6th LNH Symposium held

Over 3000 participants including consultants, residents, nurses, paramedics, and students attended the event

From the stillness of an eerie silence suddenly came an outburst of hectic academic activity. Vigorous efforts were made which culminated in the much-awaited symposium of LNH—an event which served as a beacon of medical information.

The faculty focused its energy to translate its clinical acumen and expertise into formal scientific presentations. Liaquat National Hospital has a history and reputation of being in the forefront for high quality of professional excellence.

A long list of CME sessions were lined up. Every department tried to out do others in the educative sessions. Speakers from LNH faculty and contemporaries from the medical fraternity joined hands to present top class clinical presentations. Over 3000 participants including consultants, residents, nurses, paramedics, and students attended in bulk and sat for hours in pin drop silence to imbibe every word that was expressed.

The theme of the symposium was “Health Care Dilemma - Cost & Quality”, one of the major challenges facing the profession in Pakistan today. E-commerce Gateway Pakistan (Pvt.) Ltd was the event manager for this mega event.

Speakers, during the symposium, expressed their concerns on the prevalence of various diseases in the country, saying that this is also a

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Editorial Note

The new edition of Newsline is ready. Newer and important events have occurred at LNH namely the much-awaited 6th LNH Symposium which was organized in a grand way. There was a huge participation of academicians, guests and the trainees. Many scientific, state-of-the-art and paper presentations were organized. Subspecially scientific sessions were enthusiastically participated. Lively discussions were held. Important guests who are the pillars of medical science in our country delivered lectures based on their long-standing experience.

The symposium was held from 11th-13th December 2009 with the theme Health Care Dilemma Cost and Quality. The highlights of the symposium were workshops, video conferences, skill development programs, theme walks, poster competition, debates and free medical camps. The pharmaceutical industry wholeheartedly participated and supported us in organizing the symposium. Their stalls were very well decorated and visited by all the participants. They provided valuable information about their products. Teaching sessions by learned and experienced teachers were held which deliberated on the postgraduate and undergraduate teaching at LNH.

Medals were awarded to the best speakers and poster presenters. Video conferences in cardiology were addressed by overseas specialists from USA and China. Overall, the symposium was a great success. Thanks to the untiring efforts of the organizing team and Medical Director, LNH.

The symposium was followed by a gala, colorful banquet which provided a platform for participants to meet informally. A picnic was arranged by the organizers at a fantastic resort in the outskirts of Karachi. Meanwhile, the CME programs are continuing unabated providing a continuous fountain of knowledge for the participants. These programs are largely attended by the faculty members, the trainees and the clinical students of Liaquat National Medical College.

The horticulture and housekeeping department is making great efforts to provide colorful flowers matching the spring season just short of enjoying Basant.
challenge to healthcare professionals.

Speaking on the occasion, Medical Director LNH Dr. Salman Faridi; expressed his views on the current medical scenario. He highlighted that medical profession has developed various specialties and more expertise are available to treat various complicated cases. He also pointed out to the fact that in Pakistan population is growing at a fast rate and it is need of the hour to train more healthcare professionals to meet the medical needs of the population. The event provided a platform to further strengthen the relationship between LNH and its suppliers and vendors, while opening new avenues for them to work together.

Speakers not only form LNH but also from other well-known hospitals of the country and abroad commented and appreciated that the symposium was an excellent event to keep healthcare professionals updated about the latest developments in the health sector. Following are the highlights of the events held during the symposium.

**Inaugural Dinner**

Guests at inaugural dinner were welcomed by Dr. Pervez Ashraf, Chairman Symposium Committee, in his address.

On the occasion, Medical Director LNH Dr. Salman Faridi expressed his feelings in remembrance of Syed Wajid Ali Shah (Chairman Governing Body, LNH, 1968-2008).

Professor Dr. Syed Mohibur Rab was the chief guest on the occasion while Dr. Salman Sharif, Secretary Symposium Committee, gave vote of thanks.

**Debate**

A debate under the topic "Health Care Dilemma Cost & Quality" was held as part of the symposium.

Dr. Syed Ali Arsalan was the moderator while panelists included; Dr. Saeed Quraisy, Ms Tayeba Ahmed, Dr. Khalid Iqbal and Mr. Omer Shaikh.

**Plenary Session**

A plenary session was organized at the symposium. The theme of the session was "Stem Cell in Clinical Practice". It was chaired Dr. Tahir Shamsi of National Institute of Blood Diseases (NIBD).

Guest speaker on the occasion was Dr. Qasim Mehdi, from Sindh Institute of Urology and Transplantation (SIUT).

Dr. S M Irfan, Haematologist, LNH also spoke on the occasion.

**Workshops**

As part of the symposium, a number of workshops were held by different departments from December 7 to 11, 2009. The summary is as under:

- General Surgery; Basic Laparoscopic Course (Didactic sessions & Skills Stations)
- Physiotherapy; Neurological Assessment & Treatment
- Ophthalmology; Laser Indirect
- General Surgery; Laparoscopic
- Surgery; Live Video Demonstration
- Gastroenterology; Live Endoscopy
- Anaesthesia; Combined Spinal Epidural
- Obstetrics & Gynaecology; Urogynaecology
- Obstetrics & Gynaecology; Women's Health
- Orthopaedics; Cadaveric Total Knee Replacement
- Cardiac Surgery; Intracoronal Balloon Pump
- Microbiology; Quality Assurance & Antibiotic Sensitivity Testing
- Plastic Surgery/Dermatology; Botox, Filler & Derma Roller Techniques
- Haematology; Diagnosis of Haematological Malignancies
- Skill's Lab; First Aid/ Basic Life Support
- General Surgery; Staple Anastomosis
- Chest; Non Invasive ventilation / Spirometry
- Paediatrics; Developmental Screening
- Neurosurgery; Cadaver Minimally Invasive Skull Base
- Nephrology; Vascular Access & Renal Biopsy
- Facio Maxillary; Dental Implants & Piezo Surgery
- Neurosurgery; Live Skull Base Surgery

