



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH



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LIAQUAT NATIONAL HOSPITAL & MEDICAL COLLEGE CELEBRATES 8TH CONVOCATION FOR ITS MEDICAL GRADUATES

101 medical graduates of class of 2022 of Liaquat National Hospital & Medical College were awarded MBBS degrees by the Vice Chancellor of Jinnah Sindh Medical University, Prof. Dr. Amjad Siraj Memon at a colourful ceremony on March 16, 2023 at the LNH Convention Centre (Auditorium). The ceremony was witnessed by the proud parents of the medical graduates, dignitaries, faculty members dressed in the traditional regalia, and senior management staff.

Addressing the audience on the occasion the Principal Liaquat National Medical College, Prof. Dr. Karimullah Makki welcomed the guests and highlighted the efforts done on Curricular, Co-Curricular & Extracurricular grounds. He proudly informed that our graduates are getting foreign scholarships and admissions in the renowned Universities around the world, therefore LNH&MC has set high standards for medical colleges.

Prof. Dr. Salman Faridi in his address, while congratulating the young doctors emphasized their importance of research & advised them to prepare themselves as per the recent advancement in Medicine. *(continue on page 2)*



Degree Distribution



Left to right-Prof. Dr. Karimullah Makki (Principal LNM), Dr. Muhammad Azam Khan (Registrar JSMU), Prof. Dr. Amjad Siraj Memon (Vice Chancellor JSMU), Mr. Syed Shahid Ali (President Governing body LNH&MC), Prof. Dr. Salman Faridi (Medical Director LNH&MC)

ANNUAL DINNER & AWARDS NIGHT FOR MEDICAL STUDENTS & GRADUATES

Annual Dinner & Awards Night Ceremony was held on March 17, 2023 at the LNH Cricket Ground. The ceremony was attended by the medical students, graduates along with their parents, faculty, senior management and staff.

Prof. Nighat Abbas Chairperson Social Society LNMCM welcomed all in her speech & highlighted the events organized by her society.

Addressing the occasion, Principal Liaquat National Medical College, Prof. Dr. Karimullah Makki welcomed the guests and congratulated our

graduates for their achievement. He advised students & graduates to work hard & be honest with their profession.

Prof. Dr. Salman Faridi, Medical Director Liaquat National Hospital & Medical College during his speech congratulated graduates for the achievement. He advised students & graduates to be up to date in their knowledge. He also advised to serve the humanity without any discrimination.

Dr. Shaheena Akbani, Director Academic Administration & Research Training *(continue on page 3)*



Graduates Sitting in the Auditorium

He also emphasized that getting the degree is not the end; it's the beginning of a doctor's career. In the practical life, a doctor should listen to the voices around him, not of those who have wealth or power, but the voices of the poor and needy. He defined success as not only acquiring wealth, fame or power, but the pathway to help the needy and to serve the community selflessly.

Mr. Syed Shahid Ali, President of the board of governors of Liaquat National Hospital and Medical College, in his speech congratulated graduates & shared the days when the hospital was planned and designed. He also shared the efforts put to build a non-profit hospital

aiming to serve the middle and lower income groups which caters the requirements of not only the people of Sindh but also for the people of other provinces and countries like Afghanistan & Iran. Today, after around sixty years since its birth, the hospital is a state of art tertiary care facility with a high standard medical college.

Prof. Dr. Amjad Siraj Memon, Vice Chancellor Jinnah Sindh Medical University in his address congratulated the young medical graduates. He also congratulated faculty & management of LNH&MC for the bright result of LNH&MC among all affiliated medical colleges. He emphasized on the new doctors that today a huge responsibility lies on their shoulders as they will go forth to serve the community. He also appreciated the efforts of parents for the compromises faced by them for providing their children medical education.

The highlight of the ceremony was the award of the Wajid Ali Shah Medal to the Best Graduate (Best Overall Academic Performance over Five Years) & it was awarded to Dr. Jaweriah Khan. The Wajid Ali Shah award has been introduced in memory of Late Mr. Syed Wajid Ali Shah who was the Founder President of the Liaquat National Hospital. Dr. Jaweriah along with Wajid Ali Shah Medal was awarded a cash prize of Rs. 400,000 this was presented to her by Mr. Syed Shahid Ali, President Governing body of LNH Association.

Dr. Umama Rafiq was the recipient of merit award for the 1st Position for Final Year MBBS with a cash prize of Rs: 250,000/=. Dr. Jaweriah Khan received the merit award for 2nd Position with a cash prize of Rs: 200,000, while Dr. Sana Mumtaz shared the merit award for 3rd Position with a cash prize of Rs: 150,000/=. These merit awards were presented to the graduates by Prof. Amjad Siraj Memon, Vice Chancellor, Jinnah Sindh Medical University, Karachi.

The ceremony was followed by high tea for graduates, their parents and esteemed guests.



Group Photo with Dignitaries

EDITOR'S NOTE

For many of us, each new year marks a chance for renewal, and 2023 is no exception.

Welcome to the first edition of Newsline 2023, an online and print publication sharing News of organization and its staff that are innovating in challenging times. Every News in this issue speaks to challenge, opportunity, and the transformative power of hope. This issue includes News on Liaquat National Medical College Convocation celebration and awards night; Different internal and external public awareness

programs; Courses / Workshops / Seminars held at LNH&MC and outside; Activities at Liaquat National School of Medical Technology (LNSMT), Liaquat National School of Physiotherapy (LNSOP) and Liaquat National College of Nursing (LNCON); Senior Citizen Primary Care Unit; Research and Skills Development Center; Achievements by LNH&MC staff; Introduction of New LNH&MC employees and much more.

Hope you will be contended reading the first issue of 2023.



Dr. Ishrat Saleem
Chief Editor



Dr. M. Kashan Zaheer who received MD Medal with Prof. Salman Faridi & Prof. Karimullah Makki



Dr. Areeba Abdullahr who received Principal Medal, with Prof. Salman Faridi & Prof. Karimullah Makki



Dr. Jaweriah Khan who received Prof. Amir Ali Shoro Medal with Prof. Salman Faridi & Prof. Karimullah Makki



Dr. Anil Roy Bhagwani receiving Best Alumni Award from Prof. Salman Faridi & Prof. Karimullah Makki

congratulated all students & announced the award winners- Position Holders of 1st to 4th Year MBBS.

Shields & certificates of appreciation were distributed among dignitaries, chairpersons, co-chairpersons & office bearers of societies.

Certificates of honors & Certificates of office bearers of different societies were announced. Certificates were also announced for the graduates who took part in research activities and published research papers in national as well as international journals.

Certificates of appreciation were also announced for those employees who completed 10 years journey at LNMC.

The most exciting awards of Principal's Medal & Medical Director's Medal were awarded to Dr. Areeba Abdullah & Dr. Muhammad Kashan Zaheer respectively. In the memory of late Principal & Dean LNMC Prof. Amir Ali Shoro, Prof. Shoro's Medal was introduced for best academic achievement in first two years & recipient was Dr. Jaweriah Khan. Prior to announcement of Prof. Shoro Medal, a documentary in the memory of Prof. Amir Ali Shoro was played.

To appreciate our alumni's success, Best Alumnus Medal was given to Dr. Anil Roy Bhagwani of Batch 2012 & Dr. Muhammad Muzzammil Edhi of Batch 2013.



