



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH



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LIAQUAT NATIONAL HOSPITAL

Stadium Road, Karachi.

Tel : 92-21-34939612

Fax : 92-21-34938386

UAN : 111-456-456

www.lnh.edu.pk

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PRESS RELEASE ORIENTATION DAY & WHITE COAT CEREMONY

An Orientation Day Ceremony of the new Batch of 1st Year MBBS students of 2030 admitted at Liaquat National Medical College was held on Wednesday, March 5, 2025, at the Convention Centre of Liaquat National Hospital & Medical College.

The ceremony was attended by the newly admitted students, their parents, faculty, and senior management of the Liaquat National Hospital and Medical College.

In her welcome speech, Director Academic Administration LNH&MC, Dr. Shaheena Akbani welcomed the students and their parents and highlighted the salient features of the medical college and hospital and the milestones and achievements of LNH&MC.

Professor Karim Ullah Makki, Principal, Liaquat National Medical College, congratulated the new students and their parents and introduced the senior faculty of the Medical College & Hospital to the students and their parents.

Ms. Neha Rubab Khan 3rd year student, & Ms. Tahmina Manzoor Final Year student of LNMC shared experiences of their stay at LNH&MC with the august audience.

The Medical Director, Prof. Dr. Salman Faridi, congratulated and welcomed new students at Liaquat National Hospital & Medical College,

(continue on page 2)



Student Package Distribution



LNHMC Management



Oath Ceremony

CPSP ROUND & MEETING

On 16th April 2025, an official departmental round was conducted as part of the evaluation process to assess the readiness of our Orthopaedic Surgery department for accreditation in Paediatric Orthopaedic Surgery. The round was led by a visiting Paediatric orthopaedic surgeon, who was appointed as the assessor to evaluate the department's clinical capabilities, infrastructure, and preparedness for subspecialty training.

The round commenced in the main Orthopaedics Department, where a briefing was given regarding

the current patient load, paediatric case spectrum, and departmental structure. From there, the inspection proceeded to the Outpatient Department (OPD), where the assessor observed the consultation setup, paediatric patient flow, documentation practices, and the ability of residents and faculty to diagnose and plan treatment for paediatric cases.

Following the OPD visit, the team proceeded to the Plaster Room, where attention was given to the handling of common paediatric procedures such as clubfoot casting, fracture management, (continue on page 2)



Karachi. He assured them of his full support in curricular and extracurricular activities. He also highlighted the importance of being not just good doctors but good human beings too. He emphasized the importance of research and the need for young doctors to keep abreast with latest developments in the world.



Parents attending the event

The oath from newly admitted students was taken by Principal LNMC Prof. Karim Ullah Makki, and student packages were distributed to the new students by the Medical Director and Principal LNH&MC. The ceremony concluded at 12:00 p.m. with a vote of thanks.

CPSP ROUND & MEETING



CPSP Round and Meeting of Orthopaedic Surgery Department

and splinting techniques. Equipment availability, infection control, and staff competence were also reviewed.

Throughout the round, emphasis was placed on evaluating not only the physical infrastructure but also the integration of paediatric principles in everyday orthopaedic care. The assessor engaged residents in clinical discussions and reviewed case records to judge both academic engagement and hands-on experience with paediatric patients.

The visit concluded with preliminary feedback from the assessing paediatric orthopaedic surgeon. Overall, the department was appreciated for its proactive approach, case diversity, and teaching potential.

This evaluation marks a significant step forward in the department's journey towards establishing a recognized training centre in Paediatric Orthopaedic Surgery.

EDITOR'S NOTE

Dear Readers,

Welcome to the first issue of Newsline for 2025. This edition highlights the vibrant clinical and academic activities at Liaquat National Hospital.

These events reflect our commitment to continuous learning, professional development, and excellence in patient care. The dedication of our faculty, staff, and students continues to drive innovation and uphold the standards of our institution.

We are proud to showcase the collaborative efforts of various departments and the milestones that mark the beginning of another promising year. I extend my gratitude to all contributors for their support in bringing this issue together.

We hope this edition informs, inspires, and reaffirms our shared mission in advancing healthcare and education.



Ishrat Saleem
Dr. Ishrat Saleem
Chief Editor

NEXT GENERATION SEQUENCING (NGS) FOR BRCA GENES

Individuals who are more likely to carry a genetic fault that can increase the risk of developing some cancers could get tested for mutations in the BRCA 1 and BRCA 2 genes through NGS testing now available in the Department of Molecular Pathology, Liaquat National Hospital.

BRCA 1 and BRCA 2 genes are involved in the repair of DNA

damage and normally help to protect against cancers. Some individuals are born with a fault in one of these genes, and this increases their likelihood of certain cancers, including breast, ovarian, prostate, and pancreatic cancer.

Identifying if a breast cancer is due to BRCA gene mutation is vital to selecting the right treatments for the patient and

could help widen access to new precision drugs. It also gives relatives of the people with mutations the opportunity to have a test to see if they are at high risk of cancer before they get the disease. If they have inherited the mutation, they can then choose to have screening or cancer prevention surgery.

LNH&MC IMPLEMENTS STATE-OF-THE-ART DELL BACKUP SOLUTION FOR DATA RESILIENCE

Liaquat National Hospital & Medical College (LNH&MC) has successfully deployed Dell's enterprise-grade backup solution—featuring Data Domain DD6400, Dell LTO-9 ML3 (Linear Tape – Open-9 Modular Library 3)Tape Library, and Dell Data Protection Suite with Networker. This marks a critical advancement in the institution's data protection and disaster recovery capabilities.

Under the leadership of the Manager Infrastructure & Networks and the strategic direction of the Head of IT (Information Technology), the IT Infrastructure team, in collaboration with Dell engineers and NDS (Network Data Security)

Technologies, has successfully implemented a robust solution to enhance LNH's resilience against data loss, cyber threats, and system disruptions. The upgraded architecture integrates high-speed deduplication and scalable backup capabilities through Dell Data Domain, paired with LTO-9 tape technology for long-term data archiving. Additionally, the inclusion of Networker software ensures centralized backup management, automation, and reliable data restoration. This initiative not only enhances business continuity but also reinforces patient data security and operational efficiency.



LNH Infrastructure Team at the successful deployment of the Dell Backup Solution in our Data Center—strengthening data protection and business continuity

By adopting this advanced solution, LNH&MC sets a benchmark in healthcare IT resilience, showcasing a commitment to safeguarding mission-critical data and ensuring uninterrupted services. The successful implementation is a testament to the strategic vision and technical excellence of the IT leadership and team.



Project Team at the successful deployment of Backup Automation Software – Dell Networker, celebrating a major step forward in data protection and operational resilience



Group photo marking the successful deployment of the enterprise backup solution—featuring the collaborative efforts of the Dell, NDS, and LNH IT Teams

PUBLIC AWARENESS PROGRAMS

CARDIOVASCULAR DISEASE AWARENESS SESSIONS BY THE DEPARTMENT OF CARDIOLOGY, LNHMC

Two awareness sessions were conducted on April 7 and April 10, 2025 by Dr. Abeer Sarfaraz Assistant Professor Cardiology, Liaquat National Hospital and Medical College, at Toyota Southern Motors and Toyota Motors Defense respectively. These sessions aimed to educate the general public and working professionals about the risks associated with cardiovascular disease, and to highlight the importance of managing risk factors and adopting a healthy lifestyle to prevent heart-related conditions.

In addition, an interactive awareness session was organized for Senior Citizens at Liaquat National Hospital by Dr. Abeer Sarfaraz, Assistant Professor, Department of Cardiology. Participants were actively engaged, and their concerns and queries were addressed comprehensively.

All sessions were effectively executed, with clear, actionable take-home messages emphasizing the significance of prevention. Promoting healthy lifestyle choices and managing risk factors through open, interactive discussions can play a vital role in reducing the burden of heart disease.



Preventive Cardiology awareness session at Senior Citizen, Liaquat National Hospital



Preventive Cardiology awareness session at Toyota Southern motors



Preventive Cardiology awareness session at Toyota Defence motors

COURSES / WORKSHOPS / SEMINARS

ACLS (ADVANCED CARDIAC LIFE SUPPORT) MOCK DRILL, SIMULATING REAL CRITICAL CARE BED SCENARIO

The Critical Care Medicine section of the Medicine department, in collaboration with Research and Skills Development Centre (RSDC), conducted a comprehensive workshop on "ACLS Mock Drill, Simulating Real Critical Care Bed Scenario". Dr. Shamim Kausar

organized and facilitated the immersive training program for further enhancing the quality of care of patients at the Medical Intensive Care Unit (ICU) and High Dependency Unit (HDU).

This was designed for nursing staff, respiratory therapists, and

residents, with 20 participants trained in each shift across three drill sessions. The training focused on conducting ACLS, addressing bedside challenges, and effective team dynamics. Participants received hands-on training on simulating manikins and



Briefing about session by Dr. Shamim Kausar



Consultant intensivist and RSDC trainers with participants batch 1



Hands on demonstration of Endotracheal Tube (ETT) insertion and handling laryngoscope.

defibrillators, ensuring they were equipped to respond to real-life scenarios.

This initiative aimed to enhance critical care skills, promote

teamwork, and improve patient outcomes. By simulating real-bed scenarios, participants gained valuable experience in managing critical care emergencies. The Critical Care team is committed to

enhancing the level of care through ongoing training and education, ensuring they remain equipped to deliver exceptional patient care.



Mega code team dynamics simulation



Participants batch 3, ready for the drill



Team of staff, Respiratory Therapist (RTs) and doctors for the workshop batch 2

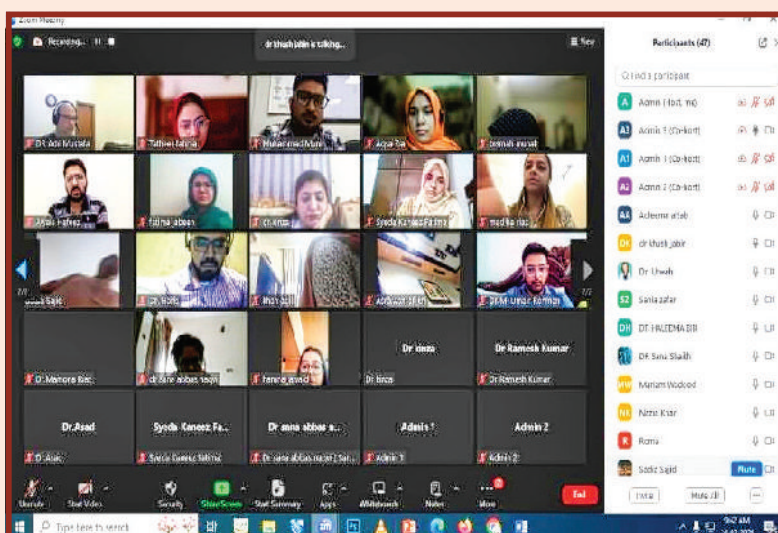
COURSE ON MANAGEMENT OF COMMON MEDICAL PROBLEMS IN PRIMARY CARE

The Department of Family Medicine successfully organized an 8-week online course on “Evidence-Based Management of Common Medical Problems in Primary Care.”

