



Monthly

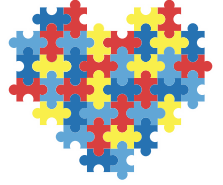
# NEWSLETTER

SHIFA SPEAKS

Volume: 13 | Issue: 08 | April, 2024

## Autism

### Shifa International Hospital Organized **AWARENESS WALK**



The Autism awareness walk was led by the Department of Psychiatry and the Department of Rehabilitation. Autism spectrum disorder is a complex developmental condition involving persistent challenges with social communication, restricted interests, and repetitive behavior. Mr. Taimoor Shah, Chief Operating Officer of Shifa International Hospital on the occasion said that autism acceptance is crucial because it raises understanding, inclusion, and respect for neurodiversity, promoting a society where individuals with autism can thrive without facing stigma or discrimination. Dr. Nosheen Kazmi, Associate Consultant Psychiatrist and Lead Autism Services, highlighted the importance of awareness of autism and how these individuals can be included in society.

Dr. Mehboob Yaqub, Consultant Psychiatrist and Section Head emphasized that unidentified autism in adults has a significant adverse impact on the lives of individuals, their loved ones, and their interactions in professional environments. He stated that a better understanding of autism during childhood can help families plan their lives more smoothly, ultimately resulting in better contributions to society. Mr. Kashif Khan, Associate General Manager of the Rehabilitation Department, highlighted the crucial role of rehabilitation in empowering individuals with Autism Spectrum Disorder to develop essential skills, enhance communication abilities, and achieve independence for a fulfilling and integrated life.



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## SHIFA INTERNATIONAL HOSPITAL HOSTED A LECTURE ON "CLINICAL LOCALIZATION IN NEUROLOGY"



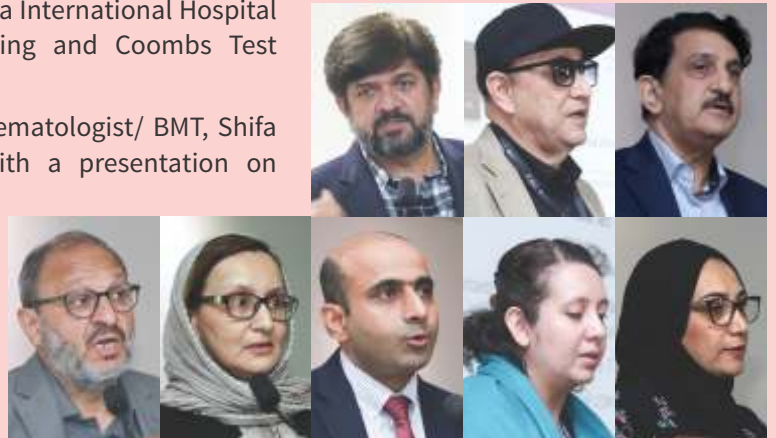
**D**r. Maimoona Siddiqui, Director Medical Education & Shifa Center of Professional Excellence (SCOPE) and Consultant Neurologist, delivered a thorough presentation on the functions of key brain regions. Participants acquired a detailed comprehension of the anatomical underpinnings of neurological symptoms and developed a deeper insight into the varied manifestations of these symptoms across different brain areas.

## NEONATAL/ PERINATAL SEMINAR HELD WITH THEME OF MANAGING NON-RHD ALLOIMMUNIZATION IN PREGNANCY AND NEONATES

**D**r. Shahid Nazir Director Neonatal Intensive Care Unit (NICU), Shifa International Hospital welcomed participants and commenced the event. The seminar featured presentations by experts covering both maternal and neonatal aspects. Dr. Farzana Noor Consultant Obstetrics & Gynecologist, Shifa International Hospital, delved into evidence-based strategies for managing Non-RhD alloimmunization. Dr. Rashed Nazir, Consultant Radiologist, Shifa International Hospital provided valuable insights into the use of Doppler Ultrasound for detecting fetal anemia. Dr. Yasser Masood, Consultant Pediatrician & Neonatologist at Shifa International Hospital shared practical approaches for managing Non-RhD Hemolytic Disease of the newborn. Dr. Ayesha Junaid, Consultant Hematologist, Shifa International Hospital offered a comprehensive overview of antibody screening and Coombs Test interpretation, aimed at improving diagnostic accuracy.

Maj Gen (R) Dr. Tariq Mehmood Satti HI(M), Consultant Hematologist/ BMT, Shifa International Hospitals Ltd. concluded the sessions with a presentation on desensitization methods for women with high Non-RhD antibody titers.

The seminar ended with impactful closing remarks from Dr. Khawaja Junaid Mustafa, Chief Medical Officer & Dr. Ejaz A. Khan, Chief of Pediatrics, Shifa International Hospital recognizing the significant contributions of both speakers and participants toward advancing perinatal care.



