



LIAQUAT NATIONAL HOSPITAL

# NEWSLINE

LNH TOWARDS BETTER HEALTH



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## LNMC CONVOCATION OF BATCH 2023

The 9<sup>th</sup> convocation ceremony of Liaquat National Medical College, was held on Wednesday 24<sup>th</sup> April 2024 at the Auditorium, Convention Centre, Liaquat National Hospital & Medical College (LNH&MC). A total of 91 graduates were conferred MBBS degrees and took the oath to serve the humanity. The Vice Chancellor of Jinnah Sindh Medical University (JSMU), Prof. Dr. Amjad Siraj Memon graced the occasion and conferred degrees to the graduating students.

The ceremony started with the arrival of the academic procession with its traditional splendor; the procession was led by the Prof. Shakil Aqil, followed by the graduates, the faculty LNH&MC, the Principal LNMC, the Medical Director LNH&MC and the Vice Chancellor JSMU.



Prof. Dr. Salman Faridi with Prof. Dr. Amjad Siraj Memon

The Principal, Liaquat National Medical College – Prof. Dr. Karim Ullah Makki in his address welcomed the guests and congratulated the graduates & their parents on successfully entering their professional lives as doctors. He highlighted the achievements of Liaquat National Medical College in terms of the results and also

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## CANCERCON16 - IMPROVING GLOBAL CANCER SURGERY OUTCOMES



Prof. Dr. Salman Faridi

“Improving Global Cancer Surgery Outcomes”, with this theme the annual Cancercon 16 was held at LNH from 26<sup>th</sup> to 28<sup>th</sup> Jan 2024. LNH was elected to host the conference which included pre-conferences as well as 3 days of seminars and talks by eminent speakers in the field of oncological surgery. Dr. Paul Sugarbaker, the pioneer of the sugar

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## BRIEF DOCUMENTARY AND COMMENTS OF PEERS ON THE PASSING AWAY OF PROF. AZAM ALI



Dr. Azam Ali the renowned ophthalmologist was born on 25<sup>th</sup> Dec, 1964. He acquired MBBS degree in 1988 from Aga Khan University Medical College, Karachi. He completed his FCPS (Part I) from College of Physicians and Surgeons of Pakistan in 1989 and in the same year acquired FMGEMS Day I & II from Royal College of Surgeons of

Edinburgh, Scotland. In 1993 he completed FRCS in Ophthalmology from Royal College of Physicians and Surgeons, Glasgow and in 1994 FRCS again in Ophthalmology from Royal College of Surgeons, Edinburgh, Scotland.

Unfortunately Dr. Azam Ali passed away on 8<sup>th</sup> April, 2024.

(Continue on page 3...)



Prof. Dr. Salman Faridi with Prof. Dr. Karim Ullah Makki

gave a brief account on the accomplishments of LNMC alumni, both at the national & international levels. He also praised the role of LNMC alumni in providing guidance and career counselling to the undergraduate MBBS students at LNMC. In his speech, he advised the graduates to work hard in their practical lives as the medical profession is a round the clock continuous work, which demands dedication and a strong sense of service to humanity.

The Medical Director, Liaquat National Hospital & Medical College – Prof. Dr. Salman Faridi, in his address, congratulated the graduating doctors and their parents and applauded the efforts

of the medical college & its faculty for imparting quality education and training to develop good doctors. He said that the nation is going through difficult times and as young doctors the graduates have the choice either concede to circumstances or to find the silver lining in the dark clouds. He advised the graduates to make their lives meaningful by seeking happiness in serving the humanity, as true happiness comes from giving not from receiving and as doctors the graduates are well trained to give their utmost to serve. He added that success is not about making money & becoming rich, rather success is the inner satisfaction which comes from serving humanity. He advised the graduates to learn from adversities, as it will help them to enhance their abilities, teach them to find solutions and help them to discover their strengths. He guided the graduates to continuously update their knowledge as with the fast changing scope of medicine, the degrees & licenses are needed to be updated regularly. He further added that apart from the essential prerequisites of theoretical knowledge and practical dexterity, as doctors, their integrity in ethical, moral, financial & professional domains will be pivotal in their career. He advised the graduates to be courageous to take bold decisions and explore their own abilities.

The Vice Chancellor, Jinnah Sindh Medical University – Prof. Dr. Amjad Siraj Memon, in his address, congratulated the graduates, parents and teachers. He praised the parents for all their efforts to make their children qualified doctors and also congratulated the LNMC faculty for instilling quality education and morals in the graduates. He said that many challenges are evolving rapidly at the global and national level so the graduates should weigh their options intelligently. He emphasized the importance of having the passion to serve, which would be essential for professional success. He stated that the JSMU, as an affiliating university, have proudly witnessed the progress of Liaquat National Medical College, owing to being upright in its educational pursuits and standards of merit. Talking about the medical profession, the Vice Chancellor said that this is not the end in acquiring the medical education, but it is the beginning of a continuous learning process.

The Vice Chancellor also awarded medals to the position holders.



Students taking Oath



Guests at the Convocation

### EDITOR'S NOTE



Dr. Ishrat Saleem  
Chief Editor

Dear Readers,

For many of us, each year marks a chance for renewal, and 2024 is no exception.

We welcome to the first edition of Newline 2024, 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 Medical College (LNMC), 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 enjoy reading this entire issue as always.

First position was secured by Dr. Syeda Hira Ejaz. Second position was secured by Dr. Suhira Tariq. Third position was secured by

Dr. Abdullah Moiz. Dr. Suhira Tariq was also awarded the “Wajid Ali Shah” medal for the Best Graduate (class of 2023),

on the basis of best academic performance across five years of the MBBS program.

**CancerCon16**



Dr. Paul Sugarbaker

baker technique was invited as chief guest. This conference was held under the umbrella of the Society of Surgeons Pakistan. From initial cancer screening to holistic cancer care involving all stakeholders was the crux of this conference. LNH provided all the logistic support, and most of the sessions were moderated by consultants from LNH. Separate sessions for Neurosurgery, Urology, Oncology and Palliative Care were held.

Another important aspect of the conference was including nursing services in the main theme. LNH nursing department conducted workshops on nursing for cancer patients as well as palliative care. Dr. Salman Faridi

in his address emphasized the importance of a well-rounded cancer care approach. Once thought of as an oncologist’s only forte, cancer treatment now encompasses a well-rounded approach by multiple specialities concerned. He stressed the fact that with state-of-the-art facilities. LNH caters to a large population of cancer patients. From first encounter to rehabilitation, we at LNH make sure that patient receives well-rounded care which encompasses oncologist visits to state-of-art diagnostic modalities, excellent well-equipped operation theatres, and rehabilitation. The psychosocial needs of these patients are well addressed by our psychiatry services along with providing a come back to life with congenial soft services such as the provision of a beautician, and hair stylist which helps in boosting the self-confidence of our patients as well as give them a road map to rejoin the life which they had. Regular support group meetings at LNH are indeed a model for other institutions to follow. The inclusion of a cancer registry is another landmark achievement of hospitals and if institutions come

along it may pave the way for a national registry, work on which has been pending for a long time. Dr. Salman once again welcomed the audience and pointed out that the doors of LNH are always open for any academic activity, not to mention that all facilities are provided free of charge. The General Secretary of the council was well impressed by the plethora of services available and thanked the administration for letting the society hold the conference. He was of the view that institutions like LNH are indeed a model for the rest to follow and hopes to hold more such conferences in future as well. He applauded the efforts of LNH and thanked the medical director. He also thanked all the participants (about 1200) for making the conference successful with their presence. It was a great learning experience for the managing team from LNH as well as it involved members throughout all specialties who wholeheartedly contributed and supported the conference. It is in events like these that the true LNH family spirit takes a forward stage and may this brotherhood forever foster.



Speakers of CANCERCON16

**Remembering Prof. Azam Ali**

**Medical Director’s Message**

Dr. Azam’s passing has left a big hiatus that will be hard to fill. He was acknowledged as the leading ophthalmic surgeon in the country and had an immense following within the profession and the public. His operative skills were legendary, and in his chosen speciality of vitreo-retinal surgery, he was unsurpassed.

A pious and simple man, Azam would offer special ‘duas’ both before and after each operative procedure. His colleagues benefited from his counsel

and advice and his patients were the beneficiaries of his professional excellence. His OPD’s often ran late into the night and his operation theatre list numbers were unparalleled.

We were privileged to have had him on our faculty list for eight years. He leaves a large legion of grateful patients and wonderful memories amongst all those hospital employees and staff who came into contact with him. LNH shall always remember him fondly and with affection and gratitude.

May God grant him maghfirat and bless him with a place in Jannah.

## **Dr. Ataur Rehman**

(Head of Ophthalmology Department, LNHMC)

We faculty & staff of ophthalmology department bid farewell to our colleague Dr. Azam Ali, a compassionate healer, a dedicated professional, esteemed member of our ophthalmic community and a loving parent.

He passed away peacefully on 29<sup>th</sup> of Ramzan, April 09, 2024, after fighting bravely for his brain tumour for several years, leaving behind a legacy of kindness, resilience, and medical expertise. He dedicated his life to the pursuit of knowledge and the service of others.

He earned his medical degree at AKUH and went on to specialize in ophthalmology from UK. He learned advanced surgical skills from the prestigious Moorfield Eye Hospital. He joined our hospital in September 2016. He was master of Cataract & complex vitreo-retinal surgeries. Throughout his illustrious career in LNH, he touched the lives of countless patients with his unwavering commitment to excellence in ophthalmic care.

His patients are grateful for the compassionate care they received & to date patients still call the department requesting an appointment with Dr. Azam. His regular patients feel lost & confused, unsure of where to seek guidance now that their trusted physician is no longer available.

His impact on the ophthalmic community and his ability to instill hope in even the most challenging surgical situations will be remembered for years to come.

May Allah forgive him, raise his rank among those who are guided & take care of those he leaves behind him.

## **Prof. Dr. Abdul Hameed Siddiqui**

(Consultant Ophthalmologist, LNHMC)

Prof. Dr. Azam Ali was a very, pious, simple, humble, straightforward and hardworking doctor.

As a doctor he was very skilled and expert ophthalmic surgeon especially retinal & cataract surgery. He was fastest cataract surgeon in the city. Result of his surgeries even in difficult cases were excellent. His dealing and attitude with patient was sympathetic helping and kind that is why he used to have very heavy OPD and very long list of surgery on every OT day.

Patient had so much confidence and respect for him that whole clientage of his patients amazingly shifted from AKU to LNH within time. Most of his patient used to wait for his consultations for hours without any complaint. He used to have very short consultations but his diagnosis was perfect and

management decision was quick and accurate.

He was very hard working and used to work 12-15 hours a day without losing interest and concentration whenever advise him to reduce his work load he will simply smile and say I enjoy my work . He always looked active with no sign of tiredness.

As a colleague he was reliable, helpful, cooperative he used to joke with everybody and keep himself and others happy. He was very kind to paramedical staff and always ready to help medically as well as financially. Due to over loading sometime he lost his tolerance, temperament especially when there some mismanagement of management or misbehavior of patient.

He was good, practicing Muslim and was very regular and punctual in prayers. He used to preach other and used to do Jamaat in OPD so that all staff can have chance to offer prayer. He also used to go for tableegh to get spiritual development. He used to fast frequently specially on Mondays and Thursdays to follow sunnah.

In the last I will say he was an asset for us and it is difficult to find his replacement. His departure is really a huge loss for LNH and society. Though he is resting in jannah now but his memories and love will remain in our heart for longtime. May ALLAH bless his soul and give courage to his dependent to bear such a big loss.