This comprehensive program equipped healthcare professionals with practical skills and knowledge for managing various medical conditions. Participants gained expertise in recognizing symptoms, initiating evidence-based treatment plans, and determining appropriate referrals for thyroid disorders, hematological diseases, gastrointestinal problems, musculoskeletal and neurological conditions, dermatological issues, and urgent care scenarios.

The hybrid structure, combining synchronous and asynchronous Zoom sessions, case-based discussions, MCQs (Multiple Choice Questions), quizzes, and assignments, provided a dynamic and engaging learning experience. A diverse group of 12 participants including general physicians, RMOs (Resident Medical Officers), house officers, residents, interns, and final-year medical students benefited from this enriching curriculum.

The Department of Family Medicine at Liaquat National Hospital extends its appreciation to all participants, faculty members, and organizers for their dedication and contribution to advancing primary healthcare. Certificates of participation were awarded to all attendees.





Liaquat National Hospital

Course on

Evidence Based Management of Common Medical Problem in Primary Care

Starting from 23rd November 2024 to 11th January 2025

Duration: 8 weeks

Organized by: Department of Family Medicine

Learning Objectives:

By the end of this course, participants should be able to:

- Recognize and evaluate symptoms, initiate evidence-based management and anticipate referrals for:
- Thyroid Disorders
- Hematological Disease
- Gastrointestinal Problems
- Musculoskeletal Conditions
- Neurological Problems
- Dermatological Problems
- Condition requiring urgent care
- Common Surgical condition in primary care

***Certificate of participation will be given at the end of course**

Salient Features:

- Hybrid of synchronous and asynchronous Zoom sessions every weekend. Case based discussion, MCQs practice, Quizzes and Assignments

Who should attend?

General Physicians, RMOs, House officers/Interns, Residents, Final year medical students.

Doctors who want to refresh their knowledge and want to prepare for any postgraduate exam in Family Medicine

Registration:

Registration deadline: 20th November 2024

For information and queries:

021-34412885, 0346-0101614

Familymedicine@lnh.edu.pk

Registration Link

<https://forms.gle/3ZiQaK3IHruAWKk67>

CME “DOCUMENTATION OF CARE”

Accurate and thorough documentation in patient records is crucial to delivering high-quality care in hospitals. A recent Continuing Medical Education (CME) on this topic was conducted by the Quality Assurance Department that emphasized the impact of comprehensive documentation in clinical decision-making, patient safety, and communication among healthcare teams. Healthcare professionals discussed the pivotal role of detailed records in ensuring continuity of care, reducing errors, and preventing misdiagnoses.

Documentation is not just a clinical necessity but also a legal safeguard. Well-maintained patient records protect healthcare providers during malpractice claims and help meet regulatory

standards, ensuring hospitals stay compliant with accreditation requirements. In addition, clear and consistent documentation plays a key role in improving patient outcomes by tracking treatment progress, managing medications, and addressing potential risks.

Effective documentation also streamlines billing and reimbursement processes, ensuring that services rendered are properly supported for insurance claims and audits. Beyond clinical practice, detailed records contribute to medical research and quality improvement efforts by providing valuable data for evidence-based practices.

As healthcare continues to evolve, the use of technology, i.e., Electronic Medical Record (EMR) system, was also discussed, and compliance with the system was emphasized. This CME reinforced that proper documentation is not just a routine task but a critical aspect of patient care, safety, and hospital efficiency.



CME “Documentation of Care”

SESSIONS ON ACUTE PAIN MANAGEMENT

In September and November 2024, the Department of Nursing, in collaboration with the Department of Anesthesiology, conducted specialized training sessions on Acute Pain Management for nineteen in-house nurses. These sessions aimed to strengthen clinical competence in assessing and managing acute pain effectively and empathetically. The training followed established guidelines,

including pain assessment tools such as the Numeric Rating Scale and FLACC (Face, Legs, Activity, Cry, Consolability) scale, application of the WHO (World Health Organization) Pain Ladder, safe administration and monitoring of analgesics including opioids, and the use of non-pharmacological techniques like cold/heat application and distraction methods. Nurses were trained in proper documentation,

patient rights, and ethical considerations, with a focus on integrating both pharmacological and non-pharmacological approaches. Teaching how to do comprehensive pain assessments, administer oral and IV (Intravenous) medications, use patient-controlled analgesia (PCA), monitor side effects, and escalate cases through interdisciplinary collaboration. The training brought numerous benefits: enhanced clinical knowledge, improved confidence among nurses, stronger collaboration with anesthesiology, and increased capacity to provide timely, effective, and compassionate care. The expected outcomes include improved patient comfort and satisfaction, a higher standard of pain



Sessions on Acute Pain Management Conducted by Department of Anesthesiology

management practices, reduced complications through early intervention, and an empowered nursing workforce well-equipped

to lead in holistic, patient-centered care. These sessions reflect our ongoing commitment to continuous education, clinical

excellence, and the delivery of safe, evidence-based nursing care.

CME ON HEALING THE HEALERS: BURNOUT SYNDROME

The Department of Mental Health at Liaquat National Hospital (LNH) organized a Continuing Medical Education (CME) program at Lecture Hall 'A', Convention Centre, to address mental health challenges and stress among healthcare professionals. The event, attended by 50 participants, began with a welcome by Dr. Sumayya, and a recitation by Dr. Muhammad Ghazi, Residents of Psychiatry. Discussions highlighted key challenges faced by healthcare professionals, including "Mental Health Issues

among Surgeons" presented by Dr. Faiqa Saleem, Resident General Surgery, "Work-life Balance Challenges" discussed by Dr. Paras Qamar, Resident Gynecology, and "Workplace Stress" addressed by Dr. Bisma Rizwan, Resident Radiology. Mr. Ahmer Zubairi, Clinical Psychologist at LNH, delivered an impactful presentation on "Unveiling the Dangers of Stress and Burnout", emphasizing early recognition and intervention. Dr. Iqtidar Taufiq, Consultant Psychiatrist and Head of the

Department of Mental Health, LNH, shared effective stress management techniques. The event concluded with an engaging Questions/Answers session moderated by a panel of experts, followed by closing remarks from Dr. Zaib-un-Nisa. Awards and certificates were distributed to the speakers and participants. The CME program successfully raised awareness about mental health and provided practical tools for managing stress, highlighting the importance of resilience in healthcare.



CME on Healing the Healers: Burnout Syndrome

IN-HOUSE SPECIALIZATION COURSE: DEPARTMENT OF NURSING

The Department of Nursing recently conducted in-house specialization courses in collaboration with various hospital departments during the months of September and November 2024. These courses



Nursing Supervisor Conducting Class on CCN Module



Conducting Class on MSN Module

were tailored to strengthen core competencies and clinical expertise in three key nursing domains: Medical-Surgical Nursing (MSN), Critical Care Nursing (CCN), and Maternal and Child Health

Nursing. The Medical-Surgical Nursing module focused on managing patients with acute and chronic conditions, perioperative care, wound management, pain control, and pre- and post-operative nursing responsibilities. In the Critical Care Nursing course, participants received training in high-acuity care areas, including ventilator handling, hemodynamic monitoring, defibrillator operation, ECG placement and interpretation, and emergency response protocols, enabling them to function confidently in intensive and high-risk settings. The Maternal and Child Health Nursing segment emphasized antenatal and postnatal care, newborn assessment, CTG interpretation, mechanisms of normal labor, postpartum complications, and maternal health promotion. Across all modules, the curriculum was designed to

enhance essential nursing skills such as critical thinking, clinical decision-making, therapeutic communication, and professional accountability. A significant portion of the program was dedicated to hands-on practical training, covering essential procedures such as IV cannulation, Nasogastric (NG) tube insertion and removal, Foley catheter insertion and care, airway management techniques, and neonatal care practices. In total, thirty-one nursing staff successfully completed the program and were awarded certifications, marking a milestone in their commitment to professional development. With this comprehensive and skill-intensive training, participants are now better equipped to deliver safe, efficient, and compassionate care in diverse clinical settings and ultimately enhance patient outcomes, safety, and satisfaction.

ADVANCED RESUSCITATION MOCK DRILL-DEPARTMENT OF NURSING

The Department of Nursing, in collaboration with Clinical Heads of Departments, recently conducted an Advanced Resuscitation Mock Drill to enhance clinical preparedness and improve team collaboration in handling emergency situations. This session focused on crucial skills, including Adult BLS (Basic Life Support), ACLS (Advanced Cardiac Life Support), arrhythmia management, and post-cardiac arrest care. The drill utilized simulations, live mock drills, and case scenarios to reinforce adherence to clinical protocols and ensure high-quality patient care during critical incidents. It provided healthcare professionals with practical, hands-on experience to effectively respond to life-threatening emergencies.

A total of 409 participants, including Staff Nurses, Doctors, and Respiratory Therapists, took part in the mock drill. The sessions were held across various hospital departments, including Cardiology, Neurology, Accident and Emergency, Nephrology, Surgical HDU (High Dependency Unit), Female Medical Ward, Cath Lab, Plastic Surgery HDU, SICU II (Surgical Intensive Care Unit II) and OT (Operation Theatre) Recovery, Neurosurgery HDU, Chest ICU (Intensive Care Unit) & HDU, SICU I & III, MICU (Medical Intensive Care Unit), and Gynae HDU. Each department participated in tailored sessions to address their specific emergency response needs.



Advanced Resuscitation Mock Drill-Department of Nursing

MARKETING SEMINAR IN THE DEPARTMENT OF COMMERCE AT UNIVERSITY OF KARACHI

Liaquat National Hospital proudly sponsored a marketing seminar organized by the Department of Commerce at the University of Karachi. The seminar, titled "Traditional vs. AI-Driven Digital Marketing," brought together experts, students, and professionals to discuss the latest trends in the marketing world.



CONTINUING MEDICAL EDUCATION (CME) INFECTION PREVENTION & CONTROL

A workshop titled "Infection Prevention & Control" was conducted by the Microbiology Department on 18th April 2025 as part of the "8th International Conference on Patient Safety," organized by the Institute of Healthcare Improvement & Safety (RIPHAH).

Healthcare-associated infections are a global threat, and measures have to be undertaken to prevent their spread. This workshop brought together experts in the field to discuss key infection prevention and control strategies to reduce healthcare-associated infections.

Dr. Sana Anwar and Dr. Falak Abro highlighted the critical importance of implementing robust infection prevention strategies in hospital settings. Col. (R) Dr. Amjad, representing the National Institute of Health (NIH), Islamabad, emphasized the role of minimizing diagnostic errors in promoting patient safety. Dr.

Afreenish (NIH) spoke on the value of surveillance in reducing healthcare-associated infections, while Dr. Mudassar (NIH) engaged the audience with clinical cases demonstrating the importance of effective infection control practices.

