



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH

MAY - AUGUST 2022



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TITLI - A POETIC DRAMA ON MENTAL HEALTH

After a good length of silent period, due to COVID and other reasons, the Department of Mental Health is again trying to gain momentum to keep pace with LNH. The department reappeared with a telefilm "TITLI" which is artistically written by our own consultant Dr. Iqtidar Taufiq. It is all poetic. Script is converted into a teleplay by a group of second line artists, all professionally trained in NAPA and Arts council.



Through the play, the writer tried to show different ways we deal with a grave disease 'Major Depression' which occupies nearly one quarter of a given population. The department is expecting a "change in view" response among audience.



The programme was well decorated through the presence of experts like Dr. Rufina Soomro, Dr. Naila Zahid, and Dr. Samar Abbas in addition to two other renowned writers of our media industry Dr. Ali Arsalan and Mohammad Iqbal Latif. Audience were finally addressed by the medical director Prof. Dr. Salman Faridi.

PARTICIPATION IN 30TH APSP CONGRESS BY LNH TEAM

The 30th Association of Paediatric Surgeons of Pakistan (APSP) congress was held in Swat Saidu Medical College on 9-11 of June 2022. Consultants, senior registrars and residents from all over Pakistan participated in the congress and presented their articles, posters and shared experience. A team from Liaquat National Hospital Karachi participated actively and presented 2 articles and 9 posters in the congress. Articles were retrospectively analysis and posters included rare cases.



The team included Dr. Tahir SR, Dr. Atif R4, Dr. Asma Gul MO, Dr. Hiba Nadeem MO. And was supervised by consultants Paeds Surgery Dr. Shabbir Hussain, Program Director Paeds Surgery Dr. Muhammad Arshad and president elect APSP Dr. Hina Yousuf HOD Paeds Surgery.

The purpose of presenting articles was to share experience and create awareness regarding presentation, workup and treatment of rare cases that are uncommon. It was a great initiative of Paeds Surgery to give chance to medical officers for raising their confidence and experience. Team LNH won 3 prizes; two 3rd positions by Dr. Atif and Dr. Tahir and one 1st position by Dr. Tahir in poster presentation.

6TH ANNUAL CONFERENCE OF IRSP

6TH annual conference of Interventional Radiology Society of Pakistan (IRSP) was held at Marriott hotel on 25th to 26th June 2022. Local, national and international faculty highlighted the essential role of interventional radiology (IR) in patient management. Dr. Misbah Tahir (Associate Professor) was elected as a General Secretary of IRSP and was a member of executive committee for organizing annual conference. He delivered a talk on “Combination therapies for hepatocellular carcinoma” and also presented the LNH Experience.



Dr. Muhamamd Ali (Assistant Professor) Dr. Danial Khalid (Assistant Professor) & Dr. Khalid Mustafa (Fellow VIR) were among the organizers of the event. Dr. Bisma Rizwan won 2nd price in “E-Quiz Contest”. Dr. Khubab Khalid (4th Year Resident) and Dr. Raisa Altaf (3rd Year Resident) were moderators for session in IRSP Conference. Technologist Ms. Baneen Fatima, Ms. Samiat Khan & IR nurse Mr. Junaid Khan presented their papers in the technologist session. Dr. Misbah was nominated as chair-person of Scientific Committee for the upcoming IRSP conference to be held in Islamabad on 11th & 12th Feb 2023.

PAEDIATRIC RESIDENCY PROGRAMME (PRP)

The Department of Pediatrics, Liaquat National Hospital is committed to training exceptional pediatricians. The entire program has been designed to provide residents with a comprehensive educational experience and to prepare them for careers in pediatrics. The residency also provides an excellent foundation for future training in pediatric sub-specialties, public health, and child advocacy.

The Department of Pediatrics is dedicated to excellence in patient care, education, and research. We have the privilege of serving the diverse communities across Pakistan as patients oftenly gets



referred for expert opinion of different paediatric sub-specialties offered by our department. At the same time, the Department is committed to providing a collegial and supportive environment in which residents thrive. We are most proud of how our residents cooperate as a team, caring about each other while caring for their patients and the way the residents conduct sessions of the medical students with hands-on examinations on the patients as well. We pride ourselves on the close-knit feel of our program, and we make the wellness of our residents a priority. We welcome you to explore our program which is hoping to achieve perfection in patient care.



EDITOR'S NOTE

Dear Readers,

As I write this issue, Pakistan is overcome by disastrous floods. Several people have lost their lives, even more have lost their homes. They are stranded and need our help more than ever. I urge you to donate generously. This issue includes news on A Poetic Drama on Mental Health; Participation in 30th APSP Congress by LNH Team; 6th Annual Conference of IRSP; Paediatric Residency Programme; Courses/Workshops/Seminar Conducted in LNH; Different Events in SCPCU; Independence Day Celebration by LNSOP; 7TH Convocation by LNM; LNCON Activities; Summer Camp; Activities by RSDC; Professional Achievement by LNH Management Staff and much more for the readers' interest.



Ishrat Saleem

Dr. Ishrat Saleem
Chief Editor

COURSES / WORKSHOPS / SEMINARS

LNHMC FIRST CERTIFICATE COURSE IN HEALTH PROFESSIONS EDUCATION (CHPE) CONCLUDES

The Department of Health Professions Education (DHPE) congratulates twenty-five participants on completion of the first Certificate course in Health Professions Education (CHPE) offered by Liaquat National Hospital & Medical College. The CHPE course successful participants included senior to mid-level faculty members of leading public and private medical and dental institutions of Pakistan including LNHMC. Participants' feedback was overwhelming in terms of relevance and practicality, and engaging contact sessions. The challenge highlighted was the COVID 19 pandemic experienced during the earlier part of the course. The course faculty included: Prof. Nighat Huda, Prof. Sobia Ali, Prof. Rufina Soomro, Prof. Zia ul Islam, Dr. Syed Sheeraz-ur-Rehman, Dr. Aroosa Beg, Dr. Afifa Tabassum, and Dr. Sana Farooq Shah.



The CHPE course for second batch commenced in January 2022, and participants are currently engaged in the structured module on Principles and techniques which include Teaching and Learning, Assessment and Course Design. The 2nd CHPE course too has embedded asynchronous learning as well as synchronous sessions employing technology. The 3rd CHPE course will commence in August 2022.