Singer Ali Tariq Performing



Singer Ali Tariq Performing

Dr. Bhawgani was awarded Fullbright Scholarship from Virginia Common Wealth School of Medicine which earned him Ph.D. in Physiology. He also secured Ramsey Award for most outstanding doctoral student in Physiology

at Virginia Common Wealth University. He also got nomination for Phi Kappa Phi from Virginia Common Wealth School of Medicine, USA. During his stay at LNMC he won Endocrine Quiz Competition and Silver Sponsorship award at 6th LNH International Symposium. He was the Co-Chairperson of Student's Research Society. He has more than 24 research articles to his credit.

Dr. Muzzamil Edhi did Clinical Fellowship in Neurosurgery, Post Doctoral Research Associate in Harvard Medical School. He is recipient of Investigator grant as Co-PI from Boston Scientific, Future of USA Permanent Residency based on Scientific Contribution, Futures of Neurological Research Scholarship Award from American Academy of Neurology, Trainee Professional Research Scholarship Award from American Academy of Neurology, Trainee Professional Development Award from Society for Neurosciences, Scholarship from Harvard Medical School to attend Postgraduate Research Program. Dr. Edhi is reviewer for more than 10 PubMed Index Journals & published 70 research articles in various reputable journals & has more than 1300 citations to his credit.

The glimpse of unforgettable journey of graduating class & Final Year MBBS were witnessed & well-liked by the students, graduates, faculty & guests during the documentary, prepared by batches of 2022 & 2023. After presentation of documentary lavish dinner was served with a variety of dishes.

Chairperson Music & Drama Society LNMC Dr. Sana Anwar announced the most awaited event of students i.e. Concert & Singer Ali Tariq with his band who entertained the audience for more than 2 hours. During concert tea & coffee were served to the audience who thoroughly enjoyed the evening.



Students enjoying the program

PUBLIC AWARENESS PROGRAMS

AWARENESS SESSION ON BARIATRIC SURGERY



concluding remarks by the Medical Director

Department of General Surgery and Nursing Services organized Nursing Awareness Session on Bariatric Surgery on 28th February, 2023. Overall 71 participants have attended this session.

Bariatric surgery is commonly performed by General Surgeons to reduce size of stomach. Gastric bypass - gastric banding and sleeve gastrectomy are common procedures. It is considered the most effective method for the treatment of morbid obesity and obesity-related comorbidities. The most important benefits of Bariatric Surgery are weight loss, better health, and better quality of life. Other benefits of Bariatric Surgery may include: losing more weight than other treatments alone. Having closer to normal blood sugar levels and blood pressure.

Overview of the session was given by Dr. Faisal Siddiqi (Assistant professor - General Surgery) and Dr. Mirza Arshad Baig (Assist-professor, General Surgery), Sessions on Nursing care in post-operative period were conducted by Nursing team. Few guest speakers were also invited in this session. Concluding remarks were given by Prof. Dr. Salman Faridi, Medical Director LNH&MC.



Role Play Activity by the Participants



Organizing team

COLORECTAL AWARENESS WALK



Colorectal Cancer Awareness Day

Colorectal Carcinoma is a deadly cancer which is preventable through screening colonoscopy. The purpose of this walk is to make people aware of the colorectal carcinoma screening program. Department of Gastroenterology Liaquat National Hospital arranged a walk on National Colorectal Cancer Awareness Program in March 2023. Our consultants, post graduate trainees, students and hospital staff participated in the walk wearing blue color on blue day (Colorectal Awareness Day). The walk was organized for public awareness of the colorectal screening program. Lets prevent it and diagnose it as early as possible.

AWARENESS SESSION ON HEALTH & FITNESS IN MOTHERS AT BEACON HOUSE SCHOOL, GULSHAN-E-IQBAL



Awareness session on Health & Fitness in Mothers at Beacon House School, Gulshan-e-Iqbal

An awareness session was arranged on the Importance of Health and Fitness in Mothers and Teachers at the Gulshan-e-Iqbal Campus of Beaconhouse School System on March 4, 2023. Our dietitian, Ms. Bushra Khalid, promoted healthy lifestyle changes by discussing various aspects, including physical fitness, mental



Awareness session on Health & Fitness in Mothers at Beacon House School, Gulshan-e-Iqbal

health, and self-care. She also discussed about different healthy meals that should be incorporated in toddlers and infants. There was also a Q/A session at the end which cleared a lot of misconceptions and promoted new lifestyle changes. It was a productive session where mothers and teachers were encouraged to care for themselves and be mindful of their health.

AN AWARENESS SESSION ON WORLD CANCER DAY BY PROF. DR. NAILA A. ZAHID AT FOLIO3 COMPANY

On every World Cancer Day, Liaquat National Hospital takes the liberty to utilize the day to create awareness regarding different cancers. Therefore, on February 2, 2023, an awareness session was held at the software development company, Folio3. About 40 employees attended the session in person and online on Zoom from the company's different branches/software houses.

Prof. Dr. Naila A. Zahid, Head of Oncology Department, spoke about the prevalence, prevention, and early cancer detection. It was an informative session, and many people realized the need for lifestyle changes to prevent cancer. Folio3 appreciated this initiative of Liaquat National Hospital.



Awareness Session on World Cancer Day by Prof. Dr. Naila A. Zahid at Folio3 Company

COURSES/WORKSHOPS/SEMINARS

COLLEGE OF PHYSICIANS AND SURGEONS PAKISTAN (CPSP) PRE-CONFERENCE WORKSHOP



Interactive Journal Club: A Renewed Approach towards Engaging Participants

centers in the country. A few workshops were also conducted at Liaquat National Hospital.

The first workshop titled "Teaching in Clinical Environment: When There is No Time to Teach" was held on January 5, 2023 and the second workshop "Interactive Journal Club: A Renewed Approach towards Engaging Participants" on January 7, 2023.

CPSP and Colleges of Medicine of South Africa organized an "International Medical Education Conference" on 13th and 14th of January 2023 at CPSP, Karachi with the theme "Changing Paradigm in Postgraduate Medical Education". A series of over 80 pre-conference workshops were also conducted at various medical institutions and CPSP regional

These workshops were attended by medical faculty and educationists from various institutes. The workshops were facilitated by LNH faculty including Prof. Nighat Huda, Prof. Sobia Ali, Prof. Zia-ul-Islam and Dr. Afifa Tabassum. The participants rated the workshops as well-organized, interactive and engaging.



Teaching in Clinical Environment: when there is no time to teach

WORLD PSYCHIATRIC ASSOCIATION THEMATIC CONGRESS

The World Psychiatric Association (WPA) Thematic Congress was held in Karachi, Pakistan from March 3rd to 5th, 2023. The conference, which is held in different countries all over the world, attracted several notable psychiatrist from the USA, UK, Australia, South Africa and India.

One of the highlights of the conference was the presence of Adrian James, the president of the Royal College of Psychiatry. The conference was also notable for the selection of three presenters from the Department of Mental Health at Liaquat National Hospital, Karachi.

Dr. Zaib Un Nisa, Assistant Professor, Department of Mental health presented her research paper on "The Co-existence of Anemia in Psychiatric Conditions: A Study Conducted in OPD of Tertiary Care Hospital".

Dr. Samrah Zahid, Senior Resident presented two papers at the conference: "Androgen inhibitors-

A Potential Cause for Mania?" and "Basal Ganglia Stroke Bourne Obsessions and Compulsions-Indurating or Treatable?"

Dr. Zahra Jasaani, Senior Resident presented her paper on "Flupenthixol Therapy in a Male Patient with Catatonia".

Overall, the WPA thematic conference held in Karachi, Pakistan was a great success. The selection of presenters from the Department of Mental Health at Liaquat National Hospital showcased the high level of expertise and research being conducted in Pakistan. The

conference provided an excellent platform for psychiatrists from different parts of the world to come together and learn from one another, ultimately contributing to the improvement of mental health globally.



