



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH

MAY - AUGUST 2021



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COVID WARRIOR

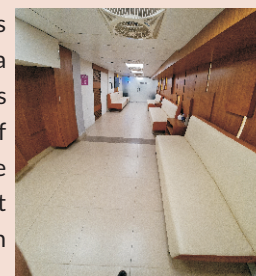
Staff Nurse Sharfuddin worked as a senior staff in LNH & MC for around 15 years. He had joined institute as a RN in 2006. Due to his capabilities, he excelled to be the team leader in Medical ICU for more than 10 years. He performed this task with great honesty. During COVID pandemic he had worked relentlessly and was working on forefront. Sadly he succumbed to COVID which he contracted while he was visiting his family in Northern areas after 2 years. He was no doubt our hero who proved over years to be a very skillful, compassionate and empathetic staff. Though he had been working in COVID for more than a year and a half but he was always very optimistic, hard working and even tempered. His services in Medical ICU will always be remembered. He would always be remembered as our COVID Warrior. He may be gone from our sight but he would always stay in our hearts.



WHAT'S NEW

VIRTUAL INAUGURATION OF COSMETIC SURGERY UNIT

Liaquat National Hospital and Medical College had inaugurated the first of its kind cosmetic surgery unit in Pakistan. It's a fully equipped unit working as a wing of the Plastic Surgery Department of Liaquat National Hospital, which is well renowned not just for providing extraordinary care to patients in need of reconstructive surgery but also for providing training to doctors to become Plastic Surgeons and now working in all major hospitals of the city. Liaquat national hospital is the largest tertiary care teaching hospital in the city, which means that every patient in need will get to be treated by fully certified, national and internationally trained doctors and staff with adequate experience. As all other specialities are also available in hospital with 24 hours availability, patient will be safer here then a remote clinic or hospital. Nowadays a large number of untrained and non certified doctors are doing cosmetic procedures like hair transplantation, botox, fillers, etc; this cosmetic surgery unit gives its patients a wonderful opportunity to get their cosmetic treatment from highly trained certified doctors. It's a long awaited dream of the Plastic Surgery Department and hospital administration to provide patients with all cosmetic surgery services under one roof and provide them a comfortable environment with state of the art dedicated Cosmetic Surgery Operation Theatre where doctors and staff fulfil patients' cosmetic demands using the latest techniques and equipment.



SERVICES: Botox, Fillers, Hair restorations, Thread lifts, Facelift Rhinoplasty, Blepharoplasties, Fat grafting, PRP, Liposuctions, Tummy tuck, Brachioplasty, Breast augmentations, Breast reductions, Mastopexy and implants.

EDITOR'S NOTE

Dear colleagues, In the face of extra ordinary times, all of us struggle. We try to find a way to name and tame the myriad emotions that engulf us and desperately look for reassurance, hope and the way to process the unprecedented.



The true test of a leader isn't how they perform in good timesit's how they handle a crisis. LNH & MC Medical director Professor Salman Faridi is one of the leading example of being a great leader during COVID-19 days.

Not only day to day activities continued smoothly, the progress and academic activities also continued. New units and sub specialities were inaugurated. No staff was laid off despite financial difficulties. His coolness under pressure self discipline and the decisiveness of his response in the COVID-19 pandemic has been superior among health industries.

Dear colleagues I have come to an end of my three decades of full-time association with Liaquat National Hospital which has been a wonderful experience of working for humanity in a place which gave me great satisfaction and lovely colleagues to practice and work for the good name of this institution.

The hospital assisted me always to help the needy and the poor strata of our society.

I pray that all working in this institution work for the uplift and good name of this institution.

I will continue my association as part time faculty of LNH to feel to be part of this institution and contribute my experience and expertise to the clinical and non clinical activities of this institution.

Thank you Liaquat National Hospital.

We welcome you for the second issue of this year. This includes the inauguration of Cosmetic Surgery Unit, Independence Day Celebration, Annual Conference of Pakistan Society of Neurosurgeons, different clinical courses, arts and crafts session by Senior Citizen Primary Care Unit and much more.

Hope you will enjoy reading this entire issue as always.



Dr. Ishrat Saleem
Chief Editor

PAKISTAN INDEPENDENCE DAY

CONTRIBUTION OF HEALTH CARE PROFESSIONALS IN PREVENTING PAKISTAN FROM THE MENACE OF COVID INFECTION

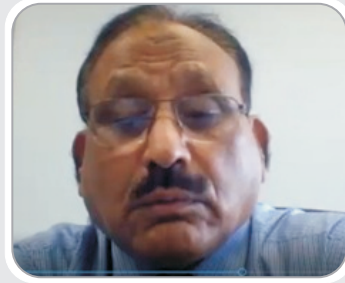
Liaquat National Hospital, Department of Nursing celebrated Pakistan's 75th Independence Day via Online Webinar on 13th August 2021. The Theme of this day was **“Contribution of Health Care Professionals in Preventing Pakistan from the Menace of COVID-19 Infection”**. The notion behind this celebration was to show patriotism with our country, to recognize tremendous services of healthcare professionals and to highlight their hidden talents by providing them refreshing activities and relieve their stress during these challenging COVID-19 times.

