informed food choices and developing sound eating and physical activity habits.

Shifa College of Dentistry organized an interactive workshop on Cone Beam Computed Tomography (CBCT)



The Department of Research & Forensic Odontology, Shifa College of Dentistry (SCD) organized an interactive workshop on Cone Beam Computed Tomography (CBCT) on 11th of February 2022. Postgraduate residents and dentists from 12 different Dental Colleges across the country participated in the workshop.



زکوٰۃ سے متعلق اہم معلومات (شفا اسلامک سینٹر)

رمضان المبارک کی آمد سے قبل زکوٰۃ سے متعلق سوالات کے بڑھتے ہوئے رجحان کو مد نظر رکھتے ہوئے شفا اسلامک سینٹر نے زکوٰۃ سمینار کا اہتمام کیا۔ پروفیسر خلیل الرحمن چشتی صاحب کو اس سمینار میں مدعو کیا گیا جو کہ فقہ اسلامی میں پائے جانے والے جدید مسائل اور ان کے حل پر دسترس رکھتے ہیں۔ انہوں نے اپنے بیان میں زکوٰۃ سے متعلق مندرجہ ذیل معلومات فراہم کیں۔

سونا، چاندی یا کرنسی پر کتنی زکوٰۃ لازم ہے؟

سونا، چاندی یا کرنسی اگر سال بھر یعنی 355 دن تک موجود رہی اور اسکی مقدار نصاب (یکم اپریل، 2022 کے مطابق سونے کا نصاب 10,05555 یا چاندی کا نصاب 89,195.08 روپے) سے زیادہ ہے تو اس پر 2.5 فیصد زکوٰۃ کی ادائیگی لازم ہے۔

برنس اور کمرشل انویسٹمنٹ پر کتنی زکوٰۃ لازم ہے؟

برنس اور کمرشل انویسٹمنٹ: ہر سال اسکی قدر کا اندازہ کر کے اس پر 2.5 فیصد زکوٰۃ ادا کی جائے گی۔ ذاتی گھر جو رہائش کے لئے ہو اور گارڈیاں جو ذاتی استعمال کے لئے ہو اس پر کوئی زکوٰۃ نہیں ہے۔

زمین کی پیداوار پر کتنی زکوٰۃ لازم ہے؟

جب بھی زمین کی فصل کاشت کی جائے اور غلہ 20 من سے زیادہ ہو تو بارانی زمین کی پیداوار پر 10 فیصد جبکہ نہری یا ٹیوب ویل سے سیراب ہونے والی زمین پر 5 فیصد زکوٰۃ ادا کی جائے گی۔



Ask from A Doctor

DR. ATHAR NIAZ RANA
Consultant Allergy & Immunology



All you want to know about Pollen Allergy

What is Pollen allergy?

Pollen is a very fine powder produced by trees, shrubs, herbs, and grasses with the arrival of spring. Many people have an adverse immune response when they breathe in pollen. This is a modified response of the body against the foreign particles entering from outside. The body begins to make antibodies to stop these particles and retains a memory of them. The antibody produced by the body decides that this pollen is not good for the body's health. The immune system normally defends the body against harmful invaders such as viruses and bacteria to fend off illnesses. Some individuals have pollen allergies around the year, while others only have them at certain times of the year.

Can pollen allergies be hereditary?

Most allergies are hereditary. The patient's parents, grandparents, uncles, and cousins already have this genetic information and this makes one an allergic person called an **Atopic individual**. One does not have symptoms and are **Atopic individual** all over the life without any symptoms.

What precautionary measures can be adopted to avoid pollen allergy?

The best solution to protect yourself from allergies is to avoid something you are allergic to. If you have a pollen allergy, you should avoid a place where there is pollen. If you prefer to stay indoors rather than outside, the chances of allergies are reduced. People who have allergy symptoms in the same season should start using the medicine they used last year from February 15. Wearing a dust mask when pollen counts are high & closing doors and windows when pollen counts are high.

Vaccinations or Allergy Shots

Usually, immunotherapy is recommended to an allergy patient which involves a series of injections for the patient to get rid of the allergy. These shots modify the patient's immune system's response to the allergen, helping to reduce the severity of your allergic reactions.

What facilities does Shifa International Hospital provide to treat allergies?

The Allergy Department at Shifa International Hospital has all the means and resources for the treatment that allergy patients need. It basically involves interviewing the patient and taking their history and their family history, looking at their symptoms, and then testing them and thus they are treated after being diagnosed.

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.



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Write to Us:

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