AESTHETIC WORKSHOP



The 1st National Aesthetic workshop was hosted by the department of Plastic Surgery at Liaquat National Hospital & Medical College in collaboration with Pakistan Association of Plastic Surgeons (PAPS) at the convention centre Liaquat National Hospital from August 19th-21st 2022. It included three workshops of Rhinoplasty, Hair Transplant and minimally invasive aesthetic procedures. The workshop included live surgeries conducted by National experts of the field including Plastic Surgeons of Liaquat National Hospital & Medical College. It was directed by Prof. Shehab Afzal Beg (HOD Plastic Surgery Liaquat National Hospital) and facilitated by Dr. Afaq Saleem (LNH) & Dr. Obaidur Rahman (LNH).

This was a key event in Plastic Surgery department's educational calendar for 2022, covering wide range of aesthetic area from Nose job, Hair transplant to facial

aesthetic procedures. More than 20 candidates actively participated in workshop with an overall attendance of more than 200. One of the most sought after workshop included live surgical sessions which were also relayed simultaneously to LNH Auditorium. Several national and international speakers joined the conference, knowledge, ideas and experience were shared amongst the young surgeons to improve their aesthetic practice.

It was our honor to welcome a number of plastic surgeons and leading dermatologists from various institutes across the country, the presence of whom helped in enhancing the academic value of the occasion and was an excellent learning opportunity for the attendees.



CME ON DNA DAY – EXPLORE THE MESMERIZING WORLD OF DNA



International DNA day is celebrated world-wide on April 25th every year to recognize the contributions of scientists in the field of genetics and molecular biology. On this day awareness and scientific sessions are organized globally for general public, scientists, students and researchers. Department of Molecular Pathology at LNH celebrated **DNA day** by organizing an awareness session on May 18, 2022 at Convention Center Hall B, at Liaquat National Hospital. Dr. Naveen Faridi kindly consented to be the chief guest. LNH family responded well to this awareness session and a large number of students, staff and faculty members from LNH and other institutes attended the session. The event started with Tilawat e Quran e Pak by Mr. Ismail and Ms. Asiya Nadeem performed the duties of a dexterous MOC. The presenters Dr. Syed Zulfiqar Ali Naqvi, Associate Professor; Nazneen Perveen, senior medical technologist; Faiza Naz, Medical technologist and Usama Manzoor, Medical technologist addressed to the

audience and discussed about the advancement of molecular biology and role of bioinformatics in the current field of molecular biology. The presentations were followed by the question and answer session. Dr. Sobia Rafiq, HOD Molecular Pathology, updated the audience about the current diagnostic test available in Molecular Pathology lab and future plans pertaining to development of new tests in Molecular Pathology.

The attendees were pleased with the content of the workshop and requested the organizers to arrange more such sessions in future.

Dr. Naveen Faridi, the chief guest in her address appreciated the efforts of Department of Molecular Pathology in organizing DNA day and said that the field of Molecular Pathology is advancing fast and we have to compete the world by acquiring excellence in the field.

The chief guest presented shields to the presenters, Dr. Sobia Rafiq, HOD, Department of Molecular Pathology, presented a flower bouquet to the chief guest as token of thanks.

Note: Molecular Pathology Department and lab have shifted to new radiology building 4th floor.



CONSENSUS MEETING ON BACK PAIN



WFNS spine committee held a consensus meeting on 14th and 15th May 2022 in Karachi. The conference kick-started with a talk on back pain: epidemiology and prevention by Dr. Joachim Oertel from Germany, followed by an etiology and clinical presentation and the role of medical therapy on back pain, both talks by Prof. Salman Sharif of Pakistan. Dr. Artem talked about the radiology of acute back pain, and Dr. M Zileli discussed the role of physical therapy.

After a quick coffee break, talks by Dr. Giovanni and Dr. Nikolay Peev on facet blocks and the role of surgery in acute back pain and chronic back pain stir a lot of discussions. Dr. Oertel presented Dr. Mirza's talk on the lumbar

disc, followed by talks on the lumbar disc by Dr. Artem, Dr. Sippl, and Dr. Mehmet. The day ended with a consensus discussion and a hearty dinner at Governor's House, Karachi with Honorable Governor of Sindh, Dr. Agha Siraj Durrani.

On 15th May, the session resumed with a discussion on osteoporosis by Dr. Onur Yaman, Dr. Francesco, Dr. Artem, Dr. M Zeleli, and Dr. Oertel. It was soon followed by live endoscopic spine surgery by Dr. Artem and a hands-on cadaveric workshop well received by trainees and attending. The day ended with happy neurosurgeons going to their homes with added skills in their toolbox.



ENDOSCOPIC SKULL BASE WORKSHOP

The Department of Neurosurgery at Liaquat National Hospital and Medical College organized an endoscopic Skull Base Workshop in collaboration with Dow University, the Civil Hospital & Trauma Center, and SIUT Karachi from 14-15 May 2022. The esteemed foreign faculty conducted this workshop from all over the globe, including the Skull base surgeons like Dr. Henry Schroeder from Germany, Imad Kanaan from Saudi Arabia, Azam Ahmed from the USA, Hasan Syed from the USA, Adrian Caceres from Costa Rica, Mahmood Qureshi from Kenya, Vladimir Benes from the Czech Republic as well as the faculty from Pakistan including Salman Sharif, Khalid Mahmood, Atiq Ahmed Khan, Muhammad Imran participated in conducting the session. This session was conducted to familiarize young neurosurgeons with the recent advances and endoscopic approaches within the Skull base region. This workshop aimed to impart the basic concepts regarding endoscopic techniques to the participants encompassing the endonasal approach, the supraorbital eyebrow approach, and the retromastoid approach. The workshop was conducted over 2 days; on Day 1 there was a live session in which the participants were briefed regarding various techniques followed by cadaveric dissection. The skull base experts from all over the world supervised these sessions and provided all the participants with an opportunity to practice various endoscopic techniques. The participants also had a hands-on experience with naso-septal flap. The participants also learned the basic anatomy of the retromastoid approach and the supraorbital approach, including the optic nerve identification, gyrus rectus, and endonasal approaches. On the next day, experts conducted lectures on the endonasal approach to pituitary adenoma, the clival approach to chordoma or meningioma, and the endonasal approach for various pathologies such as microadenoma, craniopharyngiomas, and lesions of the orbit. Faculty shared their experience regarding complication avoidance in endonasal surgeries and tips and tricks of the endonasal surgeries with healthy discussion on the various topics. Far lateral and Telovelar approaches were taught to the participants, including the limitations of these approaches. Multiple cases were presented, and a discussion was carried out by Dr. Henry Schroeder and Imad Kanaan with the participants. Faculty from all over Pakistan attended the session, including the consultants, junior consultants, fellows, and Residents of Neurosurgery. The young neurosurgeons were encouraged to shift the paradigm of skull base surgeries from open techniques to endoscopic and minimally invasive approaches.



