



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH



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THE 76TH INDEPENDENCE DAY CELEBRATIONS AT LIAQUAT NATIONAL HOSPITAL KARACHI

The 76th Independence Day was celebrated at Liaquat National Hospital on 14th August, 2023 with great enthusiasm and patriotic fervor. The Convention Centre entrance was beautifully decorated with prominent green and white colors balloons, stickers and many other sorts of welcoming posters and adornments. There were a large number of audiences including LNH employees & their families, senior management, faculty, and students especially.

The event started with a heart-touching recitation of Quran at 9 o'clock. After Tilawat-e-Quran, a close order formation of Security Guards in well-dressed uniforms displayed a marvelously maneuvering March Past. The traditional Flag hoisting ceremony was carried out when Maj (R) Nadeem Ahmed Raja HOD Security invited Director Administration Brigadier (R) Syed Naseem Ahmed & Assistant Medical Director Prof. Dr. Saleha Shahzad for hoisting the National Flag. With the un-knotting of the flag's string, it started flapping and fluttering in the gentle breeze and the formation of Security Guards presented a General Salute to the National Flag. Meanwhile, a group of physiotherapy students sang the National Anthem with stunning sweet voices. It was all a mesmerizing and compelling display of nationalism and patriotism.



The 76th Independence Day Celebrations at Liaquat National Hospital

WHAT'S NEW

CELEBRATING THE LAUNCH OF JOURNAL OF LIAQUAT NATIONAL HOSPITAL (JLNH)

Liaquat National Hospital & Medical College reaffirms its commitment to excellence with the launch of the Journal of Liaquat National Hospital (JLNH). Following the success of the Liaquat National Journal of Primary Care and Liaquat National Journal of Cancer Care, this new addition stands as another feather in the institution's cap towards advancing medical knowledge. The efficient and

timely launch of the JLNH is indeed a matter of great pride, showcasing the institution's dedication to scholarly advancement in the medical field.

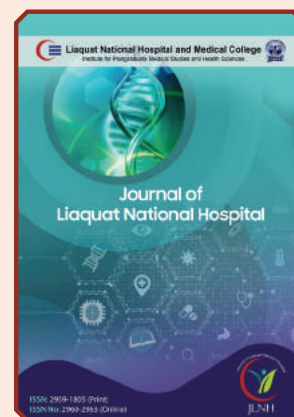
JLNH serves as a distinguished platform for scientific exchange, facilitating cutting-edge research and advancements in medical education. The diversity of article types, including Original Articles, Review Articles, Case Reports, and more, reflects the

(continue on page 2)

journal's commitment to comprehensive medical understanding. Embracing open access principles, JLNH ensures global accessibility, fostering collaboration and innovation. Its launch signifies a milestone for Liaquat National Hospital & Medical College, positioning the journal as a driving force in medical progress.

Prof. Dr. Salman Faridi the Medical Director of Liaquat National Hospital and Medical College, lauded the efforts of Prof. Dr. Zia ul Islam the editor-in-chief and editorial board members for achieving

this milestone. He also mentioned the hard work of all those who worked behind the scenes to make the publication of this journal in a record time. As we move forward, we can confidently anticipate that the JLNH will continue to flourish, making meaningful contributions to the medical community and beyond.



CDC- PAKISTAN, CENTER FOR TREATMENT OF HIV PATIENTS AT LIAQUAT NATIONAL HOSPITAL

Medicine department, feels proud and is pleased to introduce the CDC- Pakistan, HIV Treatment Center at Liaquat National Hospital and Medical College (LNH&MC). The program will offer free ARV (Anti-Retroviral therapy)

to adults as well as pediatric HIV patients. In addition to ARV medications, patients can also get free HIV screening tests, CD-4 and HIV -Viral load studies.

A designated doctor and a

counselor for HIV-related issues will be available for guidance of patients and their families. This program will operate through Infectious Diseases OPD, Liaquat National Hospital.



CDC- Pakistan, HIV Treatment Center at Liaquat National Hospital and Medical College

INAUGURATION OF NEW GYNÆ THEATER AND RECOVERY AREA

We are very pleased to announce the inauguration of a new gynaecology operating room along with the recovery area. This inauguration was carried out by Prof. Dr. Salman Faridi, Medical Director of LNH&MC on 5th May, 2023 and attended by Senior Management and Faculty members of LNH. This *(continue on page 3)*

EDITOR'S NOTE

Dear Readers,

Climate change is an expensive collective problem that will be felt unequally around the world and within communities. Sustainable and equitable financing is needed to address disparities and reduce the economic costs of loss and damage from climate change. This issue includes news on the launch of Journal of Liaquat National Hospital (JLNH);

Independence Day Celebration at LNH&MC; Center for Treatment of HIV Patients; Awareness Sessions; Courses/ Workshops/Seminars conducted in LNH; Activities by LNMC, LNCON and at RSDC and SCPCU; Different Events Held at LNH&MC; Achievements by LNH&MC Staff; and much more.

Hope you will enjoy reading this entire issue as always.



Ishrat Saleem
Dr. Ishrat Saleem
Chief Editor

state-of-the-art facility stands as a remarkable step forward in our commitment to providing exceptional care & advancing medical services for women. This new facility is well equipped with the latest medical technology, including a 4K Laparoscopic System, allowing our dedicated team of gynaecologists to perform complex surgeries with precision, ensuring the best possible outcomes for our patients.



Inauguration of New Gynae Theater and Recovery Area

PUBLIC AWARENESS PROGRAMS

AN AWARENESS SESSION ON WORLD NO TOBACCO DAY BY DR. SYED TABISH REHMAN (CONSULTANT, CHEST MEDICINE) AT SALAM TAKAFUL

On World Tobacco Day (May 31, 2023), the Marketing Department organized an awareness session at Salam Takaful focusing on the health impacts of tobacco. Dr. Syed Tabish Rehman, Consultant Chest

Medicine from Liaquat National Hospital, shed light on the adverse effects of tobacco smoke on both smokers and their environment.

Along with that, he discussed proactive steps to quit smoking and building a healthy lifestyle. About 100 employees of Salam Takaful attended the session and acknowledged the impact of tobacco. In the end, there was a Q&A session where attendees were left with heightened awareness and a clearer path towards healthier choices.



An Awareness Session on World No Tobacco Day at Salam Takaful

LUPUS AWARENESS WALK

Not All Wounds Are Visible

The Department of Rheumatology organized a walk to spread awareness about the disease “Systemic Lupus Erythematosus (SLE)” on Wednesday, 17 May 2023 at Liaquat National Hospital. It’s an autoimmune systemic disease and very few common

people and some medical practitioners know about it. For the same reason, SLE is misdiagnosed or mistreated in the earlier days of its manifestation and sometimes, the patient has to bear irreversible damage to the organ or even life. This disease is

more common in young females and initial presentation can be non-specific, e.g. fever, easy fatigue, weight loss, joint pain, non-specific rashes etc. These symptoms are also present in other diseases and lead to delay in correct diagnosis (continue on page 4)



Awareness Walk on World Lupus Day

and management. Due to the aggressive nature of the disease and an organ or life-threatening cause, it is the utmost important that the patient should be referred to a trained rheumatologist at the earliest possible. The only way to achieve this target is to create awareness in the medical and surgical specialists and common people through various events.