The event offered an opportunity to portray amazing set of diverse talents of all the participants which was indeed one of the great aspects of this celebration. The talent which was on displays included Graphical & Handmade Paintings, Patriotic poems and attribute/comments by general public for healthcare professional and departmental decoration. An overwhelming response was received as more than 120 Health care professionals from various departments of the hospital participated with great zeal and enthusiasm. On 13th August, from 3pm to 5pm, the celebration was glorified by the welcome speech from the organizer of the event Brig. Dr. Anwer Ali Khan (Retd.), following him the chief guest of the day Prof. Dr. Salman Faridi (Medical Director) honored the day with his words, **“Appreciate the nursing management and committee for arranging this webinar, it is an excellent attempt”**. Guest speaker Brig. Dr. Syed Naseem Ahmed (Director Administration), also gave appreciating comments on arranging the event in the critical time. Other key note speakers of the event were Ms. Naseem Kauser (Chief Nursing Officer), Ms. Judith Zaidi (Principal - College of Nursing), Dr. Saleha Shahzad (HOD CME Committee), Dr. Nighat Abbas (Professor - Anaesthesiology), Dr. Syed Shahid Noor (Consultant & HOD Orthopedic Surgery), Dr. Salman Yousuf Sharif (Consultant & HOD Neurosurgery), Dr. Mehnaz Atiq Ahmed (Professor & HOD Paeds Medicine), Dr. Rabeeya Saeed (HOD Outreach Services/Consultant-Family Medicine), Ms. Kiran Akhtar (Senior Manager - OPD Services and Radiology), Dr. Kahkashan Tahir (Manager II/HOD-RSDC & Chairperson RSDC Committee), Dr. Obaidur Rehman (Assistant Professor-Plastic Surgery) & Dr. Iqtidar Taufiq (Assistant Professor - Psychiatry).

The webinar was a great success due to the support and participation of LNH Management and staff and went Live on the every screen of Liaquat National Hospital; more than 200 LNH staffs participated. The event not only helped the participants to express their patriotism and love for their country, at the same time served as platform to show healthcare workers that they are the backbone and integral aspects of our country. **Pakistan Zindabad!**



Prof. Dr. Salman Faridi



Brig. Dr. Syed Naseem Ahmed (Retd.)



Brig. Dr. Anwer Ali Khan (Retd.)



Surgical Department



Peds Department



Senior Citizen Primary Care Unit



Peds Department



Senior Citizen Primary Care Unit



Neuro-Surgery Department



Chest Department

PLANTATION ACTIVITY ORGANIZED BY HORTICULTURE DEPARTMENT LNH & MC

On 13th August 2021, Horticulture Department organized a plantation activity in LNH & MC. In this regard 33 plants of Guava, Mango, Gul Mor & Sohanjna were planted in the different areas of Hospital.



33RD ANNUAL CONFERENCE PAKISTAN SOCIETY OF NEUROSURGEONS 1ST – 4TH JULY 2021

“NEUROSURGICAL TRAINING DURING COVID”

After a long period of social distancing and a standstill due to COVID-19, Dept. of Neurosurgery at Liaquat National Hospital, in collaboration with the Pakistan Society of Neurosurgeons, held 33rd Annual Conference. The Neurosurgeons from all over Pakistan attended and made it a success. Liaquat National Hospital strives to provide young Neurosurgeons an opportunity to learn from the most experienced consultants in Neurosurgery through its series of Hands-on Cadaver workshops. But in recent times, pandemic COVID-19 brought all educational activities to a halt, making consultants, residents, and aspiring neurosurgeons unable to benefit themselves from these Workshops. Dept. of Neurosurgery, LNH & MC, under the remarkable leadership of its Head of the Department, Professor Salman Sharif, arranged these workshops this year from 1st July 2021 to 4th July 2021. The details of the events were:



For the event extensive team was made. Prof. Dr. Salman Sharif and Prof. Dr. Atiq Ahmed Khan were Chairman and Vice Chairman of the Organizing Committee. Dr. Riaz Ahmed Raja and Shahzad Shamim were Chairman and Vice Chairman of the Scientific Committee. Dr. Lal Rehman and Dr. M. Amir Sagheer were Secretary and Co-Secretary of the Organizing Committee respectively. Many respected consultants came forward to honour their presence in Honorary National Committee. Few names of which are Professor Rashid Jooma, Brig. Ashfaq, Dr. Sattar Hashim, Dr. Tariq Khan, Dr. Naqeebullah Achakzai, and Dr. Junaid Ashraf.

TEAMS AND COMMITTEES

For the event extensive team was made. Prof. Dr. Salman Sharif and Prof. Dr. Atiq Ahmed Khan were Chairman and Vice Chairman of the Organizing Committee. Dr. Riaz Ahmed Raja and Shahzad Shamim were Chairman and Vice Chairman of the Scientific Committee. Dr. Lal Rehman and Dr. M. Amir Sagheer were Secretary and Co-Secretary of the Organizing Committee respectively. Many respected consultants came forward to honour their presence in Honorary National Committee. Few names of which are Professor Rashid Jooma, Brig. Ashfaq, Dr. Sattar Hashim, Dr. Tariq Khan, Dr. Naqeebullah Achakzai, and Dr. Junaid Ashraf.

1ST JULY, TRAUMA MANAGEMENT WORKSHOP FOR STUDENTS

Owing to the dire need for rescuers in trauma, Day 1 was dedicated to a hands-on Trauma Management Workshop for students. The aim was to equip them with techniques of proper handling and management of trauma patients. Dr. Amir Sagheer, Dr. Yasir Khyber, and Dr. Yousuf delivered lectures to the students. Hands-on workshops included log roll techniques, Helmet removal from an injured patient, and placement of cervical traction for cervical fractures.

2ND JULY, CADAVER WORKSHOPS

Day 2 comprised of three workshops being operated at three different hospitals. The Microneurosurgery Workshop at Agha Khan University Hospital, Skull Base/ Endoscopy Workshop at Jinnah Postgraduate Medical Centre, Karachi, and Minimally Invasive Spine Surgery Workshop at SIUT. Prof. Lal Rehman, Prof. Khalid Mahmood, Prof. Shams Raza Brohi, Dr. Gohar Javed, and Dr. Kashif Sarfaraz also gave lectures on the aforementioned topics. Dr. Mohsin Qadeer and Dr. Shiraz Ghouri demonstrated the steps to perform MIS TLIF on cadavers. These workshops provided the young Neurosurgeons an opportunity to closely observe and perform hands-on techniques, which would prove to be an asset while performing these procedures on their patients.