**Video conference**

A video conference under the theme "Recent Advances in Management of Cardiac Diseases" was also part of the symposium. Dr. Mirza Waddoo Ahmed, Georgia Institute of Cardiology, USA was the chief guest on the occasion. Other experts included: Dr. Faisal Ahmed, Dr. Bashir Hanif, Dr. Zia Yaqoob, and Rizwan Aziz Memon.
Scientific sessions

On the occasion of 6th LNH Symposium, following scientific sessions were arranged:

1. Medicine
2. Orthopedics
3. Plastic Surgery
4. ENT
5. Radiology
6. Pathology
7. Nephrology
8. Dermatology
9. Urology
10. Endocrine
11. Gynaecology
12. Ophthalmology
13. Gastroenterology
14. Oncology/Haematology
15. Neurology/Neurosurgery
16. Paediatrics/Paediatric Surgery
17. Chest Medicine/Rheumatology
18. Nursing
19. Psychiatry
20. Gynaecology
21. General Surgery
22. Anaesthesia/ICU Care
23. Cardiology/Cardiac Surgery

Education sessions

Two medical education sessions were held on the occasion of 6th LNH Symposium.
The theme of the first session was “Debate on Undergraduate Teaching Methodologies” chaired by Prof. Masood Hameed, Vice Chancellor, Dow University of Health Sciences. Prof. Amir Ali Shoro, Principal and Dean, Liaquat National Medical College, was the co-chairperson.

Chief guest on the occasion was Prof. Pirzada Qasim Raza Siddiqui, Vice Chancellor, University of Karachi.
The second session with the theme of Postgraduate Teaching/Training was presided over by Prof. Naeem Jafery. Prof. Haleema A Hashmi was co-chairperson.

Meanwhile, a nursing education session was also held at the Auditorium Convention Center, LNH.

Experts suggest to increase Medical Professionals

Doctors have expressed their concern over the rise in various diseases in the country, saying that this is a challenge to healthcare professionals. They suggested that increase in medical professionals should also be on fast pace as compared to population growth.

They were talking to media during a press conference of the 6th LNH Symposium held at hospital’s auditorium. Medical Director LNH Dr. Salman Faridi, Dr. Salman Sharif, Dr. Rufina Soomro and others spoke on the occasion.

Doctors commented that now medical profession has developed various specialties and more expertise is available to treat various complicated cases.

He further on added that in Pakistan population is growing on a fast rate and there is an increasing need to train more healthcare professionals to meet the medical needs of the population.

Dr. Rufina Soomro said that the symposium was an excellent event to keep healthcare professionals updated about the latest developments in the health sector.

Prof. Rab addresses LNH Symposium

Due to sheer mismanagement, waste of resources and rampant corruption, the government hospitals and dispensaries are rapidly losing their utility and majority of patients prefer visiting private hospitals, said Prof. S M Rab, ex-member of Pakistan Medical and Dental Council (PMDC) and Prof. of Medicine at JPMC while addressing the 6th Symposium of Liaquat National Hospital.

Patients in general have no confidence in government hospitals and doctors working in them. Almost 70 per cent patients visit the private hospitals and clinics, despite their high fees, he added.

Banquet

The banquet was attended by approximately 1200 people including LNH staff, consultants, residents, as well as major sponsors of the symposium.

The banquet started with a welcome address by the Medical Director, Dr. Salman Faridi, and was followed by Award Ceremony.

Awards were distributed among school children participating and winning the poster competition, major sponsors, symposium secretariat staff, faculty with more than 15 years of service at LNH, medical students, residents and paramedical staff.

“Best Teacher Awards” for LNHMC based on students’ evaluation were awarded to Prof. Javed Altaf Baig of Biochemistry and Dr. Tabassum Zehra of Pharmacology Department. In addition, “Life Time Achievement Awards” for their services at LNH were awarded to Late Dr. A. Z. Rehman and M. Samiullah Baig.

Award ceremony was followed by a lavish dinner arranged by the Banquet Committee.

Final event of the evening was a play by Imran Aslam — a satire on the current political situation of Pakistan.

Overall Banquet was another successful event of the 6th LNH Symposium and was enjoyed by all.
Medical News

'Diabetic Foot Camp' organized

Keeping in view the emergence of the need for promoting awareness and to broadcast knowledge in diabetic patients for prevention of diabetic foot complications, Department of Diabetes and Endocrinology, Liaquat National Hospital, organized a free of cost 'Diabetic Foot Camp' on January 20 and February 23, 2010 at LNH. The camp was inaugurated by Dr. Salman Faridi, Medical Director LNH. He acknowledged the efforts of the consultants of the Department of Diabetes and Endocrinology and hoped that such awareness events be held in future as well. The camp was attended by almost 200 patients who were provided consultation by expert physicians. Diabetes is a life-threatening condition and is spreading throughout the world, including Pakistan. According to a survey, approximately 11 percent of Pakistani population suffers from diabetes. Untreated diabetes can lead to complications that include cardiac problems, stroke, kidney failure and neuropathy etc.

