



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH

SEPTEMBER - DECEMBER 2022



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WORKSHOP ON "CURRICULUM MAPPING: WHY AND HOW"



The College of Physicians and Surgeons Pakistan (CPSP) and Colleges of medicine of South Africa organized an "International medical education conference" on 13th and 14th of January 2023 at CPSP, Karachi with the theme "Changing paradigm in postgraduate medical education". A series of over 80 pre-conference workshops were also conducted at various medical Institutions and CPSP Regional centers

in the country. This series of pre-conference workshops was inaugurated by the President CPSP, Prof. Mohammad Shoaib Shafi at the first workshop on "Curriculum Mapping: Why and How" at Liaquat National Hospital on 31st December, 2022.

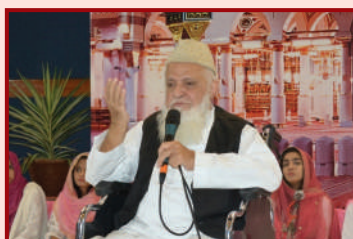
This session was hosted by Prof. Dr. Salman Faridi, Medical Director, Liaquat National Hospital and was attended by Prof. Amir Zaman Khan, Convener Committee of medical education and Councilor CPSP, Prof. Khalid Masood Gondal Senior Vice President CPSP and Prof. Muhammad Shoaib Shafi President CPSP. The inaugural session was followed by the first pre-conference workshop on the topic "Curriculum mapping: Why and how". The workshop was facilitated by Prof. Nighat Huda, Prof. Dr. Sobia Ali, and Dr. Sana Farooq Shah. 22 participants from various departments of LNH and different medical and dental colleges of Karachi participated in the workshop.

This workshop highlighted the importance of curriculum mapping in medical education and concluded with a hands-on exercise on designing a curriculum map. The participants rated the workshop as interactive, engaging, and well-organized.



MEHFIL-E-EID MILAD UN NABI

The Liaquat National School of Physiotherapy (LNSOP) arranged the annual Mehfil-e-Milad-Mustafa (May Peace be Upon Him) on November 11, 2022. The management and staff attended the gathering that started with recitation from the Holy Quran. Students of the School of Physiotherapy recited beautifully orchestrated Hamd and Naats to praise the Holy Prophet (May Peace be Upon Him). Popular Naat Khawan Al-Haaj Siddiq Ismail, renowned for reciting Naats, graced the occasion through his deeply touching recitations. The ceremony concluded with an overwhelming recitation of dua (prayers) for the peace and prosperity of the country and Muslim Ummah.



WHAT'S NEW

CDC-TB PROGRAM COMES HOME



A Memorandum of Understanding (MOU) is signed between CDC-TB program, Pakistan and Liaquat National Hospital after combined efforts of Dr. Muhammad Owais Khan, Dr. Rabeea Shah from Infectious Disease department (under mentorship of Prof. Dr. K.U. Makki) and Ms. Kiran Akhtar (from Administration). Now Anti Tuberculous Therapy (ATT) will be readily available free of cost to the in house and as well as OPD patients, visiting LNH. These patients can be offered combined as well as separate pills for ATT. This effort will help all the diagnosed cases of PTB, EPTB and LTb to receive full duration of free of cost therapy with effective monitoring of compliance.

PUBLIC AWARENESS PROGRAM

BREAST CANCER AWARENESS SESSION

In October 2022 Breast Surgery unit and Oncology department fulfilled their responsibilities of spreading awareness of Breast Cancer among people. A number of programs were attended both on Electronic media and Organizational/ institutional platforms to impart knowledge on the subject. Overall twenty-two programs were conducted which were attended by a large number of audience. Altogether seven programs on Electronic media and thirteen with different organizations and Institutions were arranged.

Dr. Sabiha General Surgery:

FM 101 (5-10-22), Foundation Public School (15-10-22), Venus TV Morning Show. (19-10-22), DMC South (women's chamber of commerce).



Dr. Rufina General Surgery:

TV show hosted in JPMC 13th October, Image Fabrics 18th October, Zoom with Green Star chaired by Samina Alvi 20th October, Karachi University 19th October, Webinar with Samina Alvi in Karachi Gymkhana 20th October, Avari Hotel organized by DP World 20th October, Aaj TV show on 19th October, Session in Sind Madrasul Islam Talk in Al-mustafa Hospital.

Dr. Hira Afridi Oncology:

Awareness for students of Foundation Public School O levels North Campus on 13th October, Awareness program at Bol news, program Dunya Bol Hai on 26th October, FM program on FM 101 on 12th October, Program of FM 101 on 20th October.

Dr. Naila Zahid Oncology:

Live Webinar on Greenstar Facebook page 14th October, Organized by Nutrition & Food Services Department, NICVD 20th October, Awareness program in Press Club in October 2022, Martin Dow pharma in October 2022, Organized by Jubilee Insurance at President House on 1st December.



EDITOR'S NOTE

Dear readers,

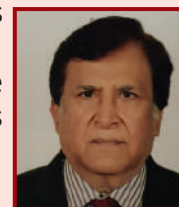
in 2022, Pakistan experienced one of its worst flood disasters, which has resulted in the death of hundreds of its citizens. Houses have been destroyed, farmland ruined, roads and bridges washed away. This nature's rage, aggravated by the incompetence of public officials, has sparked humanitarian tragedies and fears of worsening food inflation.

Hats off to LNH faculty and staff who made great effort by organising medical camps close to the affected areas in Sindh and Balochistan and treating the distressed. Faculty also raised donations for aiding the flood victims.

In this issue of the Newslines, we highlight news on CDC-TB program; providing free ATT treatment at LNH. Breast cancer awareness sessions all across the city by the faculty.

Courses, workshops, and seminars; LNH, LPMC and LNSMT events; Flood relief donation camps; Achievements by LNH faculty and much more. In the future, we are planning to start a page for the GP related news and interaction with them to improve their acumen.

Hope you will be pleased reading this entire issue.



Ishrat Saleem

Dr. Ishrat Saleem
Chief Editor

COURSES / WORKSHOPS / SEMINARS

38TH RADIOLOGY CONFERENCE



Department of Radiology at LNH played a dominant role in the 38th Radiology conference held in Karachi between 23rd to 27th November 2022 in collaboration with Royal College of Radiology. Two preconference workshops were held at Liaquat National Hospital including Ultrasound Doppler of varicose veins and ultrasound renal Doppler.