COURSES/WORKSHOPS/SEMINARS

WEBINAR ON "STROKE IS TREATABLE NOW"



Stroke is a major health problem. It is number one cause of disability and a leading cause of mortality worldwide. Thanks to groundbreaking advancement in medical science; Stroke is now treatable. Latest treatment techniques like **stent retriever** and **TPA** are now available in LNH. Single most important factor determining the success of treatment is



TIME. Everyone should act fast to recognise stroke and contact emergency department of LNH as soon as possible.

WEBINAR ON UNDERSTANDING ADOLESCENT HEALTH & WELLBEING

Adolescence, between 10 to 19 years of age, is a critical transitional phase of growth and development between childhood and adult. Adolescents are generally considered healthy; however, they have specific healthcare needs, which differ distinctly from those of children and adults. To enhance the understanding of adolescent health and their specific healthcare needs, Department of Paediatrics Medicine conducted a webinar, targeted for healthcare providers dealing with teens.

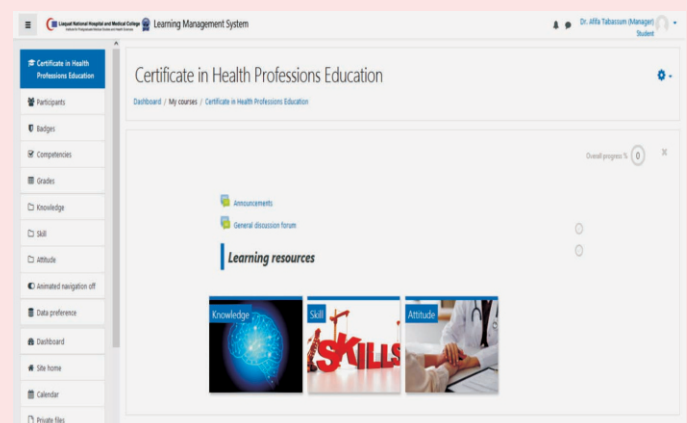
Dr. Syeda Nazish Azim from Paediatrics Medicine started the webinar with a brief overview of Adolescent development and their basic healthcare needs. Dr. Aqiba Sarfaraz, Head of Department of Endocrinology, reviewed pubertal problems commonly encountered by teens. This was followed by discussion on prevention of cardiovascular risk by Head of Paediatrics Medicine & Cardiology, Dr. Mehnaz Atiq. The last talk of the day was by Dr. Ayesha Quraishy, Head of Psychiatry, on identification of common mental health problems seen in this age group.

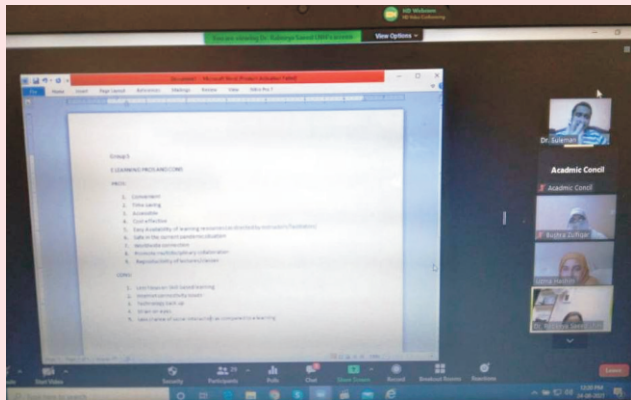
The session was concluded by Dr. Faridah Amin, Head of Department of Family Medicine, who emphasized the need for development of comprehensive healthcare services for adolescents.

DEPARTMENT OF HEALTH PROFESSIONS EDUCATION (DHPE) OFFERS CERTIFICATE COURSE IN HEALTH PROFESSIONS EDUCATION (CHPE)

Liaquat National Hospital and Medical College (LNH & MC) launched its first six months' Certificate Course in Health Professions Education (CHPE) on August 23rd which is accredited by Jinnah Sindh Medical University (JSMU). The course aims to provide teaching faculty of health professions an opportunity to learn collaboratively and individually, and acquire skills not only for implementing best practices within their context but leadership in Health Professions Education (HPE) within LNH & MC and Pakistan in general.

DHPE faculty has designed the CHPE course ensuring blended learning program with online learning and face-to-face contact sessions. The course offers three modules including: Teaching and Assessment of Knowledge, Teaching and Assessment of Skills, and Teaching and Assessment of Behaviors. Active learning sessions include use of technology for teachers, Case-Based Learning (CBL), discussions, independent Learning, reading and writing assignments, participants' led presentations, Task-Based Learning and workshops. Participants' reflection of their own practices including sharing and learning from their peers experiences are integrated throughout the course. On completion, the Certificate will be awarded to those enrolled participants who meet the assessment criteria.





The first three days' sessions were held on Zoom from 23rd August 2021 to 25th August 2021, with twenty-five enrolled participants who joined remotely. Participants' comprise faculty members of Liaquat National Hospital & Medical College, as well as accredited medical institutes of Karachi, Sukkur, and Lodhran (Multan). Participants has access to course materials and could initiate discussions related to the course through LNH & MC Moodle platform. LNH & MC course faculty include: Prof. Nighat Huda, Prof. Sobia Ali, Dr. Afifa Tabassum, Prof. Zia ul Islam, Prof. Rufina Soomro, and Dr. Sheerazur Rehman.

PIECE-MEAL ORIENTATION PROGRAM FOR NURSES



LNH Nursing organized a Piecemeal Orientation program for the newly recruited nurses from 03rd to 08th May 2021 and 21st May to 31st May, 2021 at College of Nursing and Department of Medical Technology Hall A, Liaquat National Hospital.

The goal of the orientation program was to ensure that the orientees received consistent information regarding policies, procedures, standards and documentation to support practice and to familiarize them with Liaquat National Hospital's vision, mission, values, goals and organizational structure.

The program included a general orientation session that included an overview of the contribution of various departments including Nursing Administration and Clinical team, College of Nursing, Human Resources, Safety and Security, Hematology, the Infection Control team, Pharmacy department, Quality Assurance, I.T. Department, Clinical laboratory department.