GDM Clinic gets underway

The Department of Diabetes and Endocrinology, Liaquat National Hospital, has started the Gestational Diabetes Mellitus (GDM) Clinic. GDM is a type of diabetes that occurs during pregnancy, affecting approximately 5 percent of all pregnancies. The detection of GDM is important because of its associated maternal and fetal complications.

Women who are at high risk for gestational diabetes generally are screened early in their pregnancy, sometimes during their first prenatal visit. Risk factors include family history of type-2 (adult onset) diabetes, prior birth of a baby 9 pounds or larger, gestational diabetes in an earlier pregnancy, obesity and aged 35 or older. This clinic is for women who are diagnosed with gestational diabetes or women who are diabetic and become pregnant.

Case Report

Mania in patient with Meningioma

Authors:
Dr. Ayesha M Quraishy; Dr. Iqtedar Taufiq, Dr. M Shahzad Ali

Background:
There is relationship between meningioma and mania and many cases have been reported in the past. We report such cases which we come across at Liaquat National Hospital, Karachi.

Case:
We report a case of 21-year old female who was diagnosed with meningioma on CT scan of head and brain in 2008. The patient experienced manic symptoms few months after diagnosis of meningioma. All baseline investigations were normal. She got admitted in Neuromedicine Ward where she was seen by the Department of Psychiatry. She was diagnosed with mania and was prescribed haloperidol after which her condition got improved.

Result:
This case indicates that meningioma can lead to mania.

Conclusion:
This case suggests that patients with meningioma can present with manic symptoms which can be treated with antipsychotics. The doctors and medical staff should be made aware about such patients so that a Psychiatrist can be consulted for treatment without delay.

Surgeons provided training with Endoscopy Technique

For the first time in country's history, a team of surgeons was provided training to remove brain tumor with endoscopy technique at Liaquat National Hospital recently. Dr. Salman Sharif trained the surgeons in a workshop at LNH. Addressing the Medical Education and Training Session, Medical Director Dr. Salman Faridi said 250 doctors were provided training in various disciplines in the hospital. He said training is an essential part of medical education which is being provided to them.
CME Programs

CME on Gestational Diabetes

About 7 per cent of women develop diabetes during their pregnancy which, when not treated timely, lead to increased complications in the mother and the baby. The Section of Diabetes and Endocrinology, LNH, keeping in view the health issues of pregnant women, has started the Gestational Diabetes Clinic on regular basis.

In this connection, a CME program was organized on January 28, 2010 at the hospital to discuss updated management of Gestational Diabetes Mellitus (GDM), which was attended by a large number of General Practitioners and Gynaecologists from all parts of Karachi. Welcoming the guests Dr. Zakir Alavi, Head of Diabetes and Endocrine Department, LNH, elaborated the need for exclusive GDM clinic for expecting mothers as diabetes and obesity are on rise so they will also be affecting the women in their children. Inaugurating the seminar, Dr. Salman Faridi, Medical Director, Liaquat National Hospital, appreciated the efforts taken by the Section of Diabetes and Endocrinology in introducing the specialty clinics in the department. His vision is to make LNH a center of excellence for common people. It was followed by a talk on “GDM from diagnosis to management” by Dr. Saeed Mahar, Consultant Endocrinologist, LNH, who emphasized on the need of early diagnosis and management of GDM.

Department of Haematology organizes CME program

The Department of Haematology, Liaquat National Hospital, organized a CME program-cum-seminar on Blood Transfusion on January 30, 2010. The theme of the program was ‘New Blood for the World’ which is also the theme of World Health Organization (WHO) for World Blood Donor Day this year. It stressed on the motivation of young people to become regular blood donors. It is not only healthy for them but also the assurance of safe blood supply to the needy patients in the society.

Lt. General (Retd) Moin-ud-Din Haider was the chief guest on the occasion. There were several guest speakers who addressed problems regarding transfusion medicine. Dr. Erum Mazhar, Mr. Amjad Baig and Mrs. Asma of the Department of Haematology worked untiringly to make the event successful.

Orthopaedics Department holds CME session

The Department of Orthopaedics at Liaquat National Hospital, Karachi held a Continuing Medical Education (CME) session on ‘Advances in Orthopaedics’ at the Convention Centre of the hospital on January 23, 2010. The session started with recitation from the Holy Quran by Dr. Nasir Ahmed. The whole session was moderated by Dr. Syed Akmal Sultan. There were three key note lectures delivered by the consultants. Dr. Intikhab Tafiq delivered a lecture on “Blast and trauma management under one roof”. He emphasized on basic mechanics of these injuries, types of injuries encountered, what hidden injuries to suspect and look for, the concept and application of Triage System with prior prioritization of patients, the immediate assessments and management and leading on to the definitive management by specialist teams.

Dr. Syed Shahid Noor spoke on “Recent advances in management of Osteoarthritis”. He told the audience about the prevalence of different types of arthritis and stressed on the need for proper diagnosis and appropriate treatment.

ER Activities

Emergency Department striving to attain its goals

The Emergency Department at Liaquat National Hospital is striving hard to attain its goal of patient satisfaction through the untiring effort of its team members and strong support of administration. In this regard, the department is trying to introduce new facilities to promote patient care.

