



Monthly

# NEWSLETTER

SHIFA SPEAKS

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## Shifa International Hospital & eShifa participated in event held by MINISTRY OF FEDERAL EDUCATION & PROFESSIONAL TRAINING ON OCCASION OF WORLD EDUCATION DAY

Shifa International Hospital & its sister organizations (eShifa Home Health Services, Tameer-e-Millat Foundation and Shifa Tameer-e-Millat University) came together for this event to support education awareness. The Shifa Family showcased their commitment by setting up stalls featuring various services. A particularly notable offering was a stall providing free Instant Consultation (Fauree Mashwara) service. The distinguished presence of Pakistan's President, Mr. Arif Alvi, added significance to the occasion, as he visited the Stall to observe the impactful initiatives of the Shifa Family in support of education and elevating healthcare standards of the country.



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## SHIFA INTERNATIONAL HOSPITAL HOSTED TAVI TRAINING TO CATER TRAINING NEEDS OF CARDIOLOGISTS & PHYSICIANS OF PAKISTAN



This training was the first of its kind to cater to the training needs of Cardiologists and Physicians from Punjab, KP and Federal Capital. Dr. Asaad Akbar Khan, Consultant Interventional Cardiologist at Shifa International Hospital was the chief trainer of the training program. The two-day session aimed to introduce & conduct a hands-on training session for the most advanced treatment of AORTIC Stenosis. This advanced procedure allows the replacement of aortic valves utilizing a minimally invasive catheter-based technique instead of an open chest surgery yielding better outcomes. Renowned senior cardiologists & medical technicians, from prestigious institutions across the country, participated in the training session. Dr. Asaad A. Khan has extensive experience in performing such complex procedures in the USA and is among the pioneers in introducing TAVI procedure in the region. Shifa International Hospital, being among the leading hospitals in the country, is committed to introducing such advanced treatment options for Pakistani patients.

## SHIFA INTERNATIONAL HOSPITAL SUPPORTED GLOBAL SYSTEM OF INTEGRATED STUDIES (GSIS) IN INTER SCHOOL SPORTS TOURNAMENT ENTHUSIA 2024



As part of its Corporate Social Responsibility initiative, Shifa International Hospital supported Global System of Integrated Studies (GSIS) in Inter School Sports Tournament ENTHUSIA 2024 with 14 schools participating in the event. By supporting ENTHUSIA 2024, Shifa International Hospital has underscored its belief in the power of sports as a vital component of education, promoting physical health, mental resilience, and teamwork among students. This initiative reflects Shifa's broader vision of a healthier, more vibrant society where young minds and bodies are empowered to reach their full potential. Mr. Muhammad Salam (AGM-HRD) and Mr. Salman Ghani (Sr. Manager HRD-T&D) attended the event opening ceremony on the behalf of Shifa International Hospital.

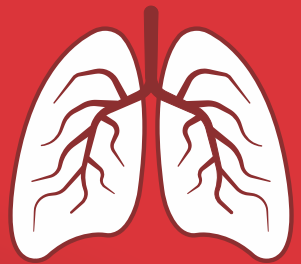
## THE HUMAN RESOURCES DEPARTMENT OF SHIFA INTERNATIONAL HOSPITAL ARRANGED A HEARTFELT FAREWELL FOR THE RETIRING EMPLOYEES

The farewell activity was a tribute to Shifa's retiring individual's contributions and impact on the workplace, as part of Shifa commitment to employee engagement and motivation. The event stood as an evidence to the value placed on each team member, leaving a permanent mark on both the retiring individual and those bidding them farewell.





## Shifa International Hospital held Lung Cancer Awareness Session for Employees of International Committee for Red Cross (ICRC)



The session focused on the risk factors of Lung Cancer and how individuals can mitigate them. The speakers, Dr. Syed Murtaza H. Kazmi, Consultant Pulmonologist at Shifa International Hospital & Dr. Arooj Akram, Women Health Awareness Lead at Shifa International Hospital underlined the importance of early screening and educated the participants about how, in the case of cancer, early screening can reduce the risks of mortality and offer more favorable treatment results. The session was attended by more than 50 participants, both in person in the Islamabad office and online from the Peshawar office. The participants appreciated the efforts of the organizing team and actively participated in the Q&A session.