The topics covered were LNH Nursing Expectations, Soft skills for Nurses, HR Policies, Nursing Handing-Taking Over, Fire & Safety measures, Communication Skills for Nurses, Infection Control Guidelines, International Patient Safety Goals (IPSG), Clinical Drug Safety for Nurses, Blood Sampling protocol, Medication Administration with Dose Calculations, Blood Transfusion Policy, Nutrition for Hospitalized patients, Nursing Process and Documentation. Around 42 staff nurses were enrolled in this session. The program was planned for 36 hours. This orientation course ended with success and remarks of appreciation.

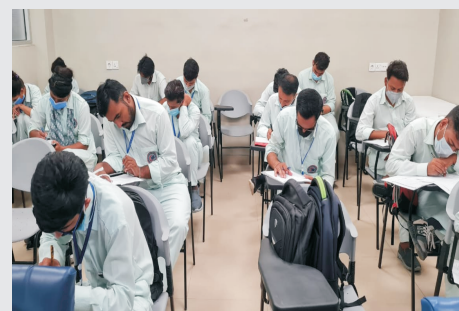


SPECIALIZED NURSING TRAINING PROGRAMS



LNH Nursing organized a Specialized Nursing Training Programs for nurses; include three different courses, which are Critical Care Nursing, Medical Surgical Nursing and Maternal and Child Health Nursing. The main purposes of these courses were to update nurses in regards to these critical concepts, keep the nurses to stay connected with the learning process and evidence based practice.

A total of 110 participants attended these courses from all over the hospital. A team of doctors and nurses, despite their tough schedules, dedicated their time to this course and shared.



“WORLD BLOOD DONOR DAY 2021”

LNH Nursing Department in collaboration with Haematology Department organized a one day Session for Nurses on 14th June 2021 at the Liaquat National Hospital. The purpose of the session was to celebrate **World Blood Donor Day**. For 2021, the World Blood Donor Day slogan was “Give blood and keep the world beating”.



The message highlights the essential contribution blood donors make to keeping the world pulsating by saving lives and improving others' health. These include LNH candidates. Altogether, 21 participants attended the session. The goal of this session was to enhance the knowledge and skills of Nurses related to blood donation and to provide awareness related to Blood Donation.



ENHANCING CLINICAL EFFICIENCIES OF NURSES IN CATH LAB



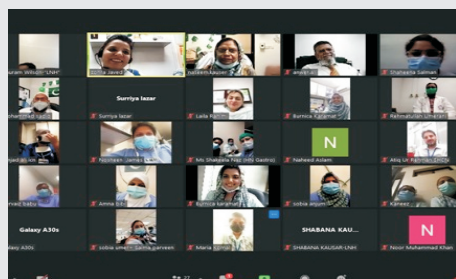
LNH Nursing Department organized a Course on “Enhancing Clinical Efficiencies of Nurses in Cath Lab” with collaboration of Cardiac & Radiology catheterization Lab.

The course was commenced from 24th-28th May, 2021, in conference room of Radiology Department at Liaquat National Hospital.



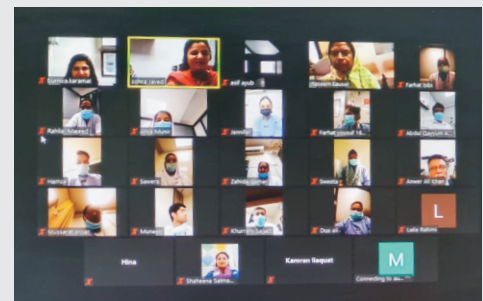
The main purpose of this course was to enhance nurses & paramedic staff's knowledge, skills and to increase patient safety. Topics covered was PCI Techniques (preparation of lesion, complex, occlusions), Types of Angioplasty, Guide-wires, Types of Balloons (semi compliant, non-compliant, DEB, cutting) types of Stents (BMS, DES, Scaffolds, TPM, PPM, Stroke Mechanical Thrombectomy etc. Total 35 candidates participated from LNH, Khaibar Pakhtum Khuwan, AKU, OMI & their different Health care Organizations. This course was particularly attended by all Cath lab Nurses, Technicians & Radiographers.

CONTINUING NURSING EDUCATION COURSE FOR OUTPATIENT NURSES



LNH Nursing Department organized an online training session of Continuous Nursing Education Course for Outpatient Nurses. On 24-June-2021 from 09:00 am to 10:00 am, this online session was facilitated by Ms. Kiran Akhter (Senior Manager - OPD Services and Radiology) on Challenges and Opportunities faced by Staff working in OPDs.

On 10-July-2021, Mr. Robin Bashir (Infection Control Nurse) presented on Infection Control Practices. On 29-July-2021, this online session was facilitated by Dr. Farida Amin (HOD Family Medicine) on Stress Relaxation Techniques during COVID Pandemic for OPD Nurses. Total 112 participants attended these Zoom sessions.



**WORLD HEPATITIS DAY - 28TH JULY 2021
WEBINAR & ONLINE QUIZ COMPETITION
HEPATITIS CAN'T WAIT - RECOGNIZE THE CRITICAL CONTRIBUTION OF NURSES TO MAKE GLOBAL
HEALTH POSSIBLE**

Nursing Department in collaboration with Gastroenterology Department has celebrated World Hepatitis Day by arranging webinar. The theme of World Hepatitis Day 2021 is Hepatitis Can't Wait. In order to spread the knowledge related to this day, 02 days online quiz competition on 26th & 27th July has been conducted throughout the hospital. In online quiz around 166 employees from different departments of the hospital participated. On 28th July consultant from gastroenterology department delivered online awareness sessions on "Introduction of Hepatitis Day & theme, Nurses role in the management of hepatitis, Hepatitis and its vaccination" & the result of the Quiz Competition has been shared, in which majority of the participants achieved more than 60% score. Online Certificates to the Quiz Winners were sent on their emails.