The highlights of ER activities are as follows:

- The ER committee welcomes and invites complaints and feedback from all departments which are periodically reviewed by a committee comprising of faculty members, where the complainant and defendant (both) are called for discussion and resolution of the matter with a positive approach of learning and improving.
- The PGME committee has been kind enough to consider the request of ER committee and now ER gets residents from various departments who come on rotation of three months. This has brought a diversified effect on the patient management in ER with a more targeted problem-solving mindset in a professional environment. ER is thankful to the PGME committee, the faculty and the residents for their support.
- Keeping in view the painful fact of waiting outside ER, the ER has developed a sophisticated system of maintaining queue outside ER after the triage. Mike system along with closed-circuit television (CCTV) cameras are placed in ER to manage the situation in a better way.
ER-OPD inaugurated

The Emergency Consultation Clinic (ER-OPD) has been started within the ER -- previously Room 19 -- from December 31, 2009. Medical Director, Liaquat National Hospital (LNH) Dr. Salman Faridi inaugurated the ER-OPD which will remain open round the clock. The ER Physicians/Senior Registrars will be available to treat all walk-in patients who need acute management without work-up. The opening of ER-OPD will fasten the process of patients' evaluation and attend the patients promptly with simpler ailments. The registration fee has been decided as Rs700 by the hospital management.

Blast victims managed at LNH-ER

Soon after the Ashura-day blast, LNH Emergency Department prepared itself to receive the casualties in terms of availability of human resource and supplies. The Departmental Disaster Management plan was activated and the department started receiving victims around 5:15pm, according to Dr. Beena Zubairi, Manager Emergency. She said we received 23 blast victims that evening, who were managed in ER. Most of the patients were presented with shrapnel injuries in lower limbs and had lower limb fractures. Few had head injuries. Most patients were admitted in the hospital and subsequently discharged. Four patients were discharged from ER; seven patients underwent surgeries during their hospital stay (few on the same night while others later) and then discharged. By 9:30pm, the ER was cleared from all blast victims. The registration of patients and their follow-up details were monitored very professionally and lists were displayed outside ER for information. The ER department is thankful for the support provided by the clinical faculty and hospital administration in managing the disaster situation, said Dr. Beena.

Scientific Session

College of Nursing holds education and scientific sessions

College of Nursing, Liaquat National Hospital, organized two sessions with the theme "Nursing Education Session" and "Nursing Scientific Session" on the occasion of the hospital's 6th symposium. The sessions stressed the need for research and higher education amongst the nurses working at the patient's bedside. They provided awareness of the prevailing nursing practices and advancements in other reputable institutions and healthcare organizations. The sessions enhanced the importance of continuous learning and updated knowledge about different nursing practices. The sessions inculcated the thirst for knowledge in nurses and the need to update their knowledge and tendencies to work in a reputable organization. Speaking on the occasion, Alia Nasir, Chairperson Allied Health Committee of the Symposium and Principal LNH College of Nursing, said nursing research and evidence-based practice is essential for improving the quality of patients' care. Dr. Rozina Kamranini (Dean Aga Khan University) and Dr. Khurshid Khuwaja (AKUH Director Nursing Services) also spoke on the occasion.

Orthopaedic Surgery session

Of the total 33 scientific sessions held on the occasion of 6th Liaquat National Hospital Symposium, the session of Orthopaedic Surgery was held on December 12, 2009. Professor Ghulam Meboob, Head of Department of Orthopaedics, Jinnah Postgraduate Medical Center (JPMC), chaired the session and Professor Atta-ur-Rehman, Head of Department of Orthopaedics, Dow University of Health Sciences (DUHS), was the Cochairperson.

The session moderator was Dr. Intikhab Taufiq of Department of Orthopaedics, LNH. The session was well-attended by senior consultants including Professor Suleman Ahmed Khan and Professor M. Idrees and other Orthopaedic Specialists including a large number of orthopaedic post-graduate doctors.

The session started with the recitation from the Holy Quran. This was followed by state-of-the-art talks on: Management of Pelvic Trauma by Dr. Intikhab Taufiq; Large Head Metal on Metal Total Hip Arthroplasty by Dr. Syed Shahid Noor; Correction of Lower Limb Deformities by Ilizarov Technique by Dr. Syed Iltat Hussain Zaidi and PCL Reconstruction by Dr. Imran Jawed.

Free papers were also presented by the residents of Department of Orthopaedics of Liaquat National Hospital. They included:

- Pelvic Fracture Fixation experience at LNH by Dr. Syed Aamir Ali Shah
- ACL Reconstruction: One-year post-operative results by Dr. Mansoor Nawaz Chaudhry
- Comminuted Distal Humerus Fracture: Results of LCP by Dr. Tariq Hasni
- Results of per-cutaneous screw fixation of tibial plateau fracture by Dr. Anwaar Mohyuddin
- Incidence of mortality within one year of hip fracture fixation by Dr. Asim Niaz

Closing remarks were given by Professor Ghulam Meboob with the distribution of shields and certificates among the participants and faculty. Shields were also presented to all the successful FCPS (Ortho.) candidates by the Department of Orthopaedics at Liaquat National Hospital. These included Dr. Ather Zubairi, Dr. M. Asif Peracha, Dr. Imran Jawaid, Dr. Abdul Basit, Dr. S. Adnan Ahmed, Dr. S. A. Rab Abidi, Dr. S.M. Azfar, Dr. S. Sajid Hussain, Dr. A. A. Madni, Dr. Hassan A. Sajid, Dr. Amir Ahmed, Dr. Nasir Ahmed and Dr. Niaz Hussain.

The session was closed with a vote of thanks by Dr. Syed Shahid Noor.
Workshops

Department of Pediatrics organizes workshop

The Department of Pediatrics, Liaquat National Hospital, conducted a hands-on workshop on Developmental Screening as part of the 6th symposium of the hospital. Dr Shazia Maqbool, Head of Department and Associate Prof. of Developmental Pediatrics at Children Hospital and Institute of Child Health Lahore was invited, along with her team members, to participate in the workshop.