Nine Resident presented their papers in this conference and approximately 21 posters were also contributed in the scientific program.

Dr. Ramsha (R3) received the award of the best paper, Dr. Bisma (R2) received the award of 2nd best poster whereas Dr. Uzma (R1) received third prize in the quiz competition.



ADVANCED COURSE FOR FCPS II & MRCP (MEDICINE)

The department of Internal Medicine of LNH is regularly arranging the advanced course for FCPS II & MRCP (Medicine) candidates who have cleared their theory exam, since 2014. This year it was scheduled from September 05 to 10, 2022. Total 34 candidates were registered from all over country including one from Oman & one from Kuwait.



First day briefing of the course was given by Prof. K.U. Makki and then Radiology session on CT scan, MRI & X-Ray was conducted by Radiology faculty. It was followed by TOACS & 12 faculty members of medicine & allied participated in the TOACS session. On 6th, 7th and 8th September 2022 total 27 candidates prepared & presented long cases to the internal and external examiners. Strength and weaknesses of the candidates were concisely discussed after the session by the examiners. On 9th and 10th September 2022 every candidate performed six short cases and counseled by examiners for shortcomings. 25 senior physicians from outside LNH and 32



medicine & allied faculty members, who are examiner of CPSP level, were involved in this extensive course.

Every candidate appreciated the content of the course, variety of patients, team work, course arrangements and guidance given by the examiners.

CERTIFICATE COURSE: BASICS OF EFFECTIVE TEACHING SKILLS FOR NURSING EDUCATORS

The Department of Health Professions Education (DHPE) in collaboration with the Liaquat National College of Nursing (LNCON) organized a two-day certificate course titled "Basics of Effective Teaching Skills for Nursing Educators" from – November 22, 2022. The faculty of LNCON, the Nursing Education Services instructors, and unit heads – Clinical Nursing were among the participants. Nurse educators from other nursing and midwifery institutions of Karachi also attended the course.

It was a hands-on training course which focused on the principles of student engagement and ways to improve the teaching / learning process while applying the adult learning principles. The sessions were based on interactive discussions, small-group activities, and presentations. The topics covered included the Basics of



Effective Teaching Skills for Nurse Educators, Interactive Lectures, Metacognitive Note Taking, Effective Power Point Presentations, Lesson Planning, and Psychomotor Skills Training. Prof. Dr. Nighat Huda, Director - Health Care Education Centre, Dr. Sobia Ali, Dr. Afifa Tabassum, and Dr. Sana Farooq Shah were the course facilitators across two days. A certificate distribution ceremony was held on the concluding day. The ceremony was attended by Brig. Dr. Anwer Ali Khan – Controller- Nursing Administration, Prof. Dr. Nighat Huda, Ms. Naseem Kauser – Senior Advisor Nursing, Ms. Samina Iqbal Kanji – Chief Nursing Officer, and Mrs. Judith Zaidi – Principal - College of Nursing. Certificates of appreciation were distributed among the course facilitators. The participants also received certificates of participation.

CLEFT SURGERY WORKSHOP



The department of Plastic Surgery at Liaquat National hospital and Medical College in collaboration with Pakistan Association of Plastic Surgeons (PAPS) organized a cleft surgery workshop from 24th to 26th November 2022. The workshop included live surgeries conducted by National experts in the field including Plastic Surgeons of Liaquat National Hospital & Medical College. It was conducted by Prof. Shehab Afzal Beg (HOD Plastic Surgery, Liaquat National Hospital) and facilitated by Dr. Afaq Saleem Siddiqui (LNH) & Dr. Obaidur Rahman (LNH).

This was a key event in Plastic Surgery department's educational calendar for 2022, covering wide range of cleft problems from cleft lip, palate, nose and velopharyngeal deformities. More than 20 candidates actively participated in live surgical workshops with an overall attendance of more than 200. The workshop was conducted over three days. On the first day there were live surgical sessions in which participants were briefed regarding various cleft techniques followed by live surgical sessions. On the next two days, experts conducted lectures on the different cleft surgical techniques; Faculty shared there experiences regarding ordinance of complications in cleft surgeries and tips and tricks of cleft surgeries with healthy discussion on various techniques. Several national and international speaker joined the conference, knowledge, ideas and experience were shared amongst the young surgeons to improve their cleft practice.

It was our honor to welcome a number of plastic surgeons 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.



THE NEONATAL RESUSCITATION PROGRAMME (NRP) WORKSHOP



The Neonatal Resuscitation Programme (NRP) is an educational program which introduces the concepts and basic skills of neonatal resuscitation. It helps in learning cognitive, technical and team work during resuscitating and stabilizing a neonate.

A workshop was held in Liaquat National Hospital on 6th October 2022 in RSDC. The focal person from LNH was Dr. Durre Shahwar Khan. The facilitator was Dr. Misbah Qureshi (Master Trainer NRP, MD). In this workshop two instructors and ten providers were trained overall, including Paediatric residents, NICU nurses and labor room and delivery nurses.

This was a very good opportunity for all the candidates to learn Neonatal resuscitation which will help in providing quality care to our newborns.

MS-EXCEL TRAINING FOR STAFF ORGANIZED BY HR



HR in collaboration with Finance (Budgeting & Costing) organized in-house training in Microsoft Excel for staff members. The training need was identified by HR in coordination with the HODs and the course outline covered intermediate and advanced features of MS-Excel. The training was aimed at staff who were required to use Microsoft Excel as part of their job requirements and wished to learn the intermediate and advanced features of Excel to enhance their job productivity. The sessions were held from Sept to Dec 2022 and as many as 115 staff attended the sessions. Keeping in view the overwhelming response and positive training feedback of staff for this training, the sessions have also been planned for January and February 2023. The sessions were facilitated by Mr. Syed Shoaib Murtaza, Assistant Mgr Budgeting & Costing.