EMPOWERING FRONT LINE STAFF TO DELIVER EVIDENCE BASED EMERGENCY CARE

LNH Nursing Department organized a Course on "Empowering Front line Staff to Deliver Evidence based Emergency Care" with collaboration of Accident & Emergency Department. Dr. Shaesta Tabassum (HOD Accident & Emergency) contributed a lot to make this course successful.

The course was commenced from 12th to 16th July, 2021, in New Lecture Hall A College of Nursing & Medical Technology Building at Liaquat National Hospital.

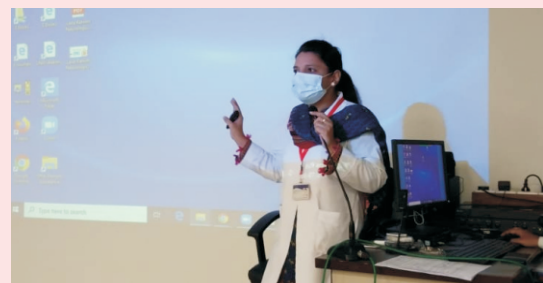
The main purpose of this course was to enhance nurses & paramedic staff's knowledge, skills, critical thinking and act calmly during panic situation to increase patient safety parameters in regards with the facility staff is working under. And also represent emergency nursing as it is currently practiced both nationally and internationally.



Topics covered were Triage assessment, COVID-19 pandemic, Pain Management Emergencies of Diabetes, Cardiac, Cardiothoracic, Respiratory, Neurological General Surgery, Gastro, Toxicological, and Pediatric & Basic Wound Care. Hands on drill were also done in RSDC on Trauma Management by Dr. Shaesta Tabassum (HOD A&E) and wound care by Dr. Obaidur Rehman consultant Plastic Surgery.

Around 40 participants were enrolled in this Accident and Emergency Course, out of which many of them were from outside of Liaquat National Hospital like AKUH, Tabba Heart Hospital & South City Hospital etc. On the last day of the course participants were motivated for the presentation and were encouraged for role play, random groups were made and the coordination of the participants was appreciable.

NURSING WORKSHOP IN 33RD ANNUAL CONFERENCE OF PAKISTAN SOCIETY OF NEUROSURGEONS"



LNH Nursing Department in collaboration with the Neuro-Surgery Department had organized pre-conference workshop for Nurses as part of 33rd Annual Conference of Pakistan Society of Neurosurgeons on 1st July 2021 at the Liaquat National Hospital.

The goal of this extensive workshop was to enhance the knowledge and skills of Nurses.

Wide range of topics were covered to promote maximum learning of the workshop participants including Post-Operative Neurosurgical Assessment, Hemodynamic Monitoring, Post-Operative Care of Adult and Paediatric Neurosurgical patients including traumatic spinal and head injury patients, Nursing Documentation, and Discharge Teaching of Neurosurgery patients. Altogether, 69 participants got enrolled in the Workshop. These include LNH candidates (Staff Nurses, Students, and Technicians) and participants from JPMC, Dow and Trauma Center also.



ACCREDITATION OF PEDIATRIC CARDIOLOGY TRAINING PROGRAM FOR SECOND FELLOWSHIP BY COLLEGE OF PHYSICIANS AND SURGEONS PAKISTAN (28TH JUNE, 2021)

Members of CPSP Inspection Team.

1 Dr. Abdul Malik, Pediatric Cardiologist and HOD, Department of Pediatric Cardiology, Rawalpindi Institute of Cardiology, Rawalpindi.

Members of the Specialty to be inspected.

1 Prof. Mehnaz Atiq, Pediatric cardiologist and HOD Pediatrics, LNH.

2 Prof. Muneer Amanullah, Pediatric and Congenital Heart Surgeon, LNH.

3 Dr. Kamran Younis, Assistant Professor, Pediatric Cardiologist, LNH.

4 Prof. Anwaar-ul-Haque, Section of Pediatric General and Cardiac Intensive care.

5 Dr. Saima Mangi, Assistant Professor, Adult Congenital Heart Specialist.

The CPSP inspection started with an introductory meeting in the Board Room presided by Prof Salman Faridi, Medical Director, LNH and attended by the members mentioned above as well as the NICU team. SOP for COVID were strictly followed.

Then the team was taken to the Meeting Room in the Department of Pediatrics for a short presentation made by Prof Mehnaz Atiq, on the Institutes existing



facilities, CPSP programs, as well as the Pediatric Cardiology, Cardiac Surgery and Cardiac Intensive care at LNH.

The team was taken on a round for inspection of the following areas:

- 1 Pediatric Cardiology ward
- 2 Pediatric Cardiology sterile post op HDU
- 3 Pediatric ICU and HDU for infected patients
- 4 Adult Congenital Heart Bay
- 5 Pediatric echocardiography area
- 6 Catheterization laboratory
- 7 CT scan and MRI facilities
- 8 Outpatient area
- 9 Executive ICU and OR area
- 10 Adult Cardiology Services

The final accreditation was done on 9th August 2021



SENIOR CITIZENS PRIMARY CARE UNIT

HEALTH AND FITNESS CENTER

We know that fitness is the ultimate fashion so unlock your potential with good nutrition because a healthier lifestyle is more than a weight loss. Get fitter, healthier, and happier.

Liaquat National Hospital announced a new venture "HEALTH AND FITNESS CENTRE" for both genders and all age groups, including children.

A qualified Diet and Fitness Specialist will provide behavior counseling and customized diet plans for chronic diseases, underweight and obesity.

Nutrition counseling is an integral part of a comprehensive wellness plan at Liaquat National Hospital. It's important to know that nutrition is different than "dieting." It is a therapeutic approach to help individuals to live an overall healthier lifestyle.