HANDS ON WORKSHOP FOR IMM (MEDICINE)

The department of Internal Medicine of LNH arranged an extensive two day course for IMM Medicine Candidates on 19th & 20th of August 2022.

Medicine & Allied faculty participated in the course. Prof. K U Makki discussed the detail of the courses guided them for improvement in their clinical skills in introductory session. Radiology session was taken by Dr. Imtiaz on CT & MRI. In second half TOACS was conducted by Medicine & Allied faculty & ECG session By Dr. Najiya Soomro. On Second day Radiology session on X-ray was facilitated by Dr. Soman. In Second half candidates performed clinical



examination supervised by the CPSP examiners, counseling session was taken by Dr. Samar Abbas Jaffri & Clinical Pictures by Dr. Sidra Rauf of Medicine Department.

Chief Coordinator Dr. Miray Hasan excellently arranged the Course.

The candidates participated from LNH, JPMC, Civil Hospital Karachi, SIUT, Patel Hospital, CMH Malir, also from Shalimar Hospital Lahore.

All the candidates appreciated the course & requested to arrange such courses in future for other IMM Candidates.

LEAD ASSESSOR COURSE-ISO 15189: 2012 MEDICAL LABORATORY STANDARD-PAKISTAN NATIONAL ACCREDITATION COUNCIL (PNAC)

Senior Manager & HOD Quality Assurance department, Mr. Hammad Aijaz, Dr. Sana Anwar, Associate Professor and Head-Microbiology department lab services and Dr. Humaira Ali, Assistant Professor-Chemical Pathology-Coordinator-Lab administration participated in five days lead assessor course of ISO 15189:2012 standard, organized by Pakistan National Accreditation Council (PNAC) in July 2022. ISO 15189 standard is specific for Medical Laboratories and particularly covers quality management, testing capabilities, analytical protocols and competencies. Moreover this standard like other QMS, encourages systematic identification of processes, their inter and intra coordination and prescribed outcome.



WORLD BREAST FEEDING WEEK

The Department of Nursing in collaboration with the Department of Maternal & Child Health celebrated the World Breast Feeding Week from 3rd to 5th August 2022.

The World Breast feeding Week (WBW) 2022 Theme *Protect breast feeding: a shared responsibility* is about how breast feeding contributes to the survival, health and well being of all. The theme also acknowledges that although support at the individual level is very important, breast feeding must be considered a public health issue that requires investment at all levels.



Brig Dr. Anwer Ali Khan delivered the Welcome Address. Dr. Aisha Taj and Prof. Dr. Haleema A. Hashmi briefly discussed the Importance of lactation and its management teaching, whereas Prof. Dr. Samina Shamim briefly discussed the benefits of breastfeeding to infants and mother. Dr. Iqtidar Taufiq highlighted the Role of Partners (Husband) in the emotional wellbeing and support of Mothers. Other topics covered during this course were Importance of Lactation, Concept of Baby-Friendly Hospital, Role of Nurse/Midwife in Breastfeeding Education, Review of the Anatomy and Physiology of the Breast and its Composition with Immunological Aspect of Human Milk, Basics of Breastfeeding Practices, Breastfeeding Positions for Lactating Mothers, Identify Different Methods of Storing Expressed Milk, Manage full-term infants with medical problems, and the Management of an Infant with Jaundice.

CARING FOR ELDERLY-OUR PRIME RESPONSIBILITY

The Department of Nursing, in collaboration with the Department of Family Medicine & Senior Citizen Primary Care Unit, organized a 7-week geriatric care course with the theme of “Caring the Aging-Our Prime Responsibility” from 12th May, 2022 - 23rd June, 2022.

In this course, participants had to integrate their knowledge and experiences of adult health in managing and providing specialized care to elderly adults. Health promotion and illness prevention for older adults and identification of disease risk factors associated with aging were the key drivers of this session.

6 weeks of the course were conducted on Zoom, whereas 1 week was physical. Welcome notes were given by Brig. Dr. Anwer Ali Khan. Following topics were covered through Zoom sessions: Bio Psychosocial & Care Continuum Model for Elderly teaching by Dr. Rabeeya Saeed, Common Conditions/Disease of Elderly Teaching by Dr. Samar Abbas, Nutritional Needs for Elderly by Ms. Syeda Samrina, Mental Health in

Elderly by Dr. Iqtidar Taufiq, Holistic Care of Geriatrics by Communication Skills with Elderly by Brig. Dr. Anwer Ali Khan, Wellbeing in Elderly by Ms. Shaheena Salman Alwani, Ethical Principles in Care of Geriatrics by Ms. Zohra Javed and Highlighted Care of Elderly by Dr. Kamal Ahmed and Dr. Samar Abbas. In the last week of the course, physical sessions were held and the participants were given a chance to engage with the health care staff and meet elderly people. Closing remarks were given by Ms. Samina Iqbal Kanji and Ms. Naseem Kauser. Introduction and Visit to Senior Citizen Primary Care Unit- LNH was led by Dr. Mehreen Raza and Ms. Kiran Akhtar highlighted the Challenges and Solutions while working with the Elderly.



PRE-CONFERENCE WORKSHOP ON 16TH JUNE: MINI-SYMPOSIUM ON ILIOFEMORAL DVT



Speakers from medicine, critical care, endocrinology, Gynecology, vascular surgery and interventional radiology presenting in mini symposium on iliofemoral DVT, held in LNH in collaboration with IRSP.



PRECONFERENCE WORKSHOP ON 24TH JUNE: “BASICS OF ULTRASOUND-GUIDED INTERVENTIONS”



Hands on demonstration on needle guidance, biopsies and drainage catheter placement by LNH interventional faculty which was attended by Radiologist from all over the country.



CRASH COURSE FOR NURSES IN PEDIATRIC CARDIAC SURGERY



The LNH Nursing department organized a 02-day Crash Course in Pediatric Cardiac Surgery in collaboration with the Paeds Cardiology Department. The course was held on 13th and 14th May, 2022 in the Cardiac Thoracic Seminar Room at Liaquat National Hospital. Around 08 participants were enrolled in this course. The course aimed at producing Health Care Professionals with capabilities needed to manage children with acquired heart disease and patients with congenital heart disease at any age.

The topics covered during this course were Morphology & Physiology of Cyanotic & A-cyanotic Heart Diseases, Diagnosis & Management of Children with Cyanotic & A-cyanotic Heart Diseases, Specific Care of Patients with Congenital Heart Disease Nursing Care, Basics of

Congenital Heart Disease, Infection Control in Paeds Cardiology, Discharge care in Patients with Congenital Heart Disease, and Post-operative management.