Dr. Zaib Un Nisa Consultant Psychiatrist, LNH At WPA Conference



Dr. Samrah Zahid Resident Psychiatry, LNH at WPA Conference



Dr. Zahra Jassani Resident Psychiatry, LNH at WPA Conference



Dr. Zaib Un Nisa Consultant Psychiatrist, LNH At WPA Conference

WORKSHOP ON "PREVENTION OF CERVICAL CARCINOMA"

Cervical Cancer is one of the leading causes of morbidity and mortality in females. January is cervical health awareness month. Therefore, a pre-conference workshop was arranged by Dr. Tahira Yasmeen and Dr. Maria Jabeen on 6th January, 2023 on "Prevention of Cervical Carcinoma". A diverse group of health care professionals including nursing staff, general physicians, residents and fellows attended the workshop on "Prevention of Cervical Carcinoma", cervical screening and HPV vaccination was emphasized.



Workshop on Prevention of Cervical Carcinoma

ADVANCED NURSING COURSE ON ENHANCING PATIENT CARE IN PAEDIATRIC SURGERY AND UROLOGY PATIENTS

A comprehensive two-day Paediatric Surgery workshop in collaboration with the Department of Nursing was carried out on 3rd - 4th April 2023 at Research and Skills Development Center (RSDC), LNH. The objective was to equip healthcare professionals with the skills and knowledge necessary to deliver optimal care to paediatric surgery and paediatric urology patients. This course covered an array of topics including the role of health care professionals in a paediatric surgical setting. Participants were explained via lectures and demonstration of videos to understand the care of patients with surgical wound, (continue on page 7)



Course facilitator delivering lecture

urinary catheter, gastrostomy, chest tube, IV line and bowel and urinary stoma.

Participants learned both the theoretical and practical aspects and had a well-rounded learning experience. The hallmark of the course included hands-on training using advanced surgical equipment and



Participants at hands on station of catheterisation

techniques, allowing participants to practice and refine their skills.

In this workshop, we trained 33 participants, which included 26 Nurses of Paediatrics & Paediatric Surgery, 3 junior doctors, 2 Operating Room (OR) technicians and 2 Bachelor of Science in Medical Technology (BSMT) students. This includes the participation of personnel outside LNH as well. We received an overwhelming response from our participants and they were provided with a certificate of completion recognized by the organization.

CERTIFICATE IN HEALTH PROFESSIONS EDUCATION (CHPE) BATCH 4

The fourth batch of the Department of Health Professions Education (DHPE), LNH Certificate Program in Health Professions Education has been started on March 6, 2023, following the success of the first three batches. 13 faculty members from various institutions have been admitted with a strong

interest in medical education. DHPE and affiliated faculty from the Liaquat National Hospital and Medical College shall continue to devotedly provide future training and help to the Medical and Dental Sciences teaching staff as the interest of medical educators towards health profession education grows.



Face-to-face session of Certificate in Health Professions Education (CHPE) Batch 4

WORKSHOP ON “ENVIRONMENT AND OCCUPATIONAL HEALTH AND SAFETY: MANAGEMENT SYSTEMS AND LEGAL REQUIREMENTS IN HOSPITALS AND INDUSTRIES”



Adjourned Remarks

The Department of Quality Assurance organized a two days certificate workshop on “Environment and Occupational Health and Safety: Management Systems and Legal Requirements in Hospitals and Industries” on 11th and 12th of January 2023 which was held at the Convention Centre. The trainer for this workshop was Mr. Hammad Aijaz (HOD – Quality Assurance) Lead Auditor/IRCA (International Register of Certificated Auditors) and Lead Trainer for HSSEQ (Health Safety Social Environment and Quality). The workshop was structured around Sindh Healthcare

Commission (SHCC), Environmental Management and Occupational Health and Safety Management standards, the workshop was based on discussions and hands-on exercises to maximize participants’ understanding on the subject. The



Hands on Exercise

(continue on page 8)

participants included people from Top management, doctors, engineers, senior managers, managers from renowned hospitals



Participations from renowned organizations

and corporate institutions like Dow University of Health Sciences, Memon Medical Institute, and from notable corporate

industries such as Unilever,

Engro Polymer & Chemical Limited, who deemed the workshop as being insightful, engaging and well-organized at its conclusion.



Interactive Session

PHLEBOTOMY HANDS ON SESSION FOR THE STUDENTS OF BS MEDICAL TECHNOLOGY IN CLINICAL LABORATORY SCIENCES (BS-MT-CLS) BATCH 2023

Phlebotomy hands on session was conducted at RSDC-LNH for BS-MT-CLS Batch 2023 on 13th March 2023. The main objective of the session was to equip learners with relevant skills and new guiding principles. It also aims to teach learners about the role and importance of a phlebotomist, trained work force, and hygienic environments in the Pathology Department. The training was rewarding and helped in better understanding of this profession. A total of seventeen students participated and trained under the supervision of certified and experienced instructors.

We are thankful to Dr. Kahkashan Tahir Head of RSDC department, Senior Manager for the mentorship & facilitating this significant training session, as well as her team members for all the support and making it such an interactive session.



Phlebotomy Hands on Session for the students of BS-MT-CLS Batch 2023

BREATHING BETTER, TOGETHER WITH MECHANICAL VENTILATION A COMPREHENSIVE COURSE ON CARE OF PATIENT ON MECHANICAL VENTILATOR

A comprehensive course on mechanical ventilation was designed to cover an array of topics that explore the theoretical and practical aspects of mechanical ventilation. This course also helped them to learn ventilator-associated lung injury, troubleshooting technical issues, and weaning patients off mechanical ventilation.

The team of experienced instructors uses the latest teaching methodologies to enrich each participant's learning experience and abilities to deliver optimal mechanical ventilation in a clinical setting. The aim of this Quality Initiative Project was to enhance the confidence and knowledge of bedside nurses in managing the patient on mechanical ventilator efficiently in critical care setting. In Section 04, K-Block, this learning with hands-on practice course was organized for over a period of 4 days in January 2023 in which we have trained 13 Nurses in phase 1 with an emphasis on hands-on practice along with the knowledge integration and handling troubleshooting.



Team of Expert have conducted a comprehensive session and hands-on practice on a real time situation to execute the concepts of Mechanical Ventilation

CONTINUOUS LEARNING FOR EXCELLENCE

“STRATEGY TO STRENGTHENING THE SKILLS AND KNOWLEDGE WITH AN APPROACH OF DEPARTMENTAL MONTHLY STAFF EDUCATIONAL PLANNER”

A monthly educational planner is usually designed to provide a diverse range of educational opportunities for enriching individuals' personal and professional development. It supports individuals to be life-long learners, constantly seeking out new knowledge and experiences that add value to their careers and personal lives.

This planner includes a broad range of learning opportunities such as short session, hands-on practice on equipment on-site training for patient hands-off. The aim of this initiative is to equip individuals with the knowledge, skills, and abilities to excel in their profession while driving personal and organizational growth. In the month of April 2023, we conducted 15 sessions on daily basis. In this session, 80% of nursing staffs from section 01 have been covered. This practice will foster a culture of continuous learning to provide opportunities for individuals to enhance their knowledge, skills, and abilities with hands-on practice.