## SHIFA INTERNATIONAL HOSPITAL'S PHARMACY PRACTICE RESIDENCY PROGRAM EARNED PRESTIGIOUS ACCREDITATION FROM AMERICAN SOCIETY OF HEALTH-SYSTEM PHARMACISTS (ASHP)

Shifa International Hospital's 1-year Pharmacy Practice Residency Program has been endorsed for accreditation by the American Society of Health-System Pharmacists (ASHP), the most prestigious body in the world for pharmacy practice and education. This achievement is not only a milestone for the Department of Pharmacy Services but also holds immense significance for the entire Hospital, our patients, and the country at large. The accreditation affirms that pharmacists trained at our institution adhere to international best practices, both in academia and professional practice. Additionally, it serves as validation for our robust Medication Management and Use systems, ensuring that residents receive comprehensive training to meet the challenges of professional practice, leadership, and research. Shifa's pharmacy residency program provides an opportunity to apply the knowledge and skills a pharmacy graduate has learned during education to real patients, situations, and settings. ASHP accreditation reaffirms Shifa International Hospital's pledge to excellence, ensuring that healthcare professionals trained within its walls adhere to the highest standards, reflecting the institution's core values of innovation, commitment, teamwork, quality, and compassionate service in healthcare.



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AWARENESS**



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& MAXILLOFACIAL  
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OF SHIFA CLINICAL  
RESEARCH CENTER  
IN MEDICAL RESEARCH**



**PODCAST ON  
DIABETES  
AWARENESS**



**LEARNING  
DISABILITIES  
IN CHILDREN**



**DR. EJAZ AHMAD KHAN**

(Consultant Infectious Diseases & Pediatrician)



## ALL YOU NEED TO KNOW ABOUT PNEUMONIA

### What is Pneumonia?

Pneumonia is an infection of the lungs. The infection is usually caused by bacteria or a virus.

The infection causes inflammation (swelling) in your lungs. The air sacs in your lungs can fill up with fluid, making it harder for you to breathe.

### What are the symptoms of Pneumonia?

The symptoms of Pneumonia depend on age, type of organism and any existing immune system problems you may have. The most common symptoms of Pneumonia are:

- **Fever:** A temperature of 38 degree or higher
- **Cough:** Which can be dry or may produce thick mucus
- Difficulty breathing or shortness of breath
- Rapid breathing
- Feeling generally tired and unwell
- Loss of appetite

### What causes Pneumonia?

Pneumonia is caused by an infection of the lungs. Most infections are caused by bacteria or viruses. Pneumonia can be triggered by a cold or the flu, which allows the germs to access to your lungs.

### Bacterial Pneumonia

- Bacterial Pneumonia is commonly caused by the pneumococcal bacteria, called Streptococcus Pneumonia.
- This is one of the common and severe types of Pneumonia.

### Viral Pneumonia

- Viral Pneumonia is caused by different viruses. The most common are:
- Influenza (flu) virus
- Respiratory syncytial virus
- SARS-CoV-2 (The virus that causes COVID-19)

### How is Pneumonia diagnosed?

Doctors diagnose pneumonia mainly by symptoms you have and by examining you.

Tests for Pneumonia include:

- Blood tests
- A chest x-ray

### How is Pneumonia treated?

Treatment will depend on your age and the type of pneumonia you have.

If bacteria have caused your infection, the main treatment is antibiotics. Antibiotics are medicines that kill bacteria. Viral Pneumonia cannot be treated with antibiotics. In most cases, viral Pneumonia needs only supportive care and will clear up by itself.

### Can Pneumonia be prevented?

Prevention is the best protection from pneumonia. Avoiding crowded places, wearing masks, adhering to cough etiquettes and Vaccinations (such as Pneumococcal and influenza vaccines) can help prevent some types of Pneumonia.



**Nurturing New Beginnings**

## Mother Baby Care at Home







Trained postnatal (post birth) caregivers



Advise about stitch care, constipation and bleeding



Tips to help you make quick healthy recovery



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Breastfeeding and newborn care instructions



Optimization of infant temperature

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