MONKEY POX VIRAL INFECTION

A CME on Monkey pox viral infections was conducted on Saturday July 02, 2022 by the Department of Internal Medicine. The purpose of the CME was to share knowledge about necessary precautions needed to prevent transmission of the infection. Welcome address and introduction was briefly explained by Prof. K.U. Makki. Dr. Samar Abbas Jaffri discussed the presentation of disease and Dr. Muhammad Owais Khan discussed the management and prevention of monkey pox virus. General Practitioners, Doctors and medical students from various hospitals attended the session. Every participant appreciated the content and question answer session.



IN HOUSE-SPECIALIZATION COURSE

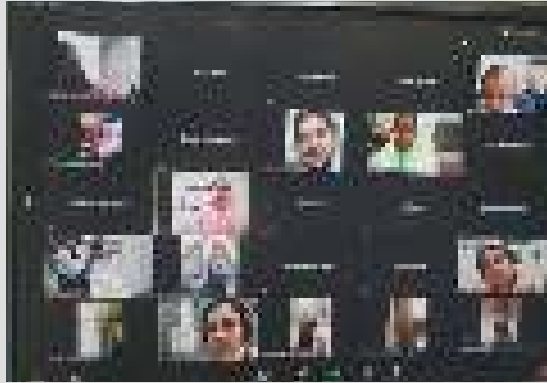


Department of Nursing organized an in-house specialization course named **Medical Surgical Nursing, Critical Care Nursing, and Maternal and Child Health Care Nursing**. Overall, 139 nursing staff were certified. Various aspects of the topics were covered in the specialized course. The purpose of this course was to emphasize the aspects of care, communication, professionalism, and critical thinking while dealing with clinical situations. The course also aimed to provide information about dealing with patients through evidence based practice. Moreover, staff were certified through hands-on practice by performing the following skills: I/V cannulation, NG insertion and

removal, Foley's Catheterization insertion and removal, Airway management, Defibrillator handling, ECG placement and interpretation, Newborn Assessment, Mechanism of Normal Labor, Postpartum Drill, Cord Prolapse, and CTG Interpretation.



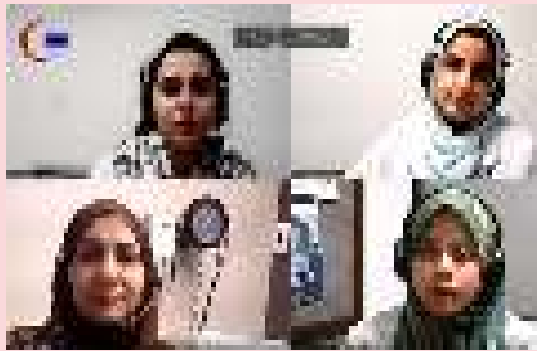
WEBINAR ON WORLD DIGESTIVE DAY



World Digestive Health Day is a special day established to celebrate digestive health. Department of Nursing in collaboration with the Department of Gastroenterology conducted a webinar for health care providers dealing with GI issues.

Welcome notes were given by Brig. Dr. Anwer Ali Khan. Prof. Muhammad Mansoor-UI-Haq and Prof. Dr. Lubna Kamani started the webinar with a brief introduction of the World Digestive Day. Dr. Baseer Sultan and Dr. Shahid Karim discussed colorectal cancer briefly. Ms. Naseem Kauser also shared her experiences in this regard. Towards the end, Ms. Zohra Javed shared the quiz result. The closing remarks were given by Ms. Laila A. Rahimi.

LIVE WEBINAR ON PREVENTIVE HEALTH CARE BY DEPARTMENT OF FAMILY MEDICINE ON WORLD FAMILY DOCTOR DAY



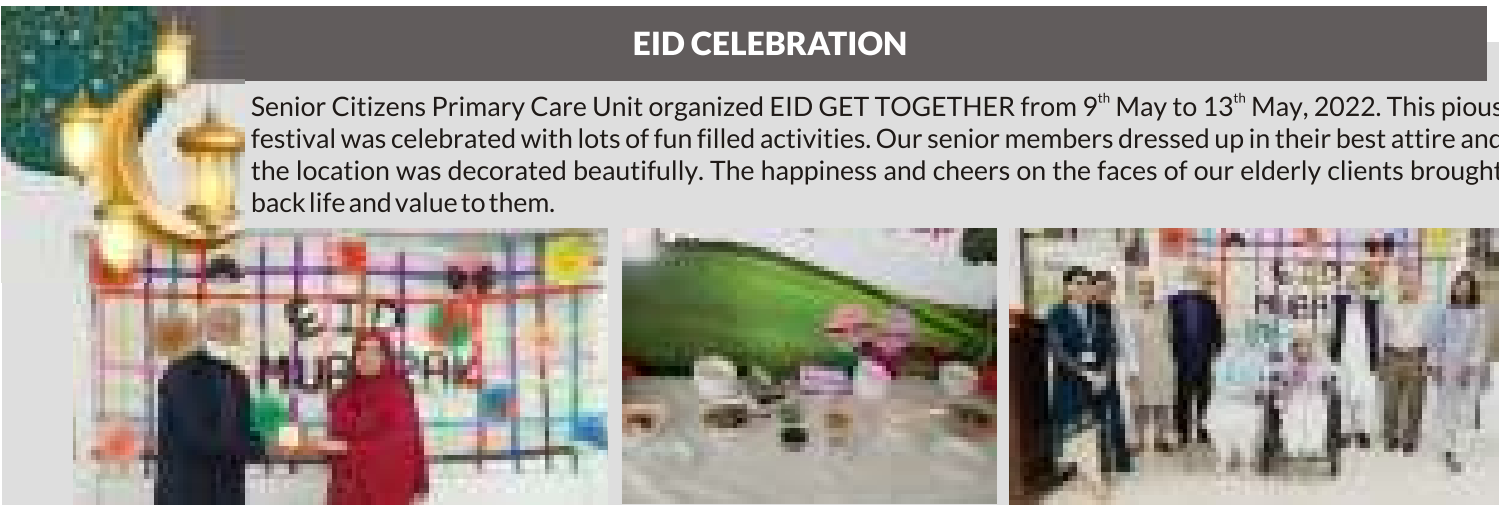
The worldwide shift in healthcare focus from illness based to wellness based approach, calls for measures to be taken for prevention of diseases and disability so that an active and healthy lifestyle can be promoted for all age groups. On the occasion of World Family Doctor Day, the Department of Family medicine organized a live webinar on preventive health care. Dr. Marium Ahmed, Resident Family Medicine moderated the session. Our esteemed Family Medicine experts Dr. Rabeeya Saeed, Dr. Nausheen Ahmed Haroon and Dr. Fatima Kanwal discussed about different preventive strategies for nutritional, physical and mental health issues pertaining to children and elderly and heart health screening and cancer screening recommendations for all.