PARTICIPATION IN 19TH HEALTH ASIA 2022 INTERNATIONAL EXHIBITION AND CONFERENCES AT EXPO CENTRE, KARACHI



Liaquat National Hospital & Medical College participated in 19th Health Asia 2022- International Exhibition and Conferences, held in Karachi at Expo Centre from 13th to 15th October, 2022. Foreign and National delegates from Pharmaceuticals, Biomedical companies, Health care services providers visited the event. Information



regarding existing and new services was disseminated to the visitors from LNH Stall. Approximately 400 visitors, visited our stall and showed keen interest in existing and new services of Liaquat National Hospital & Medical College.

PRE-CONFERENCE WORKSHOP IN 43RD PAP CONFERENCE AND 8TH JOINT INTERNATIONAL CONFERENCE OF SOCIETY OF PATHOLOGY



A pre-conference workshop on Mastering Clinical Audit was conducted on 24th Nov, 2022 at Liaquat National Hospital facilitated by Dr. Sana Anwar (Consultant Microbiologist, LNH), Dr. Sakeenah Hussain Naqvi (Consultant Microbiologist, AFIP) and Dr. Rabia Sajjad (Consultant Microbiologist, AFIP).



The workshop highlighted the importance of clinical audit in hospital settings, its planning, implementation and making those standards achievable.

UPDATE ON HISTOPATHOLOGY



A three days workshop with the title of “Update on Histopathology” was held on 13, 14 and 15 October 2022 at the department of pathology, Liaquat National Hospital. The aim of the workshop was to keep knowledge upto date and understand classification updates / changes based on new information including immunohistochemistry and molecular testing. This provided full depth of diagnostic pathology on common topics like haematolymphoid, kidney, liver, soft tissue and head & neck. Expert of respective subspecialties

of pathology from Karachi and Lahore provided current updates along with basic concepts. The speakers were Dr. Arsalan Ahmed (AKUH), Dr. Mubbarak (SIUT) and Dr. Sajid Mushtaq (SKMCH&RC). It was an interactive workshop. A total of 35-40 glass slides with microscopes were given daily to participants in the morning session for screening. This was followed by slide view discussion in this afternoon by renowned pathologists. This was attended by approximately 25 participants (FCPS Part 2 trainees and consultants) from various institutes of Karachi including SIUT, DUHS, AKU, BMSI etc. In conclusion it provided a valuable opportunity to participants / FCPS II trainees to screen glass slides and interact / discuss the case with expert Histopathologists who are their FCPS Part 2 examiners as well.



INFECTION PREVENTION AND CONTROL (IPC) PRACTICES

Department of Nursing organized a workshop on “Infection prevention and control practice” on 15th Nov, 2022. The session was conducted by Dr. Muhammad Owais Khan (Assistant Professor – Infectious Diseases) at Convention Centre Hall A. Overall 54 participants, including Team Head, Nursing supervisor, Unit Head, Section Head - Pain management, and the Infection control Team, attended the workshop. The purpose of the workshop was to train the trainer.

The following objectives were covered: general infection prevention guideline for healthcare providers, isolation precaution guideline as per organism, and the effective use of PPE and misuse of PPE in patient care areas.

DEPARTMENT OF FAMILY MEDICINE ORGANIZED A 4 DAYS SKILLS SESSION



Postgraduate Certificate course in Family Medicine, endorsed By WHO, was started at LNH in 2022 for capacity building of doctors with updated and evidence based practices. Our 1st skills training-contact session was held from 7th -10th September 2022 at convention Centre LNH.

The participants learnt various skills like ECG interpretation, insulin administration and Inhaler techniques etc. Various consultation skills regarding diabetes, hypertension, chest pain, thyroid disorders, pediatric malnourishment, neonatal examination, elderly care etc. in an interactive manner. The participant’s feedback fueled our facilitators’ enthusiasm and we look forward to an even more productive second contact session for our 1st batch.



DEVELOPING EXCELLENCE IN NURSING PRACTICES IN UROLOGY



Department of Nursing in collaboration with the department of Urology organized a workshop on urology patient care on 7th November, 2022. The workshop provided the participants the opportunity to educate and update themselves with the latest urological and surgical techniques and to interact with experts. The workshop focused on the importance of early diagnosis and raising awareness to breakdown stigma and encourage people to actively take care of their urological health. Brig Dr. Anwer Ali Khan delivered the welcome address which was followed by Key note address given by Dr. Aziz Abdullah (HOD & Assistant Professor -Urology).

The basic topics covered included discussions on Bladder Health and Bladder Exercise, Urology Screening and other Preventive Urologic Care, and Post TURP care. Other topics covered included Catheterization related complication by Dr. Syed Farhan Ahmed (Assistant Professor/Consultant - Urology), Management of Urinary Incontinence in elders by Dr. Zubda Malik (Consultant, Department of Urology), PCN/Nephrostomy care by Dr. Raj Kumar (SR, Department of Urology), Hands on: Foleys / Supra-pubic catheterization Clean Intermittent Catheterization (CIC), and



Clean intermittent self-catheterization (CISC). Later, the Urology department in collaboration with the Nursing Education Services (NES), discussed the significance of maintaining irrigation chart at the RSDC Skills lab. In the end, Ms. Zohra Javed (Section Head Nursing Education Services) and Ms. Laila A. Rahimi (Section Head Administration - Nursing) gave the closing remarks.

CONTINUUM CARE IN ORTHOPEDIC

The Department of Nursing in collaboration with the Department of Orthopedic organized session on Continuum Care in Orthopedic.



Brig Dr. Anwer Ali Khan delivered the Welcome Address. Prof. Dr. Syed Shahid Noor (HOD - Orthopedic Department) briefly discussed the Importance of orthopedic and their sub-specialties, whereas Prof. Dr. Zaki Idrees (Consultant- Orthopaedic Surgery) briefly discussed the Common orthopedic conditions and related orthopedic conservative and surgical management. Other topics discussed were Lower limb sports injury and its management by Dr. Kazim Rahim (Consultant - Orthopedic), Assessing pain and its management in orthopedic management by

Dr. Muhammad Amim Anwar (Assistant Professor - Anaesthesiology), Sports Injury and its management by Dr. Muhammad Sufyan (Assistant Professor - Orthopaedic), Basic Paediatric disorders and its management and nursing care and Orthopaedic Oncology and its management and nursing Care by Dr. Muhammad Asif Peracha (Assistant Professor & Consultant-Orthopaedic Surgeon), Surgical Wound Dressing: Principles and practices by Prof. Dr. Intikhab Taufiq (Consultant-Orthopaedic surgery), Rehabilitation and Active and passive range of motion of upper and lower limb by Sohail Munir (Sr. Lecturer/Sr. Physiotherapist - School of Physiotherapy), and Infection Control Policy and Procedures for Orthopedic by Dr. Owais Khan (Consultant - Infectious diseases).



LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

ART EXPO AT LNMC



At Liaquat National Hospital and Medical College emphasis is made on providing future doctors with different platforms of expression to discover their creative strengths, form opinions and be able to communicate with humanity at large. One such society is the Art & Culture Society.

The Chairpersons of Art and Culture Society are Dr. Shaesta Tabassum and Ms. Syyeda Rubab Jafri.

The Society had arranged an Art and Photography Exhibition on October 11, 2022, the chief guest was Shan Amrohvi, a renowned artist. Medical Director, Prof. Dr. Salman Faridi, Principal LNMC, Prof. Dr. K.U. Makki, and Director Academic Administration Dr. Shaheena Akbani were the guests of honor. The jury comprised Dr. Junaid Mehmood Alam, Dr. Saleha Shahzad, and Dr. Saima Akhter. A large number of students participated and displayed their unique talents creatively. After the price distribution, a cultural music performance was also arranged. A demonstration of live painting was also conducted for the audience. The Society plans to conduct many more activities in near future.



LNMC SPORTS FESTIVAL ENERGIA 2022

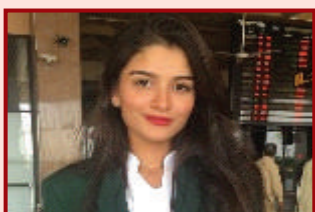


The LNMC sports society organized a month of sports festivities "ENERGIA 2022" for students in the months of August and September. The festival included tournaments of various sports including Cricket, Football, Throw ball, Table tennis and Badminton which were organized after college hours to ensure continuity of academics.



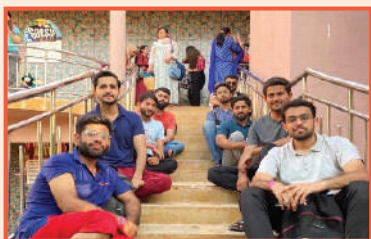
Races and Basketball were also played at the NCC ground on weekends. An exciting segment was E-Sports which included Console based gaming tournament. Overall the event was well organized and the student participation was overwhelming. The closing ceremony took place in LNH auditorium where the Medical director Prof. Dr. Salman Faridi distributed awards amongst the winners.

PRIDE OF LNMC



Recently in LNMC sports festival, the 2nd year MBBS throwball team was able to beat much experienced and strong teams and win the trophy. The shining star of this achievement was their key player Tehmina Manzoor who is a national level player and was a member of the squad that won the World Throw Ball Championship in Kuala Lumpur, defeating India in the finals. Insha Allah next Year she will again be playing at the national level and will make us proud.

LNMC ANNUAL PICNIC



A picnic can help you refresh your mind, and is a delightful diversion which takes us away from our dull daily routine. Going out with your college friends will undoubtedly make it more enjoyable. Liaquat National Medical College took all of its classes to Dream World Resort for their yearly picnic this year.

The social society at Inmc has been hosting these picnics for many years, and we are pleased to see that most of our students participate fully and enjoy themselves.

The picnic was well organized and largely attended by students along with teachers and administrative staff who had a fun filled day in the pleasant company of friends.

The College picnic is a short but lovely experience that immerses the teachers and students in a world of fun that is impossible to occur in classrooms, and we hope to continue this activity in the future as well.



FINGER PRINTING SURVEY AT DEPARTMENT OF FORENSIC MEDICINE



Finger printing is one of the surest sign of identification. There are four types of finger prints present in all kind of population male /female. These days “Biometric system” is well in use in each place including sensitive services, banks, and individual identification data at NADRA. These are the impression left by the friction ridges of a human finger and these formed ridges never change throughout an individual’s life.

Analysis of these prints can be through computerized ACE--V (analysis, comparison, evaluation and verification) or by manual method. No two persons have exactly the same arrangement of ridge patterns and the ratio of the same finger print to re- appear is 1 in 64 trillion.

Department of Forensic Medicine & toxicology LNMC survey was conducted and physically finger print by plain ink method were taken from 100 students of 3rd year batch 2025 the results were evaluated and came to be:

Loops ---were ---55% Whorls----were—21%

Composite----11% Arches -----13%

LIAQUAT NATIONAL SCHOOL OF MEDICAL TECHNOLOGY (LNSMT)

SEMINAR ON ROLE OF NUTRITION IN HEALTH

On 15th October 2022, a Seminar was organized at LNSMT Campus in collaboration with University of Karachi, on Role of Nutrition in Health. The seminar was attended by students from both institutions. Chairperson department of Physiology U.O.K and industry representatives were also present. In her insightful talk Chief Dietician LNH Miss Munaaza Haq highlighted the importance of a balanced diet in health whereas Prof. Hafeezul Hassan’s expert talk revolved around Malnutrition and its consequences. The session ended with a vote of thanks by Prof. Nighat Abbas, Principal Liaquat National School of Medical Technology.

CULTURE DAY CELEBRATIONS

Culture day celebrated at LNSMT on 24th September 2022 served the purpose of cherishing the beautiful socio-cultural varsity among students. On that day the students beautifully decorated the campus and dressed up in their native cultural dresses. Amongst other activities, a comedy skit demonstrated cultural strength in bringing communities together along with its role in national identity in a debonair manner.

BS MEDICAL TECHNOLOGY ANNUAL PICNIC 2022

Happy times come and go, but the memories stay forever. Picnic, a popular activity for the students, provides a relaxed environment and also entertains them. The BS-Medical technology students enjoyed a day of rest, recreation, and activity-filled outing at Dream World Resort on Monday 17th October 2022. It was their Annual picnic and a total of 270 people including students and administrative staff joined the event. Appetizing lunch was served and everyone had a great time playing in the water, especially on the slides. Overall it was a fun filled day and students enjoyed this wonderful trip.