As it was an interactive session, the participants also shared their experiences and received advice for the challenges they faced regarding infection prevention and control in their clinical settings. The session was well-received, drawing active participation from the attendees, which included clinicians, nurses, students, and other healthcare workers.

It was concluded that an efficient infection prevention and control program should be implemented in all healthcare facilities in order to prevent the spread of life-threatening infections.



Dr. Sana Anwar with the other facilitators of the workshop on Infection Prevention & Control



Facilitators and participants of the workshop on Infection Prevention and Control

TEAM COURSE AT LIAQUAT NATIONAL HOSPITAL AND MEDICAL COLLEGE A PIONEER INITIATIVE BY DR. RUFINA SOOMRO

Liaquat National Hospital and Medical College (LNH&MC), Karachi, takes pride in being the first medical college to regularly conduct the internationally recognized TEAM® (Trauma Evaluation and Management) course for undergraduate medical students. Spearheaded by Dr. Rufina Soomro, a certified ATLS (Advanced Trauma Life Support) Instructor and dedicated

Course Director, this initiative began in 2018 and has since made remarkable progress.

To date, 24 TEAM courses have been successfully conducted, training over 550 students in the essential principles of initial trauma assessment and resuscitation. The recent launch of the 4th Edition of the TEAM curriculum marks a significant milestone,

with the first course for the MBBS Batch of 2027 held on 17th April this year.

This course is unique in its direct certification from the American College of Surgeons (ACS)—a distinction that sets Liaquat National Hospital & Medical College apart as a pioneer in trauma education at the undergraduate level in Pakistan.

The TEAM faculty comprises ATLS-certified experts across diverse specialties, including General Surgery, Orthopedics, Neurosurgery, Thoracic Surgery, Anesthesia, Vascular Surgery, and Emergency Medicine. The program is further supported by Skills Lab personnel and medical education specialists, ensuring a rich, multidisciplinary training environment.

The comprehensive course structure includes:

- Sharing of TEAM manuals
- Pre- and post-tests
- Video demonstrations
- Hands-on practice on simulated cases, focused discussions, and skills stations

A key feature of the course is its alignment with international pedagogical standards, such as the 5-step model for skill teaching, and its incorporation into local curriculum reforms, as documented in two peer-reviewed publications.

Through this initiative, Dr. Rufina Soomro and the LNH team continue to uphold a commitment to trauma education, capacity building, and the betterment of emergency care delivery across Pakistan.



TEAM Course at LNHMC

DEPARTMENT OF HISTOPATHOLOGY CONDUCTED A HYBRID ONLINE AND IN-PERSON WORKSHOP

The Department of Histopathology conducted a hybrid online and in-person workshop on April 21, 2025, titled “Updates in Urological Pathology and Precision Medicine.”

The workshop was facilitated by Dr. Anil Parwani, who is the Chair and Chief of Pathology Services for The Ohio State University Medical Centre. Dr. Parwani has expertise in surgical pathology, digital pathology, artificial intelligence, and lab automation. Dr. Parwani has authored over four hundred peer-reviewed articles with more than 30,000 citations. Dr. Parwani is the Editor-in-Chief of Diagnostic Pathology and Co-Editor of the Journal of Pathology

Informatics.

The workshop highlighted the rapidly evolving changes in the classification of urinary tract tumors with emphasis on emerging entities. Dr. Parwani talked about the recent entities in the classification of renal tumors that are molecularly defined. The recently described molecularly defined entities include TFE3-rearranged RCCs (TFE3-rearranged renal cell carcinoma), ALK-rearranged RCCs, TFEB-rearranged and TFEB-amplified RCC, ELOC (formerly TCEB1)-mutated RCC, SMARCB1 (INI1)-deficient RCC, and others. The session also included a talk on the role of digital pathology and artificial intelligence, and how their use could help pathologists in better diagnosis. He talked about AI algorithms being developed to predict tumor origin and detect nodal metastasis. Digital pathology and AI also provide exciting opportunities for research and collaborative reporting.

The workshop received an overwhelmingly positive response from the participants, with 140 participants registering for the workshop from all six continents.

The workshop concluded with Prof. Naveen Faridi awarding Dr. Anil a certificate of appreciation.



Participants of the Hybrid Workshop by Department of Histopathology

WORKSHOP ON ULTRASOUND-GUIDED NERVE BLOCKS

The event commenced with Tilawat by Dr. Yaseen Ahmed, followed by a welcome address from Dr. M. Amim Anwar, who also led the academic sessions. The chief guests for the workshop were Professor Paul Kessler, Senior Consultant in Anesthesiology and Pain Therapy from Germany, and Mr. Stefan Horn, Vice President of Global Marketing, Regional Anesthesia and Pain Management at B. Braun Germany.

Professor Paul Kessler delivered an engaging talk on the use of pencil-point needles in reducing pain and discomfort during gynecological procedures. Mr. Stefan Horn shared updates on advancements in regional anesthesia.

A demonstration of ultrasound-guided upper and lower limb peripheral nerve blocks was conducted by Prof. Paul Kessler, Dr. Shehrum Bughio, Dr. Arsala Rehman, and Dr. Sarosh ul Hassan in the OT (Operating Theater) (recovery area), where all participants had the opportunity to observe and learn under expert supervision.

The workshop concluded with closing remarks and shield distribution. It was highly appreciated for its educational value and practical relevance, significantly enhancing the skills of attending anesthesia professionals.



Dr. Amim - Prof. Paul Kessler - Prof. Dr. Nighat Abbas



Dr. M. Amim Anwar



Prof. Paul Kessler



Dr. Amim Anwar - Mr. Stefan Horn - Prof. M. Sirajuddin



Mr. Stefan Horn



Prof. Dr. Nighat Abbas



Prof. Paul Kessler



Participants of Workshop on Ultrasound-Guided Nerve Blocks



THE PAKISTAN SOCIETY OF HEMATOLOGISTS PSH HELD ITS ANNUAL CONFERENCE HAEMCON - 2025

The Pakistan Society of Hematologists (PSH) held its annual

conference Haemcon-2025 in Karachi from 18-20 April 2025. One of the pre-conference workshops was led by Dr. Naila Raza and LNH hematology team titled 'Coagulation Decoded' with the main focus on laboratory coagulation tests and its interpretation, a critical area of



Attendees at PSH Haemcon 2025 in the pre-conference workshop



Facilitators for the Pre-conference workshop



Group photo of Participants and the facilitators

study in clinical and laboratory settings. The workshop was held on 17th April 2025 at the Marriott Hotel, Karachi.

The workshop featured a comprehensive agenda of case-based learning, including interactive quiz session, hands-on graph plotting for factor assays and inhibitor assays, and management guidelines led by

renowned specialists in hematology and coagulation. Participants were guided through the intricacies of quality assurance, coagulation pathways, diagnostic techniques, pitfalls and the latest updates on various coagulation disorders such as congenital and acquired Hemophilia, Anti-phospholipid Syndrome, Heritable Thrombophilia, and Von Willebrand disease.

The workshop was very well attended and attracted young hematologists, hematology residents, lab technologists and lab trainees eager to deepen their understanding of the subject. Attendees were not only able to expand their knowledge but also had the opportunity to network with peers and speakers, creating valuable connections before the main event.



Hands on activity by hematology department



Dr. Naila Raza addressing major bleeding disorders



Graph interpretation



Dr. S. M. Irfan at the pre-conference workshop

2ND SKILL SESSION PGCERT FAMILY MEDICINE BATCH 24-25

The faculty of Family Medicine conducted skills session for the 3rd Batch enrolled in their post graduate certificate course (PGCert) in Family Medicine on 11-14 Feb 2025. The 4 days sessions were conducted by Dr. Rabeeya Saeed, Dr. Nausheen Haroon Ahmed, Dr. Fatima Asghar, Dr. Sehrish Habib and Dr. Marium Ahmed. These sessions cover consultation skills, clinical case discussions 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



Simulated Consultation



Group Photo with PGCert Batch 2024-2025

ANNUAL OSCE FOR PGCERT FAMILY MEDICINE BATCH 24-25

The department of Family Medicine held its annual Objective Structured Clinical Examination (OSCE) for the Post Graduate Certificate course. Candidates were assessed for their consultation and examination skills after a year long blended learning course.



Group Photo of Organizing Team



Annual OSCE PGCERT Batch 2024-25



Family Medicine Faculty assessing consultation, examination and diagnostic skills of students

ACADEMIC CME SESSION FOR R-1: DOCTOR-PATIENT COMMUNICATION, HOW CAN WE DO BETTER?

In healthcare, one element remains central to quality patient care: effective communication between doctors and patients. Despite advances in technology, diagnostics, and treatment protocols, a significant number of complaints and misunderstandings in clinical practice still stem from poor communication.



CME Session on Doctor-Patient Communication

Patients today are more informed and involved in their healthcare decisions than ever before. They seek clarity, empathy, and partnership. Unfortunately, time constraints, administrative burdens, and systemic inefficiencies often reduce patient interactions to rushed exchanges. This not only affects patient satisfaction but can also lead to misdiagnoses, non-compliance, and diminished trust. This Continuing Medical Education (CME) activity highlights the role of active listening, empathy, use of simple language, leverage of technology and feedback for effective doctor patient communication.

CME SESSION – INTERNATIONAL PATIENT SAFETY GOALS (IPSG)

On February 20th and 26th, 2025, an engaging Academic Continuing Medical Education (CME) session was held at LNH for Residents (R1) and House officers. The session focused on the IPSG, providing valuable insights into global standards for improving patient safety in healthcare settings.

Facilitated by Zara Ammer Saleem, Assistant Manager – Quality Assurance, and Qurat-ul-ain Tausif, Manager of the Department of Quality Assurance, the session explored the key IPSG objectives. These goals, set by the Joint Commission International (JCI), aim to enhance patient safety

through improving communication among caregivers, ensuring safe medication practices, preventing healthcare-associated infections, and identifying safety risks.

The session highlighted the importance of adhering to these global standards to minimize harm and improve care quality. It sparked insightful discussions among participants and reinforced the commitment to continuous improvement at LNH.

As the World Health Organization states: “Patient safety is a critical part of quality care; without it, trust is lost, and harm may be done.”



IPSG CME Session

HANDS-ON ADVANCED REFRESHER COURSE FOR FCPS-II & MRCP CANDIDATES

The Department of Medicine at Liaquat National Hospital (LNH) successfully conducted its 10th Annual Advanced Preparatory Course for FCPS-II (Fellowship of the College of Physicians and Surgeons-II) and MRCP (Membership of the Royal Colleges of Physicians) candidates from February 22 to 28, 2025. This flagship academic program has been consistently organized for the past ten years and continues to receive enthusiastic feedback from participants for its structured, exam-focused approach and comprehensive clinical exposure.