Classroom and hands-on session for all the nursing staffs for their continuous learning for excellence

NURSING EDUCATION SERVICES (NES) SPECIALIZATION COURSES

Department of Nursing organized an in-house specialization course named Medical Surgical Nursing, Critical Care Nursing, and Maternal and Child Health Care Nursing. Overall, 297 nursing staff were certified. Various aspects of the topics were covered in the specialized course. The purpose of this course was to emphasize the aspects of care, communication, professionalism, and critical thinking while dealing with clinical situations. The course also aimed to provide information about dealing with patients through evidence based practice.

Moreover, staff were certified through hands-on practice by performing the following skills: I/V cannulation, NG Insertion and Removal, Foley's Catheterization Insertion and Removal, Airway Management, Defibrillator Handling, ECG placement and interpretation, Newborn Assessment, Mechanism of Normal Labor, Postpartum Drill, Cord Prolapse, and CTG Interpretation.



Dr. Hanif Kamal taking session of nursing staff



Dr. Tahira Yasmeen taking session of nursing staff



Examination in process

NURSING – AART (ADVANCED ADULT RESUSCITATION TRAINING)

Nursing-AART is a comprehensive certification program that integrates resuscitation training, performance improvement, critical procedures, and in-hospital patient safety initiatives. Nursing-AART empowers health care providers of all disciplines by creating a “culture of resuscitation” that enhances patient safety.



Ambreen Khawaja taking Nursing-AART session

(continue on page 10)

This training is intended specially for Nurses of critical care setups who need to promptly recognize and treat adult patients suffering from or at risk of cardiac arrest and other life threatening emergencies, thereby improving their survival rates.

This is a 2 days ongoing workshop developed by the Nursing Management committee and team of experts. The course has been conducted by consultants from Cardiology, Anesthesiology, Neurology, RSDC and Nursing team. Overall 62 participants have successfully cleared this course till to date.



Dr. Rajesh taking Naart session



Imran Sandeelo taking Nursing-AART Session



Mega Code Practice



Mega Code Run

LIAQUAT NATIONAL SCHOOL OF MEDICAL TECHNOLOGY (LNSMT)

SPORTS FEST PRIZE DISTRIBUTION CEREMONY

To acknowledge the winners of LNSMT SPORTS FEST, a prize distribution ceremony was organized in LNH auditorium on 22nd March 2023. The Medical director of LNH&MC, Prof. Dr. Salman Faridi distributed awards amongst the winners. Overall the event was well organized and the student participation was overwhelming.



Prof. Nighat Abbas presenting shield to Prof. Dr. Salman Faridi



Prof. Dr. Salman Faridi presenting shield to Prof. Dr. Ahsan Ashfaq



Medical Director LNH&MC presenting trophy to winning team



Principal LNSMT presenting medal to winner

BLISSFUL IFTAR 2023

Cherishing the true spirit of the Holy month of Ramadan, the students of Liaquat National School of Medical Technology organized and conducted a week long philanthropy drive "Blissful Iftar 2023". During this self funded event, daily more than 200 Iftar boxes and water bottles were distributed among the attendants of patients and others within the premises of LNH. We are grateful to everyone who supported this effort and pledge our continuous support to students in organizing such events in future.



BSMT Students Distributing Iftar in LNH



Chief Guest
Syed Hasan Abbas Rizvi
speaking to audience
at the event



Chief Guest Syed Hasan Abbas
Rizvi appreciating the efforts of
Dr. Sonya Arshad for organizing
the event



Chief Guest Syed Hasan Abbas
Rizvi appreciating the efforts of
M. Faisal Qureshi for organizing
the event



Dr. Farah Deebe (Manager DPTS)
and Dr. Muhammad Ali (Vice
Principal LNSOP) honoring the
chief guest



Dr. M. Faisal Qureshi, PT awarding
certificate of Participation to Students



Dr. Sonya Arshad awarding certificate
of Participation to Students



Jury Members questioning the
poster presenters during the event



Jury Members and Organizers

The Liaquat National School of Physiotherapy recently (09th February, 2023) held its “Annual Research Day 2023,” which included a “Poster and Oral Presentations Competition” among final year Doctor of Physical Therapy (DPT) students. The competition, which was facilitated by M. Faisal Qureshi (Senior Lecturer II), and Dr. Sonya Arshad (Senior Lecturer) and supervised by Ms. Farah Deebe (Coordinator Final Year DPT), Manager Department of Physiotherapy Services and Mr. Muhammad Ali (Vice Principal LNSOP). The Students were divided into 13 groups, each consisting of four students, who presented their posters and oral presentations on various research projects. Top three Research topics were

1. An association of internet addiction and procrastination and its effects on cognitive processes among adults
2. Prevalence of depression in geriatric population and its relation with muscle strength using dynamometer: An observational study
3. Awareness about mime therapy among the physiotherapists of Pakistan; A survey based study

The Jury Members were

- Dr. Mohabbat Ali, PT Principal, Memon College of Physical & Rehabilitative Medicine
- Dr. Samreen Yasmeen, PT Assistant Professor, Dow Institute of Physical Medicine and Rehabilitation
- Dr. Saad Saleem, PT Assistant Professor, College of Physiotherapy, Iqra University
- Dr. Saima Ali, PT Assistant Professor, Ziauddin College of Rehabilitation Sciences
- Dr. Muhammad Abid Khan, PT Assistant Professor, Ziauddin College of Rehabilitation Sciences
- Dr. Farrukh Siddique, PT Principal, Indus College of Physical Therapy & Rehabilitation
- Dr. Okasha Anjum, PT Chairperson, Department of Physical Therapy and Rehabilitation Sciences, Indus University
- Dr. Erum Tanveer, PT Principal United College of Physical Therapy

(continue on page 12)



Chief Guest Syed Hasan Abbas Rizvi with Organizers and Jury Members
of the event



DPT Program Research Supervisors with
Chief Guest Syed Hasan Abbas Rizvi

- Dr. Muddasir Ansari, PT Principal, Karachi Institute of Physiotherapy & Rehabilitation
- Dr. Rabia Intikhab, PT Principal, Pakistan Institute of Rehabilitation and Medical Sciences

The competition was judged based on poster layout, presentation skills, content, and question-answer sessions. Group 5, supervised by Dr. Sonya Arshad, took first place for oral presentations, while Group 3, supervised by Ms. Sana Noman, won second place. For poster presentations, Group 3, supervised by Ms. Sana Noman took first place, while Group 12, supervised by Ms. Noureen Fatima, PT, won second place.

During the event, students were awarded certificates, and Syed Hasan Abbas Rizvi, General Manager Rehabilitation Services Liaquat National Hospital and Medical College, was honored by Mr. Muhammad Ali and Ms. Farah Deebe. Syed Hasan Abbas Rizvi expressed gratitude to the judges for attending the event and also thanked Dr. Nighat Huda, Sr. Advisor HPE, LNH&MC, Prof. Dr. Sobia Ali HOD HPE, and Mr. Hammad Aijaz (HOD Quality Assurance Department). The Liaquat National School of Physiotherapy is known for organizing extracurricular events for students to enhance their clinical skills and knowledge, and the students and supervisors who worked hard to make the “Annual Research Day 2023” a success were thoroughly appreciated and acknowledged for their efforts. It was inspiring to witness the enthusiastic involvement of faculty, staff, and students in promoting and engaging in research.

ORIENTATION DAY

In a splendid display of camaraderie and anticipation, the first-year students of the School of Physiotherapy at LNH came together for an unforgettable Orientation Day on 16th January 2023 at convention center. Dr. Sonya Arshad, the faculty of physiology and class coordinator, skillfully led the event, creating a sense of excitement and belonging. The Respected Principal Syed Hassan Abbas Rizvi and Vice Principal Muhammad Ali personally distributed souvenirs to each student, highlighting the school's commitment to a supportive learning environment. Faculty members introduced themselves, inspiring the students with their expertise. The event concluded with an enlightening speech by the Principal, encouraging students to embrace

challenges and make a positive impact in the field. The school community expressed gratitude to the faculty for their support. With a strong foundation established, the School of Physiotherapy looks forward to the growth and achievements of these aspiring physiotherapists.