HEALTH AWARENESS SESSION ON SMOKING CESSATION BY DR. RABEEYA SAEED (CONSULTANT, FAMILY MEDICINE) AT TOYOTA DEFENCE MOTORS



Health Awareness Session on Smoking Cessation at Toyota Defence Motors

A health awareness session was arranged at Toyota Motors on June 7, 2023, where Dr. Rabeeya Saeed (Consultant, Family Medicine) visited as a guest speaker. About 70-80 employees of Toyota Motors attended the session, where she began by highlighting the harmful effects of smoking on various aspects of health.

Dr. Rabeeya Saeed also discussed the dangers of secondhand smoke and how it can affect smokers and those around them. The main focus was on the benefits of smoking cessation, where she outlined the positive changes that occur in the body shortly after quitting smoking and provided practical strategies.

The interactive session engaged the audience to share their views and experiences. Toyota Motors appreciated this initiative of Liaquat National Hospital.

WORLD HEPATITIS DAY

On 25th July 2023, the Department of Gastroenterology, Liaquat National Hospital arranged a public awareness program on viral hepatitis as World Hepatitis Day to highlight the importance of early diagnosis, prevention, treatment and vaccination. More than 150 attendees, including paramedical staff, medical technicians, undergraduates, post-graduate trainees and faculty members of the GI department participated in this program.

The program was moderated by Dr. Rajesh Kumar Wadhwa (GI Consultant). The welcome address was given by Dr. Pervez Ashraf (GI Consultant) regarding awareness of Hepatitis. An awareness talk on Hepatitis A and E was given by Dr. Ahsan Rana (Sr. Resident). Talk on fatty liver was presented by Dr.

Mehreen Akmal (SMO). Talk on 'Are we ready to eradicate the HCV?' was presented by Dr. Raheela (SR). Talk on "how to treat and prevent HBV" was presented by Dr. Kiran Bajaj (SR). Topic related questions were answered by GI faculty members (Prof. Dr. Lubna Kamani and Dr. Shahid Karim). Conclusion remarks were given by Prof. Dr. Mansoor Ul Haq (HOD-Gastroenterology).



World Hepatitis Day

WORLD THALASSEMIA DAY

World Thalassemia Day is a global healthcare event commemorated every year on May 8th to raise awareness about the condition. Thalassemia is an inherited autosomal recessive disorder acquired from parents; one or both. It affects 5-7% of the

general population in Pakistan across all ethnicities. In its severe form, it is associated with transfusion dependency from an early age and other complications resulting in a short lifespan. To disseminate information about this disease, the department of

Hematology at Liaquat National Hospital, led by Dr. Naila Raza (Assistant Professor-Hematology) and Prof. Dr. S.M. Irfan held an awareness session on May 17, 2023.

An overview of the session was delivered by (continue on page 5)



World Thalassaemia Day

Dr. Naila Raza. Speaking on the occasion, Prof. Dr. Mehnaz Atiq, a renowned Pediatric Cardiologist informed the audience about the potential risks and challenges faced by thalassemia patients regarding their cardiovascular well-being and emphasized the importance of early cardiac monitoring.

Dr. Samar Abbas Jaffri, Assistant Professor- Internal Medicine discussed the spectrum of treatment tailored for thalassemia patients including management

of various diseases as well as transfusion related complications. Dr. Mah Ali, Senior Resident of Hematology department talked about the diagnostic challenges in thalassemia minor patients in the presence of concomitant iron deficiency and other hemoglobinopathies. She also emphasized the significance of carrier screening and genetic counseling, which is the need of the day. The panel discussion, led by Prof. Dr. S.M. Irfan, engaged the audience who keenly

participated in the question answer session.

This awareness session was concluded by Prof. Dr. Salman Faridi, Medical Director of LNH & MC, who extended the hospital support for screening young school children for thalassemia in the future. The event played a crucial role in not only disseminating information but also spreading a deeper understanding of thalassemia and the strategies for its prevention and management.

SESSION ON THE IMPORTANCE OF EARLY INTERVENTION AT BABY DAY CARE CENTER

On 4th July, 2023, Dr. Raman Kumar conducted a session at Baby Day Care Center for parents and caregivers to give awareness regarding early intervention and role of parents and caregivers in the early days for holistic development of one's personality traits. Dr. Raman Kumar gave emphasis on how important the period is from 0 to 2 years, as in these years the whole personality of a child develops.

As now, children are kept busy with the early exposure to TV and mobiles this screen time kills the physical and experiential learning time, which creates a hinder in the learning process.



Importance of Early Intervention at Baby Day Care Center

WHAT YOU CAN DO

- ✓ No screens at family meals or outings
- ✓ Don't use the screen as a babysitter
- ✓ Put screens away one hour before bedtime
- ✓ Use parental controls
- ✓ Keep screens out of bedrooms
- ✓ Go outside and play!

18-24 MOS

LIMIT USE TO EDUCATIONAL PROGRAMS ONLY

2-5 YEARS

LIMIT 1 HOUR OR LESS ON WEEKDAYS; ALLOW 3 HOURS OR LESS ON WEEKENDS

AGES 6+

DEVELOP AND COMMUNICATE HOUSEHOLD SCREEN TIME RULES

Implement healthy screen-free habits and activities for all ages!

COURSES/WORKSHOPS/SEMINARS

2ND SKILL SESSION POST-GRADUATE CERTIFICATE (PGCERT) FAMILY MEDICINE BATCH 22-23



Simulated Consultation

The faculty of Family Medicine conducted a skills session for the batch 2022 enrolled in their post graduate certificate course in Family Medicine on 14th -17th Feb 2023.

The 4-day sessions were conducted by Dr. Rabeeya Saeed, Dr. Nausheen Haroon Ahmed, Dr. Farheen Saboor and Dr. Mariam Ahmed.

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These sessions covered consultation skills, clinical case discussions, interpretation of ECG, X-rays, and hands-on practice of examination skills on simulated patients. The participants greatly appreciated this learning activity as it helped in enhancing their clinical skills which they can apply in their practice to benefit patient care.



Hands on Practice of Examination Skills



Group Photo with PG Cert Batch 2022-2023

WORKSHOP ON GERIATRIC ESSENTIALS FOR PRIMARY CARE



Group Discussion on Application of 5 M of Geriatric Framework into Clinical Practice

On the occasion of World Family Doctors Day, the Department of Family Medicine organized a workshop on Geriatric essentials for Family Physicians. The workshop content was based on the Geriatric 5M approach i.e. Mind, Mobility, Medications, Multi-complexity, Matters Most, which provided participants with an insight into the tools being utilized for comprehensive

assessment of elderly patients in their clinical setting. Our faculty received an overwhelming response and outstanding feedback from the participants for this workshop.



Celebrating World Family Doctors Day for Geriatric Capacity Enhancement

DEPARTMENT OF FAMILY MEDICINE ORGANIZED A COURSE ON EVIDENCE BASED MANAGEMENT OF NON-COMMUNICABLE DISEASE IN PRIMARY CARE



Empowering Primary Care: Evidence-Based Management of Non-Communicable Disease

A blended learning course on Evidence based management of primary care was organized by the Department of Family Medicine to upgrade knowledge and skills of non-communicable diseases management among primary care providers. Weekly interactive sessions by faculty were conducted on Zoom every Saturday along with quizzes and assignments. Participants were also provided an opportunity for hands-on practice of examination and consultation skills during physical contact sessions.



