

## Newsletter – October 2023

### **Adult Mechanical Ventilation - Workshop**

Shifa Center of Professional Excellence – SCOPE organized a workshop focusing on "**Adult Mechanical Ventilation - Workshop**". The workshop aimed to educate healthcare professionals on various aspects of adult mechanical ventilation. Key highlights included:

- Dr. Hajira Bukhari explained different ventilation modes, their strategies, settings, and clinical applications, emphasizing the differences between assist-control and pressure support ventilation modes.
- Dr. M Abdul Quddus Anwar discussed patient-ventilator interaction, highlighting the importance of synchrony for patient comfort and clinical outcomes, and addressing causes and effects of asynchrony.
- Dr. Abid Ilyas introduced attendees to adaptive support ventilation, covering its principles, settings, and clinical scenarios where ASV is beneficial, offering insights into advanced ventilation techniques.
- Dr. Jaffar Khan and Saher Piyara provided insights into spirometry, lung volumes, and their clinical applications, including patient preparation, test procedures, and result interpretation, with a hands-on spirometry demonstration.

Dr. Aftab Aktar - Head of Department Critical Care, SIHL, Dr. Kh. Junaid Mustafa - Chief Medical Officer, SIHL, Mr. Malik Uzair - Director Operations, SIHL, Mr. Umar Farooq - Acting Chief Nursing Officer, SIHL and Ms. Ayesha Siddiqa - Supervisor Respiratory Therapy Department appreciated the efforts of organizers for conducting this workshop and distributed token of appreciation.



## **Pulmonary Rehabilitation**

Shifa Center of Professional Excellence – SCOPE organized a workshop focusing on "**Pulmonary Rehabilitation**", with the aim of providing in-depth knowledge on pulmonary rehabilitation.

The event featured a panel of experts who covered key aspects of this field. Key Session Highlights:

- Ms. Ayesha Siddiq explained the importance of pulmonary rehabilitation in improving the quality of life for patients with pulmonary conditions.
- Dr. Syed Murtaza Hassan Kazmi emphasized the clinical significance of pulmonary rehabilitation in managing pulmonary diseases.
- Ms. Fatima Rehman discussed criteria and methods for evaluating patients' suitability for pulmonary rehabilitation.
- Mr. Ali Zaidi highlighted the components of effective rehabilitation plans and the role of physical therapy.
- Mr. Taimoor Shah, Chief Operating Officer - SIHL, appreciated the efforts of facilitators, and moderators and underscoring the significance of pulmonary rehabilitation on organizing this workshop.

Practical sessions were conducted at three stations (Breathing Techniques, Assessment of Pulmonary Rehabilitation, Delivery of Pulmonary Rehabilitation), focusing on breathing techniques, assessing pulmonary rehabilitation, and delivering rehabilitation programs.





## **Mechanical Ventilation in Neonates and Children**

Shifa Center of Professional Excellence (SCOPE) organized a series of workshops focusing on **Mechanical Ventilation in Neonates and Children**.

Distinguished speakers who shared their expertise on various aspects of mechanical ventilation. The workshop aimed to provide insights into neonatal and pediatric mechanical ventilation, addressing specific modes, principles, and disease-specific considerations.

- Dr. Shahid Nazir provided a foundational understanding of mechanical ventilation in neonates, covering topics such as respiration mechanics, lung development, and when to use assisted ventilation.
- Dr. Yasser Masood discussed mechanical ventilation modes, oxygenation and ventilation principles, and the goals of ventilation, offering a comprehensive overview of respiratory support strategies for neonates and children.
- Dr. Fatima Gul addressed disease-specific mechanical ventilation approaches for pediatric respiratory conditions, including asthma, increased intracranial pressure, pulmonary hypertensive crises, and Pediatric Acute Respiratory Distress Syndrome (PARDS). She emphasized lung protective strategies and tailored ventilation techniques.

Hands On segments were provided by the Respiratory Therapy Department, Ms Tooba Sehr Aftab, Mr. Khateeb Ur Rehman, Mr. Khwaja Mohsin Ali and Ms. Areeba Nasir, provided participants with the skills and knowledge to operate various ventilators, Modes of Ventilation (AC/ SIMV), Volume guarantee Ventilation, Ventilation/ Oxygenation / ABGs, Basics of HFOV, all of which play a crucial role in the treatment of sick infants in Pediatric and Neonatal ICUs.

Dr. Kh. Junaid Mustafa - Chief Medical Officer, SIHL, Dr. Arif Malik - Director Risk Management, SIHL and Mr. Umar Farooq, Acting Chief Nursing Officer, SIHL appreciated the efforts of organizers.