Principal Syed Hasan Abbas Rizvi distributing the souvenir to students



Physiotherapy Welcome

LIAQUAT NATIONAL COLLEGE OF NURSING (LNCON)

NURSING SEMINARS

Liaquat National College of Nursing was proud to organize student-led seminar by two groups on Tele-health cum Nursing, An Emerging Trend in Pakistan and Professional Development and Career Pathway on 16th February, 2023 in the Convention Center. The Guest of Honor for these seminars was Prof. Dr. Fauzia Ali, from Norquest College, University of Alberta, Canada.

On 23rd February, 2023 two more groups of students organised student-led seminar on Nurses Role in Evolving Community Health and Promoting Health (continue on page 13)



Nursing Seminars

Behaviors and Role of Complementary Therapies in Patient Care in Annex Hall of LNCON. The Guest of Honor for these seminars was Dr. Hadja Hadjirul Brown Harrison, Nursing Director at Abha International Private Hospital, Saudi Arabia joined us via Zoom link. These seminars were organized under the supervision of Mr. Saqib Sarfraz, Senior Lecturer-II.

COMMUNITY HEALTH NURSING (CHN) SCHOOL PROJECT AT NJV GOVERNMENT HIGHER SECONDARY SCHOOL

Liaquat National College of Nursing Final year BSN students of Semester # 8 planned and executed an excellent School Project under the supervision of LNCON Faculty Mr. Saqib Sarfraz accompanied by Mrs. Sultana and Mrs. Shaheen Shumaila targeting different age group of students at NJV Government Higher Secondary School covering four basic health related topics: Oral Hygiene (Grade 1 and 2), Hand and Nail Hygiene (Grade 3 and 4), Nutritional Management (Grade 5 and 6) and Basic First Aid in emergency situation (Grade 7 and 8).



School Project at NJV

The Students catered 850 students with activities like Teaching Session involving stories and role plays, topic relevant poems and activities and hands-on session with rewards, colorful brochures, table display, charts and models and refreshment was also served to the students there.

COMMUNITY PROJECT (SURVEY) LEAD BY WHO



Community Field by WHO

Liaquat National College of Nursing exposed the Students of Final year BSN to field experience of data collection through Randomization, Cluster and Spot Survey in various districts of Karachi as a part of their CHN-III course. Our students were trained and divided into Post Campaign Monitoring (PCM) and Lot Quality Assurance Sampling (LQAS) Teams for post-polio monitoring done under the focal person Mrs. Judith Zaidi and field Supervisor Mr. Saqib Sarfraz. In the last days of surveys students even assessed various communities' health through a valid tool provided by the faculty. Field work done for the CHN field project was facilitated by World Health Organization.

PROGRAM ORIENTATION AND AWARENESS SESSION ON HUMAN IMMUNODEFICIENCY VIRUS (HIV), HEPATITIS AND TUBERCULOSIS (TB)

Liaquat National College of Nursing in collaboration with the CDC HIV Control (Centre for Disease Control) and Prevention program, CDC TB Control and Prevention program, Government of Sindh and Case Mix Index (CMI) Hepatitis Control and Prevention program organized an Awareness and Program Orientation Session on HIV, Hepatitis and TB for all LNH Section Heads, Faculty and Students of LNCON. The session was mainly planned and arranged by semester # 8 students, under the supervision of Mr. Saqib Sarfraz. The Session was facilitated by Dr. Saima Mushtaq, Dr. M. Rasheed, Dr. R. Khanani and Dr. Sher.



Awareness Session of HIV, Hepatitis and TB

CULTURE DIVERSITY DAY AT LNCON



Controller-Nursing Administration, Principal-College of Nursing, faculty, staff, and students at the Culture Diversity Day

On 20th March, 2023, the students of Liaquat National College of Nursing celebrated the Culture Diversity Day at LNCON. The students of B.S. Nursing (Generic) 3rd Year Semesters 5 and 6 were the chief organizers and collaborated with other students of LNCON to set up stalls representing the five provinces. Each stall displayed cultural items such as clothes, jewellery, musical instruments etc. of that province and traditional food items. Students performed a tableau depicting the famous folk tale of Heer Ranjha. Another group of students enacted a traditional Sindhi wedding ceremony. Students of all provinces performed traditional folk dances to local music. Students and faculty of College of Nursing and other institutes of Liaquat National Hospital attended the event enthusiastically.

SENIOR CITIZENS PRIMARY CARE UNIT (SSPCU)

The Senior Citizens Primary Care Unit's Elderly Day Care Centre is a place where the elderly can come to receive specialized care that focuses on enhancing their quality of life. Our primary goal is to foster physical, social, and psychological well-being, which we believe is crucial to a happy and healthy existence in every age.

We provide a range of daily activities that are carefully designed to cater the needs of the elderly. We realize the hidden issues that can lead to various health problems, and aim to counter these issues by keeping our clients engaged and active.

At our center, clients can expect a variety of activities that help them maintain their physical health, we encourage social interaction by providing opportunities for socialization with their peers, such as group discussions, games, and exercises, also provide access to mental health professionals who can assist our clients with any psychological or emotional issues they may be facing.

We aspire to support our clients' well-being holistically and recognize that their mental health is as important as their physical health.

ACTIVITIES AT SENIOR CITIZEN DAY CARE UNIT

Seniors feel loved when there is festivity. The gathering of friends and family to celebrate their birthdays make them feel the love and support that surrounds them. It offers a chance to respect and esteem senior clientele by letting them know that you do so and to make them feel special.



Celebrated Mr. Madad Ali's 92nd birthday with our entire community, including our valued members, management, and staff. It's a joyous occasion for all of us, filled with love and laughter.



Experience the joy of a Birthday Bash celebration with our vibrant and captivating décor, specially designed to make our senior citizens feel celebrated and loved.



"The members and staff are enjoying the birthday party that was planned for our member, and the atmosphere was joyful and celebratory."

EID CELEBRATIONS

Senior Citizens Primary Care Unit is also a ritual. EID celebration was held on April 29, 2023. The event included a range of enjoyable activities with variety of feast. Our senior members were dressed elegantly, and the venue was beautifully decorated to create a festive atmosphere. Witnessing the joy and enthusiasm on the faces of our senior clients brought new life and value to their experience.



Senior citizens exchange thoughts in their favorite environment.



Let's cherish the moments of togetherness and spread love and kindness on this special day of Eid



Let us celebrate together and spread love and kindness as we commemorate this special day.

ART & CRAFT

It can give a fresh sense of creativity and mastery. The fact that arts and crafts keep elders' minds engaged is one of their many important benefits. They encourage seniors to express themselves and guard against emotional disorders.

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One of our members, Mr. Zahid, is currently making envelopes for Eidi money.

Art and craft activities can provide older adults who are not working but still living independently with a fresh sense of purpose and mastery, important benefits of art and craft activities is that they keep seniors' mind engaged.



Keeping their brains stimulated and actively engaging their minds helps increase the overall wellbeing of our senior members.

COOKING

It is a crucial component of fitness, but as we become older, we tend to overlook these abilities, cooking can help to practice mindful skills. A skill that might assist our health and each bite is experimenting with different meals in a balanced way.