Hands-On Practice Session: Strengthening Examination and Consultation Skills

LEADING FROM THE FRONT; BRIDGING THE GAP

LNH Accident & Emergency medical students, nurse emergency room, intensive care Department organized a CME on practitioners and physician unit, or hospital wards. 27th May, 2023. The theme was assistants working in the The main purpose (continue on page 7)

The activity targeted audiences were residents, general practitioners,



CME on Leading from the Front - Bridging the Gap

of this CME was to motivate them to enhance their knowledge, skills and critical thinking. CME also emphasized effective communication in the ED setting to provide safe and appropriate patient care.

Topics covered were Cardiac Emergency, Management of Poisoning Cases, Triage, Management of Trauma Patients, Sepsis and Communication in ER. There were also quiz questions in between the lectures to keep the audience interactive.

There was no fee for "CME". Approximately 130 people participated, the majority of them were medical students and GPS. The CME was supported by the IT, Telecommunication and Marketing departments.

THE UNDERGRADUATE RESEARCH SOCIETY OF LNMCM SUCCESSFULLY ORGANIZED RESEARCH WORKSHOPS THIS YEAR



Syed Mustansir H. Zaidi Facilitating SPSS Workshop



Principal LNMCM Prof. K. U. Makki with Research Society members and participants after last SPSS workshop.

Workshop 1: Review Article Writing

The first workshop was conducted on 3rd June 2023, on Review Article Writing, which was led by research expert Dr. Sheeraz-ur-Rahman - a renowned general surgeon, and Prof. Dr. Sobia Ali, HOD Health Professions Education. The

assisted the Research Society in providing extremely well structured workshops to the students, teaching them how to navigate the SPSS interface with ease. The workshop was facilitated by Syed Mustansir H. Zaidi, and senior biostatisticians Muhammad Irfan, and Abira Imran.

Workshop 3: SPSS Dynamo 2

Owing to high demand, another SPSS workshop was held on 17th June 2023. The workshop was highly interactive and practical for the participants, facilitated by Syed Mustansir H. Zaidi, Muhammad Irfan, and Abira Imran.



Prof. Sobia Ali Facilitating Review Article Workshop



Controller Academic Administration and Research Training, Dr. Shaheena Akbani with the Research Society Members, and Workshop Facilitators Dr. Sheeraz ur Rehman, and Prof. Sobia Ali, after workshop 1.

Workshop 2: SPSS Dynamo

The second workshop was held on 10th June 2023 on SPSS. The cooperative team of the Biostatistics Department led by HOD Syed Mustansir H. Zaidi

WFNS EDUCATION COURSE 2023



Speakers at WFNS

To equip aspiring neurosurgeons in Pakistan with modern knowledge and training, the Department of Neurosurgery at

Liaquat National Hospital continues its tradition by hosting the WFNS Education Course 2023. This 3-day conference is a

collaborative effort with the WFNS Spine Committee, along with the WFNS Education Committee, Skull Base, Trauma, Pediatric, and Endoscopy committees.

The conference kicked off on August 10th with the ENDOSCOPY/SKULL BASE/TUMOR Session. This session commenced with a focus on the Skull Base, featuring Prof. Mahmood Q. (Kenya) discussing the anatomy of the skull base. It

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Participants at WFNS

included remote presentations by Prof. Kenan on microsurgical approaches and consecutive keynote lectures by Prof. Vlad B. (Czech Republic) and Prof. Luis B. (Brazil). The session also highlighted the surgical importance of the jugular foramen and a meta-analysis of Cavernomas.

Following these enlightening talks, the session transitioned to the Endoscopy segment. Prof. Imad K. (KSA) delivered a keynote talk on the hybrid use of endoscopes. Other presenters included Prof. Mumtaz A., Prof. Lal R. and Prof. Khalid M. followed by engaging Q&A sessions and discussions.

The day continued with a spine session, featuring back-to-back keynote lectures on deformity correction by Prof. Onur Y. (Turkey), management of osteoporotic spine fractures by Prof. Mahmood Q., discussions on lumbar disc prolapse guidelines by Prof. Salman Sharif and spinal parameter guidelines by Prof. Mohsin Q. Additionally, Prof. Serder K. (Turkey) presented intramedullary tumor surgery. The session concluded with case reviews and interactive

discussions with experts, followed by a refreshing trip to the serene Hawks Bay Beach, where attendees enjoyed a mid-summer sunset, cricket, music, and delicious food.

The excitement continued the next day with a case presentation session by residents and young neurosurgeons. A Research Boot Camp session by Prof. Shahzad S. provided valuable tips and tricks for research endeavors, followed by a crucial talk on ethics and empathy in neurosurgery by Prof. Ahmed A. The day proceeded with a trauma session, where lectures on neurotrauma, thoracolumbar and cervical trauma management were given by esteemed faculty.

The Peads Session, focused on pediatric neurosurgical issues and was divided into pre and post-lunch segments. Prof. Graham F. delivered a keynote speech on becoming a pediatric neurosurgeon, while Prof. Hassan S. (USA) discussed craniosty-nosis. Talks on pediatric medulloblastoma, epilepsy surgery, and endoscopic resection of craniopharyngiomas were conveyed. The day concluded with a Skull Base Session II, highlighting

talks on glioma management, hybrid surgery approaches, skull base chordomas and insights into current AVM treatment. Prof. Ather E. talk on awake craniotomy marked the end of the 2-day session, followed by a post-quiz session that tested trainees and awarded cash prizes to winners.

The Gala Dinner was all about a meet and greet session honoring our guests. The dinner was privileged with the auspicious presence of Chief Secretary Sindh, Dr. Sohail Rajput. A lucky draw was conducted for the participants, and valuable neurosurgical books by pioneers of neurosurgery were distributed.

On August 12th, two post-conference workshops were held for participants interested in spine and skull-based entities. The skull base workshop included hands-on learning from experts. The spine workshop focused on Transforaminal Discectomy and featured live surgery demonstrations and interactive discussions.

Certificates were awarded to participants, and the conference ended on a high note, promising further educational endeavors.

WORKSHOP ON MODERN TECHNIQUES OF BLOOD COLLECTION

A workshop on "Modern Techniques of Blood Collection" was held on August 21, 2023, at the Liaquat National Hospital & Medical College in Karachi. Hosted by Greiner Bio-One (S. Ejazuddin & Co), this event showcased advancements in blood collection methodologies, with a particular focus on the crucial pre-analytical phase.



Training conducted by Miss Shaima Shafi on Modern Techniques of Blood Collection



Presentation on Modern Technique of Blood Collection by Miss Shaima Shafi (Expert Product Application)

The workshop was participated by 120 students from diverse disciplines. Attendees included the Department of Laboratory Services, Department of Nursing and students from the School of Diagnostic Laboratory Sciences. This cross-disciplinary attendance underscored the universal importance of effective blood collection techniques within the healthcare spectrum.

The event proved to be a valuable platform for both staff and students to augment their knowledge of contemporary blood collection methodologies. Practical insights were shared, emphasizing the significance of meticulous adherence to protocols during the pre-analytical phase. With an audience

comprising emerging healthcare professionals, the workshop aimed to instill a comprehensive understanding of best practices in blood sample collection, labeling, handling, transportation, and preparation.

Such initiatives unequivocally contribute to the elevation of patient care standards and diagnostic precision.

These initiatives bridge the gap between theoretical knowledge and practical skills, equipping our prospective healthcare practitioners to deliver an unparalleled quality of service.