Developmental screening is a procedure designed to identify children who should receive more intensive assessment or diagnosis, for potential developmental delays. It can allow for earlier detection of delays and improve child health and wellbeing for identified children. The purpose of this workshop was to create awareness in young doctors regarding the need and tools for early detection of developmental disabilities.

Post-graduate trainees and consultants from all over Karachi attended the workshop with enthusiasm. Initial screening was done by Dr Sobia Qamar in the Outpatients Department weeks ahead of the workshop. Screened children along with their parents were invited to participate in the workshop.

Prof. Dr. Samina Shamim, Head of Department, Pediatrics, gave the closing address and distributed certificates among the participants. The content and pattern of the workshop was highly appreciated.

Workshop on “Creativity in Dental Implants”

A lecture and hands-on workshop titled “Creativity in Dental Implants” was conducted at Liaquat National Hospital, by the Department of Dentistry and Maxillofacial Surgery.

Over 80 participants including many distinguished doctors and students attended the lecture session held on December 11, 2009. The session comprehensively covered the basic surgical and prosthetic aspects of Dental Implant. The half-day lecture session was divided into two surgical sessions and a prosthetic session.

Prof. Navid R. Qureshi, Consultant & Maxillofacial Surgeon, conducted the surgical session-1 and discussed how to build treatment plans based on patient evaluation, bone density and economics.

Prof. Mehmoond Haider, Consultant & Maxillofacial Surgeon, conducted the surgical session-2 and discussed the basic surgical aspects of implant placement.

Dr. Jodat Askari, Consultant Prosthodontist, conducted the prosthetic session and discussed the various fixed and removable prosthetic options.

The hands-on workshop session was supervised by Dr. Masood Zakai, Associate Professor; KMDC, and Shameem, Instructor Glow Pak International and was attended by nearly 30 participants.

Cadaveric total knee arthroplasty workshop

The 3rd Cadaveric Total Knee Arthroplasty Workshop was conducted by the Department of Orthopaedics, Liaquat National Hospital, on December 10, 2009 in collaboration with Pakistan Orthopaedic Association (POA) at the 6th LNH Symposium.

The workshop was attended by approximately 20 Orthopaedic Specialists including professors, consultants and registrars.

Prof. I. A. Jokhi was the chief guest while the faculty included Dr. Syed Shahid Noor, Dr. Zaki Idrees, Dr. Intikhab Taufiq (LNH), along with guest faculty, Dr. Ahsan Shamim (Shaunak Khanum Memorial Hospital, Lahore), Prof. Amin Chinoy (Indus Hospital, Karachi), Prof. Anisuddin Bhatti (JPMC), Dr. Haroon Ur Rasheed and Dr. Masood Umer (Aga Khan University Hospital).

Anaesthesiology Department organizes workshop on CSE

Department of Anaesthesiology, Critical Care and Pain Management organized a workshop on Combined Spinal Epidural (CSE) on December 10, 2009.

Dr. Nighat Abbas, Consultant & Head of the Department of Anaesthesiology informed the audience about the importance, advantages and indication of this regional technique. She said this technique is being used for last 10 years in our department for different procedures and post-op analgesia.

Dr. Sabahat Tariq, Consultant Anaesthetist, discussed the technique of CSE.

Later, there was hands-on training for residents which was facilitated by consultants of the department, Dr. M. S. Sirajuddin, Dr. Farhat, Dr. Nadeem Naqvi and Dr. Ghulam Murtaza.

The workshop was well-attended by residents.

Anaesthesia session

Anaesthesia session was organized on December 13, 2009. The program started with Tilwat (recitation) followed by welcome address by Dr. Nighat Abbas, Consultant & HOD.

In her address, she said the specialty of Anaesthesia has seen rapid development of its scientific and clinical basis and equally rapid changes in clinical practices. On the occasion, renowned speakers Dr. Rehana Kamal (AKUH), Dr. S. M. Nadeem (LNHMC), Dr. Qamarul Huda (AKUH), Dr. Rohina Baluch (JPMC) and Dr. Sabahat Tanir (LNHMC) provided the audience an opportunity to update their knowledge and learn the recent management.
Department of Physical Therapy and Rehabilitation holds workshop

The Department of Physical Therapy and Rehabilitation, Liaquat National Hospital, organized a workshop on the occasion of 6th LNH Symposium. The aim of the workshop was to gain knowledge of advanced skills, keeping update knowledge of evidence-based practices and the new approaches in the field of Physical Therapy. The speakers of the workshop were invited from all over the world.

The chairperson of the workshop was Dr. Shahid Noor (Orthopedics Surgeon). Co-chairperson was Mr. Hasan Abbas Rizvi (HOD Physical Therapy and Rehabilitation).

- The first session was conducted by Mr. Muhammed Bin Afsar Jan who graduated from Australia. He delivered a very interactive and informative lecture on Neurological Assessment and Treatment in Physical Medicine.
- The second session was conducted by Ms. Zaibi Rafiq, who did her postgraduation from UK. She delivered a speech on the Prevention of Fall in Rehabilitation.
- The third session was conducted by Ms. Humera who delivered an illustrative speech on the Functional Role of Physiotherapy in Pediatrics Rehabilitation.
- The fourth session was conducted via video conference by Mr. Muhammad Irfan from UK. He delivered lecture on the topic of Management of Cervicogenic Headache and Rib Correction Method, which later included a practical demonstration of Dry Needling Method.
- The fifth session was conducted by Mrs. Nadia Qureshi from Canada. She elaborated on the Assessment of Frozen Shoulder. She held a very interactive session and demonstrated the current evidence-based methods for assessing the frozen shoulder.