Liaquat National Hospital and Medical College
Institute for Postgraduate Medical Studies and Health Sciences

Health & FITNESS Clinic

We know that fitness is the ultimate fashion so unlock your potential with good nutrition because a healthier lifestyle is more than a weight loss... Get fitter, healthier, happier

The best investment that you can ever make is in your health

Syeda Samrina
Diet and Fitness Specialist

- Obesity and Weight Management
- Life Style Management and customized diet plans
- Insuline resistance (infertility related PCOs & Obesity)
- Child Nutrition
- Cardiovascular and Kidney diseases
- Elderly Nutrition
- Home nutrition for cancer patients

For Appointment (Walk-in available)
021-34413199 & 0300-0653213
Location: Senior Citizens Primary Care Unit
Liaquat National Hospital

Clinic Timings
Monday to Friday (10:00 am - 5:00 pm)
Saturday (10:00 am - 1:00 pm)

"Art and Craft is a Critical Component of Healthcare. Expressive Art is a Tool to Explore, Develop and Practice Creativity as a Means to Wellness."

Creating something through arts and crafts can give you a sense of competence and greater self-esteem. ... Making art causes our brain to reshape and restructure itself which leads to increased cognitive function. Our brains age, but creative abilities do not necessarily deteriorate as we get older.

Therefore, the Senior Citizens Primary Care Unit conducted arts and crafts session under the supervision of nursing staff and occupational therapist every day from 10:30am to 11:30am in the month of May 2021 with an aim to reduce stress, boost creativity and encourage positive vibes.



LIAQUAT NATIONAL MEDICAL COLLEGE

FAREWELL OF PROF. NAZIR AHMED SOLANGI

To say goodbye after more than a decade of services at Liaquat National Hospital & Medical College a farewell was arranged on the retirement of Prof. Nazir Ahmed Solangi on 21st September, 2021.

Prof. Solangi joined LNH & MC in 2009, as Head, Department of Pharmacology and since had served this institute with zeal & zest. In view of COVID-19 SOPs, a small gathering was arranged at the Medical College & was attended by the Principal of Liaquat National Medical College, Prof. Dr. Karimullah Makki, Dr. Shaheena Akbani, Director Academic, Administration, and Research training LNH & MC, senior and junior faculty members of all LNH & MC departments and members from the College administration.

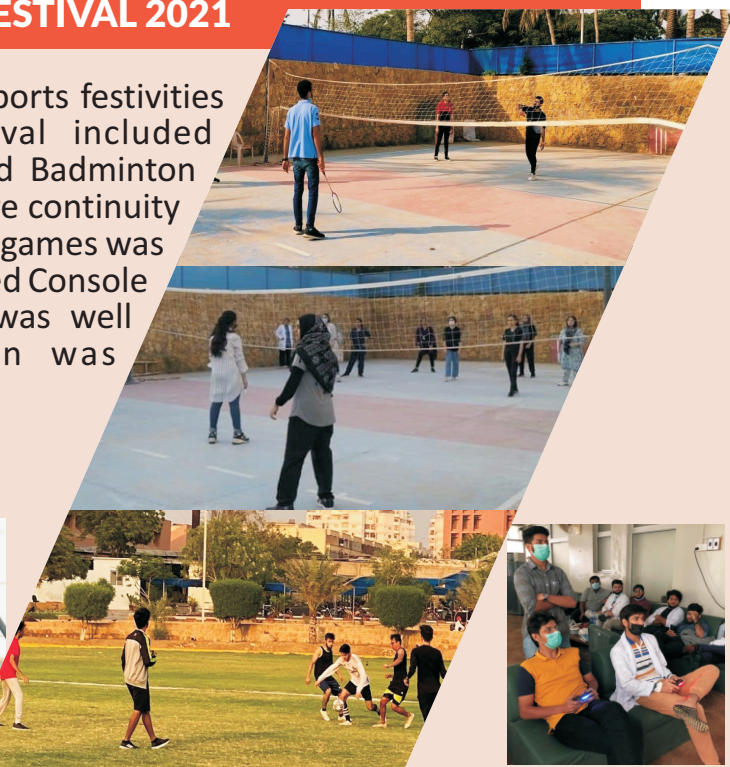
The Faculty & staff of the department of Pharmacology made arrangements for the session & Dr. Tabassum Zehra hosted the ceremony. Prof. Makki appreciated Prof. Solangi's work ethics and punctuality at the institution & his pleasant personality that made him an admirable colleague. Dr. Shaheena Akbani recognized his commitments to the institution & appreciated his habit of blessings all he come across.

Dr. Solangi, in the end, was presented with farewell souvenirs as a token of appreciation on behalf of faculty & staff of LNH & MC. The ceremony was concluded with a vote of thanks from Prof. Tabassum Zehra, Head, Department of Pharmacology.



LNMC SPORTS FESTIVAL 2021

The LNMC sports society organized a month of sports festivities "ENTHUSIA 2021" in September. The festival included tournaments for Cricket, Football, Throwball and Badminton which were organized after college hours to ensure continuity of academics. The Latest addition to these routine games was inclusion of E-Sports for the first time which included Console based gaming tournament. Overall the event was well organized and the student participation was overwhelming.



RESEARCH AND SKILLS DEVELOPMENT CENTER (RSDC)

HOUSE OFFICERS ORIENTATION PROGRAM 2021



RSDC is conducting orientation and mandatory training programs for LNH House Officers (HO) where they will be trained in their mandatory skills i.e. Basic Life Support (BLS), Electrocardiogram (ECG) & A&M by the end of 2021. This year 64 new HO's are enrolled for the said trainings. For this, RSDC conducted a series of sessions in batches in the month of May'21 & June'21 to orient HO's in basic training sessions i.e. ECG lead placement, Intravenous Cannulation, use of ABG machine and use of Cardiac monitor.