CME ON IMPORTANCE OF VACCINATION

The Internal Medicine department at LNHMC conducted a successful CME on 10th June 2023, on the importance of vaccines. The workshop was attended by Health Care Workers (HCWs) and students, in and outside LNH. The program started with Tilawat e Quran Pak. HOD Internal Medicine Prof. K.U. Makki provided an initial insight on the importance of vaccines, followed by Dr. Sabiha Anis (guest speaker and consultant immunologist, Indus Hospital & Health Network (IHHN) gave a detailed note on the mechanism of action of vaccines. Dr. Muhammad Owais and Dr. Rabeea Shah (from Infectious diseases) highlighted some important vaccines and discussed case-based scenarios in daily life on the use of vaccines. Dr. Miray Hassan from the Medicine department also gave important information on traveler's vaccines.



CME on Importance of Vaccination

GERIATRIC CONSIDERATION OF URINARY INCONTINENCE AND HYPOTONIC BLADDER

Urinary incontinence and hypotonic bladder are prevalent issues also in the Female Geriatric Population, warranting careful consideration in urogynaecology. As individuals age, physiological changes occur that can impact the urinary system. The Gynecology department at Liaquat National Hospital Karachi hosted a CME event on August 17,

2023, focusing on geriatric considerations of urinary incontinence and hypotonic bladder. The CME was organized by Dr. Maria Jabeen and Dr. Haleema Hashmi. The CME commenced with an overview of Urogynecological issues by Dr. Aisha Taj. The event featured insightful talks from Prof. Dr. Aziz Abdullah, Prof. Dr. Haleema Hashmi, and Dr. Maria Jabeen,

fostering interactive discussions. Practical demonstrations included TVT/TOT procedures, Laparo-scopic Burch colposuspension, Urodynamics interpretation, and bladder repair. The audience

actively engaged in the discussions and demonstrations, making the event not only informative but also enjoyable.



Geriatric Consideration of Urinary Incontinence and Hypotonic Bladder

AO TRAUMA COURSE

AO Trauma is an international community of trauma and Orthopaedic surgeons which is committed to promoting excellence in patient care and outcomes in trauma and musculoskeletal disorders. The Department of Orthopaedics LNH is proud to announce that five Orthopaedic residents from LNH attended the AO Trauma – Basic Principles of Fracture Management course in Athens, Greece and Nairobi, Kenya this year. A few residents also participated in the AO Trauma-Advanced Principles of Fracture Management course in Lahore, Pakistan as well.



AO Trauma Course

THE 4TH ADVANCED KNEE AND SHOULDER ARTHROSCOPY WORKSHOP – 2023

The 4th Advanced Knee and Shoulder Arthroscopy Workshop was successfully conducted in LNH on 15th and 16th of August 2023. Being directed by Dr. Kazim Rahim and Dr. Muhammad Sufyan, and facilitated by a number of LNH faculty, this practicum included interactive lectures, live surgeries, and hands on sessions. Building off of the success of the

ones previously conducted, these two live surgery workshops explored tools and methods to improve surgical techniques, based on cutting-edge surgical research in evidence-based medicine, aimed to impact loco-regional practice patterns with the ultimate goal of improved patient outcome after knee and shoulder arthroscopy.



The 4th Advanced Knee and Shoulder Arthroscopy Workshop

SAWBONE AND CASTING WORKSHOPS



Sawbone and Casting Workshops

The faculty of the Department of Orthopaedics successfully organized two hand-on workshops for its residents with in a year. Dr. Kazim Rahim, Dr. Muhammad Sufyan, Dr Asif Peracha directed a Sawbone workshop for their residents in May 2023, and a Splinting and Casting workshop in June 2023. These two hand-on workshops explored tools and methods to improve surgical techniques, with the ultimate goal of improving



Sawbone and Casting Workshops

patient outcomes. LNH's Department of Orthopaedics is honored to have played a pivotal role in providing this platform to young orthopaedic trainees for continual improvement, and will continue to do so in the future.

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WEBINAR ON “EMERGING ANTIBIOTIC RESISTANCE & INFECTION CONTROL IN HEALTHCARE SETTINGS”

On 27th July 2023, with the collaboration of the Internal Medicine & Infectious Disease departments of LNH, a webinar on Emerging Antibiotic Resistance & Infection Control in healthcare settings was organized.

The panelists for the session included Dr. Muhammad Owais Khan, Consultant Infectious Disease & Chairperson of Infection Control Committee (ICC)

and secondly, Mr. Robin Basheer, Senior Infection Control nurse & also member of ICC. It was moderated by Dr. Miray Hasan, Consultant Internal Medicine.

The webinar was organized to create awareness among healthcare workers, so that effective preventive measures for infection control can be implemented. An informative talk was given by Dr. Owais on

antimicrobial resistance, its mechanism & its impact. Mr. Robin discussed different types of infections & gave guidance about the preventive measures needed in the handling of patients. Relevant queries of the viewers were also answered by the panelists.

Overall, it was an informative discussion for all health care providers in all kinds of settings.

SENIOR CITIZENS PRIMARY CARE UNIT

SENIOR CITIZENS PRIMARY CARE UNIT MEMBERS VISIT TO MOHATTA PALACE



Enchanting Glimpses of Seniors Finding Solace and Spiritual Grace during their Cherished Visits

A group comprising of 11 members of Senior Citizens Primary Care Unit (SCPCU) paid a visit to Mohatta Palace on August 26th 2023.



Mohatta Palace was known as Qasr-e-Fatima

A Delightful Day of Joy and Exploration as a Group of Senior Citizens Visited the Enchanting Mohatta Palace

in the 60s. It was an enriching experience to visit the place with our elderly members and listen to their stories from different eras of Pakistan after Independence.

The bond shared between everyone was beautiful to be seen as they all enjoyed this outdoor activity organized by Liaquat National Hospital.

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

Members can anticipate a wide range of physical health-promoting activities at our facility. We also promote social interaction by giving clients the chance to interact with their peers through activities like group discussions, games, and exercises. Members also have access to mental health specialists who can help them with any psychological or emotional problems they may be experiencing. We aim to provide comprehensive assistance for the wellbeing of our clients and understand the value of both physical and mental health.

PAKISTAN INDEPENDENCE DAY CELEBRATION AT SENIOR CITIZENS PRIMARY CARE UNIT



Celebrating the Spirit of Independence: Spreading Joy among our Cherished Senior Clients on the Eve of August 14th



Celebrating Independence Day Sweetness with our Senior Citizen Clients: A Joyous Cake-cutting Moment to Savor



Senior Citizens and OPD Management Unite to Paint Independence Day's Canvas with Joy

LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

ART THERAPY BY ART & CULTURE SOCIETY

The vibrant Art Therapy event organized by the Art & Culture Society under the supervision of Dr. Shaesta Tabassum as its chairperson and with the guidance of Ms.

Rubab Jafri, was envisioned to nurture holistic well-being among medical students. The event ingeniously interwove artistic expression and self-care techniques. Under the expert guidance of clinical psychologist, Aisha Idris, students were led through an array of engaging activities, designed to enhance self-awareness, resilience, and overall well-being.

The event began with an innovative "mind dumping" activity, creating a safe space for participants to unload their thoughts, setting the stage for a transformative journey of self-expression. The room buzzed with creativity as the tote bag painting



Art Therapy by Art & Culture Society

session commenced, infusing individuality into each piece and fostering self-discovery through creative brushstrokes. Amidst the artistic fervor, a soothing mindfulness meditation provided pause, allowing respite from academic pressures and teaching students various techniques to combat the daily stressors of medical school. Collage making followed, allowing students to visually narrate their journey through medical school and emotions through carefully curated images. This event exemplified how the fusion of art, mindfulness, and self-expression can harmonize with the demands of medical education.

