

## SHIFA CELEBRATES INTERNATIONAL NURSES DAY 2023

**A**t Shifa International Hospital, Nurses' Day is traditionally celebrated with a lot of enthusiasm and passion to recognize and appreciate nurses' contribution, sacrifice and commitment to the profession and patient care. This year the event was graced by the Chief Guest, Ms. Clara Pasha, a senior nursing leader in Pakistan along with Dr. Zeeshan Bin Ishtiaque, Chief Executive Officer, Dr. Khawaja Junaid Mustafa, Chief Medical Officer, Mr. Malik Muhammad Uzair, General Manager HR and the senior management of Shifa International Hospital.

Dr. Monette B. Brombuela, Chief Nursing Officer of Shifa highlighted the significance of the theme of International Nurses Day 2023 "Our Nurses, Our Future". Dr. Zeeshan Bin Ishtiaque appreciated the dedication of nurses at Shifa and motivated nurses to invest in their professional development to become invaluable to the healthcare community. Dr. Khawaja Junaid Mustafa and Mr. Malik Muhammad Uzair also expressed their heartfelt appreciation for the hard work of nurses. The management of the hospital pledged to continue to make Shifa a state-of-the-art healthcare institution where nurses are transformed from invisible to invaluable. Dr. Clara Pasha, the Chief Guest inspired nurses by sharing her journey and the steps she took to become a leading nursing figure in Pakistan.



بغیر سرجری گردے کی پتھری سے نجات



جدید ESWL ٹیکنالوجی کے ذریعے  
گردے کی پتھری کا خاتمہ

سر دوز

- اعلیٰ تربیت یافتہ اور تجربہ کار ٹیم کی زیر نگرانی علاج
- بغیر کسی بڑے کٹ آپریشن کے علاج
- پروسیجر انجام دینے کے دن ہی ہسپتال سے گھر واپسی



# SHIFA OBSERVES “WORLD ASTHMA DAY” BY ARRANGING A SYMPOSIUM



Shifa International Hospital and Shifa Centre of Professional Excellence (SCOPE) organized a symposium on World Asthma Day under the theme of "Asthma Care for All". The symposium focused on understanding the complexities and challenges of asthma management and was attended by consultant physicians, pulmonologists, pediatricians, postgraduate trainees and respiratory therapists.

Dr. Zeeshan Bin Ishtiaque, Chief Executive Officer of Shifa International Hospital appreciated the efforts of the Pulmonology Department and Respiratory Therapy team in conducting a successful symposium.

Dr. Khawaja Junaid, Chief Medical Officer, Shifa and Mr. Taimoor Shah, Chief Operating Officer, Shifa were also present on the occasion. Guest of Honor, Professor Dr. Naghman Bashir, General Secretary of Pakistan Chest Society said that knowledge and life-long learnings are the keys to success and appreciated the efforts of Shifa International Hospital in taking such initiatives to play its role in the region.

Speakers of the symposium included Dr. Yasser Masood, Consultant Pediatrician, Dr. Atta Ullah Khan, Consultant Pediatrician, Dr. Jaffar Khan, Fellow Critical Care, Dr. Aftab Akhtar, Consultant Pulmonologist, Dr. M. Abdul Quddus Anwar, Consultant Pulmonologist and Dr. Murtaza Kazmi, Consultant Pulmonologist.



## MS. SALWA AHSAN, CHIEF OF PHARMACY AT SHIFA OBTAINS CERTIFIED PHARMACY EXECUTIVE LEADER (CPEL<sup>SM</sup>) CERTIFICATION FROM THE AMERICAN SOCIETY OF HEALTH-SYSTEM PHARMACISTS (ASHP) – USA

We are excited to announce that Ms. Salwa Ahsan, Chief of Pharmacy at Shifa has recently obtained the esteemed Certified Pharmacy Executive Leader CPEL<sup>SM</sup> certification from the American Society of Health-System Pharmacists (ASHP) - USA. She has not only become part of the first international cohort for this course but also holds the distinction of being the first Pakistani pharmacist to attain this prestigious certification.

Achievement of the CPEL credential is based on demonstration of validated professional and leadership competencies in professionalism, leading people, leading the pharmacy enterprise and leading within and across complex healthcare systems. The CPEL credential also demonstrates the Shifa's commitment to achieving and maintaining excellence in pharmacy leadership.

Ms. Salwa Ahsan is PharmD and also holds a degree in MBA-Health & Hospital Management and is certified in Medication Safety and Pharmacy Informatics from ASHP-ISMP (USA).