The details of the events were:



MODULAR SYSTEM OF MEDICAL STUDENTS (MBBS)

Number of skills was conducted in May 2021 to August 2021 for LNH & MC student. The skills included First Aid and Bandages to the 1st year MBBS students. An online Zoom session was acquainted on Subcutaneous Injection Techniques to 2nd year MBBS students to prevent COVID-19 spread amongst students. In addition, RSDC instructors demonstrated the skills and addressed queries regarding the topic.



ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS)



Advanced Cardiovascular Life Support is a 2 days program developed by the American Heart Association (AHA) to improve the skills for emergency practitioners/doctors/nurses and paramedical staff in emergencies, treating the victims of cardiac arrest or other cardiopulmonary diseases. It helps to recognize life threatening arrhythmias so as to enable to plan adequate treatment strategies. Research & Skills Development center LNH&MC conducted session on 12-13 June 2021, total of 05 participants attended this session.

VITAL SIGNS OPD STAFF

Sessions on vital signs for OPD staff batch 2020-21 were organized at RSDC, where total of 141 staff members from OPD services and Radiology services were trained in 19 different groups. Sessions were conducted between November 2020 to April 2021. The aim of the trainings is to enhance the clinical practices of an individual staff on updated guidelines and handling of related equipments i.e. taking blood pressure, monitoring oxygen saturation (O₂), checking pulse and temperature.



HEART CODE BASIC LIFE SUPPORT



Research & Skills Development Centre has started Heart Code Basic Life Support (BLS) from May 2021. Heart Code BLS has two portion online portion and class room portion. Heart Code BLS course uses variety of learning such as dramatization, E-simulation on mannequin, animation, self directed learning and interactive activities. Heart Code BLS is more convenient for students as well as instructors. It saves time, students complete online portion at home and class room portion at AHA centre. More than 105 candidates has trained from June 2021 to August, 2021.

COMMUNITY BASED CARDIOPULMONARY RESUSCITATION AWARENESS ACTIVITY



RSDC has initiated its community based Cardiopulmonary Resuscitation (CPR) Awareness activity for the year 2021 on updated AHA guidelines where all the non health care professional including students, security guards, sanitary workers and any other individual who want to get oriented in CPR and how to perform hands only CPR are encouraged to attend. Recently RSDC is conducting these sessions with LNH OPD services.

AWARENESS SESSIONS FOR QUALITY ASSURANCE DEPARTMENT IN RSDC

Research and Skills Development Centre has conducted sessions for LNH Quality Assurance (QA) team in the month of May 2021. Sessions were planned to enhance the knowledge regarding the equipments calibration and its uses in a clinical practices to help QA team during audits. Skills including Vital Signs monitoring, Handling & calibration of Defibrillation, ECG, Suctioning machine & Laryngoscope.



ACHIEVEMENTS

LNH PEDIATRICS PROUDLY ANNOUNCING THE REMARKABLE ACHIEVEMENT OF TWO FACULTY MEMBERS



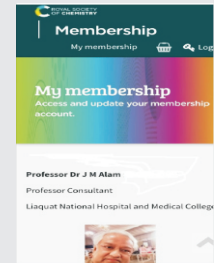
The Department of Pediatrics is proud to share the success of two of its faculty members in the 2nd fellowship examination in Pediatric subspecialties. 1Dr. Durre Shahwar Khan has cleared her second FCPS in the subspecialty of Neonatal Medicine in June 2021. She cleared her first FCPS in Pediatric Medicine in 2017 and currently working as an Assistant Professor and Neonatologist in LNH & MC. She is amongst few trained and certified neonatologist in Pakistan and serving her specialty skills in our reputed institute.



2Dr. Muhammad Kamran Younis has cleared second FCPS in Pediatric Cardiology in July 2021. The first FCPS in Pediatric Medicine was cleared in 2015. He is currently working as Assistant Professor in the Department of Pediatrics. He is now a part of the much needed Pediatric Cardiology fraternity in Pakistan. We hope this is very inspiring for the Pediatric Residents to pursue a subspecialty career in Pediatrics.

LNH-LAB-FACULTY ATTAINED AS MEMBER, ROYAL SOCIETY OF CHEMISTRY RSC-UK

Dr. Junaid Mahmood Alam, Head of Chemical Pathology, Clinical Biochemistry lab services, Liaquat National Hospital and Medical College, Karachi, became member of the Royal Society of Chemistry "RSC", a prestigious scientific society established in 1848. One of the founders of RSC was Dr. Michael Faraday, FRS, a renowned chemist & electro-chemist of UK during 1800s, who discovered electromagnetic induction and electrolysis. 1st president of RSC was Dr. Thomas Graham, the inventor of dialysis mechanism and diffusion.



DR. ALI ASGHAR RE-ELECTED AS VICE-PRESIDENT OF PAKISTAN ENDOCRINE SOCIETY



Dr. Ali Asghar, Consultant Endocrinologist, is re-elected as Vice-President (Sindh) of the prestigious Pakistan Endocrine Society for a term of two years (July 2021 - June 2023). Earlier, he has remained Vice-President (Sindh) of the Pakistan Endocrine Society from 2019-21, and also the Joint Secretary for two terms (2015-16 and 2017-18). Dr. Asghar vows to work hard to uplift the cause of Endocrinology in Sindh and beyond.

B.S. NURSING (GENERIC) FINAL YEAR STUDENTS POSITIONS



Recently, three students of B.S. Nursing (Generic) Final Year at College of Nursing, Mr. Akhtar Hussain, Ms. Arzoo Ashraf, and Ms. Inaara Qassim, bagged the



Third position in the LUMS Final Exams. The batch secured 100% result overall.



