

## SHIFA INTERNATIONAL HOSPITAL CELEBRATES PAKISTAN'S INDEPENDENCE DAY

Shifa International Hospital celebrated Pakistan's 76th Independence Day with a vibrant flag-hoisting ceremony, embodying the spirit of patriotism and unity. The event, which took place on the hospital premises, brought together the management, staff, and community members to celebrate the nation's progress and freedom. Distinguished guests, including Mr. Awais Ahmad, DIG Islamabad Police, and Mr. Afnan Alam, Member of the Capital Development Authority, graced the occasion. Mr. Taimoor Shah, Chief Operating Officer of Shifa International Hospital, expressed in his welcome note that the hospital takes immense pride in its tradition of commemorating Independence Day with a flag-hoisting ceremony. He also reaffirmed the hospital's commitment to providing quality healthcare services to the nation.



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## SHIFA INTERNATIONAL HOSPITAL CONDUCTS AWARENESS SESSION ON ERGONOMICS AT SERENA HOTEL ISLAMABAD

In a collaboration, Shifa International Hospital conducted a transformative workshop tailored for the employees of Serena Hotel Islamabad, focusing on the intricacies of Ergonomics. The workshop named 'Elevating Workplace Comfort & Amplifying Productivity through Ergonomics,' garnered an enthusiastic and diverse audience, all eager to explore the potential of this scientific discipline.

Speaker, Syed Ali Zaidi, a distinguished Physiotherapist at Shifa International Hospital, engaged the attendees with an illuminating discourse on the paramount significance of Ergonomics. This multidisciplinary science revolves around the art of sculpting workspaces to seamlessly align with the innate requirements of the human body. As Mr. Zaidi adeptly emphasized, this discipline wields the power to not only heighten employee well-being but also to supercharge productivity.

He explained how a thoughtfully constructed ergonomic setup is a cornerstone of physical comfort, strategically curbing the likelihood of injuries and strains. This translates into a workforce that is not only healthier but also considerably more content, forming the bedrock of sustained workplace dynamism and positivity.



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## SHIFA INTERNATIONAL HOSPITAL CONDUCTS A HIGHLY INFORMATIVE BREAST CANCER AWARENESS SESSION AT THE MOBILINK MICRO FINANCE BANK HEADQUARTERS IN ISLAMABAD

As part of an ongoing campaign dedicated to fostering awareness about breast cancer, an enlightening session recently unfolded its chapters. Guided by Dr. Arooj Akram, a lead in Women's Health Awareness, the event resonated with a singular objective: to illuminate and embolden women, nurturing a culture of self-care and wellness. A parallel spotlight was cast on urinary incontinence in women, elucidated by Miss. Sadia Aftab, a seasoned physiotherapist at Shifa International Hospital.

During the session, Dr. Arooj delivered a captivating and comprehensive presentation, covering important topics such as breast cancer, fibroids, and the available treatment options in Shifa International Hospital.





# SCOPE Organizes Subfertility Awareness and Intrauterine Insemination Workshop



The Subfertility Awareness and IUI Workshop led by Dr. Farzana Noor, Consultant Obstetrician / Gynaecologist at Shifa International Hospital aimed to improve healthcare professionals' and participants' knowledge and skills in dealing with subfertility. Renowned experts like Prof. Dr. Rashid Latif, Dr. Shazia Fakhra, Dr. Haroon Latif Khan, Dr. Rohina Gul, and Mr. Kouser Siddique shared insights. Topics included female subfertility workup, IUI stimulation protocols, and male subfertility treatment. The workshop successfully enhanced participants' understanding through engaging sessions and promoted collaboration among healthcare professionals in subfertility management.



## SHIFA INTERNATIONAL HOSPITAL & ZEM BUILDERS SIGN MOU

Under this MoU, the employees of ZEM Builders will be entitled to exclusive discounts for medical services at Shifa International Hospital. Similarly, staff members of Shifa International Hospital can benefit from discounted rates when investing in real estate projects undertaken by ZEM Builders.



## HUMAN RESOURCE & DEVELOPMENT DEPARTMENT OF SHIFA SUCCESSFULLY EXECUTES THE "CLOSING CEREMONY" OF LEADS PROGRAM-6TH BATCH

LEADS program broadly covers five aspects of individual development i.e. Leading-Self, Engaging Others, Achieving Results, Developing Coalitions, and System Transformations. During this program, the participants have undergone rigorous training and development to enhance their leadership skills. Shifa optimistically believes, that these skills are crucial not only for an individual but for organizational progress.





## SHIFA INTERNATIONAL HOSPITAL'S CARDIOLOGY TEAM PERFORMS THE "1ST LIVE CASE IN PAKISTAN" USING THE MOST ADVANCED "ROTAPRO" TECHNOLOGY

The cardiology team at Shifa International Hospital performed the "1st Live Case in Pakistan" using the most advanced "RotaPRO" technology. The case was performed by Dr Asaad Akbar Khan and was done under the umbrella of Pakistan Society of Interventional Cardiology (PSIC). This was the first time a practical demonstration of this advanced technology was shown during a live case in Pakistan. It was transmitted to 13 centers across Pakistan as well as USA and Europe where several physicians were trained in the highly complex skill. This is an advanced method of Plaque modification whereby dense calcium in heart arteries is cleaned by a rota burr which is covered with small diamond chips. With the help of this advanced technique, patients who have been deemed unfit for angioplasty and referred for Cardiac bypass surgery can be treated successfully with good long term outcomes. Dr. Asaad Akbar Khan has performed the highest number of Rotablation Angioplasty procedures in Pakistan for three years in a row (2020-2023) for patients in need of this advanced treatment. Dr. Asaad has trained many physicians in the United States and is now a proctor/ lead trainer of Pakistani doctors for structural heart interventions and complex coronary interventions including rotablation-assisted angioplasties. He is also serving as an international proctor for Medtronic and Boston Scientific for the entire Middle East & North African region (MENA).



## SHIFA'S HISTOPATHOLOGY DEPARTMENT INTRODUCES THINPREP® CYTOLOGY

The Histopathology Department of Shifa International Hospital is proud to introduce ThinPrep® (Liquid-based, LBC) cytology. This innovative technique is set to redefine gynae & non-gynae cytology sample preparation and interpretation. ThinPrep® Cytology's significance lies in its precision, reducing false negatives, enhancing clarity, increasing sample quality, ensuring uniform cell distribution, allowing for ancillary testing (HPV), improving reproducibility, and streamlining workflow for accurate diagnoses. This milestone reflects our commitment to healthcare excellence. Histopathologists underwent in-person training led by the accomplished foreign instructor, Stefan-Caludiu from Romania. A didactic multihead discussion on slides depicting normal, reactive, infectious, low-grade, high-grade, glandular, and carcinoma cases was part of the instruction. This training has elevated our expertise in ThinPrep® Cytology, reinforcing our dedication to cutting-edge diagnostics.



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**Shifa International Hospitals Ltd.**

📍 Sector H-8/4, Islamabad, Pakistan.

☎ :051-8464646

**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**

**Saima Jabbar (Editor) | Mansoor Ali Khan (Sub-Editor)**