## **Neonatal and Pediatric Ventilation techniques, both invasive and non-invasive**

Shifa Center of Professional Excellence (SCOPE) organized a series of workshops focusing on **Neonatal and Pediatric Ventilation techniques, both invasive and non-invasive.**

Esteemed experts in the field led discussions on the latest trends in ventilation for neonates and children, with a strong emphasis on hands-on training sessions.

The event featured three distinguished presenters, each addressing critical aspects of non-invasive ventilation:

- Dr. Yasser Masood's presentation delved into the principles and applications of CPAP in neonatal care.
- Dr. Salman Wani's presentation focused on high flow nasal cannula therapy (HFNC) in pediatric care.
- Dr. Saira Tahawur's presentation offered an overview of hypoxia, hypoxemia, indications for oxygen therapy, and potential side effects.

Hands-on segments were provided by the Respiratory Therapy Department, Ms. Tooba Khwaja Mohsin, Mr. Khateeb Ur Rehman and Ms. Areeba, provided participants with the skills and knowledge to operate various ventilators, CPAP machines, and High Flow devices, all of which play a crucial role in the treatment of sick infants in Pediatric and Neonatal ICUs.









## CPR community event

Shifa LiST Center, dedicated to advancing community health and well-being, hosted a highly successful two-day CPR community event with the primary aim of educating the public about life-saving techniques and fostering a sense of preparedness. This event coincided with AHA MENA CPR Month, and it made a significant impact on the community.

The two-day event featured a diverse range of activities designed to fulfill its objectives:

- **CPR Workshops:** Skilled AHA instructors from the Shifa LiST Center, along with the support of TCC, conducted hands-on workshops to instruct participants in the correct CPR techniques for both adults and children.
- **Basic Life Support:** The event also covered fundamental life support skills, including assessing breathing, administering chest compressions, and utilizing bag mask devices.

The Shifa LiST Center eagerly anticipates organizing similar events in the future, continuing to play a pivotal role in our community's well-being and furthering the mission of AHA, which is to save lives.







## Diabetes Mellitus Symposium

Updates on **Diabetes Mellitus Symposium** was organized in collaboration with Shifa Center of Professional Excellence – SCOPE and Pakistan Endocrine Society at Shifa International Hospitals Ltd, Islamabad, was a remarkable gathering of prominent experts, medical professionals, and researchers in the field of endocrinology. With a primary focus on diabetes mellitus management and related subjects, this conference offered valuable insights, groundbreaking ideas, and a platform for meaningful discussions.

- Dr. Matiullah Khan delivered a presentation on an evidence-based medication algorithm for diabetes management. His comprehensive approach and evidence-supported insights were warmly received by the attendees, providing practical guidance for effective diabetes treatment.
- Dr. Dina Shrestha's presentation on the future of type 2 diabetes treatment was a standout moment at the conference. Her exploration of the potential of oral GLP agonists, dual GLP/GIP agonists, and triple GLP/GLIP/Glucagon agonists opened up new possibilities in the realm of diabetes care.
- Dr. Umar Yousaf Raja provided illuminating insights into the world of precision medicine in diabetes. Attendees gained a deeper understanding of the evolving landscape of personalized diabetes care and its potential to significantly improve patient outcomes.
- Dr. Osama Istiaq's presentation on insulin initiation offered a fundamental understanding of this critical aspect of diabetes management. Attendees left with a clearer grasp of the process and its significance.
- Dr. Adnan Zahid led an engaging case-based discussion on insulin titration, enriching the practical knowledge and skills of healthcare professionals in adjusting insulin doses, to the benefit of both patients and medical practitioners.
- Dr. Naila Satti delivered a global perspective on insulin use, emphasizing diverse practices from around the world. Her presentation broadened attendees' horizons and underscored the importance of a global outlook in diabetes management.

The symposium not only facilitated the sharing of cutting-edge research and clinical practices but also provided a unique platform for networking and collaboration. It is clear that the future of diabetes management holds promising innovations, and these insights will undoubtedly benefit patients and healthcare providers.





## **Psychiatry Symposium 2023**

To celebrate World Mental Health Day, the **Psychiatry Symposium 2023** was organized by the Shifa Center of Professional Excellence – SCOPE, in collaboration with the Department of Psychiatry, Shifa International Hospitals Limited (SIHL) Islamabad.

The day began with an opening address by Mr. Taimoor Shah, Chief Operating Officer, SIHL Islamabad, who set the stage for the symposium with a warm welcome. His words emphasized the significance of mental health and the importance of these discussions in the context of Pakistan.

Throughout the day, we were privileged to hear from esteemed speakers, each contributing valuable insights into various aspects of mental health.