## **Prof. Dr. Imran Ghayoor**

(Consultant Ophthalmologist, LNHMC)

It is very sad that when one have to write these lines about someone so junior who has passed away.

I was always amazed and envious of him to fast both on Monday and Thursday despite having such a busy and hectic work schedule. May ALLAH bestow on him his blessings and Maghfira and allow his family to bear this loss.

## **Dr. Shahabul Hasan Siddiqui**

(Assistant Professor & Consultant Ophthalmology, LNHMC)

There are very few people in this world who inspire those who are around, there are very few doctors in this world for whom patients wait with their problems but insisted to be examined by that specific person, there are very few people in this world who always meet you with smiling face. Dr. Azam Khan, was one with these qualities.

I have seen his patients with tears in their eyes when they used to hear about his illness. People used to feel honored after being treated by him.

Dr. Azam Khan was a very friendly man and used to make his patients very comfortable with him.

He was very skilled and qualified consultant, he used to be the person who always wanted to

do something new and beneficial for ophthalmic society.

But it's the nature and everyone has to leave this world, but the important thing is that how people remember us once we will not be among them and yes we all share very good memories with Dr. Azam.

### **Prof. Dr. Munira Shakir**

(Consultant Ophthalmologist, LNHMC)

Dr. Azam Ali was a Competent, jolly & friendly Individual who was highly committed to his Job. He was a hard working & Dedicated Doctor who used to spend long hours.

As his theatre days were same after my time...But

sometimes when I got late if I called him to start a bit late & let me complete...he was always cooperative & responded affectionately.

### **Dr. Tanveer Chaudhry**

(Consultant Eye Surgeon, LNHMC)

I have worked with Dr. Azam Ali for the last 21 years, (16 years in Aga Khan Hospital and 5 years in Liaquat National Hospital). He was a dear friend and a colleague and one of the finest surgeons and extremely helpful with colleagues juniors and residents.

His expertise in Vitreo-Retinal (VR) Surgery are unmatched.

## **WHAT'S NEW**

### **INAUGURATION OF OT PHARMACY SYSTEM**

Pharmacy Department is delighted to announce, that in-house developed Hospital Information Software (HIS-OT) module has been launched on February 09, 2024 in OT. The inauguration of this system was formally conducted by Prof. Dr. Salman Faridi, Medical Director of LNH. We extend our gratitude to Dr. Salman for his invaluable support and keen involvement in the development and implementation of this software system in the Operating Theatre (OT).

Over the years, LNH Operation Theater (OT) Pharmacy has played a pivotal role in supporting surgical teams by ensuring the availability and timely delivery of medications essential/Surgical items for patient care during surgical procedures. However, as healthcare technology advances and patient care standards evolve, it has become



OT Pharmacy Staff working on HIS-OT Module.



The Pharmacy Department is giving a briefing to Dr. Salman Faridi about the HIS-OT Module.

increasingly apparent that our current systems and processes require modernization to meet the growing demands of our dynamic healthcare environment with proper tracking and data management.

Recognizing these challenges, Pharmacy Department has collaborated closely with OT management and IT Department to develop a comprehensive software solution tailored to the unique needs of the OT Pharmacy.

Pharmacy Department is confident that the introduction of this innovative software

system will transform medication management practices within the OT Pharmacy, driving operational excellence, enhancing patient safety, improve inventory management system and ultimately contributing to better surgical outcomes for our patients within the operating theatre environment with accuracy and efficiency with complete tracking of records.

We look forward to the positive impact this new system will have on our healthcare delivery and patient care experience in OT Department.

## **PUBLIC AWARENESS PROGRAMS**

### **POISON AWARENESS WALK**

Poisons are substances that can cause illness, injury or death when ingested, inhaled, injected or otherwise taken into the body. Poisoning is the leading cause of unintentional or accidental death. The leading cause of poisoning is drug overdoses; inadvertent drug or chemical ingestion and exposure to environmental substances.

Poisoning risks abound in everyday items, from

medicines and cosmetics to cleaning supplies and household chemicals. Tens of thousands of children a year end up in the emergency room after accidentally ingesting household products like the small batteries found in toys and game controllers.

National Poison Prevention Week raises awareness of poison prevention during the month of March every year all over the world. The week is an opportunity

to highlight the dangers of poisonings for people of all ages and promote community involvement in poisoning prevention. Hence in this regard the Department of Accident & Emergency, Liaquat National Hospital first time ever took the initiative and organized a walk on Poisoning Prevention on 6<sup>th</sup> March, 2024.

The walk was aimed at advocating the need for accidental poisoning prevention measures to be taken by the general public and highlighting specific ways to prevent it. Theme was Prepare, Prevent and protect your loved ones.

More than 150 people including doctors, nursing staff, students and non-clinical staff from a management participated in this event actively and held placards with various messages like “Only take medication from Doctors prescription”, “Don’t go for self-



Poison Awareness Walk

treatment, “Children can’t eat what they can’t find”, “Think before you eat” “Educate yourself”, “Zahrele Ashia Khanay Penay ka Bartano ma na Raken” etc.

The walk was featured in Media, which coherently made the word reach the nation. These considerations will surely pave the way to making our homes, environment and work place safe.



Participants in Poison Awareness Walk

## SESSION ON ORAL CANCER FOR LNH EMPLOYEES

Due to the rising trend noted in the incidence of oral cancer, the department of ENT Head & Neck Surgery took the responsibility upon themselves to spread awareness among LNH employees regarding Betel nut, Gutka, Tobacco and Pan Chewing. An awareness session on oral cancer was conducted on Jan 15, 2024 in which Dr. Ahmed Nawaz, HOD ENT Head & Neck Surgery and Dr. Zaib un Nisa Psychiatrist spoke to 50 employees regarding causes, management and prevention of oral cancers.

Three of the previously treated patients were also invited in the session to talk about their journey of addiction diagnosis and management.



LNH employees at the session.

## WORLD TUBERCULOSIS DAY, 2024

World TB Day is celebrated every year on 24<sup>th</sup> March, as Mycobacterium Tuberculosis was discovered more than a century earlier on the same day in 1882. Pakistan stands at 5<sup>th</sup> position amongst the high burden countries in the world. Liaquat National Hospital, since Dec 2022, is playing a remarkable role in the control of this highly morbid disease, by providing totally free of cost medications for Drug sensitive TB and Latent TB cases. To spread awareness of the disease, LNH in collaboration with national TB control program, Pakistan, arranged a session on 26<sup>th</sup> March 2024 for doctors, as well as non-clinical staff. Talks were delivered by Dr. Muhammad Owais Khan, Dr. Tabish Rehman and Dr. Hanif Kamal from LNH, which enlightens the audience about different aspects of the disease. Dr. Salim Kazmi from National TB control program, gave current stats of TB in Pakistan and new advancement in control of the highly dangerous disease process.



World Tuberculosis Day

**CANCERCON 16: PRE-CONFERENCE WORKSHOP ON MULTIDISCIPLINARY TEAM MEETINGS FROM PREPARATION TO PRACTICE**

Multidisciplinary Team Meetings (MDTMs) stand as pivotal forums where diverse expertise converges to solve complex oncology challenges across various professional domains. As Liaquat National Hospital holds Tumor Boards regularly, and is having Site Specific MDT since many years, so this workshop aimed to emphasize and provide participants with effective strategies for its Implementation in Other Institutes where MDT are not yet established.

This workshop was held on 20<sup>th</sup> Jan, 2024 at Liaquat National Hospital, as part of 16<sup>th</sup> Annual Cancer Conference of Surgical Oncology Society Pakistan being held first time at Karachi, in Liaquat National Hospital. Dr. Hira Khan Afridi Consultant Medical Oncologist at Liaquat National Hospital was Director of workshop and she along with Prof. Dr. Sheeraz-ur-Rehman, Consultant General Surgeon hosted this event for Consultants and Residents of different specialties

Activity comprised of Identification of MDT importance and Challenges in setting up MDT meetings. This was highlighted by Dr. Azhar Rashid; Clinical and Radiation oncologist at Neurospinal and Cancer Care Institute.

Dr. Hira Khan Afridi then gave a plan on setting up TBM in the institute and it was a practical approach to identify different personnel and equipment required for it.

A practical session was also conducted after the talk, 5 groups were made consisting of 4-5 participants in each group who were assigned the task to write their own MDT plan and subspecialties involved as per the type of specific cancer allotted.

The last talk reflected the importance of emerging field of Artificial intelligence in MDT, was presented



Dr. Azhar Rashid, Dr. Hira Khan Afridi and Dr. Sheeraz-ur-Rehman presenting lectures

by Dr. Sheeraz-ur-Rehman, Consultant General Surgeon at Liaquat National Hospital Karachi; about virtual MDT and role of AI in MDT.

He enlightened the participants regarding different Artificial Intelligence programs and how one can smartly use them for Literature search. Participants found it extremely interesting. Participants comprised of renowned consultants and surgeons from across the city.

By the workshop's end, participants emerged equipped with a robust toolkit for organizing successful MDTMs. They carried with them not only theoretical knowledge but also practical strategies and highlighted awareness of the collaborative dynamics essential for driving impactful outcomes in multidisciplinary team environments.



Group photo of the pre-conference workshop.

**CANCERCON 16: ENHANCING NURSING EXCELLENCE IN CANCER CARE**

The Nursing department took part in the CancerCon 16<sup>th</sup> annual conference held on January 27<sup>th</sup> 2024, at Liaquat National Hospital. A Total of 53 nursing staff participated in the session. The session was engaging, covering various aspects of surgical oncology, including perioperative care, infection control measures, addressing challenges, emphasizing psychosocial support, and highlighting the importance of evidence-based research. Ms. Samina Iqbal Kanji, Co-Chair of the conference and Chief Nursing Officer, welcomed the attendees, followed by enlightening remarks from Brig Dr. Anwer Ali Khan, the Controller of Nursing Administration and Chair of the conference.

Speakers at the seminar included Mr. Atiq Ur



Participants in conference

Rahman, Mr. Shahzada Charles, Ms. Laila A. Rahimi, Ms. Zohra Javed, Ms. Ambreen Khowaja, and Mr. Robin Bashir, who shared their expertise on various topics related to nursing.

The session was divided into theoretical and skills

sign-off sections. The skills session, conducted at RSDC, involved hands-on practice in areas such as Invasive Line Care, Administration of Chemotherapy, Stoma Care, and Wound Dressing, with individual sign-offs.

At the conclusion of the conference, Dr. Raza

Sayyed (Conference secretary, CancerCon 16) President of Pak Con and Prof. Haroon Javaid Majid (President SOSPK & CancerCon 16 delivered closing remarks. The Chair and Co-Chair of the conference also distributed certificates to both the facilitators and participants.

## CANCERCON 2016: PRE-CONFERENCE WORKSHOP ON REAL-TIME PCR DETECTION OF BRCA1 & BRCA2 GENE MUTATIONS

As a part of face to face educational activities of CancerCon16, a pre-conference workshop on “Genetic counselling and Real-time PCR detection of BRCA1 & BRCA2 genetic mutations” was organized by the Department of Molecular Pathology at Liaquat National Hospital & Medical College. The workshop was aimed to provide a comprehensive insight about the molecular detection of BRCA1 and BRCA2 gene mutations and discuss the various avenues in genetic counselling. BRCA1 and BRCA2 germline mutations contribute to a significant number of familial and hereditary breast and/or ovarian cancers. The proportion of high-risk families with breast and/or ovarian cancer cases due to mutations in these genes vary widely among populations. In some populations, a wide spectrum of different mutations in both genes are present, whereas in other groups specific mutations in BRCA1 and BRCA2 have been reported with high frequency. Most of these mutations are prevalent in restricted populations as consequence of a founder effect.