## SHIFA CONDUCTS BREAST CANCER AWARENESS SESSIONS

Glimpses of Shifa International Hospital's enlightening breast cancer awareness sessions at Women University Rawalpindi, Hum Network Ltd., One Network and FWO. The ongoing awareness campaign of Shifa is empowering & uniting women against breast cancer through the power of education.



## SCMT IN COLLABORATION WITH THE CARDIOLOGY DEPARTMENT, SHIFA CONDUCTS INTER-DEPARTMENTAL WORKSHOP ON THE APPLICATION AND INTERPRETATION OF ELECTROCARDIOGRAM (ECG)

**S**hifa College of Medical Technology, in collaboration with the Cardiology Department of Shifa International Hospital, recently conducted a comprehensive inter-departmental workshop on the interpretation and application of the electrocardiogram (ECG). The workshop was led by Dr. Muhammad Kashif Jan, Consultant Cardiologist and his team.

The workshop aimed to equip students with the knowledge and skills necessary to accurately understand an ECG for diagnosing and managing various cardiac conditions. The presenters highlighted the basics and interpretation of ECG for addition to understanding and identifying the basic cardiac pathologies, including arrhythmias, heart blocks, and myocardial infarcting and conduction abnormalities. The workshop provided a platform for students to enhance their clinical expertise and foster their ability to make informed decisions in real-world medical scenarios.





Ask from **A Doctor**

**Dr. Maaz Bin Badshah** (Consultant Gastroenterologist)



## ALL YOU NEED TO KNOW ABOUT DIGESTIVE WELL BEING

**Q1: What are some common digestive disorders or diseases that people should be aware of?**

• Conditions such as Gastroesophageal Reflux Disease (GERD), Irritable Bowel Syndrome (IBS), Gastritis, Peptic Ulcers, and Gallstones are among the digestive disorders that individuals should be aware of. Additionally, more serious conditions like Crohn's Disease, Ulcerative Colitis, Colorectal Cancer, Hepatitis and Pancreatitis require attention and awareness. By recognizing these conditions, individuals can seek timely medical advice and take proactive steps to maintain a healthy digestive system.

**Q2: What are the main causes of digestive problems and how can they be prevented?**

• Unhealthy dietary choices, lack of physical activity, stress, smoking, excessive alcohol and certain medications can contribute to digestive issues. To prevent them, focus on a balanced diet, regular exercise, stress management, quitting smoking, reducing alcohol intake and using medications wisely. These steps promote a healthy digestive system and overall well-being.

**Q3: How does diet and nutrition impact digestive health?**

• Diet and nutrition directly impact digestive health. Fiber promotes regular bowel movements, hydration aids smooth digestion, balanced macronutrients support energy and nutrient absorption, probiotics maintain a healthy gut microbiome and avoiding trigger foods prevents discomfort. These choices contribute to optimal digestive health and overall well-being.

**Q4: Can you provide some tips for maintaining a healthy digestive system?**

- Eat a fiber-rich diet with fruits, vegetables and whole grains.
- Stay hydrated by drinking enough water throughout the day.
- Balance your macronutrient intake (carbohydrates, proteins, and fats) for optimal digestion.
- Incorporate probiotics through foods or supplements to support a healthy gut microbiome.
- Limit or avoid trigger foods that can cause digestive discomfort.
- Practice portion control to prevent overloading the digestive system.
- Manage stress levels through exercise meditation, or relaxation techniques.
- Engage in regular physical activity to support overall digestive health.

**Q5: Are there any specific screenings or tests that can help detect digestive issues early?**

To detect digestive issues early, specific screenings and tests include:

- Colonoscopy: Examines the colon for abnormalities.
- Endoscopy: Evaluates the upper gastrointestinal tract.
- Stool tests: Detects blood or abnormalities.
- Imaging tests: Provides detailed images of the digestive system.
- H. pylori testing: Identifies the presence of H. pylori bacteria.
- Lactose intolerance tests: Diagnoses lactose intolerance.
- Liver function tests: Assess liver health.



**Shifa**  
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شفا انٹرنیشنل ہسپتال کی معیاری نرسنگ سروسز آپ کے گھر پر

eShifa مریضوں کی انفرادی ضروریات کو مد نظر رکھتے ہوئے ایسے تمام مریضوں کے لیے معیاری نرسنگ سروسز فراہم کر رہا ہے جو گھر سے باہر نہیں جاسکتے یا گھر پر ہی سروسز حاصل کرنا چاہتے ہیں۔

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