This year's six-day course began with a dedicated day for MRCP updates, TOACS (Task Oriented Assessment of Clinical Skills) practice, and special lectures. These sessions covered a wide range of important topics, including Infectious Disease, Rheumatology, Endocrinology, Dermatology, and ECG (Electrocardiogram) interpretation, all delivered by experienced faculty members. The subsequent

three days were focused on long case assessments, in specialties such as Pulmonology, Neurology, General Medicine, Cardiology, Rheumatology, Endocrinology, Hematology, Nephrology, and Gastroenterology. The final two days of the course were devoted to short case examinations, covering Neurology, Cardiology, Gastroenterology, Pulmonology, and Rheumatology.

A total of 27 candidates were enrolled in the course, benefiting from the expertise of more than 20 CPSP (College of Physicians and Surgeons Pakistan) examiners. The active involvement of the entire medical and allied faculty played a vital role in delivering a high-quality and immersive training experience. The course concluded with a certificate distribution ceremony, marking the successful completion of another impactful academic initiative by the Department of Medicine at LNH.



Hands-On Advanced Refresher Course for FCPS-II & MRCP Candidates

PRE-CONFERENCE WORKSHOP "ROLE OF KPIS (KEY PERFORMANCE INDICATORS) IN QUALITY IMPROVEMENT"



Pre-Conference Workshop Flyer for Role of KPIS in Quality Improvement

The pre-conference workshop on "Role of KPIS in Quality Improvement", held on 17th April 2025, as part of the 8th International Conference on Patient Safety, was a great success. Hosted by Liaquat National Hospital in collaboration with Riphah Institute of Health Improvement & Safety and led by the Quality

Assurance Department of Liaquat National Hospital, the workshop brought together hospital administrators, quality managers, and healthcare professionals eager to learn more about quality improvement. The workshop was facilitated by:

- **Dr. Seval Akgun**, Chief Quality Officer at Baskent University Hospitals Network, Turkey
- **Dr. Saima Aslam**, Training Consultant at RIHIS, Riphah International University, Islamabad
- **Ms. Qurat-ul-Ain Tausif**, Manager, Quality Assurance Department, Liaquat National Hospital



Participants and speakers at the Pre-Conference Workshop on Role of KPIs in Quality Improvement

The workshop emphasized the importance of KPIs in enhancing patient safety and healthcare processes. Participants gained practical insights into using KPIs to drive quality improvements.

"What gets measured gets improved" a famous quote by Peter Drucker, underscored the session's focus on the power of KPIs in improving healthcare outcomes.

This session marked a significant step in empowering healthcare professionals to implement actionable strategies for improving quality and safety in their institutions.



Ms. Qurat-ul-Ain Tausif delivering insights during the Pre-Conference Workshop on Role of KPIs in Quality Improvement

BREASTFEEDING SUPPORT TRAINING FOR HOSPITAL NURSING STAFF

To strengthen breastfeeding support across Liaquat National Hospital, three interactive training sessions were conducted for nursing staff from various departments, including NICU (Neonatal Intensive Care Unit), gynecology ward, outreach clinics, and family medicine clinics. These sessions, held in April and May 2025, were designed to equip nurses with the knowledge and skills needed to initiate lactation support services within the hospital. The trainings

were led by Specialist Family Physician and Lactation Consultant Dr. Uzma Faisal, who guided participants through evidence-based practices in lactation support.

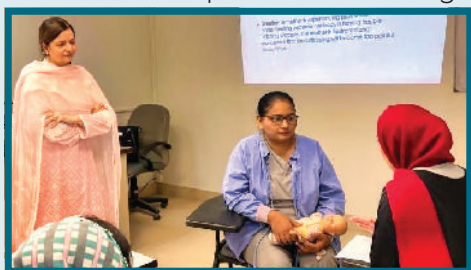
The sessions focused on three key service areas where lactation support services are planned to be launched in June 2025. First, every mother delivering at LNH will receive lactation counseling and support from a dedicated team, including a lactation consultant Dr. Uzma Faisal. Second, lactation support will be made available at the Family Medicine Clinic and affiliated outreach centers to ensure continuity of care. Third, home-based lactation support services will be introduced to provide



Dr. Uzma Faisal conducting the Training Session

personalized postpartum care for mothers in the comfort of their homes.

Nurses actively engaged in discussions and practical demonstrations, showing great enthusiasm and commitment to improving maternal and infant health outcomes. This training marks a vital step towards institutionalizing breastfeeding support across LNH and creating a supportive environment for new mothers.



Breastfeeding Support Training for Hospital Nursing Staff

PROF. MANSOOR UL HAQ PARTICIPATION AS A "CO-DIRECTOR" FOR TWO KEY WORKSHOPS HELD AT "SINDH INSTITUTE OF ADVANCED GASTROENTEROLOGY (SIAG), CIVIL HOSPITAL KARACHI

Professor Mansoor ul Haq had the privilege of serving as a "Co-Director" for two key workshops held at "Sindh Institute of Advanced Gastroenterology (SIAG), Civil Hospital Karachi" from April 25-27, 2025.

1. Hands-On Workshop on Colonoscopy

- Demonstrated advanced colonoscopy techniques.
- Provided real-time feedback to participants practicing on simulation models and supervised live cases.



Demonstration at Workshop



Prof. Mansoor ul Haq Received Certificate of Appreciation from SIAG



Hands on Colonoscopy workshop 2025

2. Train the Trainers Workshop on Colonoscopy

- Mentored faculty and senior trainees on effective teaching methodologies for colonoscopy.
- Focused on skill assessment, error management, and adaptive training strategies.

These workshops allowed him to contribute to enhancing hands-on learning and trainer

development in gastroenterology. He was grateful to Dr. Saad Niaz & his team of Sindh Institute of Advanced Gastroenterology, Civil Hospital Karachi, for this valuable opportunity to support endoscopic training in Pakistan.

LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

INTRODUCTION OF REZUM THERAPY FOR BENIGN PROSTATIC HYPERPLASIA AT LNH&MC

Liaquat National Hospital and Medical College (LNH&MC), Karachi, Pakistan proudly pioneers the introduction of REZUM therapy for Benign Prostatic Hyperplasia (BPH), marking a significant milestone as the first tertiary care hospital in Pakistan to offer this advanced treatment. REZUM is a minimally invasive procedure that utilizes steam therapy to reduce enlarged prostate tissue, providing long-term relief from urinary symptoms associated with BPH.

This innovative treatment offers a safe, outpatient alternative to traditional surgical methods, with minimal downtime and a low risk of complications. REZUM preserves sexual function, making it a highly preferred option among patients seeking effective yet less invasive care. The initiation of REZUM therapy at LNH&MC reflects our commitment to adopting cutting-edge medical technologies and enhancing patient care. It also underscores LNH&MC's role as a national leader in urological advancements. The first successful procedures have already been performed with excellent outcomes, earning positive feedback from both patients and specialists.



This development is a testament to LNH&MC's ongoing efforts to deliver world-class healthcare and to set new standards in medical excellence across Pakistan.

CAFFEINE AND SLEEP: A MEDICAL STUDENT'S SHIELD AGAINST SLEEP DEPRIVATION?

The Department of Forensic Medicine at Liaquat National Medical College arranged its monthly Journal Club (JC) presentation, showcasing the academic excellence of third-year medical students.

Under the expert guidance of Professor Mukkaram Ali, Dr. Imran Sandeelo (Assistant Professor, Cardiology), and Dr. Sadia Abdul Qayyum (Assistant Professor, Forensic Medicine), students presented key findings from a double-blind randomized controlled study utilizing PET-MRI (Positron Emission Tomography-Magnetic Resonance Imaging) technology. Class representatives Hassam and Marium led the session, with presenters Boomika, Eiman, Arhama, Ahmed, Salwa, Ayan, Dua, Mubashir, Haris, and Muzammil offering valuable insights into the neuroprotective effects of caffeine.

The study suggests that caffeine, through A1 adenosine receptor antagonism, protects sleep deprivation-induced grey matter changes. While promising, further research is required to assess long-term implications and clinical applications.

Dr. Shaheena Akbani, Professor Hafeez ul Hassan, and Professor Tabassum Zehra judged the event, ensuring a rigorous academic discussion. Participants were awarded certificates recognizing their contributions to scientific discourse.

This engaging discussion highlighted caffeine's potential benefits and underscored the importance of responsible consumption and sleep hygiene strategies. Understanding caffeine's role in cognitive resilience could shape future approaches to managing sleep-related challenges among healthcare professionals, students, and shift workers.



Journal Club Judges, Participants, Presenters and Coordinators

CAREER PATHWAY IN U.K. & CV WRITING



A guest session on "Career Pathway in UK & CV Writing" was organized for final year MBBS students on Wednesday, 30th April 2025, at Lecture Hall A, Liaquat National Medical College. The session was conducted by Dr. Saleem Ullah Khan a FRCOG (Fellow of the Royal College of Obstetricians and Gynaecologists)



is Consultant Obstetrician and Gynaecologist at Royal Preston Hospital and other National Health Service (NHS) hospitals in the UK. Dr. Khan is widely recognized for conducting MRCOG (Membership of the Royal College of Obstetricians

and Gynaecologists) preparation courses internationally since 2013.

During the session, Dr. Khan provided detailed guidance on postgraduate training pathways in UK, the UK Medical Licensing Assessment (UKMLA), and how to

craft a strong and focused CV. The session was highly interactive, with students raising thoughtful questions about licensing exams, clinical attachments, and specialty selection. Dr. Khan emphasized the significance of

early career counseling and strategic planning, encouraging students to make informed, goal-oriented decisions for a successful international medical career.



Group Photo of Guest Session on "Career Pathway in UK & CV Writing"

LIAQUAT NATIONAL COLLEGE OF NURSING (LNCON)

B.S. NURSING (GENERIC) FINAL YEAR 8TH SEMESTER NURSING SEMINARS AND EVIDENCE-BASED RESEARCH PRESENTATIONS

The B.S. Nursing (Generic) final year, 8th semester students organized enlightening Nursing Seminars from 10th February 2025 to 13th February 2025 under the guidance of their course facilitator, Ms. Shaheen Shamaila, Lecturer II, and Ms. Shaheen Zahir Ali, Vice Principal – Liaquat National College of Nursing. The topics covered by students were: Euthanasia Nursing (nursing care provided to patients opting for medically assisted dying), Role of Nurses in Economic Development, Entrepreneurship, Information Communication and Technology, Trauma Care, Nursing Power to Change the World, Trends and Issues in Nursing Education, and Trends and Issues in Nursing Clinical Practice. Ms. Zohra Javed, Mr. Saqib Sarfaraz, Ms. Schellin Oliver, Mr. Amir Rahman, and Mr. Tariq Aziz were the guests and evaluators during the Nursing Seminars.