Group photo of participants at the pre-conference workshop

Since the Department of Molecular Pathology offers BRCA1 & 2 genetic mutation tests at LNH, the detailed protocol of DNA isolation from peripheral blood samples and buccal swab, allelic discrimination of mutations in BRCA1&2 genes, analysis and interpretation of results using real-time PCR were discussed in detail.

## INAUGURAL OF PRE-CONFERENCE WORKSHOPS OF CPSP 2<sup>ND</sup> INTERNATIONAL MEDICAL EDUCATION CONFERENCE AT LIAQUAT NATIONAL HOSPITAL & MEDICAL COLLEGE

On the 12<sup>th</sup> of February 2024, Liaquat National Hospital proudly hosted the inaugural session of the Pre-Conference Workshops for the College of Physicians and Surgeons Pakistan (CPSP) 2<sup>nd</sup> International Medical Education Conference on “Building Trust in Postgraduate Medical Education and Practice.” Prof. Dr. Saman Faridi, Director Liaquat National Hospital (LNH) welcomed the prominent CPSP leadership including the CPSP President, Senior Vice President, and Councilors.



Prof. Dr. Salman Faridi presenting shield to the members of CPSP

The LNH Convention Hall had full capacity audience that represented LNHMC faculty and residents belonging to nearly forty specialties. After Tilawat e Quran, Prof. Sobia Ali (Head, DHPE) in her welcome remarks highlighted the fast paced changes in pedagogical skills

and appreciated CPSP role in advancing medical education in Pakistan. In his address, Prof. Salman Faridi Director LNH traced the long standing relationship of the CPSP with LNH and highly valued the standards set by the CPSP for postgraduate training in challenging circumstances.

Prof. Khalid Masood Gondal, President CPSP spoke highly of Prof. Dr. Salman Faridi for his exemplary leadership and the quality trainees and training programs run by qualified LNH supervisors. Prof. Muhammad Shoab Shafi, Vice president CPSP and Prof. Aamer Zaman Khan



also spoke on the occasion. CPSP Head Department of Medical Education Dr. Serajul Shekh and DME Faculty were also present. The session concluded with a vote of thanks by Prof. Nighat Huda (Senior Advisor, HPE). The inaugural session was followed by two workshops facilitated by the LNHMC faculty.

The Department of Health Professions Education (DHPE) organized the workshop on "Education 2.0: Unlocking the



Prof. Dr. Salman Faridi with Prof. Khalid Masood Gondal

Potential of AI in Medical Teaching and Learning," that showcased pioneering insights into the integration of Artificial Intelligence in medical pedagogy. Participants delved into the transformative possibilities AI offers in medical education. DHPE faculty Prof. Nighat Huda, Dr. Yusra Nasir, and Dr. M. Ahsan Naseer facilitated the session. Workshop participants representing medical faculty, and postgraduate residents from Karachi, Hyderabad, and Quetta appreciated the workshop and recommended similar workshops in future.

In parallel, the workshop on "Multidisciplinary Team Meetings: From Preparation to Practice," provided a comprehensive exploration of collaborative healthcare practices. Led by distinguished experts including Prof. Rufina Soomro, Prof. Naila Anjum Zahid, Prof. Syed Sheeraz-

ur-Rehman, and Dr. Hira Khan Afridi. Faculty from diverse clinical disciplines participated and gained invaluable insights into optimizing multidisciplinary interactions for enhanced patient care.

The event showcased the College of Physicians and Surgeons Pakistan and Liaquat National Hospital dedication to promoting quality medical education with collaborative efforts.



Prof. Dr. Salman Faridi with Prof. Muhammad Shoaib Shafi

## 5<sup>th</sup> INTERNATIONAL UROGYNAECOLOGY SYMPOSIUM: PRE-SYMPOSIUM WORKSHOP ON DIAGNOSTIC MODALITIES IN UROGYNAECOLOGY

The Department of Obstetrics & Gynaecology organized a pre-symposium workshop of 5th International Urogynaecology symposium by Pakistan Urogynaecologists Association (PUGA) on 15<sup>th</sup> February 2024. Program was organized by Prof. Haleema Hashmi and Dr. Maria Jabeen. 46 Registered participants enrolled in the workshop. The program started at 9:30am with recitation from The Holy Quran and introductory remarks.

The first speaker was Prof. Haleema Hashmi, on the topic of identifying and evaluating of Urogynaecologic patients. Dr. Maria Jabeen, presented investigations related to Urinary incontinence, along with the cystoscopic procedure and findings of different pathologies which were interactive and informative for the participants. Dr. Shagufta Tahir gave an extensive speech on POP-Q classification of Uterovaginal prolapse. Dr. Sadaf Nasir of Radiology Department highlighted the role of Radiology, Ultrasound, CT, MRI in diagnostic evaluation, planning and treatment of patients. Dr. Ahmed Asif, from department of Neurology spoke on Neurophysiological investigations useful in management of patients with urogynaecological problems. Ms. Samreen Surshad from Physiotherapy department very nicely discussed the role of physiotherapy in diagnosis



Speakers & Organizing Faculty.

and management of patients who developed urogynaecological problems after child birth and pelvic floor rehabilitation. Prof. Shagufta Tahir and Prof. Shaheen Naz were guest speakers of PUGA and gave interesting talks.

This was an interdepartmental collaborative workshop and we are extremely grateful for the participation of Department of Radiology, Neurology and Physiotherapy for their participation and thanks to Marketing department for their facilitation and to guest speaker.

Prof. Haleema Hashmi collected feedback forms and sent to CME department. Certificate distribution was done.

## NURSING ADULT ADVANCE RESUSCITATION TRAINING (NAART)

NAART (Nursing Adult Advance Resuscitation Training) is a 2 days In-house course for nurses which is exclusively developed to give training to learn how to identify and manage cardiac dysrhythmias. By doing this nurse also become efficient to run mega code. On the first day of the course all theory part covered where Consultant Cardiology, Anesthesia and neurology conduct their presentations and second day mega code practice and sign-off done with collaboration of RSDC Department and finally course ends with exam and feedback of candidates. From January 2024 till April 2024 total 174 Nursing staff has cleared this training program.



Course participants performing CPR

## ADVANCED COURSE FOR FCPS II & MRCP (MEDICINE)

The Internal Medicine department of LNH has been consistently organizing an advanced course for FCPS II & MRCP (Medicine) candidates who have passed their theory exams since 2014. This year's course took place from March 4<sup>th</sup> to March 9<sup>th</sup>, 2024, with a total of 37 candidates registered from across the country.

The course commenced with a briefing on the first day by Prof. Dr. KU Makki, followed by a Radiology session covering CT scan, MRI, and X-Ray conducted by the Radiology faculty. Subsequently,

a session on TOACS was held, with the participation of 12 faculty members from the medicine and allied fields.

Between March 5<sup>th</sup> and March 7<sup>th</sup>, 2024, a total of 27 candidates prepared and presented long cases to both internal and external examiners. Following each session, the examiners provided concise feedback on the candidates' strengths and weaknesses. On March 8<sup>th</sup> and 9<sup>th</sup>, 2024, each candidate underwent six short case assessments and received counseling from

the examiners regarding areas needing improvement.

The course involved the participation of 20 senior physicians from outside LNH and 32 faculty members specializing in medicine and allied fields, all of whom are CPSP-level examiners.

Feedback from the candidates universally praised the course content, variety of patients, teamwork, organization, and the guidance provided by the examiners.



Participants of the course



## CME ON VITAMIN B12

The Department of Internal Medicine convened a Continuing Medical Education (CME) session on Friday, 1<sup>st</sup> March, 2024, spotlighting Vitamin B12, a vital water-soluble nutrient crucial for numerous bodily functions. The objective of the session was to disseminate essential knowledge about this indispensable nutrient.

The session commenced with a warm welcome address by Prof. Dr. Karim Ullah Makki, setting the tone for an insightful exploration into Vitamin B12. Dr. Humaira Ali then delved into the intricacies of



Prof. Dr. Karim Ullah Makki

Vitamin B12's pathophysiology, emphasizing its critical role in human health.

Dr. Samar Abbas Jaffri provided an in-depth discussion on the diagnosis and management of



Participants of the session.

Vitamin B12 deficiency, offering valuable insights into advanced diagnostic techniques and therapeutic strategies.

Dr. Iqtidar Taufiq elucidated the intriguing correlation between

Vitamin B12 levels and mood disorders, underscoring the potential positive impact of optimizing Vitamin B12 levels on mental well-being.

Dr. Hazim Brohi highlighted the intricate interplay between Vitamin B12 and neurological health, emphasizing its pivotal role in cognitive function preservation and neurodegenerative disease prevention.

Dr. Maria Jabeen shed light on the significant implications of Vitamin B12 during pregnancy and lactation, emphasizing its critical role in maternal and fetal health.

The session culminated in a dynamic question and answer segment, allowing attendees, including general practitioners, doctors, and medical students from various hospitals, to engage

directly with the presenters.

Overall, participants expressed appreciation for the comprehensive content covered during the session and the interactive question and answer segment, indicating the success of the CME in fulfilling its objectives of knowledge dissemination and professional development.

**ANATCON 2024: PRE-CONFERENCE WORKSHOP ON EFFECTIVE SMALL GROUP TEACHING THROUGH INTERACTIVE AND DIGITAL METHODS**

As a pivotal component of the preconference workshops at ANATCON 24, the Department of Anatomy at Liaquat National Medical College organized an engaging session on “Effective Small Group Teaching through Interactive and Digital Methods.” Led by esteemed educators

Prof. Dr. Zia ul Islam (Head Dept. of Anatomy) and Prof. Dr. Saima Athar, the workshop aimed to equip medical and allied teaching faculty with innovative approaches to enhance their small group teaching methodologies. The facilitators seamlessly integrated hands-on

activities, role play, and online digital resources, ensuring an immersive and enriching learning environment. Overall, it served as a testament to the transformative potential of innovative teaching approaches in fostering enhanced learning outcomes within small group settings.



Group photo of participants of the workshop with Prof. Zia Ullislam with Prof. Saima Athar Shaikh



Prof. Zia Ullislam with Prof. Saima Athar Shaikh



Participants at the pre-conference workshop

**CHARTING NEW HORIZONS: ANNUAL WORKSHOP BY THE DEPARTMENT OF FORENSIC MEDICINE ON CHATGPT APPLICATIONS AND INTEGRATION IN MEDICAL EDUCATION**

The Department of Forensic Medicine at Liaquat National Medical College was privileged to host a groundbreaking workshop centered on the pivotal theme of ChatGPT revolutionary role in modern medical education. The inaugural workshop conducted by Dr. Subhan Zahid, a holistic

physician and demonstrator within the Forensic Department’s domain, heralding a significant stride toward the fusion of technological innovation and educational prowess. This pioneering event marked the debut of ChatGPT integration in educational practices and to

explore the fusion of AI technology and pedagogy.

The workshop commenced with acknowledging the commitment of a range of attendees, from HODs to assistant/ Associate Professors, lecturers, Demonstrators towards their professional growth. Participants

delved into the practicalities, learning how ChatGPT adeptly showcased its functionalities, from crafting multiple-choice questions to facilitating presentations, offering attendees hands-on experience sculpting bespoke

presentations tailored to their respective domains, customizing questionnaires and presentations to their specialties.