INSMT ANNUAL SPORTS WEEK

Sports are an excellent approach to inculcate perseverance and discipline in young people. The much-anticipated LNSMT Sports Week was held from November 21st to November 26th, 2022, with great passion, excitement, and a fun-loving atmosphere. There were a variety of activities during Sports Week, including both indoor and outdoor competitions. This Sports Week was made even more exciting by the overwhelming student participation in a variety of competitive sporting events. Overall, sports week was entertaining and fun.



Culture Day Celebrations



Seminar On Role Of Nutrition In Health



Lnsmt Annual Sports Week



Bs Medical Technology Annual Picnic 2022

EVENTS

FAREWELL DINNER FOR MS. NAFISA DOSSA, DIRECTOR HR



Liaquat National Hospital (LNH) hosted a grand farewell dinner in the honor of Ms. Nafisa Dossa, Director Human Resources on November 11, 2022. The event was organized to recognize her unwavering services and contributions to LNH. Ms. Nafisa served LNH for 14+ years as the

Director HR and retired from the service effective 23rd November 2022. She played a key role in developing and setting up a modern Human Resource (HR) Department at LNH and in formulating key HR policies for the Institutions. She will truly be missed by all of us in LNH. We wish her good health and a prosperous life ahead.



WORLD CHILDREN'S DAY THEME: "A BETTER FUTURE FOR EVERY CHILD"



The Department of Nursing in collaboration with the Department of Paeds medicine and Department of Paeds surgery celebrated World Children's Day on 19th November, 2022 at the Paeds department. World Children's Day promotes international togetherness and awareness among children worldwide and eagerness to improve children's welfare. It is observed to create awareness about children education, rights, and to see that proper care is accessible to all. As part of the Children's Day celebration, the Paeds ward was decorated and various games and low-cost activities were organized. All health care providers participated physically with the in-patient

admitted children. Children participated in drawing and playing activities and gifts were distributed among the admitted patients in coordination with the Marketing Department. Brig Dr. Anwer Ali Khan delivered the Welcome Address. Prof. Dr. Mehnaz Atiq Ahmed (HOD Paeds Medicine)

gave the key note about why children's day celebrations are important. Dr. Hina Yousuf (HOD - Pediatrics Surgery) discussed the importance of how to promote healthy environment in hospital. Ms. Samina Iqbal Kanji (Chief Nursing Officer - Nursing) spoke about The Role of a Nurse in the development of children, whereas Ms. Zohra Javed (Section Head, NES) discussed how to work and promote healthy environment by planning an activity involving the In-patient admitted children with the help of the Nursing Team. In the end, gifts were distributed among the children present by the Marketing team.



WORLD'S PREMATURE BABIES DAY OBSERVED AT LNH



Approximately, 15 million babies in the world are born prematurely every year. They suffer from various complications and this is the time when these babies need special care. Their families also need reassurance and support. World's Prematurity day is observed on 17th of November every year to spread awareness on this aspect of neonatal care. We intend to improve the treatment and care of all premature babies with dedication and compassion.

In Liaquat National Hospital, this was celebrated for the first time in Paediatric

Medicine Department. The uniqueness was to invite 3 NICU graduated babies (26 weeker, 28 weeker and 29 weeker). All of them were treated by Dr. Durre Shahwar Khan (Assistant Professor & Neonatologist). The joy on the faces of their parents was priceless.



CELEBRATION OF INTERNATIONAL DAY OF RADIOLOGY



International day of radiology was celebrated at Liaquat National Hospital on 10th November, 2022.

LIAQUAT NATIONAL SCHOOL OF DIAGNOSTIC LABORATORY SCIENCES: FINAL YEAR BS MEDICAL TECHNOLOGY-CLINICAL LABORATORY SCIENCES-RESEARCH PROJECT PRESENTATION: NOV 2022



Yearly Research Project presentation of final year BS Medical Technology Clinical Laboratory Sciences batch 2022 was organized by Liaquat National School of Diagnostic Laboratory Sciences-LNSDLS on 28th November 2022. Students presented their final research projects with details variables, modalities and methodologies. Presentation was moderated by Ms. Farah Ashraf, Incharge & Instructor II and examined by Dr. Humaira Ali, Assistant Professor-Chemical Pathology. Principal-Prof. Dr. Junaid Mahmood Alam wished students of final year, all the best in their future endeavors.

MEDICAL CAMPS ORGANIZED AT LNH OUTREACH MEDICAL SERVICES BY DEPARTMENT OF FAMILY MEDICINE

Holistic care and preventive health promotion is one of the key features of healthcare provision in Family medicine. In line with this vision, the Department of Family Medicine organized Medical Camps in outreach centers on occasion of World Heart Day (29th Sep, 2022), International Day of Older Persons (1st Oct, 2022), World diabetes day (14th Nov, 2022) as follows:

- Free consultation on preventive care for heart on World heart Day, on 29th Sept @ FB area-2022, led by Dr. Fatima Kanwal.
- Free Consultations for 65 years and above @ Shah Faisal center on 1st Oct-2022, led by Dr. Munnawer Anjum and Dr. Eraj Fatima.
- Free Consultations for 65 years and above for a week @ FB area outreach center from 3rd to 8th Oct 2022, led by Dr. Fatima Kanwal.
- Free Consultation on diabetes care on 29th Nov 2022 @ Nazimabad outreach center, led by Dr. Nausheen Haroon Ahmed.

Inhabitants of the nearby area enthusiastically participated in these health awareness activities and benefited greatly from free consultation by our experienced doctors.



Free Medical Camp for People aged 65 years and above at LNH Outreach Medical Services Shah Faisal



Our dedicated staff ready for World Heart Day camp



Free consultation on preventive care for heart on World Heart Day

POSTER PRESENTATION AT WORLD ANATOMY DAY BY THE DEPARTMENT OF ANATOMY LIAQUAT NATIONAL HOSPITAL AND MEDICAL COLLEGE



The Department of Anatomy LNH&MC participated in a poster presentation organized by the Department of Anatomy BMSI, JPMC Karachi to celebrate World Anatomy Day on October 15th, 2022. This event was organized to celebrate the importance of the discipline of Anatomy and its role in training health professionals. Prof. Dr. Zia ul Islam, Head department of Anatomy along with Dr. Saima Ather and Dr. Lubna Faisal participated in this event.

