



Monthly

NEWSLETTER

SHIFA SPEAKS

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A MESSAGE FROM DR. ZEESHAN BIN ISHTIAQUE, CHIEF EXECUTIVE OFFICER



Wishing You

*A Healthy And Joyful
New Year*



Assalam-o-Alaikum TEAM!

When I was approached to write this message on the eve of year 2024, I thought for a while before picking up the pen that what has been most striking and phenomenal thing throughout Shifa's history? Or in any given year?

Honestly, the answer has never been different whenever I have reflected upon this question. No wonder, it was the same this time too – TEAM.

Shifa's story has many dazzling colors to offer – from vision to commitment, from challenges to accomplishments, from braving the pandemic to keeping the business afloat, from training the youth to retaining the skilled human resource, from pursuing vertical quality to undertaking horizontal expansion – name a situation and you can find Shifa International Hospital managing the same at some point of time. Our 3-decades history is quite eventful.

Yet no one can be wronged in naming TEAM as the single most phenomenal happening of these 30 years. Years after years and in any given year!

We have achieved only what we could as a TEAM. We take decisions and pursue our goals as a TEAM. We won laudations as a TEAM. Whenever we have earned an honor we earned it as a TEAM. No one claimed individual credits. If ever we failed in something, we claimed the responsibility as a TEAM to rectify and move on. No one blamed an individual.

So have a blessed new year, TEAM. This TEAM is going for the consecutive third JCI reaccreditation drill. I wish you a very blessed 2024 and a great Team Success in upcoming survey. May every one of you stay safe, healthy and prosperous in your professional and personal lives.

Your Teammate

Zeeshan Bin Ishtiaque



SHIFA AUTISM CLINIC
STEP BY STEP FOR A BETTER LIFE

**COMPREHENSIVE AND COMPLETE
AUTISM CARE UNDER ONE ROOF**

OUR TEAM OF EXPERTS



Psychiatrist



Speech Therapist



Occupational Therapist



Child Neurologist



Psychologist



Physiotherapist



Child Specialist



Behavioral Therapist



Shifa International Hospitals Ltd.



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PULMONOLOGY DEPARTMENT OF SHIFA INTERNATIONAL HOSPITAL CONDUCTED A HANDS-ON WORKSHOP ON CHEST DRAIN MANAGEMENT IN COLLABORATION WITH THE RESPIRATORY THERAPY AND NURSING DEPARTMENTS



The workshop, which drew more than 100 participants, aimed to introduce a new Chest Drain Care Bundle policy recently adopted at Shifa International Hospital. Dr. Arif Malik, Director Clinical Risk Management at Shifa International Hospital emphasized the crucial role of proper Chest Drain Management in enhancing patient outcomes. Dr. Murtaza Kazmi, HOD Pulmonology Department, provided a comprehensive introduction to Chest Drain Management, covering essential concepts & laying the groundwork for further discussions. Master trainers including doctors, respiratory therapists & nurses delved into key aspects, explaining their roles in Chest Drain Management to ensure a thorough understanding among participants. Dr. Khawaja Junaid Mustafa, Chief Medical Officer, Shifa International Hospital, commended the collaborative efforts of the participating departments in organizing this vital training workshop. Mr. Umer Farooq, Acting Chief Nursing Officer, Shifa International Hospital, pledged to enhance Chest Drain Management practices for superior patient care. The commitment from key stakeholders reflects the dedication of the institution to continually improve and provide the highest standards of medical care.

Shifa International Hospital Celebrated **COMPLETION OF 125 ROTABLATION ANGIOPLASTY PROCEDURES**

The ceremony was held to celebrate a significant milestone of performing 125 Rotablation Angioplasty procedures. Rotablation Angioplasty is a minimally invasive procedure to treat blocked arteries without the use of a major surgical incision. This latest technique allows patients to recover early with less hospital stay and has lesser chances of infections. The event was attended by Dr. Habib Ur Rehman, Chairman Shifa Board of Directors, Dr. Zeeshan Bin Ishtiaque, Chief Executive Officer, Shifa International Hospital and Dr. Khwaja Junaid Mustafa, Chief Medical Officer at Shifa International Hospital along with the entire fraternity of Cardiology & Cardiac Surgery Departments.

Under Dr. Asaad Akbar Khan's Supervision, the Cardiology team of Shifa International Hospital has performed the highest number of Rotablation cases in Pakistan by any healthcare facility since 2019. Shifa's Cardiology team is comprised of a dedicated and highly qualified heart specialists offering solutions ranging from common to complex with an emphasis on patient care, trust, and ethical practices. Dr. Asaad Akbar Khan 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 International Hospital *inaugurated the latest* **FLUOROSCOPY MACHINE**

Shifa International Hospital proudly inaugurated its latest Fluoroscopy machine, replacing the older version & marking a significant upgrade to our existing fluoroscopy services.





Psychiatry Department of Shifa International Hospital launched the **SCHOOL MENTAL HEALTH PROGRAM, DESIGNED TO CULTIVATE THE MENTAL WELL-BEING OF STUDENTS**

Psychiatry Department of Shifa International Hospital launched the School Mental Health Program, designed to cultivate the mental well-being of students. The event welcomed Principals & Coordinators from various schools, both private & public sectors, including Supernova School, Pak Turk International, Beaconhouse, Froebel's International School, Westminster International School & Islamabad Model College for Girls. The School Mental Health Program was introduced to raise awareness about mental health in schools, creating an environment that supports & nurtures student's emotional well-being. Dr. Abdul Wahab Yousafzai, Consultant Psychiatrist emphasized the significance of mental health in school children for their overall development. Dr. Nosheen Kazmi, Associate Consultant Psychiatrist & Pioneer of the School Mental Health Program discussed the challenges faced by school children, teachers & parents. She emphasized that a sustainable mental health program is the next step to achieve & strengthen this journey. Ayesha Tariq, Clinical Psychologist, explained strategies for nurturing young minds through educational support & specialized diagnostic techniques for mental health issues available at Shifa's Psychiatric Department. In closing remarks, Dr. Zeeshan Bin Ishtiaque, CEO of Shifa International Hospital, emphasized the importance of continuous & proactive measures to promote mental health in schools.