The event culminated with certificate distribution for all

participants, as well as special recognition in the form of shields, for Prof. Dr. Karim Ullah Makki, recognized for his relentless efforts in fostering learning opportunities for the professional development.



Participants at the session



Dr. Subhan presenting in the session



Prof. Dr. Karim Ullah Makki at shield distribution

## WORKSHOP ON DNA-RNA ISOLATION & GEL ELECTROPHORESIS

A hands-on workshop was organized by the Department of Molecular Pathology on 'Extraction of DNA and Gel electrophoresis in Research and Diagnostics' on 6<sup>th</sup> January, 2024. The venue was the Molecular Pathology laboratory, 4<sup>th</sup> floor, New Radiology Building, Liaquat National Hospital & Medical College.

This workshop was the part 1 of the series of workshops as planned by the Department of Molecular Pathology. The aim of organizing this workshop was to educate Faculty, staff and students working in research and diagnostic laboratories and for those who wish to apply for the specialization in the field of Molecular Pathology. The workshop series was started with the workshop on basic techniques of DNA extraction, followed by DNA quantitation and Gel electrophoresis.

The lectures on basics of the extraction of DNA and RNA was delivered by Dr. Syed Zulfiqar

Ali Naqvi, Associate Professor & consultant, Molecular Pathology, lecture on DNA quantitation was delivered by Ms. Nazneen Perveen, Senior Medical Technologist and on Gel electrophoresis we delivered by Dr. Sobia Rafiq, Assistant Professor, consultant and HOD, Molecular Pathology.

It was a hands-on training workshop where participants performed DNA extraction from human blood using white blood cells, DNA quantitation and Agarose gel electrophoresis.

Dr. Sobia Rafiq and Dr. Syed Zulfiqar Ali Naqvi distributed the certificates to the participants. The participating faculty, staff and students provide overwhelming feedback and requested to arrange the part 2 of the workshop that would educate them about the advance techniques and recent progress in the field of Molecular Pathology.



Participants and presenters at workshop

## CME ON NUTRITION & LIFE STYLE MANAGEMENT BY DR. DURR E SHAHWAR

At a recent Continuing Medical Education (CME) academic session held at Liaquat National Hospital, 59 house officers gathered to delve into the intricate relationship between nutrition, lifestyle choices, and health outcomes. The session, meticulously curated by experts in the field, provided a comprehensive overview of the impact of dietary habits and lifestyle choices on individual health trajectories.

The interactive nature of the session allowed for engaging discussions and knowledge exchange among participants, enriching their understanding of the subject matter. Practical case studies and real-life scenarios were presented, enabling house officers to apply theoretical knowledge to clinical practice.



Dr. Durr e Shahwar delivering lecture on Nutrition & Life Style Management

One of the key takeaways from the session was the importance of personalized approaches to nutrition and lifestyle management. Attendees learned how to tailor recommendations to individual patient needs, considering factors such as age, gender, and existing health conditions.

By the end of the session, participants had not only gained valuable insights into the intricate interplay between nutrition, lifestyle, and health but also acquired practical skills that they could immediately apply in their daily practice. The session underscored the vital role of continuous learning and professional development in ensuring optimal patient care and personal well-being.

### FACULTY DEVELOPMENT TRAINING PROGRAM

Multiple Choice Questions (MCQs) and objective development training play a pivotal role in enhancing critical thinking skills and assessing comprehension levels across various subjects. Through structured training, individuals learn to dissect complex problems, identify key concepts, and deduce the most appropriate solutions within a limited timeframe. These training sessions often involve a systematic approach to understanding question patterns, applying relevant knowledge, and strategically eliminating incorrect options. Additionally, MCQs and objective development training foster a deeper understanding of subject matter by requiring participants to analyze information from different perspectives. In March and April 2024, Dr. Afifa and Prof. Dr. Sobia, from the Department of Health Profession Education, conducted training sessions on objective and MCQs development, respectively. These sessions attracted 19 participants from nursing services.



Participants and presenters of the training program

### SURGICAL WOUND DRESSING COURSE

Department of Nursing in collaboration with Department of Plastic Surgery organized a course entitled “Surgical Wound Dressing Course”. The purpose of one-month blended course was to educate the health care professional with the skills and knowledge necessary to deliver optimal care while doing dressing. The course included a three-day theory and one-month hands on practice on real patients of Neurosurgery, Plastic Surgery, General Surgery and Orthopedics. A diverse group of 42 healthcare

professionals including Nursing staff, Residents, BSMT, DPT students, OPD assistants attended the workshop from all over Karachi. The course covered different topics including the role of health care professional during dressing, differentiate between various surgical wounds and their unique care requirements, from cleaning of wounds to contaminated or infected ones with an introduction to a wide range of dressings and wound care products, considering their indications, contraindications, and



Participants of the course

appropriate dressing material selection based on wound characteristics on real patient.

### PRE-CONFERENCE WORKSHOP ON NAVIGATING THROUGH DIFFICULT DECISION MAKING - CLINICAL ETHICS AND PALLIATIVE CARE IN ONCOLOGY



Group photo of the pre-conference workshop.

A pre-conference workshop was organized by Pakistan Oncological Society at CancerCon 16 Conference held at Liaquat National Hospital on 20<sup>th</sup> January 2024.

The workshop was facilitated by Dr. Rabeeya Saeed, Dr. Annum Ishtiaq and Dr. Aisha Malik.

The target audience included health care professionals including doctors, trainees, nurses, final year medical students etc. The ethical and psycho-social aspects of clinical decisions and its impact on physicians, patients and families were discussed through various clinical scenarios and group activities.

## 4<sup>th</sup> PAKISTAN SOCIETY FOR METABOLIC AND BARIATRIC SURGERY (PSMBS) CONFERENCE

Conference on Bariatric surgery was held on April 24 and 25<sup>th</sup>, 2024 at Hayatabad Medical Complex, Peshawar. Eminent surgeons and Allied Specialists from around the world attended the conference. This is part of the events organized by Pakistan Society of Metabolic and Bariatric Surgery. Unit of Bariatric Surgery from Department of

General Surgery at LNH also participated in this conference. Dr. Mirza Arshad Beg (Assistant Professor General Surgery) was invited for panel discussion. Dr. Madiha Haroon (SR General Surgery) presented her paper on "Perceptions of doctors regarding Bariatric surgery" and "Dr. Arsala, who is a senior registrar in anesthesia and actively involved

in Bariatric Anesthesia presented her article "Role of TEP block in bariatric surgery". Dr. Madiha managed to clinch 2<sup>nd</sup> position in paper presentation. All in all a very fruitful experience and a great leap for the new service of Bariatric Surgery offered by General Surgery Department at LNH.



Dr. Mirza Arshad Beg receiving shield from organizers



Right to left: Dr. Madiha Haroon, Dr. Mirza Arshad Beg and Dr. Arsala



Dr. Madiha Haroon receiving certificate from organizers

## CME FOR INTERNS ON COMMUNICABLE DISEASES DR. MUHAMMAD OWAIS KHAN



Dr. Muhammad Owais Khan delivering lecture on Communicable Diseases

On 6<sup>th</sup> March, an interactive CME session with interns was conducted in convention center, Liaquat National Hospital, on Communicable Diseases, in which classification of different communicable diseases with their types were discussed. Different modes of disease transmission (including airborne, vector borne, blood borne, fecal

oral, contact and iatrogenic) with precautionary measures were discussed in detail as well.

Intern's knowledge was assessed with a pretest initially. By the end of session, the interns were well aware of different types of precautions including Standard, droplet, airborne and isolation applicable in different scenarios.

## ADVANCED PEDIATRIC LAPAROSCOPIC WORKSHOP FEBRUARY 28 - MARCH 01, 2024

Advanced Pediatric Laparoscopic Workshop in collaboration with BAPS Hugh Green Laparoscopy course, was held at RSDC skills lab at LNH between February 28 - March 01, 2024. This three-day course included didactic sessions, video presentations and hands-on sessions (Dry and Wet lab) on rabbits

and baby lambs. There were 18 participants which include residents and junior consultants who joined from all over Pakistan. Prof Shabbir Hussain was the Patron in Chief along with Dr. Hina Yousuf (HOD Pediatric Surgery LNH) and Dr. Saqib Qazi from AKU as course directors. The international faculty



Paediatric surgical faculty with Participants



included BAPS IAC course director Dr. Naveed Ali Zai and Sean Marven, both participated and shared experience with course participants to help, encourage and facilitate them towards advanced laparoscopic and thoracoscopic surgeries. The workshop was facilitated by experts in laparoscopic

and thoracoscopic surgeries from different cities of Pakistan (Dr. Ali Raza Brohi from Nawabshah, Dr. Anwar Arain, Dr. Aqil Soomro from AKUH).

Positive feedback was received from the participants. CME points and certificate were awarded.

### ANNUAL OSCE FOR PG CERT FAMILY MEDICINE BATCH 2023-24

The department of Family Medicine held its annual Objective Structured Clinical Exam (OSCE) for the Post Graduate Certificate course on 22<sup>nd</sup> February 2024.

After completing a year-long blended learning course, candidates were assessed for their consultation and examination skills.



Course participants

### BUILDING-SKILLS AT IN-HOUSE SESSION - 2<sup>nd</sup> BATCH OF POST GRADUATE CERTIFICATE COURSE IN FAMILY MEDICINE

The Department of Family Medicine organized a skills-session of Post Graduate Certificate Family Medicine from 13<sup>th</sup> to 16<sup>th</sup> February, 2024. A group of practicing General and Family Physicians participated in four days intensive learning and hands on practice of clinical skills. The cohort is now fully prepared to undertake their exit examination scheduled at the end of this course.



Participants of the course

### DEVELOPING EXCELLENCE IN NURSING PRACTICES IN UROLOGY CARE

Department of Nursing in collaboration with department of Urology organized a 1-day workshop on urology named “Developing Excellence practices in urology” was held on 19<sup>th</sup>, April, 2024. The main purpose is to provide education regarding urology specially focused on preventing and treating conditions related to the management of incontinence, Post-TURP care, PCN and Nephrostomy care. Through interactive sessions participants explored various aspects of urological care, including the management of bladder and prostate cancer, post-operative care, urinary incontinence. Hands-on session which provided participants with the opportunity to practice Foley catheterization, supra-pubic catheterization, and other essential procedures under expert guidance. Case studies and simulations further enriched the learning experience, allowing for the practical application of knowledge in real-life scenarios. The workshop was attended by 02 doctors (family Physician), 03 medical college students and 23 nursing staff from various disciplines. The workshop received an overwhelming response from the participants who appreciated the opportunity to learn from the experts and to enhance their knowledge and skills.



Participants presenting poster in the workshop

## TRANSFORMATIVE COMPASSION – INNOVATIVE APPROACH IN PALLIATIVE CARE NURSING WORKSHOP

In a collaborative effort between the Department of Family Medicine and the Department of Nursing, a transformative workshop on palliative care nursing was organized on 28<sup>th</sup> & 29<sup>th</sup> February, 2024. The workshop aimed to enhance the participants' understanding of compassionate care practices in palliative care settings and to introduce innovative approaches to improve patient outcomes. With Thirty dedicated nurses and nursing students in attendance, the workshop provided a platform for learning, sharing experiences, and fostering collaboration in delivering exceptional care to patients facing life-limiting illnesses. The transformative compassion

workshop delved into various aspects of palliative care nursing, focusing on Introduction and Philosophy of Palliative Care, Ethics in Palliative nursing, non-pain symptom assessment end of life nursing care provision advance care planning & bereavement, assessment tools in palliative care and pain management, opioids and narcotics doses & dilution. The workshop also included lectures, videos, case scenarios and case presentation. The workshop received an overwhelming response from the participants who appreciated the opportunity to learn from the experts and to enhance their knowledge and skills in Palliative Care Nursing.