"Our talented members are working hard to create delicious, mouth-watering dishes for enjoyment.



Now it's time to taste our culinary creations



Ms. Ruqaya shared her culinary expertise and shows us how to create amazing dishes in our cooking session.



After working hard together, they celebrate and enjoy a delicious meal.



Mr. Ashraf feeling delightful by cooking together with friends of senior citizens.

RESEARCH AND SKILLS DEVELOPMENT CENTER (RSDC)

AMERICAN HEART ASSOCIATION (AHA) ACCREDITATION COURSES IN LNH

RSDC is an International Training Center for American Heart Association Accredited Course. We offer trainings in Basic Life Support (BLS), Advanced Cardiovascular Life Support (ACLS), & Pediatric Advanced Life Support (PALS) to the doctors, Physicians, Surgeons, and health care professionals. We also offer trainings to community (Family & Friends CPR) and general public (Hands Only CPR).

FAMILY AND FRIENDS CARDIOPULMONARY RESUSCITATION (CPR) ACTIVITY



Pakistan Navy Finishing School, Demonstration of Emergency Skills on Infant and Management for PNFS Staff

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child Automated External Defibrillator (AED) use, infant CPR, and mild and severe airway block for adults, children, and infants.



Pakistan Navy Finishing School, Demonstration of Emergency Skills on Hands Only CPR

Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Recently, RSDC has conducted this course with Pakistan Navy Finishing School Karsaz Campus where a total of 20 Candidates including, Admiral's Housewives attended this session. RSDC trained instructors performed a Demo on Hands Only CPR, and practiced with students on Practice While Watching Video Method along with proper COVID-19 Precautions.

UNRAVELING BOVINE BRAIN: RESIDENTS' HANDS-ON EXPLORATION OF NEUROANATOMY AND DISSECTION TECHNIQUES



Residents' Hands-On Exploration of Neuroanatomy and Dissection Techniques

The Department of Neurosurgery at Liaquat National Hospital, in collaboration with the Research and Skill Development Centre team, organized a workshop on Bovine Brain Dissection for residents. This hands-on experience allowed the residents to delve into the complexities of neuroanatomy under the guidance of Dr. Saad Akhtar Khan, an experienced neurosurgeon. The dissection involved arachnoidal dissection, identification of bovine brain anatomy, and examination of cerebral and brainstem structures using a microscope. Through this workshop, the residents gained practical skills and a deeper understanding of bovine neuroanatomy. The supervision of Dr. Saad Akhtar Khan ensured the accuracy of the dissection, providing valuable insights and knowledge to the residents. This workshop highlighted the significance of bovine brain dissection in enhancing medical education and research in neuroanatomy.

LNH&MC STUDENTS SKILLS

Research and Skills Development Center has conducted sessions for the students of LNMCM 1st, 2nd, 4th and 5th year in the month of January to April 2023. Sessions were planned to enhance their skills according to the latest guidelines which include NG Insertion, Hand Hygiene, Lumber Puncture and Pap smear. Total number of 386 students were trained.

Obs & Gynae Skills For LNH&MC Students



LNHMC Students Pap Smear Session

Hands on session on Pap smear was conducted for the students of reproductive module-II. A pap smear is also known as Test or Pap test. It involves exfoliating cells from the transformation zone of the cervix to enable examination of these cells microscopically for detection of cancerous or precancerous lesions.

In this session 100 students of fourth year MBBS were trained how to take the sample for Pap smear and its transportation using

liquid base cytology techniques.

The undergraduate medical students of final year MBBS were trained for Trauma and Emergency Management course (TEAM) with the collaboration of RSDC and General Surgery team under supervision of Dr. Rufina Soomro. This workshop was conducted in the month of March 2023, in which 25 LNMCM students enrolled. The objective of the workshop is to enable the students to perform skills required in the emergency settings and manage the patients efficiently.



Team Course for LNHMC Final Year Students Demonstration of Placement of Thomas Splint Traction

EMERGENCY RESPONSE SKILLS FOR JAFFAR PUBLIC SCHOOL



Jaffar Public School, Emergency Response Skills Bandage Practice with Participants

A series of (10) sessions were conducted with the students of Jaffar Public School, where approx. 20 participants were trained, from February-March 2023. Participants were oriented in dealing domestic emergencies including managements of Bleeding, Wounds, Fracture, Burns, Heatstroke, Drowning, Fits, Fainting, managements of a person



Jaffar Public School, Bandage Practice with Students

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with no breathing and transportation. At the end of the session participants were divided in groups to perform group activity of disastrous situation where one group became a group of victims and other group responded as a team of professionals. Participants learned each skills in a healthy environment.

SKILL FOR BACHELOR OF SCIENCES IN MEDICAL TECHNOLOGY IN CLINICAL LABORATORY SCIENCES (BSMT-CLS)

Research and Skills Development Centre has conducted sessions for BS-CLS Final Year Students of Batch 2021. Sessions were conducted in March 2023 in which 17 students were trained in Phlebotomy on updated Guidelines to enhance the skills and learn in healthy environment on simulated mannequins.

BASIC SURGICAL SKILLS FOR OBSTETRICS AND GYNECOLOGY RESIDENTS



Gloving and Gowning Session with Gynae Resident

Basic Surgical Skills were conducted on 6th February 2023 for Obstetrics and Gynecology Department Newly Inducted Residents. Gowning, Gloving, Scrubbing, Foley's Catheter and Knot Tying". The objective of the workshop is to nurture and develop skills on clinical practices.



Gloving & Gowning Session with Gynae Residents

EVENTS

INTERNATIONAL WOMEN'S DAY

On March 8, 2023, the female staff of Liaquat National Hospital celebrated International Women's Day with solidarity and promoted women empowerment. All female heads of departments gathered at the convention centre and enjoyed each other's company while discussing the importance of an independent woman. Furthermore, they utilized this day to acknowledge the achievements of women within their respective departments. The day ended with a group photo of all the leading women of Liaquat National Hospital.



International Women's Day Celebration

MOTIVATIONAL SPEAKER SESSION

We organized a Motivational Speaker event for our senior members at the Senior Citizens Primary Care Facility because we understand that seniors need encouragement too.

During these events, a dynamic group of senior members attended the sessions, embracing the chance to gather, engage, and ignite their spirits. The atmosphere was filled with anticipation and enthusiasm as individuals came together, ready to explore new perspectives, gain valuable insights, and reignite their passion for life.

There is a certain charm that comes with age and wisdom – the chance to express your love, share your experiences, and inspire others through your words. Seniors have had a lifetime to learn the value of time, and to appreciate every moment they have with the people they love. It is this understanding that drives them to actively seek out opportunities to show their affection.

However, while seniors may be seen as a source of inspiration to others, they too need encouragement

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and support. This is why we have organized motivational speaker events for our senior members at the primary care facility. Through these events, we aim to provide seniors with a platform to share their experiences, learn from one another, and gain the inspiration they need to lead a fulfilling life.

Whether it's through sharing their love with their families or through engaging with their friends and peers at these events, seniors can continue to make a difference in their communities and in the lives of those around them. So let us celebrate and empower our seniors, for their wisdom is a source of inspiration for us all."



Everyone Engaged and Shared their Authentic Thoughts



Celebrating the Diversity of Thoughts and Shared Experiences

At the Senior Citizens Primary Care Facility, we recognize the invaluable importance of providing encouragement and support to our beloved senior members. Aging is a unique journey, and we believe that seniors deserve opportunities to stay motivated, inspired, and connected. That's why we recently organized a series of motivational speaker events specifically tailored to our senior community.