The program was attended by approximately 250 participants.

Dermatology Department organizes workshop on Cosmetology

The Department of Dermatology organized a workshop in collaboration with the Plastic Surgery Department which had an astounding success. More than 100 participants attended the workshop.

There were two state-of-the-art lectures on "Updates on Lasers and Cosmetology" by guest speakers Dr. Tasneem Nakhoda and Dr. Afzal Lodhi who are leading names in the field of Aesthetic Dermatology.

There were five live demonstrations by Dr. Shahab Baig, Dr. Tasneem Nakhoda, Dr. Mabroor Bhatty and Dr. Syed Jaffer Imam.

Live demonstrations included Fillers by Dr. Shahab Baig and Dr. Tasneem Nakhoda.

Botox was performed by Dr. Mabroor Bhatty and Dr. Syed Jaffer Imam demonstrated Dermaroller.

Dermatology Scientific Session

The session was successfully organized by Dr. Syed Hatim Ali Shah, Consultant & HOD, Dr. Saadia Tabassum and Dr. Syed Jaffer Imam. It was well-attended by consultants and postgraduates from different hospitals.

There were five state-of-the-art lectures, four of which were delivered by eminent dermatologists. Importance of Histopathology in Dermatology was highlighted by Dr. Naveen Faridi (Head of Department of Histopathology, LNH&MC).

Lectures included:
- Practice and utility of computer in dermatology
  By Surgeon Commodore Rahbanuddin (Head of Department of Dermatology, PNS Shifa)
- Superficial Mycosis
  By Dr. Badar Dhanani (President of South Asian Regional Association of Dermatologists – SARAD)
- Importance of Dermatopathology & LNH experience/database
  By Dr. Naveen Faridi (Head of Department of Histopathology LNH&MC)
- Paradigm shifts in dermatology treatments
  By Professor Naseema Kapadia (Head of Department at Abbasi Shageed Hospital & KMSDC)
- Cutaneous Leishmaniasis: A breakthrough in local therapy
  By Professor Azam Jah Samdani (Head, Department of Dermatology, JPMC)

Conference on coronary artery diseases

An international, live video conference was arranged by the Cardiology Department of Liaquat National Hospital as part of the medical symposium of LNH. The guest speakers were Dr. Wadood Ahmed from Georgia, USA and Dr. Ghambir from India. The session was moderated by Dr. Faisal Ahmed, Head of Cardiology Department, LNH.

The speakers talked about Coronary Artery Disease and its prevalence internationally. Dr. Wadood explained the pathophysiology of cardiogenic shock and how it can be treated with PCI. He also talked about the latest trials showing mortality benefits of early intervention in cardiogenic shock. Dr. Ghambir talked about left main stem angioplasty and its benefits and how it is fast approaching Coronary Artery Bypass Graft (CABG) in its efficacy. Dr. Faisal Ahmed then moderated a question answer session where questions were taken from the audience and medical professionals. Dr. Khursheed Hassan, Dr. Syed Imran Ahmed, Dr. Rizwan Aziz Memon also spoke on the occasions.
Co-academic activities at LNMC

Orientation Day at LNMC

An Orientation Day for the students of 4th batch of MBBS first year, Liaquat National Medical College, was held on January 10, 2010 at the Auditorium of Liaquat National Hospital.

The program was attended by students, their parents and faculty members of the medical college and hospital. Professor Amir Ali Shoro, Principal and Dean, LNMC, welcomed the audience and highlighted the achievements and progress of the medical college. He also introduced senior faculty of the institution and hospital to the new comers.

Medical Director, Liaquat National Hospital, Dr. Salman Faridi, was the chief guest on the occasion.

Addressing the audience, he traced the history of LNH and appreciated the efforts made by the faculty for the establishment of medical college. He also focused on the advancement of the medical profession and urged the new comers to work hard to achieve their goals.

On the occasion, students of previous batches also shared their experiences with the new comers.

The program was followed by a high tea and visit of the medical college by the students and their parents.

Department of Biochemistry

The Department of Biochemistry, Liaquat National Medical College (LNMC), arranged a lecture for the orientation of the first year students on January 18, 2010.

Guest speaker, on the occasion, was Prof. Dr. Muhammad Pervez Iqbal, Sitara-e-Imtiaz in Science and Research and Chairman Biological & Biomedical Sciences, Agha Khan University, Karachi.

The Biochemistry Department arranged an Assignment Presentation Competition amongst the students of 1st Year MBBS on "The Study of Cell from Biochemical view point". The competition was well attended and warmly contested.

The following students secured positions:

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<th>Name of Student</th>
<th>Position</th>
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<tbody>
<tr>
<td>1.</td>
<td>Faryal Raza</td>
<td>1st</td>
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<tr>
<td>2.</td>
<td>Anum Asif</td>
<td>2nd</td>
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<tr>
<td>3.</td>
<td>Aisha Qamar</td>
<td>3rd</td>
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<tr>
<td>4.</td>
<td>Usman Mehmood</td>
<td>3rd</td>
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<td>5.</td>
<td>Mahnoor Nawab</td>
<td>3rd</td>
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<tr>
<td>6.</td>
<td>Anita</td>
<td>3rd</td>
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Department of Physiology

The Department of Physiology, LNMC, organized a lecture on "What is Physiology" on January 29, 2010.