Group discussion in the workshop



Dr. Rabeeya presenting Certificates to participants



Group Photo

## ORIENTATION DAY & WHITE COAT-CEREMONY WEDNESDAY 14<sup>th</sup> FEBRUARY, 2024

An Orientation Day Ceremony of the new Batch of 1<sup>st</sup> Year MBBS class of 2029 admitted at Liaquat National Medical College was held on Wednesday the 14<sup>th</sup> February, 2024 at the Convention Centre of Liaquat National Hospital & Medical College.

The Ceremony was attended by the newly admitted students, Faculty & Senior Management of the Liaquat National Hospital and Medical College.

In her welcome speech, Controller Academic Administration LNH&MC, Dr. Shaheena Akbani welcomed the students and

their parents and highlighted the salient features of the medical college and hospital and the milestones and achievements of LNH&MC

Prof. Karim Ullah Makki, Principal, Liaquat National Medical College congratulated the new students and introduced the senior faculty of the Medical College & Hospital to the students.

Mr. Ali Abdullah Rizwan from 4<sup>th</sup> Year MBBS Ms. Maira Rizvi from 3<sup>rd</sup> Year MBBS & Ms. Warda Rehan from 2<sup>nd</sup> Year MBBS LNMC shared their experience of their stay at LNH&MC.

The Medical Director, Prof. Salman Faridi, Congratulated and Welcomed new students at Liaquat National Medical College & Hospital, Karachi. He assured them of his full support in curricular and extracurricular activities. He also highlighted the importance of being not just good doctors but good human beings too. He emphasized the

importance of Research and the need for young doctors to keep abreast with latest developments in the world.

Principal LNMC Prof. Karim Ullah Makki took the oath from newly inducted students of 1<sup>st</sup> Year MBBS. Soon after the oath taking ceremony Principal LNMC instructed students to wear the lab coat & welcomed them in the medical fraternity.

Packages were distributed to the new students by the Medical Director and Principal LNH&MC. The ceremony concluded at 1:00 pm followed by the High Tea.



Welcome speech by Prof. Salman Faridi.



New students taking oath.



## GUEST LECTURE REPORT

Liaquat National Medical College organized a Guest Lecture on April 18th 2024 for its undergraduate students. The presenter was Prof. Dr. Anjum Memon, Professor of Epidemiology and Public Health. He was the graduate of Sindh Medical College and then completed his Doctorate from Oxford University and Fellowship of the Faculty of Public Health (FFPH). He is the Reviewer/Editor of scientific Journals. While he was visiting Karachi, LNMC utilized this opportunity to have a talk with students about the Research Methodology.

The talk was about the scientific Literature search and development of Research Proposal. He shared his knowledge with students about the challenges of Public Health and to address them with relevant research data. He emphasized for Evidence Based Medicine (EBM) practice. The students discussed that for EBM there is a need to have regional validated data. He encouraged the students to conduct research and generate statistics of our own population. He taught students about the steps of



Group photo of participants

Proposal writing and basic study designs. He was amazed that the students of LNMC were well aware of the Research Methodology.

The lecture was interactive and students appreciated Dr. Anjum Memon for conducting the session. Dr. Memon shared his contact details with students and asked them to have interaction in future.

## ANNUAL DINNER 2024

The Annual Dinner and Concert was held on 24<sup>th</sup> April 2024.

The event started at 7:30 pm. Students and faculty came in donning suits and beautiful dresses.

The event began with the welcome address by Chairperson Social Society, Prof. Dr. Nighat Abbas- who intimated the salient features of her society to the audience.

Next, the Principal LNMC Prof. Dr. KU Makki spoke to the attendees addressing the importance and lauding the students for extracurricular activities.

This was followed by an address by our beloved MD, Prof. Dr. Salman Faridi, his words of wisdom are always cherished by all.

Finally, our esteemed Director Academic Administration and Research Training, Dr. Shaheena Akbani took the stage and

announced the award winners and position holders of 1<sup>st</sup> to 4<sup>th</sup> Year MBBS.

Dr. Muhammad Farrukh Siddiqui received Medical Director's Medal for best all round performance while Dr. Nimra Ahmed was recipient of Principal's Medal for best all round performance among females. Ms. Suhaira Tariq declared the recipient of Prof. Amir Ali Shoro Medal for best academic achievement in first two years.

This year winner of Alumnus Award was Dr. Muhammad Sohaib Asghar from batch of 2016. As Dr. Muhammad Sohaib Asghar is currently not in Pakistan therefore his medal was received by his parents.

After this, there was a display of a short documentary of graduates taking everyone down the memory lane to relive those moments as we bid farewell. This

was followed by dinner which was lavish and comprised of many tempting items.

Following the dinner, Dr. Sana Anwar Chairperson Music and Drama Society addressed the crowd and emphasized on the importance of society activities.

She announced the winners of LNH Idol 2.0, a very popular event among LNMC students where students showcase their talent of singing.

The three winners Ms. Areesha Marry (1<sup>st</sup>), Palvasha Bokhary (2<sup>nd</sup>), and Naheel Khalil (3<sup>rd</sup>) were awarded shields by the medical Director Prof. Salman Faridi.

Finally the night was concluded by Falak Shabbir and his band entered with full zeal and zest. Medical students enjoyed the most awaited event of the day. He made the night with his musical cords and made the event most memorable.



Dr. Muhammad Farrukh Siddiqui receiving Medical Director's Medal.



Ms. Suhaira Tariq receiving Prof. Amir Ali Shoro Medal.



Dr. Nimra Ahmed receiving Principal's Medal.

## B.S. NURSING (GENERIC) FINAL YEAR 8<sup>th</sup> SEMESTER NURSING SEMINARS AND EVIDENCE-BASED RESEARCH PRESENTATIONS

The B.S. Nursing (Generic) Final Year 8<sup>th</sup> Semester students organized Nursing seminars and evidence-based research presentations from 1<sup>st</sup> March 2024 to 8<sup>th</sup> March 2024 under the guidance of their course facilitator Ms. Shaheen Shamaila, Lecturer II. Some of the topics that were covered were: Nursing Status and Image in Pakistan, Legal Issues in Nursing Practice, Trends and Issues in the Delivery of Health Care System, Disaster Nursing, and Palliative Nursing. On 4<sup>th</sup> April 2024, the same students and the B.Sc. Nursing (Post RN) Final Year 4<sup>th</sup> Semester students presented their Evidence Based research in groups under the guidance of Mr. Noaman Ali, Lecturer I. Some of the topics discussed by students were: Usage of Social Media and its Effects on Eating Habits among Nursing Students, Assessment on the Critical

Issue of Rising Suicidal Rates Among Allied Health and Nursing Students, Effectiveness of Mirror Therapy in Decreasing Stress among Nursing Students in Karachi, Pakistan, Challenges Encountered by Novice Nurses during Evidence-Based Practice at a Tertiary Care Hospital, and Factors Affecting Clinical Nurses on their Healthcare Maintenance Behaviour.

Brig. Dr. Anwer Ali Khan, Controller- Nursing Administration, Mrs. Judith Zaidi, Principal – LNCON, Ms. Samina Iqbal Kanji, Chief Nursing Officer – LNH, Ms. Shaheen Zahir Ali, Vice Principal – LNCON, Prof. Dr. Nighat Huda – Director, Health Care Education Centre, Ms. Mehr Yahya – Coordinator, Staff Learning, LNCON faculty, Section Heads – Nursing, and students of B.S. Nursing (Generic) 7<sup>th</sup> and 8<sup>th</sup> semesters attended the sessions.



B.S. Nursing (Generic) Final Year participants of Research Presentations and Nursing Seminars



B.Sc. Nursing (Post Nr) Final Year Participants of Research Presentations

## VISIT OF THE PN&MC INSPECTION TEAM AND THE LUMHS AFFILIATION COMMITTEE TO LNCON

The inspection team of the Pakistan Nursing & Midwifery Council (PN&MC) visited Liaquat National College of Nursing (LNCON) on 1<sup>st</sup> January 2024. The team was welcomed by Mrs. Judith Zaidi, Principal, Brig. Dr. Anwer Ali Khan, Controller – Nursing Administration, and the LNCON faculty members. The team visited the lecture halls, the Research Skills and Development Centre (RSDC), and the Convention Centre. The visit was instrumental in the enhancement of seats in 4-year B.S. Nursing (Generic) degree program. The Liaquat University of Management and Health Sciences (LUMHS) Affiliation Committee also visited LNCON on 11<sup>th</sup> January 2024 and gave a favourable feedback.

PN& MC formally enhanced the B.S. Nursing (Generic) program at LNCON by 50 seats on 22<sup>nd</sup> January 2024 bringing the total number of approved seats in the program to 110.



PN&MC inspection team with Mrs. Judith Zaidi, Principal – LNCON and Brig. Dr. Anwer Ali Khan, Controller – Nursing Administration

## ACUTE PAIN MANAGEMENT

The Acute Pain Management system classes conducted by Our Assistant Professor of Department of Anesthesiology Dr. Muhammad Amim Anwar. By investing in continuous education and training, we reaffirm our commitment to delivering compassionate, evidence-based care and upholding the highest standards of patient safety and satisfaction. In February, March, and April 2024 fifty-four in-house nurses has been participated, the department of Anesthesia embarked on an empowering journey aimed at fortifying acute pain management within our healthcare facility. Through a series of comprehensive classes tailored specifically for our in-house nursing staff, we endeavored to augment their proficiency in handling acute pain scenarios with adeptness and empathy.

The impact of these training sessions extends far beyond the confines of the classroom, resonating in



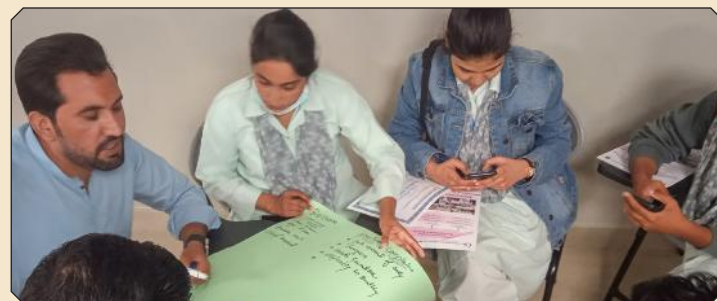
Participants and presenters of the training program

the compassionate care delivered by nurses on the frontline. Armed with newfound knowledge and confidence, they are poised to elevate standards of acute pain management, providing comfort and relief to patients when they need it most. As champions of holistic care, they embody the ethos of patient-centered practice, enriching the healthcare experience for all.

## PEDIATRIC CRITICAL CARE

The Department of Nursing and the Department of Emergency at LNH organized a three-day workshop called “Pediatric Critical Care”, held on 18<sup>th</sup> to 20<sup>th</sup>, January, 2024. This course holds immense significance for all health care professionals especially Nurses, junior doctors, and final year students as it serves as a specialized pathway to equip them with the indispensable knowledge and skills required in the management of critical care pediatric patients. The workshop covered topics such as Age-specific considerations in critical care, Pediatric Assessment Techniques, Diagnosis & management of Neonates and Children with Heart Diseases and Pediatric Sepsis and Infectious Diseases. The workshop also included lectures, videos, hands-on training, clinical rotation and Concept mapping. The workshop was attended by

35 participants from various disciplines of LNH and outside, including Nurses, Doctors and students. The workshop received an overwhelming response from the participants who appreciated the opportunity to learn from the experts and to enhance their knowledge and skills in pediatric critical care.