Dr. Maimoona Siddiqui, HOD & Consultant Neurology Department, Shifa International Hospital, received the Neurology Advocacy & Awareness Award from Pakistan Society of Neurology at 23rd International Neurology Update Conference in Karachi.



SHIFA INTERNATIONAL HOSPITAL HOSTED A NURSING TOWN HALL MEETING

The Nursing Town Hall provided a platform for the esteemed staff nurses of Shifa International Hospital to stay abreast of the organization's recent advancements, and upcoming initiatives, and to voice any questions or concerns.

During the event, video messages from nurses who had previously worked at Shifa International Hospital and are currently employed in different parts of the world, including the Middle East, the UK, the USA, and Canada, were also played. They also watched the Town Hall Meeting session via live streaming on Shifa's Facebook page. The session featured insightful addresses from key leaders, including Mr. Taimoor Shah, the Chief Operating Officer, Mr. Malik Muhammad Uzair, the Director of Operations & M. Umar Farooq, Acting Chief Nursing Officer at Shifa International Hospital.



Shifa Department of Pharmacy Services organized The 3rd Annual Medication Management Conference (AMMC) - 2023

The conference brought together healthcare professionals, experts & enthusiasts for a day of insightful discussions and knowledge sharing. AMMC is a platform for exploring critical topics related to medication management, patient safety & the advancement of healthcare practices.





SHIFA INTERNATIONAL HOSPITAL HOSTED A FIRST-OF-ITS-KIND SEMINAR TITLED "LUNG TRANSPLANT: A HOPE FOR FAILING LUNGS"



The seminar brought together national & international medical experts to explore the transformative potential of this procedure under the leadership of Dr. M. Asghar Nawaz, Consultant Cardiothoracic Surgeon, Shifa International Hospital. Dr. Khalid Rasheed, Consultant Cardiac Surgeon, Shifa International Hospital delivered a welcome note to the attendees. Dr. M. Asghar Nawaz, Activity Director, discussed the feasibility and is optimistic about initiating this first-ever landmark program in Pakistan. International perspectives were shared by the participating esteemed speakers including Dr. Jim Egan, Director of Cardiopulmonary Transplant Dublin, Ireland, Dr. Masaaki Sato, Director Pulmonary Transplant, University of Tokyo & Dr. Vipin Mehta, Cardiopulmonary Transplant Surgeon, Wythenshawe Hospital Manchester UK, providing a global outlook on this transformative medical breakthrough. Dr. Asghar also shared insights into the complexity of lung transplantation, citing UK studies showcasing a remarkable 90% one-year survival rate. He informed that Japanese data further bolstered the optimism with a commendable 62% survival rate over 10 years, gaining global recognition. In addition to international speakers, Dr. Murtaza Kazmi, HOD Pulmonology Department, Shifa International Hospital discussed the burden of lung diseases in Pakistan & Dr. Abdul Quddus Anwar, Consultant Pulmonologist, Shifa International Hospital delivered the presentation on indications for lung transplants. The significance of Extracorporeal Membrane Oxygenation (ECMO) was deliberated by Dr. Salman Ayaz, Consultant Pulmonologist, Services Institute of Medical Sciences, Lahore. Dr. Tahir Aziz, Consultant Immunologist, Shifa International Hospital gave an overview of immunology facilities available at Shifa International Hospital to support the transplant. The seminar was concluded by Dr. M. Asghar Nawaz with an emphasis on advancing healthcare in Pakistan—a significant leap towards better medical care for those with lung issues.

Shifa International Hospital Organized An Awareness Seminar on LUNG CANCER SCREENING AT STATE BANK OF PAKISTAN

Dr. Syed Murtaza Kazmi, Consultant Pulmonologist & Head of Pulmonology Department at Shifa International Hospital who was leading the seminar emphasized the crucial role of early detection in improving the prognosis of lung cancer. The seminar served as a powerful reminder to prioritize health, promoting a culture of awareness and responsibility within the community. Shifa Lung Cancer screening program is designed to empower individuals with the knowledge and tools necessary for early detection.



Grand Opening - eShifa Health Center Bahria Town

eShifa Home Health Services Launches New Medical Center in Bahria Town, Paradise Commercial in collaboration with Dewan Health Group. The grand opening event was attended by esteemed personalities, including leading doctors from Shifa International Hospital & eShifa Home Health Services, a delegation of overseas Pakistanis & members of the local community. Dr. Malik M. Adil, CEO of eShifa Home Health Services, highlighted the existing challenges faced by individuals & families in accessing quality healthcare services in the country. He emphasized the burdens of long-distance travel, its impact on both patients & their families. Mr. Mushtaq Ahmad, CEO of Dewan Health Services, shared his views, emphasizing the need for Pakistan to catch up with neighboring countries in terms of development & elevating healthcare standards. Dr. Zeeshan Bin Ishtiaque, CEO of Shifa International Hospital emphasized on the collective responsibility shared by healthcare institutions, the business community & community leaders in raising healthcare standards. The collaborative efforts between eShifa Home Health Services, Dewan Health Services & Shifa International Hospitals Ltd. signal a united commitment to address the challenges in healthcare delivery & to uplift the standards of healthcare across Pakistan.



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