On 25th February 2025, the B.S. Nursing (Generic) Final Year 8th Semester students and the B.Sc. Nursing Post-Registered Nurse (Post RN) Final Year



Research Presentations Participants

students presented their evidence-based research in groups covering topics such as assessing stress levels and their detriments among critical care unit nursing staff at a tertiary care hospital, exploring the knowledge, attitudes, and practice of primigravida mothers on breastfeeding in a tertiary care hospital



B.S. Nursing (Generic) Final Year 8th Semester students with Controller – Nursing Administration, Guests of Honour, and LNCON faculty

in Karachi, perceptions related to the use of handoff communication procedures utilizing ISBAR (Identify, Situation, Background, Assessment, and Recommendation / Response), etc. Dr. Sonya Arshad, Assistant Professor of Physiology, and Mr. Muhammad Yaqoob, Assistant Professor at the Institute of Nursing and Midwifery, Dow University of Health Sciences, were the Guests of Honor.

Both events were attended by Brig. Dr. Anwer Ali Khan, Controller- Nursing Administration and Mrs. Judith Zaidi, Principal – LNCON along with the LNCON Vice Principal, faculty members, and students. The efforts of students were commended by the guests, who also provided their expert opinion and insightful feedback.

ADMISSION AND ORIENTATION DAY (BS GENERIC NURSING 2024-2025)

Admission Process

The admission process for the BS (Bachelors of Science) Generic Nursing 2024-2025 program at Liaquat National College of Nursing (LNCON) began with the collection of over 700 application forms. This was followed by an entrance test conducted by NTS (National Testing Service) at St. Patrick's College. Candidates who passed the test were shortlisted for interviews, and those who qualified proceeded to a medical examination to assess their fitness for the program. A total of around 110 candidates have successfully completed the process and are now officially enrolled to begin their academic journey at LNCON. The college is also looking forward to the commencement of the evening program in the upcoming academic cycle.

Orientation Day

The orientation for the BS Generic Nursing 2024-2025 batch at Liaquat National College of Nursing (LNCON) was held at the hospital's Convention Centre Hall on 18th January 2025.

The session began with Ms. Saba Saeed Sheikh as the master of ceremonies. The program formally



Admission and Orientation Day Ceremony: BS Generic Nursing 2024-25

commenced with the recitation of the Holy Quran, followed by the introduction of the faculty members. Controller of the nursing administration, Brigadier Dr. Anwer Ali Khan, shared his personal and professional journey, inspiring students to stay committed to their goals. Ms. Sonia Barkat, the Coordinator for Semester 1, provided an overview of the first-semester syllabus. The Principal, Ms. Judith Zaidi, then shared a brief but insightful program detail of the College of Nursing.

The orientation day concluded with the playing of the National Anthem and the Liaquat National Anthem. Students were then guided to enjoy refreshments at the College of Nursing.

CULTURE DIVERSITY DAY AT LNCON

On 26th April 2025, the students of B.S. Nursing (Generic) Final Year 7th Semester organized the Culture Diversity Day. The event focused on showcasing the rich and diverse culture of the provinces of Pakistan. Students were divided into five groups, each group representing one of the five provinces of Pakistan: Sindh, Punjab, Balochistan, Khyber Pakhtunkhwa (KPK), and Gilgit Baltistan. Each group represented the culture of Pakistan in a fun and creative manner. The KPK group enacted a scene depicting the traditional Hujra, which was

well-appreciated. The group representing Punjab chose to capture the colors and fun of a traditional Mehndi event. Students representing the province of Sindh depicted a scene from a traditional Sindhi wedding. The Balochistan group captured the vibrant colors and delicacy of the Baloch handicraft beautifully by adorning traditional dresses. They gave tribute to Balochistan literature, artists, and cuisine with pictures and an oral presentation. The male students of Gilgit Baltistan performed a traditional all-male folk dance to local music.



Students and faculty of the College of Nursing and other institutes of Liaquat National Hospital attended the event enthusiastically and were enthralled by the performances. Brig. Dr. Anwer



Cultural Diversity Day at LNCON

Ali Khan, Controller – Nursing Administration, each group and appreciated the efforts of the Section Heads – Clinical Nursing, and faculty visited students and faculty.

MS. NABILA SALIM ALI SUCCESSFULLY COMPLETED MASTERS IN SCIENCE IN NURSING (MSCN)

Ms. Nabila Salim Ali, Lecturer I, at Liaquat National College of Nursing (LNCON), successfully defended her thesis and awarded a memento at Aga Khan University School of Nursing and Midwifery to complete her Masters in Science in Nursing (MScN) degree, marking a significant milestone in her academic journey. This accomplishment reflects her dedication to advancing nursing research and contributes to the broader understanding within the field. She hopes to utilize her vast experience in nursing research and leadership to take nursing education at LNCON to greater heights. Ms. Nabila had this to say about her MScN journey:



“I gained valuable insights into the complexities of my research area and developed skills that will contribute to my future endeavors. This success strengthens my commitment to making a meaningful impact in healthcare and academic excellence.”

B.S. NURSING (GENERIC) AND B.Sc. NURSING (POST RN) COMPUTER BASED EXAMINATION (CBE) AT LIAQUAT NATIONAL HOSPITAL

The B.S. Nursing (Generic) and B.Sc. Nursing (Post Registered Nurses-Post RN) 1st Year students of Liaquat National College of Nursing (LNCON) appeared in the newly introduced Computer

Based Examination (CBE) by Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro in November and December respectively at Liaquat National Hospital. Two mock exam drills, arranged by LUMHS, were conducted for 98 students of B.S. Nursing (Generic) 1st Year students. The LNH IT (Information Technology) department, in liaison with Ms. Shaheen Zahir Ali, Vice Principal-LNCON, ensured that all necessary arrangements were in place. The Additional Controller of Examination-LUMHS



Participants during Examination

visited LNH during the exams and praised the examination arrangements in place. He also commended the LNCON management for their efforts in ensuring smooth conduction of exams.



SENIOR CITIZENS PRIMARY CARE UNIT (SCPCU)

AWARENESS PROGRAM ON RAMADAN WELLNESS FOR SENIOR CITIZENS

On February 20, 2025, the Senior Citizens Daycare Center hosted an awareness session titled “Ramadan Wellness for Senior Citizens” to support older adults during the holy month. The session addressed practical, emotional, and spiritual aspects of fasting in later life.

A multidisciplinary panel including a clinical psychologist, certified nutritionist, and respected senior shared insights on staying well during Ramadan. The psychologist offered strategies for managing mood swings, anxiety, and isolation through mindfulness, social connection, and prayer. Caregivers also received guidance on supporting elderly family members during the month.

The nutritionist emphasized balanced Suhoor and Iftar meals with fiber, complex carbs, lean proteins,



Clinical Psychologist, Mr. Ahmer Zuberi sharing his thoughts about psychological wellbeing during Ramadan



Health and Fitness Specialist, Ms. Museera Ashfaq appraising the audience on maintaining their nutritional health during Ramadan



Member SCPCU Daycare, Mr. Hasnain Abidi sharing insights for religious and spiritual fulfilment

and healthy fats. A sample meal plan and hydration tips were provided, particularly for those managing diabetes or hypertension.

Spiritual enrichment was highlighted through a heartfelt talk by a senior community member. Drawing from experience and religious teachings, he emphasized patience, gratitude, and charity, reminding everyone that spiritual growth is possible at any age.

The program concluded with a lively Q&A and distribution of wellness guides. Participants praised the session’s holistic approach and the sense of connection it fostered during Ramadan.



The audience listens intently during the event



Female members of SCPCU showing love and respect to each other

EID PARTY SCPCU

To mark the joyous occasion of Eid-ul-Fitr, Liaquat National Hospital along with members organized the vibrant celebration at Senior Citizens Daycare Center on April 23, 2025 filled with smiles, shared stories, and festive meals.

Guests including Dr. Salman Faridi – Medical Director, Dr. Sualeha Anwar – Assistant Medical Director, Ms. Kiran Akhtar – General Manager, Dr. Rabeeya Saeed – Head of Family Medicine Department, warmly interacted with senior members, sharing Eid greetings and heartfelt conversations.

The event culminated in a special Eid lunch, fostering community spirit and togetherness.

This celebration reflected our ongoing mission to provide not just medical care, but also emotional and social enrichment for our elders. Events like these reinforce the hospital’s commitment to compassionate, holistic care.

The conversations were marked by mutual respect and appreciation, creating a truly uplifting environment.



The female members of SCPCU along with the management team of LNH



The male members of SCPCU along with the management team of LNH



The members of SCPCU exchanging their experiences



Our esteemed members listening and sharing thoughts to our guests



Dr. Abeer Sarfaraz, Consultant Preventive Cardiology increasing awareness about heart health among senior citizens

Our SCPCU members while attending the awareness session and keenly listening to Dr. Abeer

On April 24, 2025, the Senior Citizens Daycare Center at Liaquat National Hospital hosted an impactful session on Preventive Cardiology, led by Dr. Abeer Sarfaraz—a respected consultant and advocate for heart health. The session focused on raising awareness and promoting proactive cardiovascular care among older adults.

Dr. Abeer discussed key risk factors for heart disease, including hypertension, diabetes, high cholesterol, and aging. She offered practical advice on

maintaining a heart-healthy lifestyle through balanced nutrition, regular physical activity, medication adherence, stress management, and routine check-ups.

The session also covered how to recognize early warning signs of heart attacks and strokes, encouraging attendees to seek timely medical help. Dr. Abeer emphasized that small, consistent lifestyle changes can lead to significant improvements in long-term heart health.

An engaging Q&A allowed participants to voice personal concerns, which were addressed with empathy and expertise. Educational materials were distributed, providing ongoing guidance.

With cardiovascular disease being a leading health concern among seniors, this session served as a vital reminder of the importance of early prevention, healthy habits, and regular screenings. Participants appreciated the clear, actionable advice and left feeling empowered to protect their heart health.

EVENTS

TEACHER'S DAY AT NURSING EDUCATION SERVICES

The Nursing Orientation staff celebrated Teacher's Day at Nursing Education Services with a special event aimed at honoring the dedication and hard work of educators in the nursing field. This occasion highlighted the critical role that nursing education plays in shaping the future of healthcare.

During the celebration, tokens of appreciation were presented to all staff members at Nursing Education Services, as well as to key nursing management personnel including the Chief Nursing Administration (CNA), Chief Nursing Officer (CNO), Section Heads,

and Unit Heads. This gesture was made in recognition of their invaluable contributions to nursing education and the overall quality of care provided within the healthcare institution. The event was a wonderful opportunity to express gratitude and acknowledge the vital role that every member of the nursing team plays in training and guiding future nurses. The celebration not only honored teachers but also emphasized the importance of teamwork and leadership in shaping the next generation of nursing professionals.



Teacher's Day Celebration at Nursing Education Services

CLOSE TO NATURE ACTIVITY ON EARTH DAY IN BABY DAY CARE CENTER

World Earth Day is celebrated on 22nd April, 2025. We did the Watering Plants activity with our Day Care kids. Watering plants with kids on Earth Day fosters environmental awareness, responsibility, and a connection to nature. Children learn about the life cycle of plants, the importance of water, and

how their actions impact the plants. It helps them to understand that plants are living things and need water to survive. Watering plants teaches children to care, to love, and to have empathy for other living things.