Participants preparing poster in the workshop

## HANDS-ON WORKSHOP ON PEG TUBE CARE & FEEDING

PEG Tube handling is a crucial skill in nursing practice, particularly in cases where patients require long-term enteral feeding due to various medical conditions. Mastering this technique not only ensures the well-being and comfort of the patients but also reflects the commitment of healthcare professionals towards delivering comprehensive and compassionate care. The agenda was thoughtfully curated to cover every aspect of the feeding procedure, from pre-operative assessment to post-procedural care. Participants were guided through a step-by-step demonstration, emphasizing the importance of precision, sterile technique, and patient safety at every stage and also hands-on skill sign off session was taken. Total 29 nursing staff has attended this hand-on training session. This session has been conducted by Assist. Prof. Dr. Baseer Sultan Department of Gastroenterology.



Group photo of participants

## INAUGURATION OF RENOVATED COLLEGE OF NURSING

The Inauguration Ceremony of the renovated College of Nursing building was held on 11<sup>th</sup> March 2024. Prof. Dr. Salman Faridi, Medical Director – LNH formally inaugurated the building and then visited the newly built lecture halls, Skills Lab, Computer Lab, Library, and the students common rooms along with Principal – LNCON Mrs. Judith Zaidi, Vice Principal -

Ms. Shaheen Zahir Ali, Controller – Nursing Administration Brig. Dr. Anwer Ali Khan, and other guests. The inauguration ceremony was attended by Director Administration Brig. Dr. Syed Naseem Ahmed, Director Finance Mr. Akberally Amirally along with heads of departments, section heads – nursing, faculty, and students among others.



Prof. Dr. Salman Faridi inaugurating the Renovated College of Nursing

## LIAQUAT NATIONAL SCHOOL OF PHYSIOTHERAPY (LNSOP)

### ORIENTATION DAY BATCH 2024

The Orientation Day at Liaquat National School of Physiotherapy marked the commencement of an exciting journey for our incoming students. On 15<sup>th</sup> January 2024, the event aimed to familiarize new students with the school's environment, resources, and academic expectations class coordinator, faculty members vice principal and principal with a blend of informative sessions, interactive activities, and warm welcomes, the day set a positive tone for the students' academic endeavors. Dr. Sonya Arshad, the faculty of physiology and class coordinator along with Ms. Hina Arshad, skillfully led the event, creating a sense of excitement and belonging. The Respected Principal Syed Hassan Abbas Rizvi and Vice Principal Muhammad Ali



Group photo of participants

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.



Souvenirs distribution by the Principal Syed Hassan Abbas Rizvi

### ANNUAL RESEARCH DAY 2024

The Liaquat National School of Physiotherapy on 12<sup>th</sup> January, 2024 held its "Annual Research Day 2024", which included a "Poster and Oral Presentations Competition" among final year Doctor of Physical Therapy (DPT) students. The competition, which was organized by M. Faisal

Qureshi (Senior Lecturer II), and Dr. Sonya Arshad (Senior Lecturer II). The Students were divided into 17 groups, each consisting of three students, who presented their posters and oral presentations on various research projects under the guidance of their supervisors. The Jury Members

were: Dr. Muhammad Abid Khan, PT Assistant Professor Ziauddin College of Rehabilitation Sciences, Dr. Saima Ali, PT, Assistant Professor, Ziauddin College of Rehabilitation Sciences, Dr. Erum Tanveer, PT, Principal, United Collage of Physical Therapy, Dr. Okasha Anjum, PT Head of



Poster and Oral Presentations by the participants followed by Certificates/Shields distribution

Department, Assistant Professor, Department of Physical Therapy and Rehabilitation Sciences, Indus University, Dr. Samreen Yasmeen, PT, Assistant Professor Dow Institute of Physical Therapy and Rehabilitation, Dr. Farrukh Siddique, PT Principal, Indus College of Physical therapy & Rehabilitation, Dr. Syeda Fatima Azmat, PT Principal, Karachi Institute of Health Sciences, Dr. Aqsa Faiz, PT, Director, Assistant Professor South City Institute of Physical Therapy & Rehabilitation Sciences. The competition was judged based on poster layout, presentation skills, content, and question-answer sessions.

Top two Research topics were In Oral Presentation

➤ 1<sup>st</sup>: Impact of Yoga Complemented Cognitive Behavioural Therapy on Burnout among Professionals dealing with Autism Spectrum Disorder (ASD) supervised by Dr. Sonya Arshad

➤ 2<sup>nd</sup>: Advanced vs. Conventional Chest Physiotherapy in Ventilated Patients for Mortality Outcomes - A Meta-Analysis supervised by Ms. Nida Rizvi.



Group photo of participants

In poster competition

➤ 1<sup>st</sup>: Exploring the benefits and barriers of implementing tele rehabilitation in Physiotherapy practice supervised by Ms. Sana Noman

➤ 2<sup>nd</sup>: Alexithymia: Prevalence and Association with Executive Function among Physiotherapy Students of Karachi, Pakistan supervised by Ms. Nida Zakir.

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 Deeba. Syed Hasan Abbas Rizvi expressed gratitude to the judges for attending the event and also thanked all the respected guests. 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 2024” 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.

## ANNUAL SPORTS DAY

The Liaquat National School of Physiotherapy Annual Sports Day, held on 23<sup>rd</sup> February, 2024, transformed the campus into a bustling hive of activities.

Colorful banners and balloons adorned the grounds, while stalls offered ice cream, popcorn, and other treats added to the festive atmosphere. Chief guests Prof. Dr. Salman Faridi along with other dignitaries were welcomed, with a special seating area reserved

for them, and news channels covered the event.

The day commenced with the recitation of the Holy Quran followed by a spirited march past of all five-year DPT students, showcasing their hard work and dedication. A synchronized PT display emphasized the unity of Liaquat National School of Physiotherapy, followed by an inspiring speech from the Medical Director respected Prof. Dr.

Salman Faridi marking the official start of the sports day.

Acrobatic performances dazzled the audience with their pace and creativity. Then followed a variety of fun games that made everyone even more energetic. These included:

- 100m race
- 50m race
- Hurdle race
- Spoon race
- Bean bag race



Team sports includes following:

- Throw ball
- Tug of war
- Cricket
- Football
- Relay race

The highlight was the Tug of War, where participants from all classes showcased their strength and determination. It was a tough competition between different classes, but each of them did their best. The most anticipated moment arrived with the announcement of the winners by the principal and guests distributing shields and medals, including:

- Gold
- Silver
- Bronze

Cheers and congratulations filled the air as students celebrated their achievements received their medals.

Sport Day in Liaquat National School of Physiotherapy is a memorable day for every student in the campus, a break from academics to showcase their athletic spirit. The day embodied the values of teamwork, sportsmanship, and camaraderie, leaving a lasting impression on all who participated.

While each and every student from all years showcased their talent in throw ball, cricket, tug of war, and races, the day belonged to the first year. Their raw talent and unbridled enthusiasm stole the show, marking them as a force to be reckoned with.



## A VISIT TO SIRAT-UL-JANNAH BY HELPING HAND SOCIETY

The helping hand society of Liaquat National School of Physiotherapy (LNSOP), with a mission to bring a day of joy to the children at Sirat-Ul-Jannah, got through weeks of planning to carry a joyous event for the kids.

First, we arranged meeting with our society members to brainstorm ideas. We wanted activities that catered to a range of ages, so we decided on a mix of the following:

- Energetic games
- Arts and crafts
- Storytelling sessions
- Application of henna
- Gift distribution

Next came fundraising. We collected donations from both

the students and staff of our department (LNSOP). With the funds, we ventured out for a shopping spree. Finally, laughter filled the room as we meticulously wrapped each gift, transforming them into little beacons of joy.

Amidst the joyous festivities of Eid, Sirat-ul-Jannah orphanage radiated an extra dose of happiness on 8<sup>th</sup> April 2024 as Mrs. Ghufraan Qureshi, running the NGO, and selfless volunteers from Helping hand society of Liaquat National School of Physiotherapy came together to celebrate with the children.

On this special occasion, we were able to perform all those activities that we so eagerly prepared. As the children gathered in

anticipation, the air buzzed with excitement. Watches, bracelets, color pencils, and coloring books awaited them, gifts carefully selected to spark their creativity and bring moments of joy. Each gift was a token of love, a reminder that they are cherished and remembered, especially on this auspicious day.

The highlight of the celebration was the heartwarming poems which were sung by the children. With confidence and pride, they shared verses that spoke of resilience, hope, and the beauty of their dreams. Volunteers cheered them on, their applause a testament to the courage and talent of these remarkable young individuals.

As the day drew to a close, the spirit of Eid lingered in the air, a reminder of the power of community and compassion. Through selfless efforts of the volunteers not only brought

smiles to the faces of these children but had also woven threads of love and kindness that would continue to uplift them long after the celebrations ended. In the embrace of Sirat-

ul-Jannah, every child found a sense of belonging and warmth, making this Eid a truly unforgettable experience filled with love, laughter, and cherished memories.



Helping Hand Society and faculty of LNSOP visit to Sirat-Ul-Jannah

## SENIOR CITIZENS PRIMARY CARE UNIT (SSPCU)

Senior Citizens Primary Care Unit is a location where the elderly may go to get specialized care that emphasizes improving their quality of life. Our main objective is to promote physical, social, and psychological well-being since we think these aspects of well-being are essential for a fulfilling life at any age.

We provide a variety of everyday activities that are specifically created to meet the needs of senior citizens. We are aware that concealed difficulties can cause a variety of health issues, and we work to prevent these problems by keeping our members active.

### EID PARTY

Celebrations at Senior Citizens Primary Care Unit (SCPCU) is also a ritual. Eid celebration was held on 27<sup>th</sup> April, 2024. The event included a range of enjoyable activities with variety of items on menu. Our senior members were dressed elegantly in

a traditional attire, and the venue was beautifully decorated to showcase a festive environment. Witnessing the joy and enthusiasm on the faces of our seniors brought new life and value to their overall experience.



Eid Milan Celebration: Sharing joyful moments with our esteemed Senior citizens and Management

### SPORTS DAY

The immobility of the seniors may increase their vulnerability making them suffer from stiffness, aches, and pains like the tin-man with no oil. We at Senior Citizens Primary Care Unit believe that

physical health decline will occur if the person doesn't have enough physical activity. Thus, it is essential for older people to stay active. The physical activity is the key to a long and healthy

life. The Sports day event was organized on 29<sup>th</sup> February 2024 at LNH Sports Ground for our esteemed members. All of our members remained so energetic and excited during whole day.