LNMC CREATIVE WRITING COMPETITION



Creative Writing Competition Participants

The LNMC Magazine Society – English Section organized the first ever Creative Writing Competition for

its students on 17th August, 2023. The event was organized under the supervision of the Magazine Society's (English Section) Chairperson, Dr. Samar Abbas Jaffri and his society members.

The event was held within the college grounds and the students were given 45 minutes to write on the topic "If you had a world record in something, what would it be?" which was revealed on the day of the competition to maintain transparency and add to the students' anticipation.

The idea of the competition was to showcase the students' writing abilities and provide them a means

of expressing their creativity. At the end of the event, all the participants were given a small token of appreciation for their enthusiasm.

The Prize Distribution Ceremony for this competition event was held after a few days to announce the winners. The Ceremony was attended by the Head of the Department of Internal Medicine and Principal of Liaquat National Medical College, Prof. Dr. Karimullah Makki as well as the Director Academic Administration and Research Training, Dr. Shaheena Akbani. Certificates were awarded to all participants and shields to the winners. A cash prize of 5000/Rs was also awarded to the first winner. The winners were as follows

1. Taha Mehmood Minai – 3rd Year
2. Sameen Bazmi – Final Year
3. Maria Mustansir – 4th Year

Overall, the competition was very well received and the participants look forward to similar events in the future.



Creative Writing Competition Members



Prize Distribution Creative Writing Competition



Certificate Distribution MSOL 2022

LNH IDOL 2 ORGANIZED BY MUSIC AND DRAMA SOCIETY (MAD)

Imagine a scene where melodies meet medicine – that's what happened at LNMC on 18th August 2023 during the incredible LNH Idol 2.0. This event was all about teamwork, talent, and turning challenges into victories. Under the unwavering support of chairperson Dr. Sana Anwar and the administration, MAD Society, led by Co-chair Ikhlās, managed to defy all odds to make the day unforgettable.

The aim was to provide an opportunity to bring out students' hidden musical talents as well as encourage artistic expression. All the performances were nothing

short of a melodious magic show. Who knew that individuals buried nose-deep under books would have such amazing talent? However, the highlight of the event had to be the audience. Their energy, enthusiasm, and genuine appreciation for the performers turned the event into a true celebration of art. The surprise performances by LNH Idol 1 winner, Mahnoor Channa, Dr. Nashit, and Dr. Subhan were just the cherry on top! Choosing the winners was surely a difficult task for the judges. All the performances were masterful, leaving both judges and

attendees amazed. Still, a winner has to be chosen. The crowning moment showcased Arisha Mary as the winner, Palwasha as the first runner-up, and Naheel Khalili as the second runner-up.

The LNH Idol not only allowed students to showcase their talents but also facilitated new friendships and a sense of belonging within the medical school community. It is a reminder that with the right mindset and support system, even the most challenging circumstances can give rise to moments that will be cherished forever!



LNH Idol 2.0 by MAD Society

LNMC SPORTS FEST 23

In August, the LNMC sports society hosted "Sports Fest 23" for students. Indoor competitions for chess and scrabble, 8-ball pool, table tennis, and e-sports were held throughout the first week. Some of these events had



LNMC Sports Fest

participation by LNMC faculty as well. The enjoyment for the next week increased with the organization of team sports including tug of war, football, throw ball, and cricket. However, the excitement peaked towards the end of the events as basketball and badminton were also played at the AKU Gymnasium. Overall, the Sports fest was well organized, and an overwhelming number of students participated. The winners received their awards during the closing ceremony, which was held in the LNH auditorium on 30th August 2023.

LIAQUAT NATIONAL COLLEGE OF NURSING (LNCON)

COLLEGE OF NURSING LAMP LIGHTING CEREMONY

On 31st May 2023, the Liaquat National College of Nursing (LNCON) organized the Lamp Lighting Ceremony at the Liaquat National Convention Centre. The event was a grand affair as the Lamp Lighting Ceremony was a part of the International Nurses'

Day celebrations. It led to the past, present, and future of nursing coming together gloriously. There were distinguished nurse leaders who had set the cornerstone for innovations in nursing, and on the other hand, there were young,

enthusiastic students who were about to step into the nursing profession.

Lamp lighting is an auspicious occasion in every nurse's life and it is held in reverence to Florence Nightingale, the "Lady with the Lamp" who is

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Students Lighting the Lamp

regarded as the founder of modern nursing. The ceremony formally initiates students into the noble profession of nursing as they take the oath to serve humanity with care and compassion without any discrimination. A total of 108 B.S. Nursing (Generic) students, which included the newly inducted

students of session 2022-23 and students of session 2021-22, participated in the ceremony. Ms. Parveen Akhtar, Director – People's Nursing School, Liaquat University of Medical and Health Sciences, Jamshoro was the esteemed Chief Guest at the event and Prof. Dr. Salman Faridi, Medical Director – Liaquat National Hospital (LNH) was the Guest of Honour. Mrs. Judith Zaidi, Principal – College of Nursing initiated the Lamp Lighting Ceremony. Students lit their lamps symbolically and then took the Nurses' Pledge which was led by Ms. Sonia Barkat, Lecturer I.

Brig. Dr. Anwer Ali Khan (Retd.) -



Picture with Lamps

Controller – Nursing Administration, Ms. Samina Iqbal Kanji - Chief Nursing Officer, and Mrs. Judith Zaidi presented a bouquet and a memento to the Chief Guest. LNH Team Nursing, Heads of Departments, and distinguished members of the nursing fraternity from other institutes also graced the event with their presence.

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



Karim Nooruddin

The Liaquat University of Medical & Health Sciences, Jamshoro (LUMHS) announced the results of B.S. Nursing (Generic) Final Year Semester VIII (Session 2018-19) on 19th June, 2023. Two students of Liaquat National College of Nursing secured positions. Karim Nooruddin got the second position overall with a CGPA of 3.94, whereas Adnan Salim was third with a CGPA of 3.93. Both students are currently doing nursing internship at Liaquat National Hospital.



Adnan Salim

RETIREMENT OF MS. SHALEEN OLIVER

Ms. Shaleen Oliver, Senior Lecturer and the longest serving faculty member at LNCON, retired on 9th August 2023. Ms. Shaleen began her career in Nursing at Liaquat National Hospital in May 1999 as Deputy Manager – Nursing. She joined the College of Nursing in 2007 as Instructor and was later promoted to Senior Lecturer. She was an integral member of LNCON, undertaking various administrative tasks during her tenure, such as correspondence with the affiliated university Liaquat University of Medical & Health Sciences, Jamshoro. She taught different courses and was the Coordinator in the B.S. Nursing (Generic) and B.Sc. Nursing (Post RN) programs at LNCON. Ms. Shaleen served LNH with diligence and the utmost dedication. She was well-respected and loved by her students and colleagues. We wish her all the best for the next chapter in her life.



