



Shifa International Hospital Hosted an Event on

INTERNATIONAL NURSES DAY TO HONOR AND CELEBRATE THE INVALUABLE CONTRIBUTIONS OF NURSES

The occasion served as a heartfelt acknowledgement of dedication and unwavering commitment of nurses in the healthcare system. Dr. Manzoor ul Haq Qazi graced the event as the esteemed Chief Guest. Dr. Zeeshan Bin Ishtiaque, Chief Executive Officer of Shifa International Hospital, along with Mr. Taimoor Shah, Chief Operating Officer and Muhammad Umar Farooq, Chief Nursing Officer (A), joined in expressing gratitude and admiration for the tireless efforts of nurses. Esteemed Chief Nursing Officers from various hospitals of the twin cities were also invited to the event.



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Shifa International Hospital Organized a **CYCLING ACTIVITY** TO RAISE AWARENESS ABOUT ASTHMA

Over 100 people participated in the cycling activity. In his awareness talk, Dr. Syed Murtaza Hassan Kazmi, Consultant Pulmonologist at Shifa International Hospital said that Asthma is a condition that can be controlled or minimized with positive changes in lifestyle. Free Spirometry tests and inhaler education were offered to the participants. Shifa International Hospital is committed to raise awareness about health related issues among the masses through such healthy activities.



SHIFA CARDIOLOGY TEAM PIONEERING THE USE OF LATEST ROTAPRO TECHNOLOGY IN REGION PROMISING ENHANCED PATIENT CARE



Rotablation Angioplasty is a minimally invasive procedure to treat blocked arteries without the use of a major surgical incision. This technique allows patients to recover early with less hospital stay and has lesser chances of infections. It is specifically used in patients with severely calcified heart arteries deemed unsuitable for routine stenting. Under the supervision of Dr. Asaad Akbar Khan, Consultant Cardiologist, the Cardiology team of Shifa International Hospital has performed the highest number of Rotablation cases in Pakistan by any healthcare facility since 2019. Cardiology team of Shifa International Hospital comprises of 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 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).



PEDIATRIC INTENSIVE CARE UNIT (PICU) of Shifa International Hospital Celebrated **BLUE DAY**

The celebration aimed to raise awareness about critical care, highlight the invaluable work of PICU team, and show support for patients and their families during their challenging journeys. The event was graced by several dignitaries, including Dr. Aamer Nazir, Medical Director Shifa International Hospital, Dr. Ejaz Ahmad Khan, Consultant Pediatrician and Infectious Diseases, Dr. Atta ur Rahman, former head of PICU department and Mr. Umar Farooq, Chief Nursing Officer (A).



Healing with Hope and Compassion

Shifa International Hospital celebrated
MILESTONE ACHIEVEMENT of

500

**BONE MARROW/
STEM CELL TRANSPLANTS**

The medical Oncology Department of Shifa International Hospital achieved the milestone of conducting over 500 successful Bone Marrow Transplants including complex and pediatric cases. The Bone Marrow Transplant Team of Shifa International Hospital is one of the most experienced in the region employing the latest treatment techniques and highest care standards to ensure transplant success rates that are comparable to leading international institutes.



Shifa International Hospital Hosted **SEMINAR NAMED “SYNDROMIC TESTING: THE UNRAVELLING ROUTE TO RAPID DIAGNOSIS”**

Dr. Arif Malik, Consultant General Surgeon, Director Planning & Compliance at Shifa International Hospital led the seminar. Mr. Hazem Al Sayed, Product Manager BioFire, BioMerieux, Middle East & Pakistan and Canan KIZILKAYA CELIK, Product Manager, BioMerieux, Russia, Turkey, Middle East, Iran and Mongolia were the guest speakers in the seminar. The event provided an overview of Syndromic testing, focusing on its applications in diagnosing sepsis, meningitis, and pneumonia. Attendees learned about the BIOFIRE FILMARRAY System, a rapid diagnostic tool, and interpretation of its results. Speakers emphasized the positive impact of rapid diagnosis on patient care and discussed challenges and solutions for implementing syndromic testing in healthcare settings. Participants included medical professionals from various departments of Shifa, engaging in an interactive Q & A session facilitated by SCOPE, the educational division of Shifa Foundation.





DR. MARYAM SHAREEF

Associate Consultant Employee Health Clinic

What is a Heatwave?

Heatwave is a period of unusually high temperatures, higher than the norm for a region.

What are Heat-related illness symptoms?

Symptoms include heavy sweating, dizziness, headache, nausea, muscle cramps, and fainting.

Who is most at risk?

The elderly, children, chronically ill, outdoor workers, and those without air conditioning.

How can Heatwaves affect health?

They can cause dehydration, heat exhaustion, heatstroke, and worsen existing health conditions.

What to do if someone has heat exhaustion or Heatstroke?

Move them to a cool place, hydrate, cool their body, and seek medical help if severe.

How to prevent Heat-related illnesses?

Stay hydrated, avoid peak heat, wear light clothing, and use cooling methods like fans and showers.

How to stay informed about Heatwaves?

Follow weather forecasts and heat advisories via apps, news, and local health updates.

Can Heatwaves have long-term effects?

Yes, repeated exposure can lead to long-term heart, lung, and kidney issues.

How can communities help during Heatwaves?

Set up cooling centers, distribute water, provide health info, and check on vulnerable people.

INFECTIOUS DISEASE DEPARTMENT OF SHIFA INTERNATIONAL HOSPITAL & SCOPE IN COLLABORATION WITH WHO ORGANIZED THE NATIONAL WORKSHOP

This two-day workshop aimed to equip healthcare workers with the knowledge & skills necessary for effective Healthcare Associated Infections (HAIs) surveillance & Infection Prevention & Control (IPC) risk assessment. On day one, Dr. Mahrukh Durrani, Assoc. Director Medical Education\ Medical Staff Affairs (MSA) welcomed the attendees and highlighted the background of Shifa Centre of Professional Excellence (SCOPE) that was providing administrative support to the event. Dr. Farah Sabih, National Professional Officer (NPO) International Health Regulations (IHR), World Health Organization WHO took the stage reiterating the objectives of the workshop and the importance of active participation in the sessions to maximize learning. Ms. Arifa Khatoon, Sr. Manager, Infection Control Department at Shifa International Hospital started off by providing a comprehensive overview of (HAIs), defining (HAIs) and categorizing them into various types. Ms. Shabnam Bilal, Manager IPC, Indus Hospital and Health Network, Karachi, spoke on the criteria for surveilling common (HAIs), explaining how to identify, document, and report infections accurately. Prof. Dr. Shagufta Hussain, former HOD Microbiology, PIMS Hospital Islamabad introduced the WHO (HAIs) Software App, explaining its features & benefits for (HAIs) surveillance. On day two, Dr. Abdul Wahab Hassan, Director Projects, Shifa International Hospital explained the critical role of Infection Control Risk Assessment (ICRA) in healthcare settings. Ms. Komal Fizza, Assistant Director Quality, Shifa International Hospital discussed the importance of assessing risks related to patient care, treatment procedures, and the healthcare environment. Dr. Ejaz Ahmed Khan, Consultant Infectious Diseases and Paediatrician Shifa International Hospital highlighted the importance of ICRA during construction projects within healthcare facilities to prevent infection risks. Dr. Maimoona Siddiqui delivered closing remarks and deliberated over the critical importance of (HAIs) surveillance and (IPC).



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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

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