Kids Enjoying Close to Nature Activity on Earth Day at Baby Day Care Center

EID BAZAAR AT LIAQUAT NATIONAL HOSPITAL

As part of our ongoing commitment to community welfare and staff support, Liaquat National Hospital proudly organizes an annual Eid Bazaar from 27th Ramazan to 29th Ramazan—an initiative designed especially for the wives and daughters of our male staff members. This meaningful event empowers women to contribute to their household income by showcasing their entrepreneurial skills in a welcoming and supportive setting.

The hospital provides complimentary space and a conducive environment, enabling participants to sell a variety of products safely and comfortably. This initiative not only promotes financial inclusion but also strengthens community spirit, with many participants generating a substantial income through the bazaar.

This year's event was vibrant and lively. Participants showcased a diverse array of handmade goods, clothing, accessories, beauty services, mehndi application, and more. The response from visitors and staff was both heartwarming and encouraging.



Glimpses from Eid Bazaar at LNH

Beyond its economic impact, the Eid Bazaar fostered a strong sense of inclusion and celebration in the lead-up to Eid. We extend our heartfelt thanks to all participants, staff members, and their families for contributing to the success of this initiative.

ACHIEVEMENTS

BEST MENTOR AWARD IN RECOGNITION FOR OUTSTANDING MENTORSHIP IN PEER-ASSISTED LEARNING (PAL) PROGRAM



Muhammad Irfan, Senior Biostatistician at the Department of Statistics, Liaquat National Hospital and Medical College, was honored with the “Best Mentor” Award for his exceptional contributions as a mentor in the “Peer-Assisted Learning (PAL) program” organized by the Rawalian Students’ Research Society (RSRS) at Rawalpindi Medical University, Pakistan, from May to October 2024.



He provided invaluable guidance to undergraduate medical students in clinical research, skillfully mentoring them through every stage of the research process, including topic selection, study design, data collection, statistical analysis, and manuscript preparation. His mentorship played a pivotal role in the successful completion of a research study, reflecting his dedication to advancing students' academic and professional growth. This prestigious award recognizes Muhammad Irfan's unwavering commitment to fostering academic excellence, promoting peer education, and driving research innovation.



ACHIEVEMENT OF MS. SHAMA ABIDI (IN-CHARGE CLINICAL PHARMACY)

Shama Abidi is currently serving as the in-charge of Clinical Pharmacy at Liaquat National Hospital, where she demonstrates exceptional professionalism, leadership, and dedication in her role. Her responsibilities include optimizing medication therapy, ensuring patient safety, and enhancing pharmaceutical care through evidence-based practices.

She completed her MPhil in Pharmacy Practice in November 2024 from the Faculty of Pharmaceutical Sciences at the University of Karachi—one of Pakistan’s leading institutions for pharmaceutical education. These academic achievements reflect her unwavering commitment to continuous professional development and her aspiration to contribute significantly to clinical pharmacy.



Shama Abidi

MS. LAILA AZIZ RAHIMI SECTION HEAD NURSING – ACHIEVEMENT ON SUCCESSFUL COMPLETION OF CIMP COURSE

Ms. Laila Rahimi, Section Head of Nursing Administration at Liaquat National Hospital, exemplifies dedication and professional growth. Her journey began with the Certified Healthcare Quality Professional (CHQP) course at PIQC Institute (Pakistan Institute of Quality Control), followed by Lean Six Sigma Yellow Belt (LSYB) certification from the same institute. Recently, she achieved a significant milestone by securing 1st position in the Certified Infection Management Professional (CIMP)

certification, comprising six modules at PIQC. This accomplishment reflects her perseverance, dedication, and commitment to excellence. Ms. Rahimi's pursuit of continuous learning and remarkable achievements inspires her colleagues and juniors, setting a benchmark for nursing leadership and professional growth.

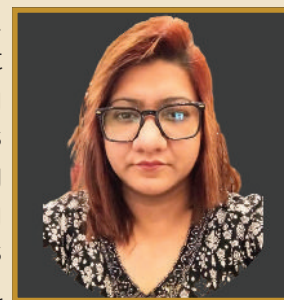


Laila Rahimi

MS. AMBREEN KHOWAJA SECTION HEAD CLINICAL NURSING- ACHIEVEMENT ON SUCCESSFUL COMPLETION OF CHQP COURSE

Ms. Ambreen Khowaja, Section Head of Clinical Nursing at Liaquat National Hospital, stands as a beacon of professionalism and growth within the nursing field. Her commitment to excellence was highlighted by her exceptional achievement of securing 1st position in the Certified Healthcare Quality Professional (CHQP) course at PIQC Institute (Pakistan Institute of Quality Control). This accomplishment underscores her dedication to mastering healthcare quality practices and

improving patient care. Ms. Khowaja's continuous pursuit of learning and her outstanding success inspire both her peers and junior colleagues, setting a high standard for nursing leadership and the relentless drive for professional development.



Ambreen Khowaja

PIONEERING KNOWLEDGE AT THE 27TH ANNUAL PSR CONFERENCE

In September, Dr. Tahira Perveen, Head of the Rheumatology Department, delivered an insightful talk on 'Autoimmune Crossroads: Mixed connective tissue disease (MCTD) & Overlap Syndrome' at the 27th Annual Pakistan Society for Rheumatology (PSR) Conference, held at the Pearl Continental Hotel, Bhurban.



Dr. Tahira Perveen at the 27th Annual PSR Conference

EXPANDING HORIZONS AT THE 1ST INTERNATIONAL OSTEOPOROSIS & BONE HEALTH SUMMIT

In October, Dr. Tahira further contributed to advancing rheumatological knowledge as a panelist at the "1st International Osteoporosis & Bone Health Summit", held at the Pearl Continental Hotel, Karachi.



1st International Bone Health Summit Poster

EXPERT INSIGHT: DR. TAHIRA PERVEEN AT THE BACKACHE EPIDEMIC CME

Dr. Tahira Perveen participated as a panelist at the CME (Continuing Medical Education) on "The Backache Epidemic", hosted by Dow University of Health Sciences, Karachi.



Dr. Tahira Perveen at the CME on backache at DUHS

PEDIATRIC RHEUMATOLOGY SPOTLIGHT AT THE 36TH PMA BIENNIAL MEDICAL CONFERENCE

Continuing her active involvement in education and research, Dr. Tahira presented a comprehensive session on 'Systemic Onset and Enthesitis-Related Arthritis in Children' at the 36th PMA (Pakistan Medical Association) Biennial

Medical Conference held at the Mövenpick Hotel, Karachi. This presentation not only showcased the depth of the department's expertise but also highlighted emerging trends in pediatric rheumatology.



Dr. Tahira Perveen at the 36th Biennial Medical Conference

DR. SAROSH UL HASSAN AWARDED THE EUROPEAN DIPLOMA IN ANAESTHESIOLOGY AND INTENSIVE CARE

The Department of Anesthesia and Critical Care at Liaquat National Hospital is pleased to announce a significant academic

achievement by Dr. Sarosh ul Hassan, who currently serves as a Senior Registrar in the department.

Dr. Sarosh has successfully passed the European Diploma in Anaesthesiology and Intensive Care (EDAIC), awarded by the

European Society of Anaesthesiology and Intensive Care (ESAIC). He cleared the final examination on 6th April 2025, and the official diploma was issued on 29th April 2025.

The EDAIC is an internationally recognized certification that demonstrates advanced proficiency in the core areas of

anesthesiology and intensive care medicine. It is considered one of the most comprehensive and competitive assessments of knowledge and competence in this specialty.

This outstanding achievement is a testament to Dr. Sarosh's dedication to academic excellence, clinical expertise, and

continuous professional development. It also highlights the department's ongoing commitment to fostering a culture of education and excellence in patient care.

We extend our sincere congratulations to Dr. Sarosh ul Hassan and wish him continued success in his future endeavors.

PROF. DR. MUNIRA SHAKIR HAS BEEN AWARDED THE OPHTHALMOLOGICAL SOCIETY OF PAKISTAN (OSP) NATIONAL GOLD MEDAL



Dr. Munira Shakir with her Gold Medal

Prof. Dr. Munira Shakir has been awarded the Ophthalmological Society of Pakistan (OSP) National Gold Medal for excellence in Cataract & Refractive Surgery, as well as Ophthalmic Teaching in February 2025.

In addition, two candidates from the Ophthalmology Department, Dr. Hina Nadeem and Dr. Zainab Saeed, passed the Intermediate Module (IMM) on the first attempt, conducted in March 2025.



DR. YUSRA NASIR SHINES WITH DISTINCTION IN MHPE FROM AGA KHAN UNIVERSITY

Liaquat National Hospital proudly celebrates the outstanding academic achievement of Dr. Yusra Nasir, who has successfully completed her Master of Health Professions Education (MHPE) from Aga Khan University, graduating with distinction—one of the highest recognitions for academic excellence. The convocation ceremony was held on February 26, 2025.

LNH congratulates Dr. Yusra Nasir on this well-deserved success and looks forward to her continued leadership and impact in transforming health professions education in Pakistan.



Dr. Yusra Nasir successfully completed her MHPE

ACADEMIC ACTIVITIES

RESEARCH PROJECT PRESENTATION-FINAL YEAR, BS-MT-CLINICAL LABORATORY SCIENCES-LIAQUAT NATIONAL SCHOOL OF DIAGNOSTIC LABORATORY SCIENCES

The final exam and presentation of research projects for the "Bachelor of Science-Medical Technology-Clinical Laboratory Sciences (BS-MT-CLS)" degree program were held. Students conduct short-term research projects in their final year under the guidance of Laboratory Faculty, supervisors and then present it in an open

forum. Examination was conducted by Prof. Dr. Junaid Mahmood Alam, Prof. of Chemical Pathology; Dr. Zulfiqar Naqvi, Associate Professor-Molecular



Pathology; and Mr. Amjad Baig, Manager-Blood Bank. Ms. Husna Saeed, Coordinator-Liaquat National School of Diagnostic Laboratory Sciences (LNSDLS), assisted the proceedings. Principal, Prof.

Junaid M. Alam, thanked the examiners and wished the best future for the students. Prof. Dr. Zulfiqar Naqvi concluded the session with assessments of all presentations.

DR. YUSRA NASIR HONORED AT ICHPE 2024, UNIVERSITY OF LAHORE

Dr. Yusra Nasir, Assistant Professor in the Department of Health Professions Education (DHPE) at Liaquat National Hospital & Medical College (LNH&MC), delivered a standout performance at the 8th International Conference on Health Professions Education (ICHPE) 2024, hosted by the University of Lahore. In a national field of presenters spanning six thematic tracks, she captured the conference's Best Oral Presentation Award with her thesis on the mentor-mentee experiences

within LNH&MC's mentorship programme, praised for its innovation and practical impact.