SENIOR CITIZENS PRIMARY CARE UNIT

The Elderly Day Care Centre at the Senior Citizens Primary Care Unit is involved in giving specialized care to the elderly citizens with an aim to improve the quality of life through promoting physical, social and psychological well being. Considering the elderly need, we constantly keep our clients engaged in different day to day activities which are required for their healthy living. Alongside the daily activities, the center celebrates various events and has been involved in various celebrations.

EID CELEBRATION

Senior Citizens Primary Care Unit organized EID GET TOGETHER from 9th May to 13th May, 2022. This pious festival was celebrated with lots of fun filled activities. Our senior members dressed up in their best attire and the location was decorated beautifully. The happiness and cheers on the faces of our elderly clients brought back life and value to them.



MOTHER'S DAY CELEBRATION

Mother's Day is a perfect time to show our appreciation and rejoice the women who have nurtured and supported us to become who we are. The Senior Citizens Primary Care Unit Celebrated Mother's day on the 14th May 2022. Mothers of Hospital employees along with our SCPCU day care members were invited to pay tribute and express themselves.

Ms. Naheed Ansari, who is a cooking expert, wedding planner and interior designer was the chief guest of the programme. The event was concluded by the words of gratitude in honor of all the mothers by the Medical Director, Prof. Dr. Salman Faridi.



INDEPENDENCE DAY



Independence Day was also celebrated at Senior Citizens Primary Care Unit. Our beloved members celebrated this day with zeal, zest and enthusiasm. Patriotic speeches were delivered by our Senior Citizens day care members along with national songs and cake cutting ceremony.



COOKING



Cooking is an important piece of the fitness puzzle, but these skills are sometimes ignored, especially as we age. Cooking can help you practice mindfulness techniques by focusing on the present, rather than allowing your thoughts to ruminate. Experimenting with different foods into a balanced meal is also a skill that can benefit our bodies with each mouthful.



CELEBRATION MAKES SENIORS FEEL LOVED



A birthday allows seniors to better appreciate the circle of love and support that surrounds them as people gather to celebrate. It provides an opportunity to honor elderly clients and let them know they are respected and valued. We at the SCPCU, celebrate birthdays of our clients to make them feel special.



HAND-WASHING



Everyone should benefit from more frequent and effective **HAND-WASHING**, especially people who are at high risk of infection like older adults and those with chronic health conditions. It is equally important to make good hand hygiene a priority. However, proper hand-washing techniques must be used to maximize the effectiveness of this preventative measure.



ART



For older adults who no longer work, but are still living independently, **ART** can provide a new sense of meaning and mastery. One of the significant advantages that arts and crafts bring for seniors is that they keep their minds active. They motivate the elderly to express themselves while also preventing any emotional illness.

VISIT TO THE TRAINING CENTRE OF HABIB METROPOLITAN BANK

To introduce the facility and the services, the team from Liaquat National Hospital visited the Habib Metro Bank's Training centre on 29th July 2022. The visit aimed at introducing the Senior Citizens Primary Care Unit and the health and Fitness Services to the audience.



INAUGURATION AND AWARENESS PROGRAM ON ELDERLY HEALTHCARE SERVICES



An awareness session over the inauguration of Elderly health care Services was held at the Liaquat National Hospital on 16th August 2022. Different health experts presented with their talk over Elderly Health care needs being offered under 1 roof.

Mr. Munawwer Saeed and Ms. Naheed Ansari were the chief guests. Program's concluding note was presented by the Medical Director of LNH&MC who summarized the need and announced discounts and offers on this service.



LIAQUAT NATIONAL SCHOOL OF PHYSIOTHERAPY (LNSOP)

INDEPENDENCE DAY CELEBRATIONS



This year on 14th August 2022, Pakistan completed its 75 years of independence. Just as the entire nation lightened up with celebration, Liaquat National Hospital & Medical College. A ceremony was organized by Liaquat National School of physiotherapy. It started early in the morning with flag hosting by Prof. Dr. Salman Faridi followed by an melodious chanting of National Anthem and an energetic march past by the guards of Liaquat National Hospital. The event was attended by senior hospital management, faculty, staff and students who sang national songs and applauded on the patriotic skits performed by the students of LNSOP. Prof. Dr. Salman Faridi addressed the gathering with a patriotic and motivating speech emphasizing on the importance of youth while remembering the sacrifices of our ancestors. He also



appreciated the efforts of the organizers and student, saying that such occasions would help create a spirit of patriotism amongst the people.

WORKSHOP ON VESTIBULAR AND CONCUSSION REHABILITATION

The Department of Physiotherapy organized a Hands-on workshop on "Vestibular and Concussion Rehabilitation on July 14th 2022 at lecture Hall A, Liaquat National Hospital & Medical College. Ms Quratulain Masqati was invited as a guest speaker; she is an American licensed Physiotherapist and trainer as well as the alumni of LNSOP. She is practicing in US Michigan since many years as a vestibular rehab specialist.

The workshop was proposed to provide the awareness of Vestibular Rehabilitation which is an exercise-based program, designed by skilled physical therapist, Patient with disturbed balance; dizziness and vertigo were neglected and misdiagnosed earlier, but now days with proper vestibular assessments and rehabilitation this can be treated without any hassle. The session was attended by students and physiotherapist from different universities of Karachi. Certificates were distributed at the commencement of the workshop by principal and associate professor Mr. Syed Hasan Abbas Rizvi, who emphasized the importance of continuous knowledge enhancement and professional development and congratulated the successful participants.



WORKSHOP ON ASSESSMENT AND MANAGEMENT OF NECK PAIN

The Department of Physiotherapy organized a Hands-on workshop on “Assessment and Management of Neck Pain and Dysfunctions” on August 22, 2022 at Hall A, Liaquat National Hospital & Medical College. Dr. Asma Mostafa from Cairo University was invited as guest speaker.

The workshop was proposed to develop postural awareness, provide guideline for Neck Posture Correction techniques, Pain management techniques. The workshop was well organized and helped all participants to update their knowledge of assessment and management of Neck Pain and improves their hands on skills. The session was attended by 74 participants from different universities of Karachi.

At the end certificates were distributed among the participants and the guest speaker by Principal and associate professor Dr. Hasan Abbas Rizvi.