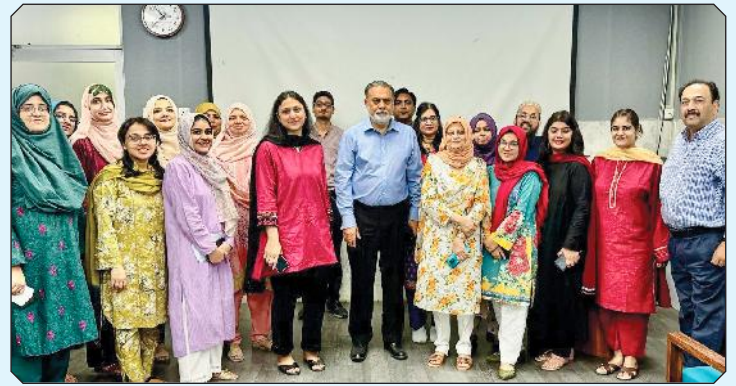
Encircling the excitement of LNH's sports day celebration, where seniors ready to participate in the fun and make priceless memories

## EVENTS

### INTERDEPARTMENTAL JOURNAL CLUB MEETING

The monthly interdepartmental journal club was held in April, with participation from the faculty of basic medical sciences including Anatomy, Biochemistry, Community Medicine, Forensic Medicine, Medical Education, Pathology, Pharmacology and Physiology. Prof. Hafeezul Hasan, organizer of interdepartmental journal Club initiated the session by welcoming participants and the audience. The interdepartmental Journal club is a regular activity being held in the first Saturday of every month in rotation by respective departments.

Dr. Muhsana Sajjad from the pathology department presented the research article “The Factors Influencing the Unmet Effects of Alpha Hydroxy Acid Peels on Acne Vulgaris: She discussed skin preparation protocols, the use of chemical peels for patients with Fitzpatrick skin types III and IV, and the



Group photo of participants

utilization of facial imaging software, VISIA 6.

This academic scientific session was concluded with a question-and-answer session addressing study limitations and comparing the use of retinoids versus AHA peels for acne vulgaris treatment by the participants. Dr. Hafeez ul Hassan appreciated Dr. Muhsana’s efforts and encouraged similar academic endeavors among the audience.

### MR. QASEEM ANJUM RIZVI’S MEMORIAL CEREMONY

The Administration of Liaquat National Hospital had organized a Memorial Ceremony to honor the life and services of Late Mr. Qaseem Anjum Rizvi, Senior Public relations Manager on March 2, 2024. He passed away on 21<sup>st</sup> August, 2023. His family and colleagues attended the Ceremony.



### RAMADAN FOOD FESTIVAL ON INTERNATIONAL WOMEN’S DAY



Liaquat National Hospital Committee for Women Empowerment organized a Food Festival for Ramadan, where LNH employees could taste assorted dishes prepared by employees’ family on 8<sup>th</sup> March, 2024. The festival was attended by a large number of employees.

### KHATM-UL-QURAN CEREMONY

Every year Liaquat National Hospital arranged Khatm-ul-Quran ceremony in the month of Ramadan on 27<sup>th</sup> Shab. This year too congregational ceremony was organized which was attended by employees and visitors.



Brig. Dr. Syed Naseem Ahmed presenting gifts & sweets on the occasion



## EID BAZAR (FOR WOMEN)

Liaquat National Hospital Committee for Women Empowerment organized an Eid Bazar on the last two days

of Ramadan for the female staff of LNH. Stalls for Henna, beauty services and bangles were arranged. This bazar was

organized to support female members of LNH employees. A large crowd visited the stalls.



Different activities in Eid Bazar

## LNH FAMILY MELA 2024 (Sunday 3<sup>rd</sup> March, 2024)

Family Mela at LNH has now become a tradition. The recent Mela was held on Sunday 3<sup>rd</sup> March, 2024. 30,000 individuals, including staff and their family members, enjoyed this unique event with great zeal & enthusiasm. Following activities were available in the Mela:-

1. Kids play area with Horse, Camel & Train rides with gifts and much more.
2. Puppet Show, Magic Show.
3. Food & gift item stalls.
4. Musical Concert.
5. Lucky draw for a large number of assort gifts.



## CELEBRATION OF THE WORLD PAEDIATRIC SURGERY DAY

The Department of Paediatric Surgery at Liaquat National Hospital, Karachi, in collaboration with the World Federation of Associations of Pediatric Surgeons (WOFAPS) and the Association of Paediatric Surgeons of Pakistan (APSP), celebrated World Paediatric Surgery Day on April 6<sup>th</sup>, 2024. The event took place in Lecture Hall A and saw enthusiastic participation from more than 50 healthcare professionals from LNH and various other institutes.

World Paediatric Surgery Day aims to raise awareness about the crucial role of paediatric surgery in saving children's lives globally. It serves

as a platform for healthcare professionals to share knowledge, discuss advancements, and foster collaboration in the field of paediatric surgery.

The event featured insightful lectures, panel discussions, and interactive sessions focusing on various aspects of paediatric surgery, including advancements in surgical techniques, postoperative care, and challenges faced in delivering paediatric surgical services.

Renowned experts and practitioners in paediatric surgery shared their expertise and experiences, providing valuable insights into emerging trends and best practices in the field.



With pediatric surgeons and residents from private and public sector



## ACHIEVEMENTS

### NCHC ANNOUNCES DR. YASIN AS NCHC MEDICAL DIRECTOR

North Central Health Care (NCHC), USA is pleased to announce Dr. Waqas Yasin to serve as the organization's Medical Director.

Dr. Yasin holds a degree from Liaquat National Medical College (Batch 2007-13), University of Karachi in Pakistan, and completed his psychiatry residency at the Medical College of Wisconsin Northeastern (NEW) Residency Program.

Dr. Yasin will provide oversight for the NCHC Adult and Youth Behavioral Health

Hospitals, Lakeside Recovery, and Intensive Outpatient programming through NCHC Outpatient Services. Dr. Yasin has served as NCHC's Interim Medical Director since September 2023.

Dr. Yasin is the youngest and first Muslim person to serve as a Medical Director for this institute.

[https://www.norcen.org/about-us/news/2024/march/north-central-health-care-announces-dr-yasin-as-/#:~:text=North%20Central%20Health%20Care%20\(NCHC,as%20the%20organization's%20Medical%20Director.](https://www.norcen.org/about-us/news/2024/march/north-central-health-care-announces-dr-yasin-as-/#:~:text=North%20Central%20Health%20Care%20(NCHC,as%20the%20organization's%20Medical%20Director.)



### DHPE FACULTY ORAL PRESENTATION AT CPSP 2<sup>nd</sup> INTERNATIONAL MEDICAL EDUCATION CONFERENCE

At the College of Physicians and Surgeons Pakistan (CPSP) 2<sup>nd</sup> International Medical Education Conference, Dr. Sana Farooq Shah, Assistant Professor, LNHMC Department of Health Professions Education (DHPE) delivered an oral presentation titled: "Program Completion to Continued Growth: A Mixed-Methods Study of Effects of a Faculty Development Program". Dr. Sana Shah, elaborated on the transformative impact of the Certificate in Health Professions Education (CHPE) program at Liaquat National

Hospital on the professional growth and development of the faculty members within medical education. Through a comprehensive mixed-methods approach, the study explored the effects of the CHPE program, emphasizing its role in fostering ongoing learning and advancement among faculty members. It concluded with valuable recommendation for enhancing faculty development initiatives for transforming medical education traditional practices.



Dr. Sana Farooq Shah receiving shield on oral presentation at 2<sup>nd</sup> International Medical Education Conference

### FELLOW IN TRAINING QUIZ COMPETITION

A quiz competition was held on 14<sup>th</sup> Jan, 2024 in Aga Khan University Hospital (AKUH) named "Fellow in Training Quiz Competition", in which teams of different institutions like LNH, AKUH, Tabba Hearts & NICVD were participated, from LNH Dr. Wasiq, Dr. Sadia and Dr. Shafaq participated. Team LNH won the competition under captaincy of Dr. Wasiq. Program director of LNH team was Dr. Kaleemullah Sheikh.



Group photo of participants

### DR. HINA YOUSUF SUCCESSFULLY PASSES EUROPEAN BOARD OF PAEDIATRIC UROLOGY EXAMS 2024

Dr. Hina Yousuf has successfully completed the 2024 MCQ and Oral examinations administered by the European Board of Paediatric Urology in Leuven, Belgium. She demonstrated her expertise and dedication to the field. President Dr. Yazan Rawashdeh and Secretary EBU Dr. Rafal Chrzan extend

their congratulations, highlighting her readiness to provide high-quality care and contribute to advancements in Paediatric Urology. This exam, known as FEAPU, saw her achieve full marks in the viva section earning her recognition as an outstanding international candidate.



## GUEST SPEAKER ON 2<sup>nd</sup> INTERNATIONAL PEDIATRIC UROLOGY INTENSIVE COURSE

Dr. Zaib un Nisa, Assistant Professor, Department of Mental Health was invited as Guest Speaker on 2<sup>nd</sup> International Pediatric Urology Intensive Course organized by Tabba Kidney Institute, Karachi from 15<sup>th</sup> - 18<sup>th</sup> January, 2024. Dr. Zaib un Nisa gave presentation on "Congenital Adrenal Hyperplasia (CAH): Caring for Individuals with a Difference of Sexual Development (DSD). She talks on the necessity

of psychological support for patients with DSD as well as for their families. The necessary psychological therapies were thoroughly explored both prior to and following surgery in these cases. Concerns about ethical issues were also brought forward. This Course was honored by Prof. Sardas Tekgul (President of ESPU), Prof. Emilio Merlini, Prof. Sharjeel Saulat, Prof. Hasan Serkan Dogan.



Prof. Sharjeel Saulat presenting shield to Dr. Zaib un Nisa

## MISCELLANEOUS

### ORIENTATION DAY, BS MEDICAL TECHNOLOGY, CLINICAL LABORATORY SCIENCES BATCH 2024 LIAQUAT NATIONAL SCHOOL OF DIAGNOSTIC LABORATORY SCIENCES (LNSDLS), 6<sup>th</sup> FEB 2024

Orientation day of Batch 2024 of BS Medical Technology, Clinical Laboratory Sciences was held at School of Diagnostic Laboratory Sciences (LNSDLS), on 6<sup>th</sup> Feb 2024. Principal, Prof. Dr. Junaid Mahmood Alam, reiterated the importance and need of skilled, educated and trained Medical Technologists for clinical laboratories, whereas Associate Professor Molecular Pathology, Dr. Syed Zulfiqar Naqvi,

gave a lecture about Hereditary Breast Cancer and BRCA1&2 Gene Mutations. Ms. Uzma Usman, Deputy Manager Lab services informed the new batch regarding overall services, departments and specialties of our clinical laboratories. Ms. Husna Saeed, coordinator of LNSDLS, conducted the orientation day program and thanked everyone for their presence and contributions.



Participants with Prof. Junaid Mahmood Alam



### DEPARTMENT OF HEALTH PROFESSIONS EDUCATION HOLDS CHPE CERTIFICATE DISTRIBUTION

The Certificate distribution for the fifth batch of the Certificate in Health Profession Education (CHPE) was held on February 1<sup>st</sup>, 2024. Prof. Dr. Salman Faridi, the Medical Director of Liaquat National Hospital & Medical College (LNH&MC), and Prof. Karimullah Makki Principal LNHMC awarded the certificates to 25 successful faculty members of LNH and from other leading medical institutes of Karachi. The participants lauded the CHPE program, and faculty for

their expertise and guidance that helped them gain valuable knowledge and practical skills aimed at transforming the current teaching and assessment practices. The CHPE course is affiliated with the Jinnah Sind Medical University, and that the currently enrolled sixth batch is nearing completion. DHPE is proud of its invaluable contribution in advancing health professions education.



Certificate distribution by Dr. Salman Faridi.

