



Shifa
International
Hospitals Ltd.

Monthly

NEWSLETTER

SHIFA SPEAKS



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SCOPE organizes the

INTERNATIONAL ANNUAL MEDICATION MANAGEMENT CONFERENCE

in collaboration with Shifa's Department of Pharmacy

Shifa Center of Professional Excellence (SCOPE) organized the International Annual Medication Management Conference (AMMC-Shifa 2022) in collaboration with the Department of Pharmacy Services—Shifa International Hospitals Ltd, Islamabad. This hybrid conference was conducted under the theme of "Pharmacy united in action for a healthier world," a theme coined for this year's World Pharmacist Day celebrations by the International Pharmaceutical Federation—FIP.

The Chief Guest, Dr. Manzoor H. Qazi (Chief Executive Officer, Shifa International Hospitals Ltd), welcomed the conference attendees by appreciating pharmacists for their tireless work and said that "pharmacists are truly making a difference and impact on the patient's health".



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Shifa International Hospital marks **WORLD HEART DAY** by arranging

Live Facebook Interactive Session with Cardiologists

Facebook Live session was conducted to raise awareness on issues about heart health. Dr. Asad A. Saleem (Consultant Cardiologist & Electrophysiologist and Chief of Cardiology) and Dr. Asaad Akbar Khan (Consultant Interventional & Structure Heart Cardiologist) responded to Questions on general heart health and specifically talked about their areas of expertise including irregular heartbeat and minimally invasive heart procedures respectively.



Shifa International Hospital **ORGANIZES HEART SCREENING CAMP** for Journalists in Mardan Press Club

Shifa International Hospital organized a free heart screening camp for the members of the Mardan Press Club. A total of 29 journalists were given free consultations and lab tests.

A medical team from Shifa International Hospital, led by Family Physician Dr. Muhammad Jawad of eShifa checked the journalists. Mayor Mardan Himayat Ullah Mayar was the chief guest on the occasion.

Speaking on the occasion, Himayat Ullah Mayar lauded the efforts of Shifa International Hospital and said that such camps should be held frequently to spread awareness among the people regarding different diseases.

In his welcome address, Mardan Press Club President Musarat Khan Aasi thanked the medical camp of Shifa International Hospital for holding the camp for journalists.



ڈینگ کی کیا ہے؟ اس سے بچاؤ کی تدابیر کیا ہیں؟



Ask from
A Doctor

Prof. Dr. Ejaz Ahmad Khan
Consultant Infectious Disease



QR کوڈ اسکلین کریں اور
معلوماتی ویڈیو دیکھیں



NURSING ACTIVITY WEEK: CALL FOR "HELP"

The Nursing Division of Shifa International Hospital (SIH) organized a Call for "Help" Nursing Activity Week. Dr. Monette B. Brombuela, Chief Nursing Officer, along with Mr. Taimoor Shah, Chief Operating Officer, nursing managers, and a representative from the Quality Department, visited all inpatient clinical areas, including critical areas, the emergency department, dialysis, and wards. Mr. Taimoor Shah, Chief Operating Officer, & Dr. Monette B. Brombuela, Chief Nursing Officer addressed the participants and encouraged them to speak up and call for "HELP." Nursing interns, BScN interns, and new member nurses were among the participants.



The main purpose of organizing this activity was to expressly request "HELP" if any clinical difficulties arise. Motivational speeches were delivered to emphasize mentorship and problem-solving abilities. Every clinical round ended with a cake-cutting ceremony to motivate the staff. A colloquium was also planned for participants so that they can voice their concerns and be encouraged to speak up to close communication gaps in all clinical and operational activities. Participants' enthusiasm was overwhelming.



Shifa International Hospital celebrates **WORLD PATIENT SAFETY DAY** under the theme **"MEDICATION SAFETY IS THE HEART OF PATIENT SAFETY"**

On World Patient Safety Day, Shifa International Hospitals Ltd. organized an awareness session to highlight the threat of unsafe healthcare and its long-term consequences. Chief Guest Dr. Quaid Saeed, CEO of Islamabad Healthcare Regulatory Authority (IHRA) emphasized focusing efforts on system-based improvement and avoiding errors to ensure patient Safety in Healthcare. 'Medication Safety' has been selected as the theme for World Patient Safety Day 2022, with the slogan 'Medication Without Harm'. Shifa International Hospitals acknowledged the frontline care providers to continue their efforts with further zeal and zest.



Shifa International Hospital celebrates WORLD OSTOMY AWARENESS DAY

Shifa International Hospital celebrated World Ostomy Day with the purpose of spreading awareness among the masses regarding Ostomy. This day is celebrated to raise awareness among patients and physician communities so that the patients at home can receive better care and live a normal life



DR. ARIF MALIK
Consultant General
Surgeon



What is an ostomy?

An ostomy is a surgical procedure that creates a temporary opening in the abdomen to allow feces or urine to exit into an external pouch attached to the abdomen. An ostomy can be temporary or permanent depending on the underlying condition or diagnosis.

Under what conditions ostomies are required?

Patients of all age groups may need an ostomy. Some birth defects, like Hirschsprung's disease, caused by the absence of nerve cells in the large intestine of children, is treated with a temporary ostomy in the first phase. This is reversed in the second phase. Children with ostomies can live healthy lives and achieve their goals. In adults, inflammatory conditions of the intestine like Ulcerative Colitis and Crohn's disease, lead to abdominal pain, blood in the stool, or frequent visits to the washroom. In these cases, if medications do not work, an ileostomy, or colostomy is made after removing the diseased intestine to relieve symptoms or treat any complications.

How do ostomies benefit patients and improve the quality of their life?

Ostomies are completely manageable. They do not inhibit the lifestyle patient had before the diagnosis. The patient can still dress however he wants. Most of all, it will remove the disease, decrease the likelihood of metastasis and recurrence immensely, and give back life to the patient. Many individuals around the globe have been doing their professional jobs with ostomies and have not let this disease hinder them from achieving their life goals. Cancer in the large or small intestine can also require a surgical procedure of ostomy, which can be life-saving for the patient. Patients with such a diagnosis can get a normal and healthy life back. Awareness about ostomy among the physicians & paramedical staff other than the general population is very important because it will help the patients to get access to better health care.



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