Shaleen-Oliver

EVENTS

CERTIFICATE DISTRIBUTION CEREMONY FOR PGCERT FAMILY MEDICINE COURSE



Prof. Dr. Salman Faridi Presenting Shield to Dr. Rabeeya Saeed

The closing ceremony of the Family Medicine Post Graduate Certificate Course (PGCERT) was held on 9th March 2023. Medical Director, Prof. Dr. Salman Faridi embraced

the occasion with his presence and awarded the certificates to successful participants and distributed



PGCERT FM Participants Feeling Accomplished and Celebrating

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shields of appreciation to the course organizing faculty. Dr. Rabeeya Saeed, HOD Family Medicine and course director, with her heart felt gratitude, appreciated the efforts of faculty, residents, and administrative staff for running this course successfully.



The Team PG Cert Batch 22-23 with Prof. Dr. Salman Faridi

FAMILY HEALTH FAIR AT OUTREACH MEDICAL SERVICES, SHAH FAISAL



Fun-Filled Health Fair- The Core Family Medicine Outreach Team

Organized by the Department of Family Medicine on the occasion of World Family Doctors Day, at LNH Shah Faisal Outreach Centre.

Our enthusiastic team of Family Medicine specialists, Nurses, Dentist, Nutritionist and Physiotherapist provided free medical consultation,



Free Medical Consultations, Dental Screenings, and More

dental screening, nutritional counselling and yoga sessions respectively for all members of the family.

The event emphasized the importance of a family centered approach towards health maintenance and disease prevention. Over 100+ attended this fair which was full of health and fun activities for the whole family.

FREE MEDICAL CAMP AT THE KARACHI GYMKHANA

The Marketing Department and OPD Services collaborated to organize a Free Medical Camp at the Karachi Gymkhana on June 3, 2023. This event featured our consultants and professionals from various departments,

including Cardiology, Family Medicine, Internal Medicine, Nutrition, Mental Health and Gastroenterology, which catered to the medical needs of members of diverse age groups.

Attendees were provided with

exclusive access to expert medical advice and thorough basic health checkups. Gymkhana members appreciated the efforts of Liaquat National Hospital and anticipated to organize more health initiatives together.



Free Medical Camp at the Karachi Gymkhana

INDEPENDENCE DAY CELEBRATION AT BABY DAY CARE

Independence Day was celebrated with enthusiasm at Baby Day Care, LNH. The staff prepared different activities like paper crafting, coloring, face painting, blowing balloons, storytelling and singing national songs for children so they are kept engaged and know the importance of the day.



Singing National Song



Cake Cutting



Showing Happiness During Celebration of Independence Day

SUMMER CAMP

The rehabilitation services departments of Occupational Therapy and Speech Therapy Liaquat National Hospital organized a summer camp which started from 17th June 2023 with the first group of 20 special needs children and ended on 27th June 2023, and the second group which was distributed in the 2 slots due to remarkable number of participants which was 65 started from 3rd July 2023 and ended on 13th July 2023 with 9 days activities, altogether was the strength of 85 participants. The camp was based on different activities by keeping in mind every child's level of performance.

The concept of organizing such kinds of events is to

develop the executive functioning, the social interaction, communication skills and the confidence they need further in their lives to survive.

Furthermore, the ceremony was also organized for the certificate distribution among the campers and the facilitators.

In the end, the General Manager of Rehabilitation Services, Mr. Syed Hasan Abbas Rizvi welcomed the parents of the kids and distributed the certificates to the participants and the facilitators.

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



Summer Camp

ACHIEVEMENTS

PROF. DR. AHSAN ASHFAQ INVITED AS A SPEAKER AT 7TH ANNUAL RESEARCH TALK UNIVERSITY OF KARACHI



Audience

Recently, the Department of Physiology University of Karachi conducted its 7th Annual research talk for undergraduate and postgraduate researchers titled "Physiology bifurcations: challenges and outcomes". The conference was aimed to enhance knowledge about recent advances in physiology research among students and faculty. Dr. Ahsan Ashfaq,

Professor of Physiology at LNMC was invited as a speaker for the event. The event was largely attended by faculty and researchers from the basic sciences departments of the University of Karachi.



Prof. Dr. Ahsan Ashfaq

DR. ALI ASGHAR BECOMES FELLOW OF ROYAL COLLEGE OF PHYSICIANS OF EDINBURGH

Dr. Ali Asghar, Consultant Endocrinologist at the Liaquat National Hospital, has been elected as a Fellow of the Royal College of Physicians of Edinburgh on 16 June 2023. He is also a Fellow of the American College of Endocrinology.



POSTER PRESENTATION AT FIRST INTERNATIONAL CONFERENCE ON HEALTH PROFESSIONAL EDUCATION, AKUH BY FAMILY MEDICINE RESIDENT

Dr. Mariam Ahmed, Year 4 Resident in the department of Family Medicine presented poster at the 1st International Conference on Health Professional Education (IQRA), which was hosted by Aga Khan University Hospital (AKUH), Karachi. This presentation was prepared under the guidance of Dr. Rabeeya Saeed. The presentation described the experience of simulation-based teaching methodology for management of mild asthma exacerbations in primary care setting. The learning strategy was applied to a cohort of students enrolled in a postgraduate certificate course in Family medicine at Liaquat National Hospital.



Poster Presentation by Dr. Mariam Ahmed at First International Conference on Health Professional Education, AKUH

LIFETIME ACHIEVEMENT AWARD BY OPHTHALMOLOGICAL SOCIETY OF PAKISTAN (OSP)

Prof. Dr. Imran Ghayoor received a Life Time Achievement Award, in recognition of his work from CPSP president Prof. Khalid Masood Gondal at Pearl Continental Hotel in 3rd Pak-Cornea Conference organized by Ophthalmological Society Of Pakistan.



Prof. Dr. Imran Ghayoor Receiving Life Time Achievement Award from CPSP President Prof. Khalid Masood Gondal at Pearl Continental Hotel, 3rd Pak-Cornea Conference Organised by OSP

INTERMEDIATE MODULE AND FCPS FELLOWSHIPS

The Department of Orthopaedics of LNH proudly boasts its ranking as one of the best orthopaedic training programs and institutes in Pakistan. This year seven of our residents passed their IMM exam. We are also immensely proud to announce that Dr. Naveed Khatana and Dr. Abdul Rafay have passed their FCPS exams. The department also wished to

announce with great pride that Dr. Khalil Khatri, who passed his FCPS exam in the previous year, has been awarded a gold medal by CPSP. The department of orthopedics Liaquat National Hospital and Medical College will continue its efforts to promote academic excellence amongst its trainees in the future as well.

RESEARCH AND PUBLICATIONS

The Department of Orthopaedics LNH has always participated enthusiastically in advancing scientific research. This year, the faculty and residents have represented LNH at many national and international forums, which is a matter of pride for our department.

Our residents Dr. Saad Iqbal, Dr.

Sobia Aziz, Dr. Sumaiya Khan, and Dr. Muhammad Mustafa presented their research in Pak Orthocon held in Islamabad this year in January, and the department is proud to announce that Dr. Sobia Aziz received the 3rd best research presentation award.

Dr. Shahrukh Ahmed presented

his article in Societe Internationale de Chirurgie Orthopedique et de Traumatologie (SICOT) Congree in January 2023 in Kuala Lumpur, Malaysia.

Dr. Muhammad Anwar and Dr. Asad Iqbal presented their articles in SportsCon, held in Lahore in May 2023.