## SEMINAR TITLED "A TOUGH PROBLEM TO SWALLOW: ACHALASIA" HELD AT SHIFA

**D**r. Muslim Atiq, Consultant Gastroenterologist & Hepatologist at Shifa International Hospital, extended a warm welcome to attendees, emphasizing the significance of the topic and the expertise of the speakers. Dr. M. Sohaib Khan, Consultant General Surgeon at Shifa International Hospital provided a detailed overview of the "Surgical Management of Achalasia," discussing various surgical interventions. Following this, Dr. Shahzad Riyaz, Consultant Gastroenterologist, Shifa International Hospital explored the "Endoscopic Management of Achalasia," highlighting non-surgical approaches and recent advancements in endoscopic techniques. The seminar concluded with an interactive question and answer session, promoting meaningful dialogue among participants.





## HUMAN RESOURCE AND DEVELOPMENT DEPARTMENT HELD ON-SPOT RECOGNITION CEREMONY

The Human Resource and Development team of Shifa International Hospital held on-the-spot recognition ceremony for the Central Command Room team to acknowledge and reward their exemplary behavior and achievements. Certificates were distributed with an aim to cultivate a sense of value & to encourage them for continued dedication within the team.



## SHIFA SPORTS GALA CLOSING CEREMONY

The closing ceremony of the Shifa Sports Gala Phase Two was held recently. The Shifa Sports Gala featured a variety of games, including Badminton (male and female), Table Tennis (singles and doubles), Chess, Carrom, and Tug of War. During the ceremony, awards were distributed to the winners and runners-up of the games, while the organizers and game managers received shields and certificates, respectively.



## SHIFA HOSTED DYSPHAGIA SUPPORT GROUP SESSION FOR PARENTS OF CHILDREN WITH CEREBRAL PALSY

The session aimed to promote an open dialogue, enabling parents to share their experiences and concerns regarding their children's feeding challenges. M. Kashif Khan, AGM Rehab, emphasized the importance of multidisciplinary approach in Dysphagia management, highlighting the pivotal role of physiotherapy in enhancing neck & trunk stability, crucial for improving swallowing function. Dr. Waseem ur Rahman, Consultant Pediatric Neurologist, provided insights into tube feeding and dismissed prevalent myths surrounding it. He further discussed the alternative feeding methods, reassuring parents and equipping them with accurate information. Ms. Saima Kanwal, Occupational Therapist, discussed sensory issues often associated with Dysphagia in children with cerebral palsy. She highlighted the connections between sensory processing difficulties & feeding challenges, offering valuable perspectives to attendees. Moderating the session, Ms. Faiza Badar, Manager Rehabilitation, provided invaluable input on effective management strategies for Dysphagia. Her expertise & guidance further enriched the discussion, empowering parents with practical approaches to support their children's feeding needs. The session was affiliated with the National Foundation of Swallowing Disorders (NFOSD).





# Ask A DOCTOR?

**DR. EJAZ AHMED KHAN**

Consultant Pediatrician and Infectious Disease



## What is Meningitis?

Meningitis is an inflammation of the membranes (meninges) surrounding the brain and spinal cord.

## What causes Meningitis?

Meningitis can be caused by viruses, bacteria, fungi or parasites. Bacterial meningitis is usually more severe than viral meningitis.

## What are the symptoms of Meningitis?

Symptoms of meningitis include fever, headache, stiff neck, sensitivity to light, confusion, vomiting and difficulty concentrating.

## How is Meningitis treated?

Treatment for meningitis depends on the cause. Bacterial meningitis requires prompt treatment with antibiotics, while viral meningitis often resolves on its own with supportive care.

## Is Meningitis contagious?

Bacterial meningitis can be contagious, especially among people in close contact with an infected individual. Viral meningitis is typically less contagious.

## Can Meningitis be prevented?

Vaccines are available to prevent some types of bacterial meningitis, such as those caused by Neisseria meningitides and Streptococcus pneumonia. Practicing good hygiene, such as washing hands regularly, can also help prevent the spread of meningitis.

## What are the risk factors for Meningitis?

Risk factors include weakened immunity, close contact with infected individuals, communal living, lack of vaccination, and certain medical conditions like sinus infections or head injuries.

## Are there any long-term complications associated with Meningitis?

Yes, complications may include hearing loss, memory issues, learning difficulties, seizures, brain damage, paralysis, or even death.

## How common is Meningitis, and which age groups are most vulnerable to it?

Meningitis can affect any age group but is more prevalent among infants, young children, adolescents, and young adults. Bacterial meningitis is less common but more severe, while viral meningitis is more widespread but generally less severe.



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