EFFECTIVE TEACHING AND LEARNING

The department of Health Professions Education organized faculty development program 'Effective Teaching and Learning' 5-days training course for Allied Health Professionals (six selected faculty members from both School of Physiotherapy and College of Nursing). The motive of this training course was to provide powerful teaching skills and be able to promote emerging new teaching skills over traditional strategies. From this course we learned about how to improve the approach, design, and delivery of teaching sessions as per the need and demand of the course. Various ways of interactive teaching strategies were taught in depth such as think pair and share, buzz session, brainstorming, and most new one was Socratic method which provides web-based teacher student engagement through quiz, polls, and surveys.

Throughout the 5-days training course, the instructor encouraged for critical thinking and explored each aspect of teaching skills aimed at formulating strategies that can provide students with in depth knowledge of the targeted topic both theoretical and practical implementations.

This course has been very helpful as it provides insight about the major strengths and weaknesses in one's teaching abilities and by the end of this course, we are able to understand what more improvements are needed in one's teaching. More such courses should be initiated as teachers are torch bearers of the younger generation.



LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

LIAQUAT NATIONAL HOSPITAL & MEDICAL COLLEGE CELEBRATES 7TH CONVOCATION FOR ITS MEDICAL GRADUATES



100 medical graduates of class of 2021 of Liaquat National Hospital & Medical College were awarded the MBBS degree by the Vice Chancellor of Jinnah Sindh Medical University, Prof. Dr. Amjad Siraj Memon at a colourful ceremony on May 28, 2022 at the LNH Convention Centre (Auditorium). The ceremony was witnessed by the proud parents of the medical graduates, dignitaries, faculty members dressed in the traditional regalia, and senior management staff.

Addressing on the occasion the Principal Liaquat National Medical College, Prof. Dr. Karimullah Makki welcomed the guests and shed light on the academic efforts done for the future doctors of the college. He said that our graduates are getting foreign scholarships and admissions in the renowned Universities around the world, and that we have set high standards for the college.

The highlight of the ceremony was the award of the Wajid Ali Shah Medal to the Best Graduate (Best Overall Academic Performance over Five Years) & it was awarded to Dr. Kiran. The Wajid Ali Shah award has been introduced in memory of Late Mr. Syed Wajid Ali Shah who was the Founder President of the Liaquat National Hospital. Dr. Kiran along with Wajid Ali Shah Medal was awarded a cash prize of Rs. 350,000; this was presented to her by Mr. Syed Shahid Ali, President Governing body of LNH Association. Dr. Kiran was also the recipient of merit award for the 1st Position for Final Year MBBS with a cash prize of Rs: 200,000/=. Dr. Arisha Zaheer received the merit award for 2nd Position with a cash prize of Rs: 150,000, while Dr. Syeda Namayah Fatima Hussain, Dr. Anum Minal & Dr. Areeba Imran shared the merit award for 3rd Position. These merit awards were presented to the graduates by Prof. Amjad Siraj Memon, Vice Chancellor, Jinnah Sindh Medical University, Karachi. Prof. Dr. Salman Faridi, while congratulating the young doctors advised that getting the degree is not the end; it's the beginning of a doctor's career. In the practical life, a doctor should listen to the voices around him, not of those who have wealth or power, but the voices of the poor and needy. He defined success as not only acquiring wealth, fame or power, but the pathway to help the needy and to serve the community selflessly.

Mr. Syed Shahid Ali, president of the board of governors of Liaquat National Hospital and Medical College, in his speech recalled the days when the hospital was planned and designed and the efforts put to build a non-profit hospital aiming to serve the middle and lower income groups. Today, after around sixty years since its birth, the hospital is a state of art tertiary care unit with a high standard medical college.

Dr. Amjad Siraj Memon, Vice Chancellor University of Karachi addressed the audience and congratulated the young medical graduates. He said that today a huge responsibility lies on your shoulders as you will go forth to serve the community. He also appreciated the efforts of parents for getting their ward medical education. The ceremony was followed by high tea for graduates, their parents and esteemed guests.



LIAQUAT NATIONAL HOSPITAL & MEDICAL COLLEGE CELEBRATES AWARD NIGHT FOR ITS MEDICAL GRADUATES



Prof. Dr. Salman Faridi awarding Best Alumnus Medal to Dr. Muhammad Yousuf Shaikh.

Award Night ceremony was held in the honor of 100 medical graduates of class of 2021 of Liaquat National Hospital & Medical College on May 29, 2022 at the LNH Cricket Ground. The ceremony was attended by the Graduates along with their parents, Faculty, senior management and staff.

Addressing the occasion, Principal Liaquat National Medical College, Prof. Dr. Karimullah Makki welcomed the guests and congratulated the graduates for this achievement. He advised graduates to practice with loyalty & dignity.



Prof. Dr. Salman Faridi awarding Prof. Shoro's Medal to Dr. Rabiya Irfan.

them to take active part in research activities.

Certificates of honors & Certificates of office bearers of different societies were distributed by the Principal, LNMC and Medical Director LNH&MC. Certificates were also distributed among students who took part in research activities and published research papers in national as well as international journals.

Certificates of appreciation were also distributed by the Medical Director LNH&MC & Principal LNMC among those employees who completed 10 years journey at LNMC.

The most exciting award of Principal's Medal & Medical Director's Medal were awarded to Dr. Arisha Zaheer & Dr. Nashit Irfan Aziz respectively. In the memory of late Principal & Dean LNMC Prof. Amir Ali Shoro, Prof. Shoro's Medal was introduced for best academic achievement in first two years & recipient of this newly introduced medal was Dr. Rabiya Irfan.



To appreciate our alumni's success, Best Alumnus Medal was also introduced by the Senior Management of LNH&MC. The 1st Best Alumnus Medal was given to Dr. Muhammad Yousuf Shaikh. He completed his FCPS in Neurosurgery & Got Gold Medal also at the College of Physician & Surgeons, Pakistan by securing 1st Position in FCPS Exam. Dr. Yousuf was also the recipient of Wjid Ali Shah Gold Medal at the time of his graduation & also secured 1st position in Final Year MBBS Exam in 2012.

The glimpse of unforgettable journey of graduating class were witnessed & well-liked by the graduates, faculty & guests during the documentary, prepared by Batch of 2021.

The ceremony was followed by dinner for graduates, their parents, faculty and esteemed guests.



Dr. Arisha Zaheer & Dr. Nashit Irfan Aziz were awarded Principal's Medal & Medical Director's Medal respectively.