Adding to her achievement, Dr. Yusra led a well-received pre-conference workshop on "Integration of AI in Research," co-facilitated with Ahsan Naseer, Assistant Manager at PharmEvo. The session attracted an engaged cohort of associate professors and PhD candidates from prestigious institutions such as University College of Medicine & Dentistry (UCMD), King Edward Medical University and Fatima Jinnah Women University. Their enthusiasm made the hands-on activities energetic, interactive and highly productive.

Dr. Yusra's dual contributions underscore LNH&MC's commitment to advancing



Dr. Yusra Nasir at ICHPE 2024

medical education and research. The College applauds her outstanding accomplishments and the national prestige she continues to bring to the institution.



Dr. Yusra Nasir Receiving Award at ICPHE 2024



NURSING ORIENTATION PROGRAM

Nurses' orientation program plays a crucial role in the professional journey of nurses, serving as the bridge between academic knowledge and practical application in a dynamic healthcare setting. This phase is essential for building a strong foundation of expertise, confidence, and a sense of belonging within healthcare teams. The orientation program is

designed to equip nurses with the necessary tools and skills to excel in their roles while fostering a collaborative approach to patient care. Four batches successfully completed their orientation, with a total of 25 nursing staff participating in the program. This initiative highlights the commitment to nurturing skilled professionals who are prepared to meet the



Communication Session in Orientation Program



Orientation Program



Skills Signoff Session in Orientation Program

challenges of modern healthcare. Each batch of nursing staff orientation has been thoughtfully organized and facilitated by the nursing team, with valuable contributions from various interdepartmental specialties. The program typically spans from a few days to several weeks, ensuring that participants gain comprehensive exposure to key aspects of

healthcare operations and protocols. This structured orientation not only imparts essential technical knowledge and practical skills but also emphasizes teamwork, patient safety, and a holistic approach to healthcare delivery. It serves as a vital stepping stone for nurses as they embark on their professional journeys within the healthcare system.

MISCELLANEOUS

WINTER CAMP 2024 AT BABY DAY CARE CENTER

Winter camp was arranged for 5 days, started from 23rd December 2024 to 28th December 2024. During camp, children were engaged in different activities like painting, plantation, indoor games, movie day, and crafting. Staff of area worked very hard in camp arrangement. Children enjoyed a lot, and parents appreciated the teamwork. On the last day of camp, each child who participated in the camp got a certificate with their hand-made crafting/painting.



Children are engaged in fun-filled activities at Winter Camp

TEACHERS' DAY CELEBRATION AT LIAQUAT NATIONAL COLLEGE OF NURSING

A memorable Teachers' Day event, a student-led program, was organized by the 6th-semester students of Liaquat National College of Nursing (LNCON) on October 4, 2024. The program was hosted by Maheen Barkat and Syed Wasif Ali, and all faculty members of the College of Nursing were invited to the celebration. The program commenced with a recitation of verses from the Holy Quran by Abdul Musawir. Following this, the students paid tribute to their teachers through a heartfelt video, featuring messages that highlighted the profound influence teachers have on their students' lives. The video served as a touching acknowledgment of the dedication and passion teachers bring to their roles. One of the most enjoyable segments of the event was the title-giving ceremony, where students creatively assigned titles to their teachers, reflecting their unique characteristics and efforts. This activity provided a meaningful platform for students to express their appreciation and sentiments. The celebration concluded with a cake-cutting ceremony,



Teachers' Day Celebration at LNCON

symbolizing unity and gratitude towards the teachers. An inspiring speech by the Vice Principal-LNCON, Ms. Shaheen Zahir Ali, emphasized the significance of education and mentorship, while a senior faculty member elaborated on how teaching transforms lives. The event ended on a joyful note with a photo session, capturing smiles and memories to cherish forever. This Teachers' Day celebration was not only a tribute to the teachers but also a celebration of the enduring bond between students and teachers at Liaquat National College of Nursing.

MR. FAZAL REHMAN'S FAREWELL-DEPARTMENT OF NURSING

Mr. Fazal Rehman joined Liaquat National Hospital (LNH) in 1979 and initially completed an OT (Operation Theatre) Technician Diploma. He began his services in the hospital, and later, in 1994, he completed his nursing education and transitioned into the role of a

nurse. After dedicating 44 years of committed service to the nursing field, Fazal Rehman retired in December 2024. His long-standing dedication, hard work, and unwavering commitment to patient care have left an indelible mark on the institution.

Mr. Fazal Rehman's contributions serve as a shining example of professionalism, resilience, and compassion. His dedication over the decades has inspired countless



Mr. Fazal Rehman's Farewell at Department of Nursing



colleagues and set a benchmark for excellence in nursing care. We express deep gratitude and

appreciation for his invaluable service and wish him a fulfilling and joyous retirement.

FREE MEDICAL CAMP AT KARACHI PARSII INSTITUTE - A COLLABORATIVE EFFORT BY LNH

Liaquat National Hospital (LNH) joined hands with Karachi Parsi Institute (KPI) to organize a free medical camp. This initiative was designed to promote health awareness and provide comprehensive health assessments for KPI members.

A dedicated multidisciplinary team of doctors, including specialists from gastroenterology, psychology, nutrition, cardiology, family medicine,

and internal medicine, volunteered their time and expertise. They conducted free health checkups, offered personalized consultations, and shared valuable healthcare advice with attendees.

The camp was attended by nearly 100 KPI members and demonstrated LNH's unwavering commitment to community welfare and holistic healthcare for all.



Free Medical Camp at KPI by LNH

FROM STRUGGLE TO SPOTLIGHT: A SCHOLAR'S PATH TO PUBLICATION

Dr. Fatima Rehman from the Department of Anatomy has achieved a significant milestone with her recent international publication. Her article, "A Review of the Role of Anatomy in Contemporary Medical Practice: Bridging Basic Sciences and Clinical Application," has been

published in the International Journal of Morphology.

The International Journal of Morphology is an esteemed, peer-reviewed journal recognized globally in the field of anatomical sciences. It holds an impact factor of 0.5 and is published by the Universidad de La Frontera, Chile. The journal is indexed in

prominent databases including UGC CARE, Scopus, Science Citation Index Expanded (SCIE), Web of Science – Clarivate Analytics (ISI-Thomson Reuters), and Embase, reflecting its broad international reach and scientific relevance. Additionally, it maintains a SCImago Journal Rank (SJR) of 0.184, underscoring

its influence in the morphological sciences community.

Dr. Rehman's article explores the evolving role of anatomy in contemporary medical practice, emphasizing its critical function in bridging basic sciences with clinical applications. Her scholarly contribution highlights how anatomical knowledge remains foundational for safe and effective

patient care, even amidst rapid technological advancements in medicine.

This achievement not only marks a personal success for Dr. Rehman but also serves as inspiration for colleagues and students, underlining the importance of rigorous research and publication in reputable international journals.

Int. J. Morphol.,
43(2):431-435, 2025.

A Review of the Role of Anatomy in Contemporary Medical Practice: Bridging Basic Science and Clinical Application

Revisión del Rol de la Anatomía en la Práctica Médica Contemporánea:
La Conexión entre la Ciencia Básica y la Aplicación Clínica

Fatima Rehman

REHMAN, F.A Review of the role of anatomy in contemporary medical practice: Bridging basic science and clinical application. *Int. J. Morphol.*, 43(2):431-435, 2025.

SUMMARY: Anatomy is essential for medical practice, providing a detailed understanding of the human body's structure and function. In recent years, anatomy has progressed beyond its customary boundaries, integrated with contemporary clinical applications to improve diagnostic accuracy, surgical precision and overall patient outcomes. This review explores the role of anatomy in modern medicine, focusing on its integration into clinical practice, technological advancements, and educational reforms that connect basic science with practical applications. Clinicians in all fields must have a solid understanding of anatomy, from surgeons and radiologists to general practitioners. Anatomical facts allows for exact localization of diseases, safe navigation during procedures, and appropriate communication within cross-disciplinary groups. The incorporation of technology like 3D imaging, augmented reality (AR), and virtual reality (VR) has transformed anatomy teaching and practice. These tools facilitate dynamic and interactive learning, letting students and practitioners to visualize intricate structures in 3D, augmenting spatial awareness, and refining preoperative planning. Imaging modalities such as MRI, CT, and ultrasound additionally illustrate the critical interplay amongst anatomical knowledge and radiological interpretation. With developing curricular demands, anatomy education has altered to meet the needs of contemporary medical practice. Emphasis on clinically oriented anatomy, case-based education, and simulation-based training has substituted traditional rote memorization and foster early clinical reasoning skills. Anatomy remains a cornerstone of medical science, bridging the gap between foundational knowledge and clinical application. Through progression in technology and education, anatomy endures to evolve, reinforcing its relevance in conveying precise, patient-centered care in modern medical practice.

WELCOMING LNH CHPE 8TH BATCH

The Department of Health Professions Education is thrilled to announce the commencement of the 8th batch of the Certificate in Health Professions Education (CHPE) at Liaquat National Hospital. The first session for this cohort took place on April 10, 2025 marking the start of their six-month journey. DHPE wishes all participants a productive and enriching experience ahead!



CERTIFICATE DISTRIBUTION CEREMONY OF CHPE BATCH 7

Certificate distribution for the 7th batch of the Certificate in Health Profession Education (CHPE) held on May 5, 2025. Prof. Dr. Salman Faridi, the Medical Director of Liaquat National Hospital & Medical College (LNH&MC) graced the occasion with his presence. This batch, consisting of 22 faculty members from various institutions across Karachi. Participants gained valuable insights and expertise to enhance their teaching skills and methodologies. As the ceremony concluded, participants ready to embark on their journey as empowered educators, equipped with the knowledge and skills acquired through the CHPE program. The Department of



Group Photo: Certificate Distribution Ceremony of the 7th Batch

Health Professions Education (DHPE), LNH, is proud to conclude its seventh CHPE batch.

PGCERT BATCH 3 CLOSING CEREMONY ORGANIZED BY DEPARTMENT OF FAMILY MEDICINE

Closing ceremony of third batch of Postgraduate Certificate Course in Family Medicine was held on 17th

April 2025. Certificates were distributed to successful participants and token of appreciation were awarded to organizing faculty. Prof. Dr. Salman



Prof. Dr. Salman Faridi presenting appreciation certificate to Dr. Rabeeya Saeed –Program Director PGCert Course



PGCERT FM Participants feeling accomplished and celebrating with the faculty



Group Photo with Medical Director, Faculty and PG Cert Students

Faridi embraced the occasion with his presence and appreciated the efforts of faculty for running this course successfully for the last three years making

a significant impact on primary care capacity building in Pakistan.

DR. TAHIRA PERVEEN WAS INVITED AS A GUEST SPEAKER AT RHEUMACON

Dr. Tahira Perveen was invited as a guest speaker by Sheikh Zayed Federal Postgraduate Medical Institute, Lahore, for RheumaCon held on February 21st, 2025, at the Faletti's Hotel, Lahore. She delivered an insightful and well-received talk on the topic "Biologic Therapy in Pregnancy: Safety, Efficacy, and Clinical Considerations." Her presentation provided valuable perspectives on managing autoimmune conditions during pregnancy, highlighting current evidence, safety profiles, and real-world clinical strategies.