MISCELLANEOUS

3RD YEAR MBBS ACADEMIC VISIT TO THE NATIONAL POISON CONTROL CENTRE, WARD-5 JPMC

Students of 3rd year MBBS Liaquat National Medical College had an academic trip to Ward 5 - National Poison Control Centre, which was arranged by Department of Forensic Medicine & Toxicology LNH&MC and supported by senior doctors at JPMC, unveiled the center's inner workings, where the High Dependency Unit (HDU) and Intensive Care Unit (ICU) stand as lifelines for victims of poisoning admitted here from all over Karachi. The international funding from WHO, ensuring free treatment for those often from economically disadvantaged backgrounds, was a heartening testament to the center's humanitarian commitment.

The ICU's patients, predominantly victims of animal poisoning and agrochemical poisoning which were accidental and suicidal in manner and were undergoing rigorous treatment, including atropinization, expertly monitored by the attentive staff. Atropinization involves the administration of atropine that counters the effects of certain poisonous substances by blocking specific receptors in the body and they were closely monitored and



National Poison Control Centre Ward-5 JPMC

doses were adjusted to prevent adverse side effects. 3rd Year MBBS students demonstrated the art of extracting clinical history from victims, showcasing the intricacies of identifying the causative organisms and conditions. The inclusion of photographs taken by victims or their attendants proved invaluable in tailoring treatment, a testament to the Centre's holistic approach. Clinical cues, such as pupil dilation were highlighted as vital indicators in the treatment process. It's a sobering reality that many of these cases involve young students who grapple with underlying psychological disorders or tendencies towards self-harm. Our efforts here transcend the physical aspects of healing; they encompass a holistic approach that addresses mental health and emotional wellbeing.

ANNUAL OBJECTIVE STRUCTURED CLINICAL EXAMINATION (OSCE) FOR POST-GRADUATE CERTIFICATE (PGCERT) FAMILY MEDICINE BATCH 22-23

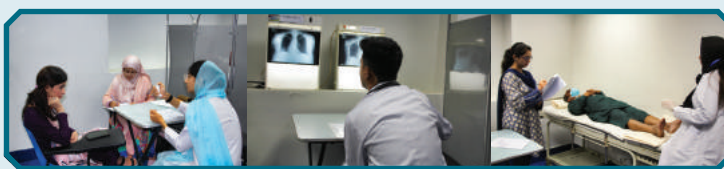
The department of Family Medicine held its annual OSCE for the Post Graduate Certificate course. Candidates were assessed for their consultation and examination skills after a yearlong blended learning course.



Group Photo of
Organizing Team



Annual OSCE PGCERT
BATCH 22-23



Family Medicine Faculty, Assessing Consultation, Examination and
Diagnostic Skills of Students

ORIENTATION TO GERIATRIC CARE FOR MEDICAL STUDENTS VIA VISIT TO SENIOR CITIZEN PRIMARY CARE UNIT



Family Medicine Faculty Presentation on
Specific Care Needs of Elderly

The Family Medicine Department organized a tour of Senior Citizens Primary Care Unit for batch 2027 of LPMC. A total of four sessions took place from 27th July – 30th July 2023. Our students were

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Batch 2027 Explores Elderly Care

given an orientation to the multidisciplinary services and activities at the unit necessary to meet the medical, psychological and social needs of an elderly person. This was followed by the

Family Medicine Faculty's interactive presentation about the importance of geriatric care at the primary care level.

The students reflected upon the needs of their elderly at home

and how they hoped to care for them. The activity was inspiring and stimulating for the students and instilled a sense of responsibility toward senior citizens in the community.

UNDERGRADUATE STUDENTS' PRIMARY CARE ORIENTATION: FIELD VISIT TO LNH OUTREACH MEDICAL SERVICES IN SHAH FAISAL COLONY



LNH Medical Facilities at Shah Faisal

As a part of the additional one-third curriculum in the reproductive module, the Department of Family Medicine arranged a visit to Shah Faisal LNH outreach center for 2nd year MBBS students in 4 divided groups. Students



LNH Dental Clinic at Shah Faisal



LNH Lab Services at Shah Faisal

were pleased to observe the state of the art facilities available at LNH outreach center and appreciated the healthcare services provided patients near their homes. This center offers a wide range of clinics, laboratory testing and pharmacy services. The preclinical students enjoyed their visit thoroughly and went to different sections of the outreach center. Dr Saima Ather, the module coordinator, appreciated the efforts of the Family Medicine department for arranging this memorable visit.

THE DEPARTMENT OF MOLECULAR PATHOLOGY IS OFFERING INTERNSHIP AND STUDY TOURS

During the COVID pandemic, the education institutes adopted online teaching mode where lab-based degree programs suffered a lot. Students completed their degrees with no labs to their credit. This resulted in the graduating students roaming around for jobs with zero lab work experience. Understanding this challenging situation, the Department of Molecular Pathology at LNH&MC took initiative of starting an Internship program in Molecular Pathology Diagnostic Laboratory at the beginning of 2022. This internship program aims to provide

skills in a professional setting. This also provides our department the opportunity to guide and evaluate the talent.

This internship program became more popular in the education sector with the start of 2023 and more students and universities and institutes have started approaching the department. The department of Molecular Pathology arranged study tours for students from various institutes and universities which were very much appreciated.



Students of SZABIST



Students of JUW



Students of JUW with Faculty & Staff

CITY MEETING

The Department of Orthopedics, LNH, yet again organized the monthly Pakistan Orthopaedic Association city meeting this year on 25th February 2023. Complex cases relating to trauma, tumors, pelvis and acetabulum, arthroplasty, sports injury, and deformities were presented by residents and treatment options were discussed by the experienced faculty present. The department was honored to host numerous reputable orthopaedic surgeons and enthusiastic residents from all over Sindh.

RESEARCH AND SKILLS DEVELOPMENT CENTRE (RSDC)

AMERICAN HEART ASSOCIATION (AHA) ACCREDITATION COURSES IN LNH

RSDC is an International Training center for American Heart Association Accredited courses. We Offer training in Basic Life support (BLS), Advanced Cardiovascular Life Support (ACLS), & Pediatric

Advanced Life Support (PALS) to doctors, Physicians, Surgeons, and health care professionals. We also offer training to community (Family & Friends CPR) and the general public (Hands Only CPR).

FAMILY AND FRIENDS CARDIOPULMONARY RESUSCITATION (CPR) ACTIVITY

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child Automated External Defibrillator (AED) use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time

possible. Recently, RSDC conducted this course on 03rd August 2023 with Pakistan Navy Finishing School Karsaz campus where candidates including, Admiral's Housewives, Students and Staff were trained by RSDC instructors & performed a Demo on Hands Only CPR, and practiced with students on Practice while watching video method along with proper COVID-19 precautions.

BASIC LIFE SUPPORT (BLS)

Research and Skills Development Centre is an American Heart Association Accredited Training center in Pakistan, providing BLS & ACLS courses on the latest AHA 2020 guidelines. The course comprises how to assess cardiac arrest victim, delivering high quality CPR for adults, children and infants; how to incorporate steps in the Chain of survival. It also includes how to deal with choking for all age groups. RSDC has conducted a total of 39



BLS for K-Electric

HeartCode BLS Provider Courses and 219 candidates have been trained with the Certified AHA Instructors by May 2023 to August 2023. The candidates, including HO's, RMO's & Nurses and outsider candidates were trained.

RSDC also conducted BLS sessions for K-Electric Doctors and their allied Health Staff members in August 2023. A total of 15 candidates were certified as American Heart Association BLS Providers.