ACHIEVEMENTS

TITLI SELECTED AS 5TH SELECTION FOR INTERNATIONAL FILM FESTIVAL



Dr. Iqtidar Taufiq
Head of Department
Consultant Psychiatrist,
LNH at his theater play.

Theatrical play Titli, written by Dr. Iqtidar Taufiq, Head of department and Consultant Psychiatrist, has received nominations for five international film festivals and has been screened in neighboring countries. The play's success has brought recognition to Pakistan's arts and cultural scene and is a source of pride for Liaquat National Hospital.

It is impressive that a healthcare professional has been able to produce such a successful theatrical play, demonstrating that talents can cross professional boundaries. Dr. Taufiq's achievement in the arts is a testament to his creativity and commitment to his crafts, as well as his ability to manage multiple professional responsibilities.

Titli was first screened at the prestigious Arts Council, Pakistan and has since gained international recognition. The success of Titli is also a proud moment for Liaquat National Hospital. The hospital can take pride in the fact that one of its own has produced such a successful play, which has brought recognition not only to the hospital but also to the health care profession in general.

SYEDA AMNA RAZA



Meeting the Commissioner Karachi after
return from the tournament in 2017

My name is Syeda Amna Raza, a 2nd year student of the Liaquat National School of Physiotherapy and this is my story of becoming a professional basketball athlete. I completed my O levels from The City School, Darakhshan Campus, from where my journey of playing basketball began in 2014. My passion for sports kept me motivated to work hard and strive to be the best version of myself. Going down the memory lane, in 2018, I was bestowed with the honor of being selected for the National Basketball Championship held in Islamabad, representing Karachi District / Sindh.

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At the end of my journey, during my A levels, as a basketball player for Nixor College, I was offered to play for the Pakistan Army Team as a basketball player which later led me to join the department officially in 2021. Moreover, my most recent endeavor was playing in my first championship tournament for the army where we bagged a silver medal in the National Women's Championship 2022 held in Islamabad.

I am currently an active player for the Pakistan Army, continuing my passion for sports and basketball in particular.



Team after prize distribution ceremony



Back when I represented Sindh/Karachi in womens national basketball championship 2017

ANOTHER MILESTONE ACHIEVED



Dr. Ahsan Ashfaq

Prof. Dr. Ahsan Ashfaq has been Awarded PhD in Physiology. His research titled "Association of SLC11A1 Gene Polymorphism, NRAMP1 Protein with Pulmonary TB Susceptibility" explored role of genes regulating innate immune response in TB Pathogenesis. The study was completed in collaboration with AKU and his research thesis was evaluated at University of California & found to be of extreme importance. We at the LNMC congratulate him on achieving the milestone & conducting meaningful research.

LNH&MC STUDENT SHINES AT AMERICAN ASSOCIATION OF NEUROLOGICAL SURGEONS (AANS) MEETING: A REMARKABLE ACHIEVEMENT IN NEUROLOGICAL RESEARCH

Minza Haque, a final year medical student had the honour of showcasing her abstract at American Association of Neurological Surgeons, 2023, where the research centered on the management of Multiloculated Hydrocephalus. It was a comparative analysis to determine whether endoscopic or non-endoscopic interventions had a noteworthy influence on disease recurrence. Being able to present this at an esteemed international conference, held in Los Angeles, was made possible through the invaluable guidance of Dr. Saad Akhtar Khan.



Research by member of Neurosurgery Research Group at LNH being presented in one of the most prestigious neurosurgery conference in USA.

POST GRADUATION ACHIEVEMENT

Heartiest Congratulations to Dr. Farzana Azam Khan Lecturer-III of Forensic Medicine & Toxicology Department for successful completion of two years Diploma in Medical Jurisprudence (DMJ) from DOW University of Health Sciences. Her research articles are also published in PMC & HEC recognized Journals. We wish her all the best for future endeavors.



"MOST INSPIRING RESEARCH AWARD" AT 1ST INTERNATIONAL STUDENT RESEARCH CONFERENCE AT AGA KHAN UNIVERSITY

Liaquat National School of Physiotherapy's Doctor of Physical Therapy (DPT) students showcased their research skills at the 1st International Student Research Conference held at Aga Khan University between 24th – 26th March, 2023. The conference aimed to provide a platform for students to present their research work and exchange knowledge with their peers from across the world.

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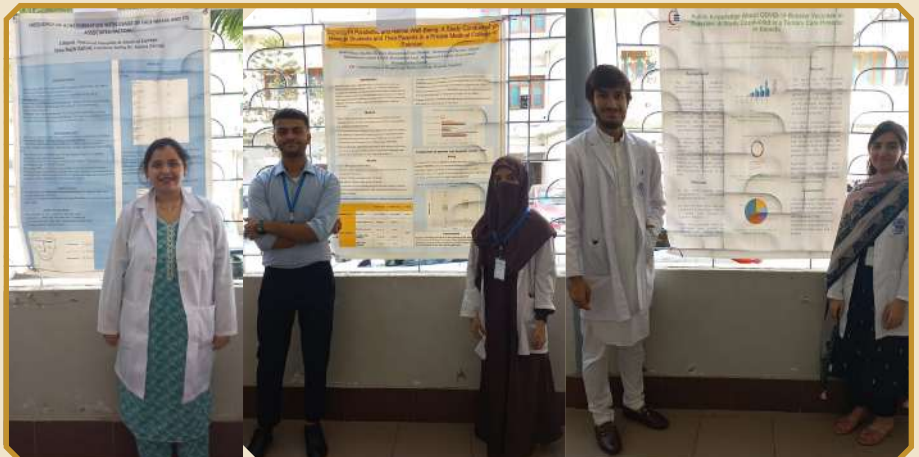
During the event, a group of students from the Liaquat National School of Physiotherapy, including Ms. Areej Azeem, Ms. Urwa Yaseen and Ms. Iqra Altaf under supervision of Senior Lecturer Muhammad Faisal Qureshi received the “Most Inspiring Research” award for their research titled “Kinesiology Tape: A Descriptive Survey of Physiotherapists in Pakistan”. The achievement is a testament to the students’ dedication and hard work, as well as the support and guidance provided by their faculty. The study aimed to evaluate the level of awareness and usage of kinesiology tape among physiotherapists in Pakistan. Their research was well-received and appreciated by the audience.



Overall, the participation of Liaquat National School of Physiotherapy students in the conference highlights the institution’s commitment to promoting research and academic excellence in the field of physiotherapy. It also showcases the potential of Pakistani students to make significant contributions to the global research community.

PRIZE WINNING AT JSMU INTERCOLLEGIATE STUDENTS’ RESEARCH POSTER COMPETITION

The Department of Community Medicine regularly conducts research methodology sessions for MBBS students and many research projects are developed by the students every year. The research methodology teaching program was started in 2015 by the Department of Community Medicine under the guidance of Director Research Dr. Shaheena Akbani for the students of 3rd year and 4th year MBBS. The program has been successful and students take keen interest in their research proposals development. A poster competition of medical students’ researches was held at Jinnah Sindh Medical University to celebrate the Golden Jubilee of Sindh Medical College on 4th March 2023. From Liaquat National Medical College, four students’ researches got shortlisted for this competition by JSMU. The LNMC student research with the title “Frequency of Acne Formation with Usage of Face Masks and its Associated Factors” presented by student Sana Najeeb won the second prize in this competition. It was a great achievement by our students and motivation for their fellow students.



students with their research poster at JSMU Karachi

STUDENTS’ RESEARCH PRESENTATIONS AT AKUH

The Department of Community Medicine train MBBS students in Research proposals development and publication on regular basis. The research methodology teaching program was started 8 years ago by the Department of Community Medicine under the guidance of Director Research Dr. Shaheena Akbani for the students of 3rd year and 4th year MBBS. Since then

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student presenting research poster at AKUH main campus Karachi

every year many research proposals are developed by MBBS students. The Aga Khan University Student Research Forum conducted Undergraduate Student Research Conference on 26th March 2023. Out of more than thousand student research entries from all over the country, only 50 researches were shortlisted for the conference. It is of great pleasure that two researches of MBBS students from Liaquat National Medical College got shortlisted in the final list. The Oral and Poster presentations were conducted by LNMC students at AKUH main campus Karachi.