Dr. Tahira Parveen at RheumaCon

RESEARCH AND SKILLS DEVELOPMENT CENTRE (RSDC)

SKILLS FOR LIAQUAT NATIONAL HOSPITAL AND MEDICAL COLLEGE



LNMC students at RSDC Skills session

The Research and Skills Development Centre has conducted multiple sessions for the students of LNHMC 1st year, 2nd year, 4th year, and final year in the months of September to December 2024. Sessions were planned to enhance their skills according to the latest guidelines, which include subcutaneous injection technique, NG (Nasogastric) tube insertion, per vaginal examination, heart rate by radial pulse and precordial

examination, auscultation of heart sounds, abnormal heart sounds, pap smear, IUCD (Intrauterine Contraceptive Device) insertion, normal vaginal delivery, intravenous cannulation, intramuscular injection, fundoscopy, breast examination, digital rectal examination, arterial line insertion, ECG (Electrocardiogram) lead placement, hands-only CPR (Cardiopulmonary Resuscitation), suturing, hand knots, pop application, basics of ECG bandages, soft tissue injuries, and bony injuries bandages. During this tenure, 1500 students were trained to increase their effectiveness in clinical practices. The undergraduate medical student of final year MBBS trained



for Trauma and Emergency Management course (Team Course) with the collaboration of the General Surgery team under supervision of Dr. Rufina Soomro. This workshop was conducted in the months of September and October 2024, in which 50 students were present. The objectives of the workshop are to enable the students to perform skills required in the emergency settings and manage the patients efficiently.

SKILLS FOR LIAQUAT NATIONAL SCHOOL OF PHYSIOTHERAPY

The Department of Research and Skills Development has conducted a series of sessions for 3rd-year School of Physiotherapy students. Sessions were

planned to enhance the skills and learn skills objectives on new guidelines. Skills on Hand Hygiene, Vitals Sign, First Ten Minutes of Life, Active

and Passive Chest Physio, Introduction of Intubation Kit and Suctioning, Heart and Lungs Normal and

Abnormal Sounds. A total of 94 students were trained in the skills mentioned above.

STRESS MANAGEMENT EXCLUSIVE FOR WOMEN IN BAHRIA FINISHING SCHOOL

An interactive session on stress management was conducted by the RSDC team for Bahria Finishing School Karachi. There were housewives, female students, professional ladies, and their in-house staff amongst the participants. The session was immensely perceived and appreciated by the audience.

FAMILY & FRIENDS CPR SKILLS FOR BAHRIA UNIVERSITY PSYCHOLOGY DEPARTMENT

Research and Skills Development Centre has conducted sessions for Bahria University students of BS Psychology. Sessions were planned to enhance the skills to learn skills on CPR (Cardiopulmonary Resuscitation). The total 40 students were trained.



FAMILY AND FRIENDS CPR SKILLS & FIRE FIGHTING SKILLS FOR KIDS AT BAHRIA FINISHING SCHOOL KARSAZ

Research and Skills Development Centre has conducted sessions for young kids' age between 9-13 years & students from different schools at Bahria Finishing School Karsaz Road, Karachi. Sessions were planned to enhance the skills for

hands-only CPR for adults, children, & infants. Firefighting mock drills were demonstrated as well to prevent domestic fire incidents at homes or at schools. A total of 14 participants attended the sessions.



RSDC Conducted Sessions of CPR and Fire Fighting Skills for Young Kids at Bahria Finishing School Karsaz

CELEBRATION OF WORLD FIRST AID DAY 2024

The Department of Research and Skills Development successfully conducted World First Aid Day with the theme on "First Aid and Sports" by the RSDC Team at Tabba Heart Institute Karachi. The theme emphasizes the importance of immediate medical attention in the context of sports-related injuries in

adults and children. A session covering key topics such as CPR, choking, bleeding, and fractures & dislocations, specifically sports injuries, was demonstrated amongst participants. Over 100+ participants attended this session.



World First Aid Day Celebration at Tabba Heart Institute by RSDC

HANDS-ONLY CPR AWARENESS MONTH CELEBRATION IN OCTOBER 2024 FOR LNH IN-HOUSE STAFF

American Heart Association (AHA) celebrates World CPR month every year in the month of October. Recently, RSD has conducted its community-based Cardiopulmonary Resuscitation (CPR) Awareness activity for the year 2024 on updated AHA CPR Hands-Only guidelines. Non-healthcare staff from LNH's different departments, including LNMC management & staff, security staff, Food and Nutrition Services Department, Housekeeping, Mali, Cleaners, OPD Staff, Physiotherapy & Pharmacy

Technicians, Students of Liaquat National School of Medical Technology (LNSMT) & Liaquat National School of Diagnostic Laboratory Sciences (LNSDLS) also attended this session. More than 20 sessions were conducted with approx. 800+ candidates in the month of October 2024.



Hands-Only CPR Awareness Month Celebration in October 2024 for LNH In-House Staff

REPRESENTATION OF LIAQUAT NATIONAL HOSPITAL AT 21ST HEALTH ASIA EXPO KARACHI

In collaboration with the LNH Marketing team, the Department of Research and Skill Development represented Liaquat National Hospital at 21st Health Asia Expo. Audiences from different institutions visited our stall and were facilitated regarding LNH-provided services & sharing browsers regarding RSD courses & AHA (American Heart Association) courses. The

team also demonstrated a hands-on skills session on CPR & choking followed by practices by the audience.



Team LNH at 21st Health Asia Expo Karachi

HEARTSAVER FIRST AID CPR AED COURSE WITH PAKISTAN INTERNATIONAL AIRLINES

RSDC conducted a hands-on session with Pakistan International Airlines staff and management, including Pursuers, Cabin Crews, and Ground Field Instructors etc. Participant learned regarding CPR in Adult, Child, & Infant, Choking, First aid and its management including Bleeding, Fracture, Anaphylactic Shock, Heartsaver® First Aid CPR AED Online is a self-directed course that provides individuals with the highest quality training in the



RSDC Conducted a Hands-On Session with Pakistan International Airlines

lifesaving skills of first aid, Cardiopulmonary Resuscitation (CPR), and how to use an Automated External Defibrillator (AED). This course is designed for

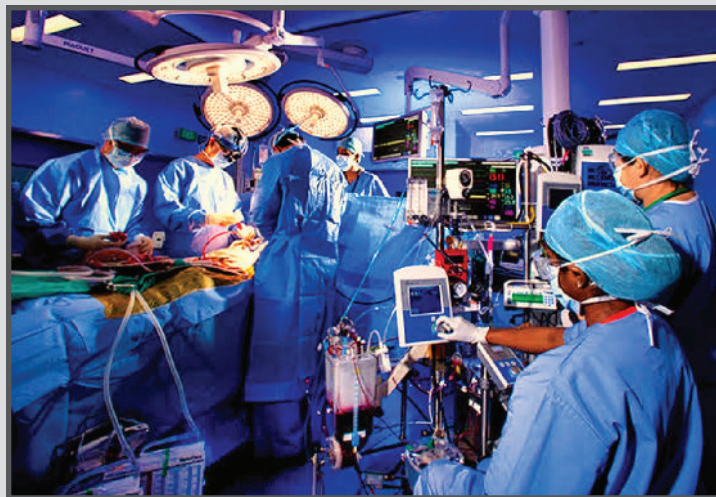
everyone with little or no medical background and for those who want the flexibility to complete the cognitive portion of the course at their own pace.

DEPARTMENT OF CARDIAC SURGERY

Cardiac Surgery is a perpetually evolving field. New procedures, interventions, and innovations give the edge to any discipline that has to keep pace with recent developments that define our world today. Here at LNH, we keep ourselves abreast and aligned to new techniques and transformations, continuously restructuring, rearranging, reorganizing, and remodeling ourselves to provide a modern approach to treating surgical heart disease.

In this context, we are now using state-of-the-art heart valves, both prosthetic and biological, to provide a better and safer service to patients who are affected by Cardiac Valvular disease.

As far as surgery for Coronary Artery Disease is concerned, we pride ourselves on using arterial conduits like the left and right internal mammary and radial arteries to provide a longer-lasting operation to younger patients. Besides this, we are now looking at novel ways to harvest the saphenous Vein, which is used for coronary artery bypass grafting. Endoscopic techniques provide better cosmetic results and less postoperative pain after the surgical procedure.



Important secondary prevention and post-operative physiotherapy provide symptomatic relief and increase the life span of the heart operation.

Apart from adult cardiac surgeries, Liaquat National prides itself on providing the community with facilities for cardiac surgery in infants and young children. Our Pediatric Cardiac Surgeon perform innovative surgeries for children with birth defects, ably supported by our Pediatric Cardiology department as they work in tandem to improve results and outcomes.



Prof. Dr. Tariq Azam Siddiqi
HOD, Department of
Cardiac Surgery



Dr. M. Qaiser Aziz Khan
Assistant Professor
Department of Cardiac Surgery



Dr. Iqbal Hussain Pathan
Consultant, Paediatric Cardiac Surgeon
Department of Cardiac Surgery



Dr. Aziz Jamal Naqvi
Consultant, Cardiac Surgeon
Department of Cardiac Surgery

NEW APPOINTMENTS

Following people have recently joined the faculty of LNH&MC.



Dr. Natasha K. Billia
Consultant (Part Time)
Psychiatry



Dr. Ayesha Kanwal
Consultant (Part Time)
General Surgery



Dr. Abdul Ahad
Assistant Professor/Consultant
Paeds Medicine



Dr. Sidra Karimi
Consultant
ENT



Dr. Ifrah Uroos
Consultant, Cardiologist &
Electrophysiologist



Dr. Ramla Moughal
Consultant (Part Time)
Dermatology



Dr. Muhammad Rizwan
Consultant (Part Time)
Dermatology



Dr. Shehrum Bughio
Consultant
Anaesthesiology



Dr. Mehtab Hussain
Assistant Professor
Paeds Medicine



Dr. Muhammad Aamir Yousuf
Consultant Neonatologist
Paeds Medicine



Dr. Quratulain Yousuf
Consultant
Psychiatry



Dr. Falak Abro
Assistant Professor
Paeds Medicine



Dr. Sehrish Habib
Consultant
Family Medicine



Dr. Muhammad Naeem Khan
Consultant (Part Time)
Endocrinology



Liaquat National Hospital & Medical College

111-456-456, +92 21 34939612

LNH Outreach Medical Servies

Gulistan-e-Jauhar : +92 21 3461 1414

Gulshan-e-Iqbal : +92 21 3483 8605

Naseerabad : +92 21 3631 0077

Nazimabad : +92 21 3661 5855

Shah Faisal Colony: +92 21 3458 1021

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