Guest speaker Prof. Dr. Fatima Shad, an eminent Physiologist and researcher, introduced students to Physiology. Prof. Dr. Fatima Shad is presently associated as Professor of Physiology at Panjwani Center for Molecular Medicine and Drug Research, University of Karachi.

Department of Biochemistry arranges poster competition

A poster competition was arranged by the Department of Biochemistry, Liaquat National Medical College, amongst the students of the 1st Year MBBS on February 22, 2010 on the Structure of Cell.
Following students presented their posters in groups. Prizes were announced for 1st, 2nd and 3rd positions.

<table>
<thead>
<tr>
<th>Name of Student's Group</th>
<th>Position</th>
<th>M. Sarim &amp; Group</th>
<th>Nida Hameed &amp; Group</th>
<th>Yamna Ahmed &amp; Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sana &amp; Group</td>
<td>1st</td>
<td>2nd</td>
<td>3rd</td>
<td>3rd</td>
</tr>
<tr>
<td>Anum Asif &amp; Group</td>
<td>1st</td>
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LNMC registered in IMED list

Liaquat National Medical College has been registered in the list of International Medical Education Directory (IMED) and Foundation for Advancement of International Medical Education & Research (FAIMER).

The institution has also been registered with Educational Commission for Foreign Medical Graduates (ECFMG) for USMLE.
Pharmacy News

Pharmacy Department organizes CE competition

Aiming to equip the pharmacists with the updated knowledge and sharpen their skills to work as Professional Hospital Pharmacist, the Training and Development Department of Pharmacy Services has started a number of training programs/sessions to change Traditional Pharmacy Practices into Professional Pharmacy Services.

Continuous Education (CE) sessions are one of the activities which are carried out on a monthly basis.
A CE competition was recently held in this regard in which R. Ph M. Bilal Maqbool, Senior Manager & Functional Head of Department of Pharmacy Services, awarded certificates to those Pharmacists who touched or crossed the benchmark of 80 percent marks.

2009: A good year for Nephrology Department

Since the past decade, Department of Nephrology had been successfully running a training program and has produced outstanding professionals as a medal over its chest.
The department has an honor to deliver the first fellow of Pakistan (in 5 years program) Dr. Naila Asif, now working as Assistant Professor in the department.
The year 2009 has been a good year all together. However, the department had to bear the loss of Dr. Iffat Yazdani, when she resigned, after sharing two decades of her life with LNH. Soon, Dr. Kunwer Naveed Mukhtar was appointed as new Head of Department. He is recently recognized as CPSP supervisor. Since then, three residents have joined and enrolled under him. Two registrars — Dr. Saleem Qazi and Dr. Shaqiq — have been reappointed. It is great news that Dr. Shaqiq has cleared the theory paper (FCPS Nephrology) in November 2009.
The Department of Nephrology enthusiastically participated in Annual LNH Symposium 2009. The spotlight was scientific sessions and two workshops on "Renal Biopsy" and "Permanent Catheter Placement", in which internationally acclaimed speakers actively participated.

Achievements and roadmap for 2010
Restructuring of Nephrology Residency/Fellowship Program
Restarting the Peritoneal Dialysis Program
Transplant LNH-Nephrology has been certified by Human Organ Transplantation Authority (HOTA) as one of the cadaveric transplant centers in Karachi.
LNH-Nephrology will now have an honor to conduct all the monthly meetings of Pakistan Society of Nephrology.

Research:
The department is currently working on three clinical research projects.
Department of Nephrology supports nine-bedded critical care unit, which is the only critical care in Wajid Ali Shah Complex of the hospital, with ventilators, four-bedded High Dependency Unit and 24/7 Dialysis Unit.
It is planning to expand its roots in Critical Care Nephrology and Renal Transplantation, in hope to provide better comprehensive care to renal disease patients.

Social Activities

President Zardari visits LNH

President Asif Ali Zardari visited Liaquat National Hospital (LNH) to enquire about the well-being of people who sustained injuries in Ashura procession blast (Dec 28) in Karachi.
Sindh Governor, Dr. Ishrat-ul-Ebad Khan, Senator Syed Faisal Raza Abidi and Medical Director LNH, Dr. Salman Faridi accompanied the President during his visit.
Talking to the patients, President Zardari said that the terrorists, militants and sectarian fanatics were the enemies of the people and the state, adding the government will not let them succeed in their nefarious designs.
He also directed the provincial government and the hospital authorities to provide the best possible medical treatment to the injured.

LHN sends employee for Hajj

Liaquat National Hospital sent one of its employees, Syed Bilal Ahmed, to perform Hajj last year.
His name was chosen through balloting at a ceremony presided by Medical Director LNH and attended by scores of employees of the organization.
The administration congratulated Bilal for performing Hajj, saying he was blessed by the Almighty Allah.
Syed Bilal Ahmed thanked the administration and said he prayed for the prosperity of the hospital and the country.
Public Health Campaign

LNH striving to provide healthy lifestyle for children

Liaquat National Hospital (LNH) in collaboration with Own Karachi (CDGK) and SAMAA TV launched a two-week-long public health campaign (starting from December 01, 2009) to educate children and ensure healthy lifestyle for them through prevention and health camps. The campaign targeted school children and public residing in areas with poor health facilities.

The program was inaugurated by Mr. Khalid Bin Welayat, Provincial Minister, Sindh; Dr. Salman Faridi, Medical Director, LNH; and Mr. Naeemuddin Syed, Executive Director, SAMAA TV.