NEST SCHOLARSHIPS - COLLEGE OF NURSING

NEST SCHOLARSHIP HOLDERS - 2020



applications and one-on-one interviews. In 2021, additional 07 scholarship slots to LNCON for the Nursing (Generic) First Year First Semester covers admission, hostel/house rent and tuition fees

In 2020, Liaquat National College of Nursing (LNCON) was one of the 42 Nursing institutes all over Pakistan and one of the 08 Nursing institutes in Karachi to be awarded Nursing scholarships announced by the National Endowment Scholarship for Talent (NEST) under the Ministry of Federal Education and Professional Training. 20 scholarship slots were reserved for the B.S. Nursing (Generic) students. An **Institutional Scholarship Award Committee (ISAC)** was formed which included Brig. Dr. Anwer Ali Khan, Abbas, Dr. Schellin Oliver, Mohammad members. selected via a process meticulous Mrs. Judith Zaidi, Mr. Hasan Kakhkashan Tahir, Ms. Ms. Yameen Jan and Ms. Zohra Javed as The students were rigorous selection which included scrutiny of the NEST awarded a newly admitted B.S. students. The scholarship throughout training.



RESEARCH WORKSHOP



Ms. Shaheena Salman Alwani (Section Head Clinical Nursing- Section 1) was privileged to attend two Nursing Research Workshops that were: Capacity Building and Training on Qualitative methodologies & Capacity building and Training on Manuscript writing workshop from 7th- 8th June 2021 & 15th- 16th June 2021 respectively. These workshops were held via Zoom from Aga Khan University Hospital Karachi with collaboration of Aga Khan Foundation, European Union, civil protection & Humanitarian aide. The prime objectives of the work shop on Capacity Building and Training on “Manuscript Writing” were Steps in Literature review, identification of the topic, searching of the literature for example via data base, CINHAL, Pubmed, ERIC, SPRINGERS link etc which can be made through books, bibliography, manual research for specific journal and authentic websites. . The workshop also catered how to identify MeSh words, Boolean operators, Truncation symbols, inclusion and exclusion criteria, gathering, reading, & analyzing the literature having tips of using PQRS (preview, question, read and summarize). The course appreciated to identify gaps in previously done researches and how we can articulate this in current era. The workshop on Capacity Building and Training on “Qualitative Methodologies” aimed to understand steps in research, Identify the difference between Qualitative vs. Quantitative research, purpose of research, features of rigor, to know essential characteristics of qualitative research and different types of qualitative research designs, to synthesize different data collection methods and steps being used in qualitative data analysis.

The best part was 'Padlet wall' where participants on the last day of workshop summarized the concepts learnt.

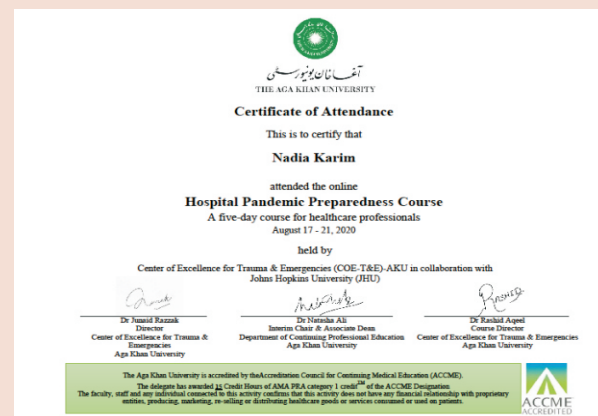


HOSPITAL PANDEMIC PREPAREDNESS COURSE



Nurses are the frontlines of any hospital. It is also important to acquire knowledge anywhere and anytime. Striving towards education, Ms. Nadia Karim (Section Head Clinical Nursing Section II), was able to attend a five-day online course for healthcare professionals from August 17 - 21, 2020 titled as “Hospital Pandemic Preparedness Course” held by Center of Excellence for Trauma & Emergencies (COE-T&E)-AKU in collaboration with Johns Hopkins University (JHU).

A pandemic is defined as an epidemic infectious disease spread globally. A pandemic has potentials to stop the world. Due to COVID-19 pandemic situation, the need of specialized medical care has increased significantly specially in low-medical income countries. It is therefore mandatory to make health care systems more efficient. Being a Section Head Clinical Nursing, I felt that it is important for me to learn and prepare myself with knowledge and advancement with which the world is streaming these days. The purpose of this training course was to prepare healthcare facilities, so they can effectively respond to pandemic like COVID-19. It is now very important that health care facilities are aware and can respond to these pandemic situations effectively & efficiently. Through this course I was able to enhance my knowledge regarding health care delivery, how systems can be affected by an outbreak of infectious disease, Infection control practices, safety standards and resource management. Moreover, I was also able to acquire recommendations, suggestions, best practices and standards for managing large numbers of critically ill patients coming to a tertiary care setting. The course also helped me to learn strategies to keep health workers and patients safe from infection and mental health consequences.





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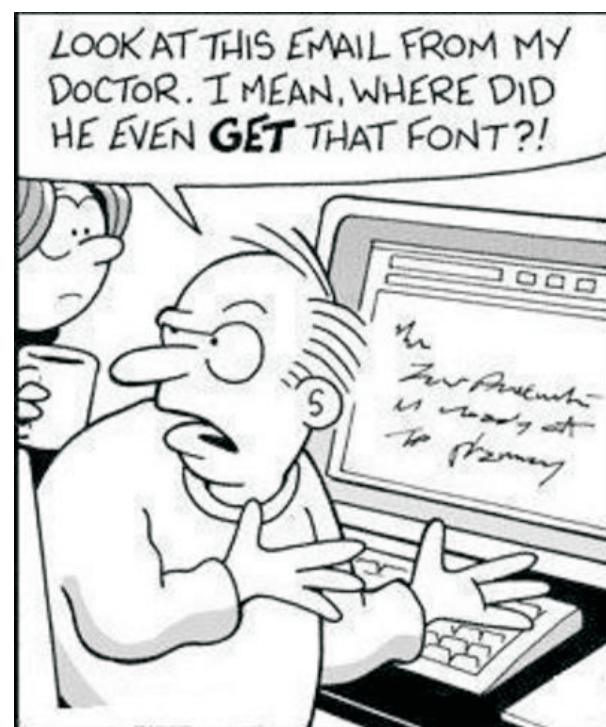
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