GUEST LECTURE OF DR. ASIF HASAN



A Guest Lecture was held on "Heart surgery Romans to Robotic" followed by an interactive session on Training Opportunities for Pakistani students in UK on Monday 30th May, 2022 at 10:00 a.m. Venue was Convention Center, Auditorium. The session was conducted by Dr. Asif Hasan a leading Paediatric Cardiac Surgeon of UK working at Newcastle.

Prof. Dr. Salman Faridi welcomed all & introduced Dr. Asif Hasan. He also thanked Dr. Asif Hasan for sparing his precious time for the students of LNH&MC.

In his lecture Dr. Asif elaborated the journey of

heart surgery from ancient era of romans to specialized robotic period. He also emphasized the students to work hard & impressed upon them importance of research. The session was followed by interactive question answer session and Dr. Asif highlighted the opportunities of training in the UK.

Session was well attended by the faculty, staff & students of Liaquat National Hospital & Medical College.



ARTIFICIAL EMBALMING AND FACILITY OF CADAVER AT LIAQUAT NATIONAL MEDICAL COLLEGE



The feeling of entering a mortuary is never good. Several carry a perception of it being haunted. While others realize it as a place of dead bodies lying (pun intended). But we the students of 3rd year MBBS were really interested and Department of Forensic Medicine and Toxicology arranged an academic visit to the mortuary at Liaquat National Hospital. The Department of Anatomy at LNMC has preserved live cadavers for research and educational purposes. To our contentment, the mortuary was quite exceptional.

We saw the corpses that were artificially embalmed. Embalming is the art of preserving dead bodies, which has been practiced for ages. Ancient Egyptians and Greeks were known for their fine techniques. We got to meet Prof. Dr. Zia-ul-Islam (HOD -Department of Anatomy) who briefed us about the process. It all starts with the acquisition of dead bodies from Edhi foundation. These bodies are usually unclaimed and are given to the department as 'amanita'. The lab was equipped with state-of-the-art facilities. Artificial embalming is required when you keep the body for long for any legal

purpose, disinfection, preservation, and restoration.

Dead bodies are first treated with chemicals such as formaldehyde, phenol, glycinates solutions, and water. The chemicals in a particular ratio are then injected into major blood vessels through an embalming machine. Chemicals are usually injected to the common carotid artery situated on the lateral side of the neck. After this procedure, the body is kept untouched for 3 weeks. In the fourth week, a local injection containing 2.5% formalin is injected at different parts of the body, particularly muscles. This is done to prevent decomposition from occurring in any organ. During the first three weeks, the body is observed each day; if there's some indication of decomposition and local injections are administered over the affected areas.

Death is the most obvious to occur in one's life. We all see but do we all observe? Forensic Medicine provides one with the ability to start observing even the minute of all.

LIAQUAT NATIONAL COLLEGE OF NURSING (LNCON)

LIAQUAT NATIONAL COLLEGE OF NURSING INTERCLASS CRICKET TOURNAMENT

An Interclass Cricket Tournament was organized by the College of Nursing Sports Committee from 21st June, 2022 to 29th June, 2022. Six teams comprising of the College of Nursing students participated in the tournament. The final match of the tournament was played between LNCON Stars (B.S. Nursing 3rd Year 5th Semester) and LNCON Zalmi (B.S. Nursing 2nd Year 4th Semester). The match was won by LNCON Stars. The shields and certificates were distributed among the winners by Brig. Dr. Anwer Ali Khan and Mrs. Judith Zaidi.

LIAQUAT NATIONAL COLLEGE OF NURSING ANNUAL PICNIC 2022

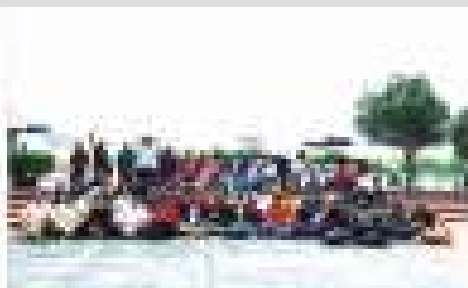
Liaquat National College of Nursing arranged the annual picnic at Dreamworld Resort on 2nd July 2022 for students and faculty. The students were very excited as a picnic had been arranged after almost four years due to COVID restrictions. Security and transport were provided by the LNH management. The students and faculty enjoyed a fun-filled, entertaining day.

F&F SKILLS FOR THE NURSING STUDENTS AT THE RESEARCH & SKILLS DEVELOPMENT CENTRE (RSDC)

Liaquat National College of Nursing, in collaboration with the Research and Skills Development Centre (RSDC) arranged the Friends and Family (F&F) CPR Skills for the students of B.S. Nursing (Generic) 1st Year 2nd Semester. The 53 students were divided into four groups and the two-hour skills sessions were arranged on every Saturday of August. The students successfully completed their F&F Skills on 27th August 2022 and received their certificates.



F&F Skills for the Nursing Student



LNCON Annual Picnic



LNCON Interclass Cricket Tournament

RESEARCH AND SKILLS DEVELOPMENT CENTER (RSDC)

LAUNCHING OF AMERICAN HEART ASSOCIATION PEDIATRICS ADVANCED LIFE SUPPORT (PALS) PROVIDER COURSE



Research and Skills Development Centre proud to launch first ever Pediatrics Advanced Life Support Provider Course. PALS courses is a (02) Days Program developed by the American Heart Association (AHA) to improve the skills for Pediatrics Practitioners/ doctors/Nurses and Paramedical Staff in different emergencies. The course aims to improve outcomes for pediatric patients by preparing healthcare providers to effectively recognize and intervene in patients with respiratory emergencies, shock, and cardiopulmonary arrest by using high-performance team dynamics and high-quality individual skills. The course includes a series of case scenario practices with simulations that reinforce important concepts.

Features of the PALS course listed realistic, clinical scenarios that encourage active participation – Also delivered through actual pediatric patient videos and lifelike simulations on mannequins, furthermore, a comprehensive systematic

approach to assess and treat pediatric patients in emergency situations, and Hands-on class format to reinforce skills proficiency along with Co-branded with the American Academy of Pediatrics (AAP). PALS Course content includes:

- Perform high-quality cardiopulmonary resuscitation (CPR) per American Heart Association (AHA) basic life support (BLS) recommendations.
- Differentiate between patients who do and do not require immediate intervention.
- Recognize cardiopulmonary arrest early and begin CPR within 10 seconds.
- Apply team dynamics.
- Differentiate between respiratory distress and failure.
- Perform early interventions for respiratory distress and failure.
- Differentiate between compensated and decompensated (hypotensive) shock.
- Perform early interventions for the treatment of shock.
- Differentiate between unstable and stable patients with arrhythmias.
- Describe clinical characteristics of instability in patients with arrhythmias.
- Implement post-cardiac arrest management.