MISCELLANEOUS

3RD YEAR MBBS STUDENTS VISIT TO BLOOD BANK, LNH



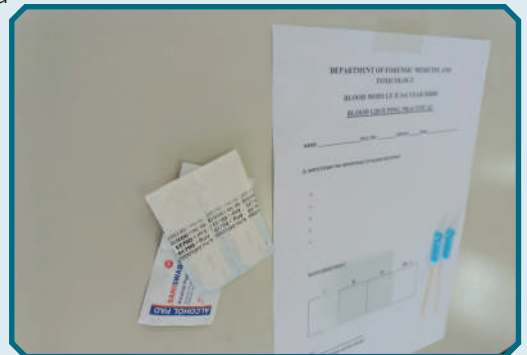
Blood bank

As part of a Department of Forensic Medicine and Toxicology student academic visit to the LNH Blood Bank, I, M. Hamid, a student of 3rd year MBBS (2026), was impressed by the organization and professionalism, the blood bank staff provided a comprehensive overview of blood donation, blood typing, and transfusions' impact on patient care. This experience inspired me to consider donating blood in the future.

The staff emphasized blood donation's vital role in saving lives, especially during emergencies requiring transfusions. They discussed the need for regular donors and ensuring

a steady supply of blood products for patients. They also explained different blood types and the significance of blood typing for safe and effective transfusions. I left with a newfound appreciation for blood donation. At the end of the visit we students individually performed blood group typing (slide method) at Forensic Medicine Department as part of our practical session.

While my overall experience was positive, there is room for improvement. Greater emphasis could be placed on promoting blood donation among the general public and encouraging regular donations. The department might benefit from enhanced marketing and outreach efforts to raise awareness about blood donation's importance and attract new donors. Nonetheless, I commend the blood bank staff's professionalism and dedication and encourage others to learn more about this critical aspect of healthcare.



Typing

LIAQUAT NATIONAL SCHOOL OF DIAGNOSTIC LABORATORY SCIENCES BS-MT-CLS-MIDTERM EXAMINATION SESSIONS: JANUARY TO JUNE 2023-PRESENTATION AND GROUP DISCUSSION

Group photo of students from various batches of BS Medical Technology-Clinical Laboratory Sciences, session January to June 2023. Group presentations and discussion were completed with students and class representative. Ms. Farah Ashraf-Assistant Manager/senior Lecturer-II supervised the completion of pre-exams and midterm examination sessions, which was also coordinated by Ms. Husna. Clinical practicum, theoretical knowledge, departmental rotations came under discussion, in addition to evaluation via MCQs, BCQs and SEQs. Faculty of Clinical laboratory services facilitated the same, providing structured assessment protocols and evaluation. This activity shall be proceeded by semester examination and mid-year assessments.



BS MT-CLS Students-LNSDLS-with Assistant Manager and Coordinator

ENDOCRINE MODULE-VISIT OF LNMC-MEDICAL STUDENTS TO OBSERVE TOTAL LABORATORY AUTOMATION (TLA) SYSTEM

Medical Students of 2nd year-LNMC (LNH Medical College) visited Department of Chemical Pathology, Clinical Biochemistry Lab Services as part of their endocrinology module. They observed our state of the art Total Laboratory Automation System, with visual study of endocrine tests that were performed on sophisticated automated immunoassay equipment's in Lab. They were tutored by Assistant Professor-Chemical Pathology Dr. Humaira Ali and assisted by Senior Technologist Ms. Shazia Naureen. Medical students were also shown as how quality control methods executed and how individual tests were performed. Students were pleased and joyous to know and observe latest, advanced, state of art analytical technologies that are utilized and available in our clinical laboratories.



LNMC 2nd Year Students-Visit to TLA-LNH-Clinical Laboratories

NEW APPOINTMENTS

Following people have recently joined LNH&MC.



Dr. Farhan Gulzar
Consultant Part Time
Neurosurgery



Dr. Jawed Ahmed Memon
Consultant
Thoracic Surgery



Dr. Muhammad Farhan
Consultant (Part Time)
Dental & Maxillofacial
Surgery



Dr. Muhammad Rafay
Consultant
Neurosurgery



Dr. Rabia Niaz
Consultant
Breast Surgeon
General Surgery



Dr. Khalid Mustafa
Consultant
Radiology



Mr. Nasim Ahmed
Deputy Manager
OPD Services



Mr. Shahzada Charles
Section Head
Clinical Nursing

MYTHS AND REALITIES IN ORTHOPEDICS

Myth: Orthopedic doctors only treat broken bones.

Reality: While orthopedic doctors do treat fractures and broken bones, their expertise extends far beyond that. Orthopedics is a medical specialty that focuses on the musculoskeletal system, which includes bones, muscles, joints, ligaments, tendons, and nerves. Orthopedic doctors also diagnose and treat various conditions such as arthritis, sports injuries, back pain, joint disorders, deformities, and more.

Myth: Orthopedic treatments always involve surgery.

Reality: Surgery is just one aspect of orthopedic treatment. Orthopedic doctors explore non-surgical treatment options first, such as physical therapy, medication, exercise, and lifestyle modifications. They may also use minimally invasive techniques like injections or arthroscopy to diagnose and treat certain conditions. Surgery is recommended when conservative treatments fail or in cases where it is the most appropriate option.

Myth: Orthopedic surgeries always require a long recovery period.

Reality: While some orthopedic surgeries do require an extended recovery period, advancements in surgical techniques, anesthesia, and rehabilitation have significantly reduced recovery times for many procedures. Minimally invasive surgeries, arthroscopic procedures, and improved post-operative care have allowed patients to recover more quickly and return to their normal activities sooner. However, the recovery process varies depending on the type of surgery and individual factors.

Myth: Orthopedic treatments are only for athletes or older adults.

Reality: Orthopedic treatments are not limited to athletes or older adults. People of all ages and activity levels can benefit from orthopedic care. Orthopedic doctors treat a wide range of patients, including children, teenagers, adults, and older individuals. Whether it's a sports injury, joint pain, or a musculoskeletal condition, orthopedic care is available to people from all walks of life.

Myth: Orthopedic treatments always involve strong pain medications.

Reality: While pain management is an essential aspect of orthopedic care, it does not always require strong pain medications. Orthopedic doctors employ various approaches to manage pain, including non-opioid medications, physical therapy and rehabilitation exercises. They aim to tailor the treatment plan to each patient's specific needs, considering factors such as the severity of pain, overall health, and preferences.

Myth: Orthopedic treatments cannot prevent future injuries or conditions.

Reality: Orthopedic care focuses not only on treating existing conditions but also on preventing future injuries and promoting overall musculoskeletal health. Orthopedic doctors educate patients on injury prevention strategies, recommend exercises to strengthen muscles and improve flexibility, and provide guidance on maintaining a healthy lifestyle. By addressing risk factors and adopting preventive measures, individuals can reduce their chances of future musculoskeletal problems.



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