Mr. Welayat, being the chief guest, addressed the public at the event and appreciated the joint efforts of various stakeholders of society for a common cause. "It is an honor and privilege to be part of an initiative that aims at the betterment of the public welfare. In the current situation, it has become even more pivotal that everyone takes on joint efforts and partnerships for developing programs which will benefit our vulnerable communities," said the minister.

Speaking on the occasion, Dr. Salman Faridi, Medical Director LNH said, "Through this partnership, Liaquat National Hospital can help raise awareness about various hygiene issues, the number one cause of children illness. He specified that this cause will target various government schools and public of Karachi."

Mr. Naeemuddin Syed, Executive Director SAMAA TV said, "We hope that this collaborative effort will help us continue to reach millions of children with our critical message of a healthy Pakistan."

Awareness program on 'Anger Management' held

The Department of Psychiatry, LNH, arranged an awareness program on 'Anger Management' on January 14, 2009.

The program was attended by senior consultants and doctors from several hospitals, general practitioners, paramedical staff, students, teachers and homemakers. The response was overwhelming and highly appreciative. The speakers on this occasion emphasized that anger is a perfectly normal human emotion that needs to be managed positively.

Dr. Ayesha Quraishy, Head of Psychiatry Department, gave a medical perspective of anger and its causes.

Former chairperson of Department of Psychology, Karachi University, Dr. Rakshanda Talat Hussain, discussed the physiology of anger and psychological management of anger through behavior modification.

Mr. Shah Turab-ul-Haq gave a religious view of anger management and emphasized that anger is destroying relationships and quality of life in our younger generation.

Television artist Talat Hussain, speaking on the occasion, emphasized that through awareness positive expression of emotions should be taught to our people.

Universal Children's Day observed at LNH

Universal Children's Day was observed on November 20, 2009 at Liaquat National Hospital.

This was the first ever activity organized for the children of LNH employees by the department of Pediatrics, School of Nursing & Physiotherapy.

The objective of the event was to identify the needs of the children regarding their health & education.

Dr. Salman Faridi, Medical Director LNH, and Prof. Amir Ali Shoro, Principle Liaquat National Medical College, also attended the program and shared their feelings with the audiences.

Mrs. Alia Nasir, Principle College of Nursing, gave the welcome address. This was followed by a brief introduction by Dr. Saboo Ali, Specialist in Pediatrics. It was a fun-filled day together with a learning and awareness session. The event was attended by a large number of children and their parents. The crowd enjoyed national songs, drama and puppet show by the Heart Beat Group. A coloring competition was also organized for the children and prizes were distributed among them.

Dr. Samina Shamim, Consultant Pediatric, gave the vote of thanks. At the end of the program, gift hampers were also distributed among the participants.
Spring Season

Director Administration launches tree-plantation drive

Brig. (Retd) Dr. Syed Naseem Ahmed, Director Administration Liaquat National Hospital (LNH), launched a tree-plantation campaign at the hospital by planting a sapling in a lawn of the hospital. The aim of the drive was to make LNH an environment-friendly hospital. A number of saplings were planted throughout the hospital during the campaign. The staff of Housekeeping Department of the organization took active part in the campaign.

Tube well installed

The administration of LNH has installed a tube well at the premises of the hospital in order to meet the growing demand of water for the beautification of the organization by the housekeeping department. The housekeeping department has made great efforts to provide colorful flowers matching the spring season which gives a refreshing look.

Achievements

Dr. Sadaf Zia awarded

Dr. Sadaf Zia, Senior Registrar ENT, has been awarded the “Best Paper Presentation Award” in the 7th Annual Middle East update in Otolaryngology Conference held from February 14 to 16, 2010 in Dubai. The award was bestowed on Sadaf Zia for her international paper published in Pediatric Surgery International (A journal devoted to the publication of new and important information from the entire spectrum of pediatric surgery) on the topic of “Pediatric tracheostomy: Complications and role of home care in a developing country”.

Radiology Dept. Residents present papers at JPMC

Two residents of Radiology Department, LNH, presented their research papers at the recently held 47th Annual Medical Symposium of Jinnah Postgraduate Medical College (JPMC) in February 2010. Dr. Rubina Ashraf — fourth year resident at LNH — presented her paper titled “Comparison of CT and Sonography in the Diagnosis of Acute Appendicitis” while the third year resident Dr. Sadaf Nasir presented her research paper titled “Flexion/Extension Cervical Spine Views in Blunt Cervical Trauma”. Both the presenters impressed the audience with their presentation and received appreciation.

CIBMTR chooses Dr. Irfan as member from South Asia

Dr. S. M. Irfan, Head Department of Hematology, LNH has been chosen as member working party on non-malignant disease by Center for International Blood and Marrow Transplant Research (CIBMTR) USA from South Asia. CIBMTR is the top most BMT organization in the world.

College of Nursing students secure positions in SNEB exam

Two of the students of LNH College of Nursing secured first and third positions respectively in final year examination of Sindh Nurses Examination Board (SNEB). Results were announced on February 19, 2010. Saud Saleem, seat number 960, stood first as he obtained 481 marks out of 600 while Babar Saeed, seat number 924, secured third position after getting 460 marks out of 600.

Dr. Junaid becomes member of Medical Research Society of UK, ISBR

Dr. Junaid Mahmood Alam, HOD and Consultant, Biochemistry Laboratory Services, has been inducted as Member Medical Research Society of UK and International Society for Biosafety Research in December 2009 and January 2010 respectively.