Recently RSDC has conducted their AHA PALS monitoring course on 17-18 August with the Instructor Dr. Aurangezb Ahmed and on 24-25th August with the Instructor Dr. Atika Sher. Total of 12 participants successfully completed PALS provider course.

HEARTSAVER FIRST AID CPR AED ONLINE COURSE



Heartsaver First Aid CPR AED Online Course is updated with the new science from the 2020 AHA Guideline and it is a self-directed, comprehensive e-Learning program that uses adaptive learning technology through e-Learning portion of the Heartsaver First Aid CPR AED Blended Learning Course and is designed to teach students information needed for first aid, CPR, and AED training. Heartsaver First Aid CPR AED is geared towards anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements or anyone who wants to be prepared for an emergency in any setting. Upon successful completion of the course, students receive a course completion card, valid for two years. The course is a Video-based course ensures consistency and an Instructor-led, hands-on class format reinforces skills proficiency. Recently these sessions were conducted with Bay View Academy School and Pakistan Airline Staff.

HEARTCODE BLS ONLINE COURSE



RSDC have achieved a milestone for conducting AHA provided HeartCode BLS for 755 Nursing Staff including, Nursing Unit Section Heads/Supervisors/ Staff Nurse/Nurse Aid & Trainee. Sessions were conducted from November 2021 till July 2022.

HeartCode® BLS Online course is a self-directed, comprehensive e-Learning program of American Heart Association that uses adaptive learning technology to allow learners to acquire and demonstrate Basic Life Support skills using a personalized learning path that adapts in real time to a learner's performance. The program is designed for healthcare professionals who need Basic Life Support training for their clinical duties. HeartCode® BLS Online consists of a cognitive portion that is completed online. A separate skills assessment with an AHA Instructor is required to earn a valid AHA BLS Provider eCard that is valid for two years.

EVENTS

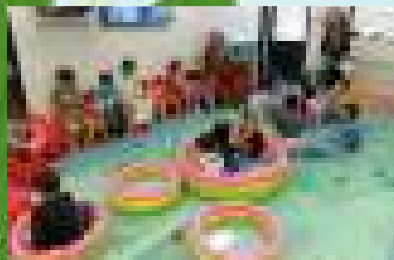
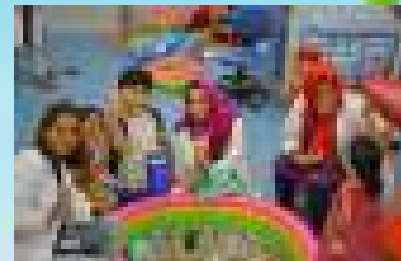
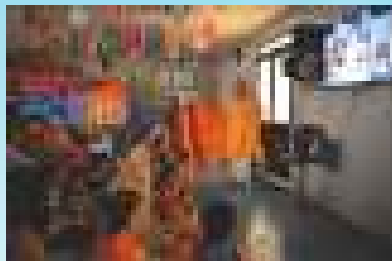
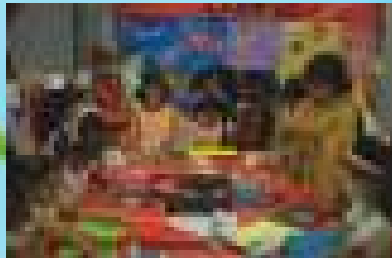
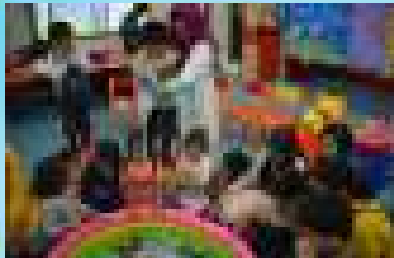
SUMMER CAMP

Occupational Therapy Unit, Department of Rehabilitation Services, Liaquat National Hospital organized a Summer Camp on 20th June till 23rd July. It was based on 3 groups for Special needs and Normal Kids, outsiders and within the LNH premises. The Organizers of this event were Miss Tooba (Occupational Therapist II) and Miss Nadia Aziz (Occupational Therapist). The camp was based on different activities like Yoga, Pool Activity, Master Chef, Canvas Paintings and so on. The remarkable change this year was the number of participants which was more than 50. It was a two weeks activity and all the kids participated well throughout the camp.

The basic concept of organizing such kind of events is to build the social interaction among the kids which are helpful in enhancing their communication skills and confidence. There was also a Summer Camp Ceremony on the last day and a skit performances by our kids. The event was widely appreciated by the parents and LNH staff.

In the end the General Manager of Rehabilitation Services, Sir Hassan Abbas distributed the certificates to the participants and the facilitators.

We are hoping for more interesting and fulfilled events in coming years.



PARADE ON 14 AUGUST BY THE SECURITY DEPARTMENT

After the corona epidemic like previous years this year too on 14th August the security department participated in Independence Day celebration, perform flag hoisting and parade.



WORLD FAMILY DOCTOR DAY OPEN HOUSE ORGANIZED BY DEPARTMENT OF FAMILY MEDICINE



World Family Doctor Day (FDD) on 19th May, was declared by WONCA in 2010 and it has become a day to highlight the role and contribution of family doctors and primary care teams in healthcare systems around the world. This year, with the theme of "Family doctor, always there to care", our Family Medicine experts Dr. Munawwer Anjum and Dr. Farheen Saboor offered free consultation for all



family members, at our Shah Faisal Colony medical center. A session regarding preventive health care, healthy lifestyle and the importance of good Blood pressure and diabetes control was also conducted for public awareness.

ACHIEVEMENTS

PHD DEGREE ACCOMPLISHMENT BY DR. S. AQEEL KAZMI

By the grace of Almighty Allah...

Dr. S. Aqeel Kazmi Sr. Manager Social Services & Patient Affairs Department has received his Ph.D. degree in Social Work from the University of Karachi. His thesis title was: "A Study of Kidney Diseases and Its Socio-Economic and Psychological Impacts on Dialysis Patients".

One of his article has been published in a "Y" category journal of Centre of Excellence for Women's Studies; University of Karachi which is notable both at national and international level.

Dr. S Aqeel Haider believes that his capability and aptitude will be useful in serving his organization. As per him the space of medical care area will develop more as he is enthusiastic to use his abilities for the patient, their care and the association that he has learnt during his study and to provide best possible solutions for the community as a social researcher.

THANKSTO

Dr. S. Aqeel Haider Kazmi has offered his earnest thanks to the Management of **Liaquat National Hospital** for their support and guidance throughout the research as according to him, he would not have been able to complete this course without the help of the Management of LNH.





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