Two posters were presented titled "Effect of berberis Vulgaris fruit extract on gentamicin-induced histopathological changes in the liver of Albino rats" by Associate Professor Dr. Saima Athar and "Anatomical Variations of Vermiform Appendix on Plain MDCT and Its Association with Acute Appendicitis in Adult Urban Population of Karachi, A Tertiary Care Hospital Experience" presented by Assistant Professor Dr. Lubna Faisal.



CHPE BATCH 2 CERTIFICATE DISTRIBUTION CEREMONY



The second batch of Certificate Course in Health Professions Education (CHPE) successfully concluded in July 2022. The Department of Health Professions Education (DHPE) organized a Certificate Awarding Ceremony on October 7, 2022 for the successful participants. The participants belonged to medical and dental faculty of institutions within and outside Karachi including Jamshoro and Bolan. This six month course aimed to enhance participants' teaching and assessment skills, and train them to deliver quality education in their teaching practice. This course was conducted by DHPE LNH faculty.

This event took place at Hall D, convention center. Certificates were distributed by Prof. Nighat Huda to all the participants. The participants found this course to be innovative, engaging and practical.

3RD RADIOLOGY RESIDENT FORUM

The Radiology Department of LNH participated in the 3rd Radiology resident forum, held on 11th December 2022 on Zoom in collaboration with NHS and Mid & South ESSEX foundation trust. Dr. Danial Khalid Assistant Professor radiology was amongst the Chief organizer. 5 posters and 2 scientific papers were presented by the residents. Dr. Awais (R1) and Dr. Ramsha (R3) received the 3rd and 4th prizes for poster presentation respectively.

WORLD DIABETES DAY

14 November, is a "WORLD DIABETES DAY" established in 1991 by the international Diabetes Federation with support for WHO in response to growing concerns about the health and economic threat posed by diabetes education. The blue circle is the international symbol for diabetes and the circle symbolises positivity, unity and strength.



Diabetes Mellitus has emerged as a great challenge for both doctors and patients. Researchers and clinicians have found that most of the major illnesses have their association with Diabetes Mellitus. Therefore, being a tertiary care hospital and one of the leading health care provider in Pakistan, Liaquat National Hospital (LNH) considers it responsibility to provide better education, understanding and awareness regarding diabetes, to its people. So in order to fulfill our duty department of Diabetes, Endocrine & Metabolic LNH organizes World Diabetes Day every year and keeping this tradition alive this year we have also organized World

Diabetic Day on 19 November 2022. In which consultant endocrinologist, Dr. Ali Asghar emphasised on basic fact of diabetes. Dr. Muhammad Owais Rasheed Discussed about the new treatment of Diabetes Mellitus. Dr. Aqiba Sarfraz gave her talk on complication of diabetes. As diet is an important factor in the management of diabetes so in the last session Ms. Munazza Haq discuss about the importance of diet in Diabetes. In the last Question & Answer session held by consultant Endocrinologist.

To support the society, free medical checkup camps and other awareness camps were also installed. LNH gives special care that all information provided by speakers should be conveyed in easy terms and to the level of understanding of common person. LNH mission is to make this society a healthier one and to prove quality of treatment of global standards.



GARDENING SKILLS FOR THE MENTALLY HANDICAPPED



The gardening session is a good exercise for the mentally disabled young adults. Occupational therapists organized a gardening session for vocational clients in a dedicated sensory garden area. It is a therapeutic intervention in mental health that include clients who are; Slow learner, has Schizophrenia, and are intellectually challenged. It is a healthy group activity, it promotes exploring nature, how to put a plant in a pot, or how to seed the plant within the garden bed, they learn about nature and how to nourish the plants.

All the plants were non-toxic and non-allergenic. It benefits them to learn about planting, exercise, and socialize with others holistically.

RESEARCH AND SKILLS DEVELOPMENT CENTER (RSDC)

VITAL SIGNS SESSION FOR OPD STAFF



Sessions on vital signs for OPD staff batch (02) 2022 were organized at RSDC, where total of (120) staff members of OPD services and Radiology services were trained in (18) different groups. Sessions were conducted from October 2022 to December 2022. The aim of the trainings is to enhance the clinical



practices of an individual staff on updated guidelines and handling of related equipment i.e. handling of Blood pressure apparatus, monitoring Oxygen Saturation (O₂), Checking Pulse, Respiratory rate and Temperature.

BACHELOR OF SCIENCES IN MEDICAL TECHNOLOGY (BSMT)

Research and Skills Development Centre has conducted sessions for BSMT. Students of BS-MT 2nd year 4th semester and 3rd year 6th semester Sessions were conducted in October-November and September-October 2022. Sessions were planned to enhanced the skills and learn skills objectives on New guidelines Skills including Intra venous Technique, Nasogastric Tube, Urethral Catheterization, Suturing Hand Knots, Vitals, IM&SC. Total number of 143 students are trained.

LIAQUAT NATIONAL COLLEGE OF NURSING



Research and Skills Development Centre has conducted sessions for LNCON. Students of BSN Generic 1st Year 2nd Semester and 2nd year 4th semester Sessions were conducted in November 2022. Sessions were planned to enhanced the skills and learn skills objectives on New



guidelines Skills including Nasogastric Tube, Tracheostomy Care And Suctioning, Basics Of ECG, Intra veno Intra-muscular & Subcutaneous Technique. Total number of 110 students are trained.

(N.E.S) NURSING PROGRAM SKILL WORKSHOPS IN RSDC



Nursing Programs is an ongoing training course for newly hired LNHMC Nursing staff as well as for those who are working on the clinical floor. The purpose of the program is to refresh and enhance the knowledge and practicing good clinical skills in the hospital. Total of 09 sessions were conducted (02 General Nursing Module including skills on NG Tube Insertion, Intravenous Cannulation, Urethral Catheterization) & (07 Critical Care Module Skills including Basics of ECG Interpretation, Basic of Airway Management &

how to handle a Defibrillator), from October-December 2022, where Participants were taught with video demonstration and discussion, later practical skills were performed on specialized mannequins and evaluated each candidates by Instructors and NES team on approved checklists.