## NURSING ORIENTATION PROGRAM

Nurses orientation is a pivotal phase in the professional journey of every nurse, marking the transition from academic learning to practical application within the dynamic healthcare environment. Each of the batch have been facilitated by Nursing Team and interdepartmental specialties. Lasting anywhere from a few days to several weeks, this period serves as a foundational pillar upon which nurses build their expertise, confidence, and sense of belonging within their healthcare teams. Seven batches have completed from January

2024 to April 2024. Orientation total number of nursing staff is 75. Topics covered in nursing staff orientation International patient safety goal (QA department), Communication Skills (HR department), Presenting yourself as a Nurse (Principal College of Nursing), Hospital information system Training /AS 400 (IT Department), transfusion protocol ( Blood Bank) Fire & Safety (Security Department), Infection control protocol (infection control department) and Nutrition for Hospitalized Patients (Food & Nutrition Department).



Different departmental representatives addressing nursing staff

## CERTIFICATE DISTRIBUTION CEREMONY FOR PG CERT FAMILY MEDICINE COURSE 23-24

Closing ceremony of PG Cert Batch 2 was held on 7<sup>th</sup> March 2024 and certificates were distributed to participants who successfully completed one year blended learning course in Family Medicine. The course aims to upgrade knowledge and skills of practicing General practitioners/ Family Physicians empowering them to provide holistic care to each and every member of family for commonly encountered health problems at primary care level. Medical Director, Prof. Dr. Salman Faridi embraced the occasion with his presence and

awarded the certificates to course organizing faculty. Dr. Rabeeya Saeed, Head of Family Medicine Department and course director,

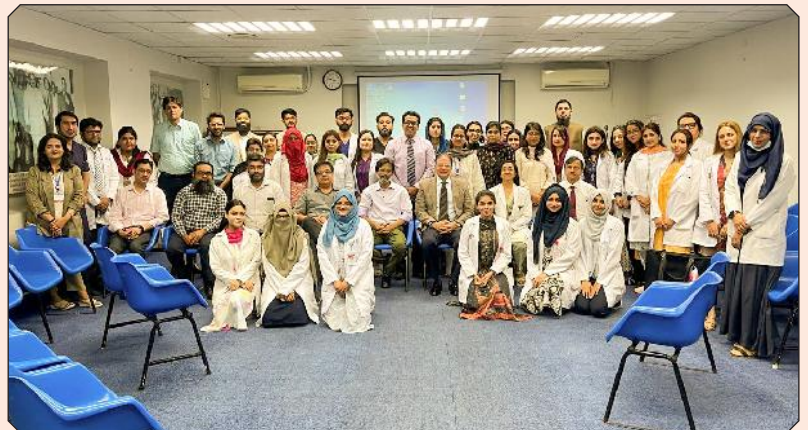
appreciated the efforts of faculty, residents, and administrative staff for running this course successfully.



The team PG Cert Batch 23-24 with Prof. Dr. Salman Faridi

## COMBINED SURGICAL MEETING

Combined surgical meeting was organized by Department of General Surgery on Thursday, 18<sup>th</sup> April 2024 at Convention Centre, Lecture Hall A. The program was attended by representatives from Ziauddin University Hospital, Hamdard University Hospital, Aga Khan University Hospital and Patel Hospital. Articles and cases of surgical importance were shared and residents actively participated in the discussion. In the end Dr. Faisal Siddiqi (HOD General Surgery presented the vote of thanks and resolve to continue holding such meetings which was agreed upon.



Group photo of the meeting attendees.

## CORPORATE SOCIAL RESPONSIBILITY (CSR) INITIATIVE

As part of Liaquat National Hospital's CSR initiative, Ms. Marya Malik a national athlete who has won the bronze medal in 800 meters sprint in the National Games 2023 and is also involved in the coaching of

"differently abled athletes" at the National Coaching Center, was presented sportswear kit to assist her in her athletic pursuits by Prof. Dr. Saleha Shehzad, Assistant Medical Director.



Dr. Saleha Shehzad presenting sportswear kit

## RESEARCH AND SKILLS DEVELOPMENT CENTRE (RSDC)

### HEARTSAVER® FIRST AID CPR AED COURSE WITH PAKISTAN INTERNATIONAL AIRLINES PIA

Heartsaver® First Aid CPR AED Online is a self-directed course which provides individual the highest quality training in the lifesaving skills of first aid, CPR, and how to use an AED. This course is design for everyone with little or no medical background & for those who want the flexibility to complete the cognitive portion of the course at their own pace.

RSDC conducted Hands-on session on 25<sup>th</sup> April 2024 with Pakistan International Airlines staff crew members and management, Participant learned regarding CPR in Adult, Child, & Infant, Choking, First aid and its management including, Bleeding, Fracture.



HEARTSAVER® Course Participants

### 16<sup>th</sup> ANNUAL CANCERCON PRE-CONFERENCE WORKSHOP ON BASIC SURGICAL SKILLS 2024

Liaquat National Hospital hosted 16<sup>th</sup> Annual CancerCon in the month of January 2024, where a series of Pre-conference workshops and webinars were conducted. Research and Skills Development Centre also conducted a Pre-conference workshop on Basic Surgical Skills, held on 22<sup>nd</sup> January 2024. The aim of the workshop is to empower individual candidates in routine Surgical Skills including Scrubbing, Gowning, Gloving, Suturing & Hand knot Techniques. Participants were divided in 3 groups to attend each skills station. Around 55 Surgical Trainees and Students from different medical Institutes attended this session.



Participants of 16<sup>th</sup> Annual CancerCon pre-conference workshop



Session for SDLS, LNCON students and staff

## COMMUNITY BASED CPR ACTIVITY 2024

RSDC is committed to conduct training and awareness programs in a systematic manner for all Communities members, Govt./ Private Institutions & Organization. Our goal is approach different communities in Karachi division as well as Interior Pakistan.

The objective of this program is to

develop the knowledge, abilities and psychomotor skills that a bystander requires in saving a person collapsed from cardiac arrest & to equipped maximum number of individuals in the community members. Hands only CPR is the model approved by AHA to resuscitate a person who

collapsed due to sudden cardiac arrest.

These sessions were planned in the month of March 2024 with Bahria University Institute of Professional Psychology Karachi & Govt. Boys/Girls Karachi School Nazimabad No. 5 Karachi.



Bahria University Institute of Professional Psychology Hands-Only CPR



Course Participants at Govt. Karachi Boys/Girls School Nazimabad No. 5



## FRIENDS & FAMILY SESSION WITH SCHOOL OF MEDICAL TECHNOLOGY (BSMT) & LNCON STUDENTS

Research and Skills Development Centre conducted Friends and Family Course for BSMT Students in the month of January & February 2024. Total of 10 Sessions were planned with approx. 90 students

were trained in Lifesaving skills including Hands-only CPR, bag mask technique & Choking on updated AHA guidelines.



Family and Friends CPR BSMT



Family and Friends CPR LNCON



## SOFT SKILLS SESSION FOR SDLS, LNCON STUDENTS AND STAFF

These Sessions amongst students and staff were planned to enhance the personal and professional growth within the organization. Session were conducted by the HOD RSDC Dr. Kakhshah Tahir on Stress Management and Time Management, where participants were engaged in different activities including role play & Interactive Discussion. Sessions were planned in the month of January & February 2024.



Session for SDLS, LNCON students and staff



## 2<sup>nd</sup> PRIMARY TRAUMA CARE WORKSHOP ACCREDITED BY PRIMARY TRAUMA CARE FOUNDATION AT LIAQUAT NATIONAL HOSPITAL

The 2<sup>nd</sup> Hands on Skills session on Primary Trauma Care was organized at Research and Skills Development Centre on 24<sup>th</sup> February 2024. The objective is to enhance clinical performance of

critical care setups on field and treat adult trauma patients suffering from or at risk of life-threatening emergencies. Total of 55 Students & Health care professionals from different Organization attended

this workshop. Skills were divided into Stations which includes Basic Airway Management, Chest intubation, Trauma Radiology, Log roll and pelvic

Sling, Helmet extrication and primary survey. At the end of the workshop, certificates were distributed among all candidates with a very positive feedback.



2<sup>nd</sup> Primary Trauma Care Workshop

## CONTINUITY MEDICAL EDUCATION (CME's) ON RSDC SKILLS

RSDC plays a pivotal role in assuring and enhancing the quality of education through its presence and participation on key educational committees at Liaquat National Hospital, its Medical College & Allied Health care schools (LNCON, SDLS, BSMT, and DPT *etc.*). RSDC promotes innovative Skills curriculum, high fidelity enhanced learning, excellence in assessment, and creating a conducive learning environment. RSDC takes pride in promoting

continuous medical education skills workshops through quality assurance and periodic evaluation. Around 60+ skills Including Emergency Response Skills, Basic Nursing Skills, Basic Obstetrics and Gynecology Skills, Critical Care Skills, Basic Clinical and Surgical Skills, & Specialized Skills were conducted at RSDC in the month of January & February 2024.



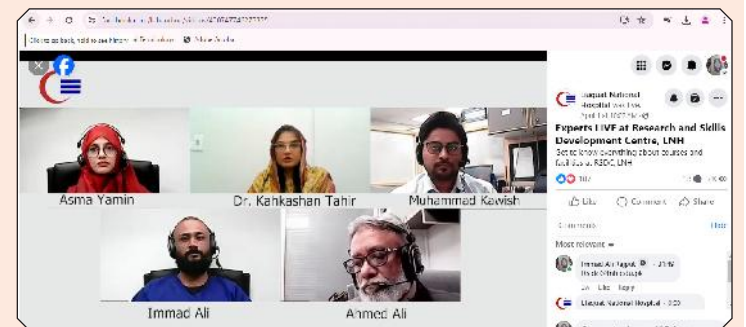
Students involved in different trainings held by RSDC.

## WEBINAR ON RSDC

Research and Skills Development Center launched its 1<sup>st</sup> Live Webinar on Social Media site held on 1<sup>st</sup> March 2024. The Team under the lead of H.O.D RSDC, Dr. Kahkashan Tahir attended as a speaker along with Senior Chief Instructor Mr. Ahmad Ali, Senior Instructors Mr. Immad Ali Rajput & Ms. Asma Yamin. RSDC Instructor Mr. Kawish conducted this webinar as a Moderator.

Dr. Kahkashan Tahir discussed that LNH is the Pioneer Institute that established 1<sup>st</sup> skills-lab in Pakistan. She further discussed the overview,

Services & Facilities provided by RSDC. Later on, Mr. Ahmad Ali discussed regarding the advanced and intra-departmental workshops including Cadaver & Animal workshops. However, Ms. Asma Yamin discussed regarding the RSDC Courses including In-house sessions for undergrad & post grad Medical studies and Health Sciences Institutes. Mr. Immad Ali Rajput discussed live queries and FAQs regarding the registration process and courses offered by the RSDC. In the end of the webinar, Dr. Kahkashan Tahir discussed recent acquired Licensing in LNH and Future plans for RSDC in the upcoming years.



Participants of the Webinar.

## NEW APPOINTMENTS

Following people have recently joined the faculty of LNH&MC.



**Ms. Shaheen**  
Vice Principal,  
College of Nursing



**Dr. Shameem Behram Khan**  
Assistant Professor,  
Infectious Diseases



**Dr. Sabiha Rizwan**  
Assistant Professor /  
Consultant Breast Surgeon



**Dr. Shamim Kausar**  
Consultant, Critical Care



**Dr. Zaheer Sultan**  
Consultant  
Ophthalmology



# Liaquat National Hospital & Medical College

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