AMERICAN HEART ASSOCIATION ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS) & PAEDIATRICS ADVANCED LIFE SUPPORT PROVIDER COURSES (PALS)

Advanced Cardiac Life Support is a 2-day practice while watching & Hands on Practice program developed by the American Heart Association (AHA) to improve the skills of emergency practitioners/ doctors/nurses and paramedical staff in emergencies,



Advanced Cardiovascular Life Support

treating the victims of cardiac arrest or other cardiopulmonary diseases. On completion of the course, Liaquat National Hospital & Medical College RSDC Department awarded certification to the

successful candidates, which is accredited by the American Heart Association and accepted by all the countries which have adopted AHA based Cardiac life support training as a

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PALS with Dr. Atika

policy. The certificate is valid for two years. A total of 03 ACLS Provider courses were conducted on 06th-07th June 2023, 18th-19th July 2023, & 25th-26th July 2023 with a total of (17) external participants.

Research and Skills Development Centre proudly led first Independent American Heart Association Accredited PALS courses, which is a (02) Days Hands on Practice listed realistic & clinical scenarios program developed by the American Heart Association (AHA), that encourages active participation through actual pediatric patient videos and lifelike simulations on mannequins to improve the skills for pediatrics practitioners/ doctors/nurses and paramedical staff in different emergencies. The course includes a series of case scenario practices with simulations that reinforce



PALS Course with Dr. Aurangzeb



PALS Course with Dr. Hina

important concepts. A total of 03 PALS Provider Courses were conducted on 11th & 12th July 2023, 01st & 02nd August 2023, and 15th & 16th August 2023 with Trained PALS faculty of LNH Dr. Hina Yousuf, Dr. Aurangzeb Ahmed, & Dr. Atika Sher. A total of (17) participants attended this session.

“MEGA CODE” TRAINING OF TRAINERS FOR NURSING MANAGEMENT & MEGACODE SESSION FOR NURSING ADULT ADVANCED RESUSCITATION TRAINING



N-AART Session with Nurse

RSDC has organized Training of Trainers Mega Code practice for Nursing Adult Advanced Resuscitation Training under supervision of Master Trainer Dr. Kahkashan Tahir (H.O.D RSDC) for LNH Nursing management & nominated staff, including Section Heads, Unit Heads, Supervisors & Senior Staff Nurses.

The objective is to monitor and enhance clinical performance of critical care setups on field and for nurses who need to promptly recognize and treat adult patients suffering from or at risk of cardiac arrest and other life threatening arrhythmias. The activity was performed on simulated mannequins with learning aid techniques including role-play, discussion, and mega code practice. Debriefing is which gives real-time experience by generating different cardiac rhythms.

The Mega Code is a simulated cardiac arrest during which students practice as members of a team and

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N-AART Session with Nurses

learn to integrate the knowledge and skills of advanced Resuscitation Skills.

Mega code Sessions were conducted from May to August 2023 in which, 10 sessions of Mega code NAART were performed in RSDC, 02 TOT and 10 numbers of challenge test (skills including handling of defibrillator, ECG lead placement = N/G tube insertion and I/V Cannulation were assessed).

SOFT SKILLS FOR SECURITY GUARDS

Research and Skills Development Centre conducted sessions for security guards in March 2023 to enhance soft skills and a total number of 200 participants attended the session. The topic of the sessions were: stress management and how to deal with rude behavior.



Soft Skills with Security Department

HANDS ON CPR ACTIVITY FOR MALIR UNIVERSITY OF SCIENCE AND TECHNOLOGY

Research and Skills Development Centre conducted sessions for students and faculty members of Malir University in July 2023. Sessions were planned to enhance the skills for Hands only CPR and a total number of 60 participants attended the sessions.



Awareness session At Malir University

HANDS ON CPR ACTIVITY FOR PAKISTAN NAVY FINISHING SCHOOL (PNFS) FOR WOMEN

Research and Skills Development Centre conducted sessions for students and faculty members of PNFS in August 2023. Sessions were planned to enhance the skills for Hands only CPR and Emergency Response and a total number of 12 participants attended the sessions.



Friends and Family Activity at PNFS

EMERGENCY RESPONSE SKILLS FOR JAFFER PUBLIC SCHOOL

Research and Skills Development Centre will be conducting sessions for junior grade students of Jaffer Public School in August and September 2023. Sessions are planned to enhance the skills for Hands only CPR, Emergency Response, Choking in Infant and Adult, Burns with bandages, Fractures with bandages, Stroke, Cardiac arrest.

PRE HOUSE JOB WORKSHOPS

Research and Skills Development Center conducted pre-house job workshops/sessions for house officers in the month of June 2023. In these sessions, 60 participants were trained which divided into small groups of (10) participants. These hands-on sessions included intravenous access or phlebotomy, Use of an ECG machine, Electronic Medical Record sessions under the supervision of the facilitator of the IT department and sessions on the use of cardiac monitor were conducted with the collaboration of RSDC and Biomedical Engineering Department. The purpose of these sessions was to enhance and refine their skills before house job initiation.

SKILLS FOR LIAQUAT NATIONAL MEDICAL COLLEGE

Research and Skills Development Center conducted multiple sessions for the students of LNMC 1st year, 2nd year, 4th year and 5th year in the month of May to August 2023. Sessions were planned to enhance their skills according to the latest guidelines which include ECG Changes MI, Changes Of Arrhythmia, Urinary Catheterization (Male and Female), Subcutaneous Injection Technique, Cape line Bandages arm sling and care of amputated digit figure of eight bandages and splinting, Prostrate examination, Per Vaginal Examination, Relief of choking (Adult), Lungs sounds, Technique of Open



LNMC Student Activities

Gloving, Thyroid Examination, Auscultation of Heart Sounds, Abnormal Heart Sounds, Pap smear, IUCD insertion, Normal Vaginal Delivery, Intravenous Cannulation, Intramuscular injection, Gowning and Gloving, Breast Examination, Digital Rectal Examination and Prescription Writing. During this tenure, 985 students were trained to increase their effectiveness in clinical practices.

TRAUMA EVALUATION AND MANAGEMENT (TEAM) COURSE BY SURGERY AND ALLIED TEAM



Team Course with Surgery and Allied

The undergraduate medical students of final year MBBS were trained for Trauma Evaluation and Emergency Management course (TEAM) under the supervision of Dr. Rufina Soomro. It was conducted in the month of August 2023, in which 50 LNMC students attended. The objectives of the workshop is to enable the students to perform skills required

in emergency settings and manage the patients efficiently.

PAKISTAN INDEPENDENCE DAY CELEBRATION 2023

Research and Skills Development Centre celebrated 76th Pakistan Independence Day 2023 with commitments to prosperity, reforms & defense. Activities performed including beautifully decorating the department with Flags and pennants, cake cutting ceremony, singing National songs, reciting National Anthem by the RSDC staff. The department also attended official event on 14th August at LNH Convention Centre.



Pakistan Independence Day Celebration

NEW APPOINTMENTS

Following people have recently joined LNH&MC.



Dr. Effat Hisamuddin
Consultant
Paediatric Medicine



Dr. Humaid Ahmed
Consultant
Hepatobiliary Oncology &
Liver Transplant Surgeon



Dr. Rabia Farooqi
Consultant (Part-Time)
Gynaecology & Obstetrics



Dr. Hamza Alam
Consultant (Part-Time)
Rheumatology



Liaquat National Hospital & Medical College

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