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MANDATORY WORKSHOP FOR IN-HOUSE CANDIDATES (HO'S RMO'S)



In the year 2021-22 ,77 house officers (HO) of Liaquat National and Medical College were trained for mandatory workshops making them equipped with the basic interpretation of ECG, basic and advance airway management skills and American heart association certified BLS course.The undergraduate medical student of final year MBBS were trained for Trauma Evaluation and Management course (TEAM) with the collaboration of RSDC and General Surgery team under supervision of Dr. Rufina Soomro. This course enables them to perform skills required in the emergency settings and manage the patients efficiently.

EMERGENCY RESPONSE SKILLS FOR JAFFER PUBLIC SCHOOL



A series of sessions (10) were conducted with the students of Jaffer Public school, where approx. 28 participants were oriented in dealing domestic emergencies including managements of Bleeding, Wounds, Fracture, Burns, Heatstroke, Drowning, Fits, Fainting, managements of a person with No breathing and transportation. At the end of



thesession participants were divided in groups to perform group activity of disastrous situation where one group became a group of victims and other group responded as a team of professionals. Participants learned each skills in a healthy environment.

AMERICAN HEART ASSOCIATION ACCREDITATION COURSES IN LNH

RSDC is an International Training center for American Heart Association Accredited course. We Offer trainings in Basic Life support (BLS), Advanced Cardiovascular Life Support (ACLS), & Pediatric Advanced Life Support (PALS) to the doctors, Physicians, Surgeons, and health care professionals. We also offers trainings to Community and General public.

BASIC LIFE SUPPORT BLS



Research and Skills Development Centre is an American Heart Association Accredited Training center in Pakistan, providing BLS & ACLS courses on latest AHA 2020 guidelines. RSDC has conducted Total of 42 HeartCode BLS Provider Courses with the Certified AHA Instructors during Sept 2022 to Dec 2022 in which candidates including HO's, RMO's & Nurses and Outsider Candidates were trained.It is an achievement that RSDC have completed their Target to train LNH nursing staff in Heart code BLS in a calendar year, in which 818 out of 849 Registered Nursing staff were certified in BLS from November 2021-December 2022.

CODE BLUE MOCK ACTIVITY



RSDC & Nursing unit 08&10 organized a Code Blue BLS Mock Drill activities for their nursing staff. Total of 12 activities were observed in the month of November – December 2022. The object of this activities are to review nursing staff's hands on skills in BLS and to review the critical elements while managing crash situations on their patient and how to work in a team and deal the patient in different units of the hospital . Mock drill activity was performed on simulated mannequin which gives real-time experience by generating different cardiac rhythms.

COMMUNITY BASED CARDIOPULMONARY RESUSCITATION (CPR) AWARENESS ACTIVITY



to the victim with simple basic steps.

On 22nd December 2022, we have conducted community based Cardiopulmonary Resuscitation (CPR) Awareness activity with Pakistan Navy Finishing School Karsaz Karachi Campus for Naval Staff housewives and teachers. The aim of the workshop was to enhance the skills and orient the individual participant to help someone who needs CPR. A demonstration was done by the trained RSDC staff members and encouraged participants to approach

ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS)



We are pleased to inform that RSDC instructors have successfully completed their American heart association monitoring for BLS & ACLS courses under the supervision of American Heart Association faculty. Advanced Cardiac Life Support is a 2 days Program developed by the American Heart Association (AHA) to improve the skills for emergency Practitioners/doctors/Nurses and Paramedical Staff in emergencies, treating the victims of cardiac arrest or other cardiopulmonary diseases. It helps to recognize life threatening arrhythmias so as to

enable to plan adequate treatment strategies. ACLS Program course contents include Practice While Watching videos including Adult and CPR with the use of Automated External Defibrillator (AED), & Management of Primary and Secondary Airway, Skill Stations for Management of non-arrest rhythms (including Bradyarrhythmias and Tachyarrhythmias with pulse), and pulse-less arrest rhythms (including asystole), Technology Review to learn the difference between Defibrillation and Cardioversion, Video based Recognition of Sign & Symptoms and management of Acute Coronary Syndrome & Acute Ischemic Stroke, Putting it all together for, learning management of one arrhythmia changing to the other. 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 policy. The certification is valid for two years. Research & Skills Development center LNH&MC conducted monitoring sessions on 25th-26th October 2022 and 29th-30th November 2022. Total of (12) participants attended this session.



LAUNCHING AND VIRTUALLY MONITORING OF AMERICAN HEART ASSOCIATION PALS PROVIDER COURSE



Research and Skills Development Centre is proud to launch first ever Pediatrics Advanced Life Support (PALS) 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 aim of the course is 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). Recently we have conducted 04 AHA PALS monitoring course and 01 virtually monitored by AHA regional faculty for

Administration Review for Licensing PALS course with the team of Instructors Including Dr. Aurangezb, Dr. Atika Sher, Dr. Nazish Azeem & Dr. Hina Yousuf.



MISCELLANEOUS

FLOOD RELIEF DONATION CAMP AT SYED WAJID ALI COMPLEX, LNH

In July 2022, massive rain and flood destroyed several areas in Pakistan, causing the loss of crops, homes, and livestock. This havoc was inevitably followed by a wave of various waterborne and infectious diseases leaving



the inhabitants of these calamities struck land helpless and in need of medical assistance. Liaquat National Hospital and Medical College and its associated schools of DPT, BSMT, and Nursing in collaboration with the students of the Helping Hands Society of Liaquat National Medical College were at the forefront of running an entire campaign dedicated to aiding the victims of the flood. We set up a donation camp at the Wajid Ali complex to collect monetary donations as well as non-perishable items, clothes, and blankets. The money collected was used to provide the necessities for immediate relief e.g.food,

drinking water, clothing, etc. Apart from that we also traveled across Sindh and Balochistan setting up medical camps with all possible medications absolutely free of cost. The first medical team went to Uthal, Balochistan, along with the Coast Guard Army, and tended to the urgent needs of above two hundred people. Additional camps were set up in Jamshoro and Sohrab Goth, Bin Qasim town, Manora, nearby islands, and various tent cities. Our medical team consisted of senior consultants, surgeons, residents, nurses, pharmacists, physiotherapists, and medical students who oversaw the health issues of those affected. Moreover, any patient who needed further treatment was also offered to be shifted to our tertiary care level hospital without charge. Clinics with different specialties were set up that addressed all issues including gastroenterology, infectious, gynaecology, paediatrics, and so forth. This experience was not only a multi-dimensional learning opportunity for the students through practical clinical work but also highlighted the fundamentals on which Liaquat National Hospital stands which are to help anyone in need, give back to the community, and work as a TEAM. Furthermore, we have decided to allocate a handsome amount of money each year for any natural disaster that may befall Pakistan and to be the front runners in any such situation.