- Prof. Dr. Khalid Mufti, Medical Director/CEO Ibadat Hospital Peshawar and Member Federal Mental Health Authority, Pakistan, provided a historical perspective on the evolution of mental health services in Pakistan, shedding light on the progress made and the path ahead.
- Prof. Dr. M. Iqbal Khan, Vice Chancellor, Shifa Tameer-e-Millat, Islamabad, stressed on the importance of mental health, highlighting its pivotal role in overall well-being.
- Prof. Dr. Abdul Wahab Yousafzai, Consultant/HOD Psychiatry, SIHL Islamabad, eloquently reminded us that mental health is a universal human right, deserving of attention, care, and respect.
- Dr. Sehar Ashraf, Associate Consultant Psychiatry, SIHL Islamabad, discussed the significance of World Mental Health Day, emphasizing the global effort to reduce the stigma surrounding mental health.
- Dr. Mehboob Yaqub, Consultant Psychiatry, SIHL Islamabad, addressed the myths and misconceptions surrounding mental health, dispelling these barriers to seeking help and support.
- Dr. Nosheen Kazmi, Associate Consultant Psychiatry, SIHL Islamabad, provided a compassionate insight into children's mental health, reinforcing the idea that everyone deserves happiness and peace of mind.
- Clinical Psychologist, SIHL, Islamabad, Ms. Attia Rehman, shared real stories of struggle and hope, giving a voice to the individuals who have overcome their mental health challenges.

The symposium was brought to a close with inspiring closing remarks and shield's distribution by Chief Executive Officer, SIHL, Dr. Zeeshan Bin Ishtiaque. He appreciated the efforts of Prof. Dr. Abdul Wahab Yousafzai for his efforts on thought-provoking event. He reaffirmed the significance of mental health in our lives and our communities.







## **Diagnostic and Staging Endo-sonography**

Shifa Center of Professional Excellence - SCOPE organized an enlightening seminar on "**Diagnostic and Staging Endo-sonography**" under the leadership of Dr. Muslim Atiq, Head of Gastroenterology at SIHL. This event aimed to foster knowledge exchange and experiences among healthcare professionals, with a strong focus on the diagnosis and staging of various medical conditions using cutting-edge endo-sonography techniques.

The seminar commenced with a warm welcome from Dr. Mohammad Salih, Head of Hepatology at SIHL, who set the tone for a day filled with enriching discussions. He emphasized the pivotal role of endo-sonography in modern medical practice and the value of continuous learning and collaboration within our field.

- Dr. Maaz Bin Badshah, Consultant Gastroenterology, SIHL, then delved into the vital role of endoscopic ultrasound in diagnosing and staging pancreaticobiliary malignancies. He highlighted the remarkable advancements in this field and their profound impact on patient care, underscoring the need for early detection.
- Dr. Zafar Ali, Consultant Histopathology at SIHL, shared invaluable insights into the challenges of cytological interpretation when it comes to EUS sampling. He discussed the intricacies of obtaining and analyzing samples and provided practical tips to enhance accuracy in diagnosis.
- Dr. Muslim Atiq, Head of Gastroenterology, SIHL, addressed the technical challenges in EUS-guided sampling, delving into the latest innovations in equipment and techniques. He emphasized the significance of training and skill development for healthcare professionals performing EUS procedures.
- Dr. Murtaza Kazmi, Head of Pulmonology, SIHL, provided a comprehensive overview of endobronchial ultrasound and its clinical applications, shedding light on the challenges faced in this specialized field and potential solutions for better patient outcomes.
- Dr. Shahzad Riyaz, Consultant Gastroenterology at SIHL, brought our attention to the staging of luminal gastrointestinal malignancies using endoscopic ultrasound. He shared insights into the latest techniques and emphasized the importance of accurate staging in guiding treatment decisions.

Our seminar concluded with closing remarks from Dr. Saeed Zamir, Consultant Gastroenterology, SIHL, who expressed heartfelt gratitude to all the participants for their active engagement and valuable contributions throughout the day. He highlighted the importance of continued collaboration and knowledge sharing to advance the field of endo-sonography.





## **Basic Life Support Courses:**

Shifa LiST Center (AHA Accredited International Training Center), organized the BLS Courses.

These courses were attended by the healthcare providers (doctors and nurses) to enhance patient care by imparting critical Emergency Cardiovascular Care (ECC) and Cardio Pulmonary Resuscitation (CPR) education at the highest standards.





### **Advanced Cardiac Life Support Courses:**

Shifa LiST Center (AHA Accredited International Training Center), organized the ACLS Courses.

These courses were attended by the healthcare providers (doctors and nurses) to enhance the administration of adults that are facing cardiac and pulmonary arrests.