-Hiba Arif - Co-chair Helping Hands society

-Haneea Yasir & Rubia Ali-Secretary Helping Hands society

GUEST SPEAKER AT KHYBER TEACHING HOSPITAL PESHAWAR



Dr. Hina Yousuf, HOD and Consultant Pediatric Urologist was invited to Khyber teaching hospital Peshawar on 18th August 2022 as a Guest speaker for a talk on

“Prenatal Hydronephrosis”. The audience included consultants and residents of Pediatric medi-

cine, Pediatric surgery and adult urology. A variety of case scenarios were discussed about prenatal and post natal Hydronephrosis and active participation of the residents was encouraged in the discussion. The audience provided positive feedback in the end.



ON-SITE BLS MOCK DRILL: ENHANCING NURSES CONFIDENCE AND READINESS IN MANAGING THE CARDIOPULMONARY RESUSCITATION THROUGH A SIMULATION BASED APPROACH IN A TERTIARY CARE HOSPITAL

The resuscitation skills training is required to ensure health professionals manage event to restore life and to perform cardiopulmonary resuscitation (CPR) and external defibrillation timely when required. These concepts are delivered to health professionals through the certification of Basic life support (BLS) by trained AHA Instructor. The certification of BLS require on a biannual basis, it cannot be expected that nurses maintain the skills and knowledge without routine application. The use of mock code training, or “Code Drill” simulation based approach help to measures build greater situational team awareness, enhanced interdisciplinary communication, leadership and mutual support which work to alleviate fears, uncertainties and role confusion during a code. The aim of this Quality initiative Project was to enhance the confidence and the readiness of bedside nurses in managing the CPR through an effective team based approach.

In Section 04, K-Block these simulations based mock drills were conducted over a period of three weeks in the month of Nov- Dec 2022 in which we have trained 125 Nurses with an emphasis on hands-on practice as well as teamwork and communication. This project was organised by Ms. Ambreen Khowaja (Section Head Clinical Nursing - K-Block) and Ms. Laila A. Rahimi (Section Head Nursing Administration – K-Block) in Support of RSDC Team and all the Unit Heads of K-Block.



PHARM- D STUDENTS VISITATION PROGRAM FOR JINNAH SINDH MEDICAL UNIVERSITY KARACHI

Orientation at LNH is always an exciting time in a Pharmacy Student life. As part of a long range program to interest and attract students in to hospital pharmacy, the Liaquat National Hospital Pharmacy Department organized a four day Pharm- D final year student visitation program for Jinnah Sindh Medical University Karachi. The program includes orientation at different pharmacies of hospitals where pharmacy activities were explained



and demonstrated to them. Pharmacies included are as follows:

Central Pharmacy, Satellite Pharmacy, Ambulatory Pharmacy, Clinical Pharmacy, Oncology, IV admixing Pharmacy, Compounding and Drug & Poison Information Center. Hospital Pharmacy Visit is a great opportunity for students to see if they can flourish in the hospital environment. This can help students to develop invaluable insight and various skills which undergraduate education alone cannot provide.

ACHIEVEMENTS

RISING STAR of GI



The Department of Gastroenterology is immensely pleased to share the academic success of Dr. Muhammad Adeel Rahat currently working as a Senior Registrar under supervision of Prof. Dr. Mansoor-ul-Haq. He joined LNH in March 2021, and has been involved in multiple research projects. He has been a bright prospect since his training as a postgraduate at LNH, as is evident from his research and academic achievements during the year 2022 -Abstract presentation at 31st Conference of Asian Pacific Association for the Study of Liver, Seoul, Korea.

TOPIC: Hepatitis E Infection: Seroprevalence and Viremia among healthy asymptomatic blood donors: A South Asian Country's Perspective

- Oral and poster presentation at World Congress of Gastroenterology (WCOG) Annual Conference, Dubai, 2022.
- Clinical case and abstract presentation at the United European Gastroenterology (UEG) Conference, Vienna, Austria, 2022.
- Oral presentation at Annual Conference of Pakistan GI and Liver Disease Society (PGLDS), 2022.
- Abstract presentation at the 22nd Annual Congress of Pakistan Society of Hepatology, 2022.

POSITION PAPER



1st position for the topic *Translation and Validation of Rhinitis Control Assessment Test for Allergic Rhinitis in Urdu language* was awarded to Dr. Maira Adeel, Resident of the ENT Department, Liaquat National Hospital at the 5th Rhinocon held in Islamabad, Pakistan in October'2022.

M.PHIL DEGREE ACCOMPLISHMENT BY DR. SYED SAQIB KHALID

By the grace of Almighty Allah...Dr. Syed Saqib Khalid Lecturer-III, Department of Pharmacology, has received his M.Phil. Degree in Pharmacology from Basic Medical Sciences Institute, Jinnah Postgraduate Medical Centre affiliated with the University of Karachi.



INTRODUCTION

DR. YOUSUF SHIEKH, CONSULTANT NEUROSURGERY



He did his MBBS from Liaquat National hospital and medical College in 2012. He got a Good medal for securing highest marks across 5 years of MBBS. Then he did his House job for 1 year and joined Residency training Program after clearing FCPS part 1 in 2014. He completed his Neurosurgery training in 2020 and cleared FCPS part 2, securing highest marks across Pakistan and earning A Gold medal for it from CPSP. During his residency, he has written many papers and chapters in books. 2020 to 2022 he completed his Senior Registrarship and finally joined LNH as a Consultant Assistant Professor in October 2022.



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