



LIAQUAT NATIONAL HOSPITAL

# NEWSLINE

LNH TOWARDS BETTER HEALTH

JANUARY - APRIL 2022



## EDITORIAL BOARD

### CHIEF EDITOR

Dr. Ishrat Saleem

### MEMBERS

Dr. Zahid Habib  
Dr. Hina Yousuf  
Dr. Saima Akhter  
Dr. Baseer Sultan  
Dr. Raman Kumar  
Dr. Muhammad Sufiyan  
Dr. Saad Akhter

### MANAGING EDITOR

Ms. Shazia Ishaq

### MEDICAL DIRECTOR

Prof. Dr. Salman Faridi

### PATRON

Mr. Syed Shahid Ali Shah  
(President Governing Body LNH)

## LIAQUAT NATIONAL HOSPITAL

Stadium Road, Karachi

Tel: 92-21 - 34939612

Fax: 92-21 - 34938386

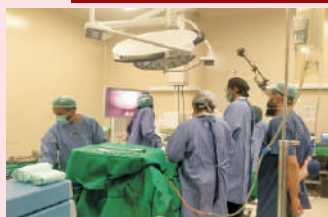
UAN: 111-456-456

www.lnh.edu.pk

### Disclaimer:

Editorial board is not responsible for the views/information printed in the Newsline. Articles are contributed by individual departments.

## 5<sup>TH</sup> INTERNATIONAL CONFERENCE ON PATIENT SAFETY



The 5<sup>th</sup> International Conference on patient safety was hosted by Liaquat National Hospital (LNH) from 18<sup>th</sup> to 20<sup>th</sup> March 2022 in collaboration with Rifah International



University, World Health Organization and Imperial College of London. The overarching theme of this conference was 'Implementation Research in Healthcare Quality and Safety'. Eight pre-conference workshops were organized at LNH along with several others at other health care institutes. More than 200 LNH staff participated in workshops with an overall attendance of more than 300. One of the more popular of these workshops included live surgery sessions from Gynecology, General Surgery and Orthopedic Surgery, which were also relayed simultaneously to five cities of Pakistan. Several international speakers joined the conference virtually as well as physically. Knowledge, ideas and expertise were shared amongst healthcare providers to improve patient safety.

Five parallel sessions were organized on 20<sup>th</sup> March with good coverage of all pertinent topics and issues related to patient safety. More than 600 participants were present on the conference day. The conference increased the awareness amongst healthcare providers regarding why patient safety is important and that it is the need of time to implement methods, and change practices for patient safety.



## LIAQUAT NATIONAL HOSPITAL PARTICIPATION IN PAKISTAN SOCIETY OF NEUROLOGY ANNUAL CONFERENCE



Pakistan Society of Neurology held its 28<sup>th</sup> National Annual Conference in Islamabad from 11<sup>th</sup> to 13<sup>th</sup> March 2020. A four member team from Liaquat National Hospital & Medical College comprising Dr. Syed Ahmad Asif (consultant), Dr. Saba Zaidi (consultant), Dr. Mahzareen (Resident) and Ms. Hira Razzaq (Neurophysiology Technologist) represented the institution. Dr. Ahmad Asif was invited as one of the judges to assess the Oral Dias presentations. He was also involved in the financial matters of the society and represented the report to the core committee in the business meeting. Ms. Hira made a Dias presentation on "An audit of Neurophysiology Lab Data – pre COVID and immediately post COVID, in a Tertiary Care Hospital". It was a huge data of 10,000 cases. The confidence and fluency of the presenter was appreciated by senior Neurologists and foreign delegates. Dr. Mahzareen had a poster presentation on "A Case Report on A Rare Cause of Dementia in Young". It was a rare and one of its kind case. Dr. Mahzareen presented the case well and gave satisfying answers to the questions raised by the judges. Dr. Saba was coordinating the team and was a big support to the young participants. LNH was well represented and its job well appreciated, in the conference.



## COURSES/WORKSHOPS/SEMINARS

### DEPARTMENT OF HEALTH PROFESSIONS EDUCATION OFFERS CERTIFICATE COURSE IN RESEARCH FOUNDATIONS (CCRf)

Department of Health Professions Education (DHPE) at Liaquat National Hospital & Medical College launched its first 7 weeks' Certificate course in Research Foundations (CCRf) on February 12, 2022. The course aims to provide participants with fundamental knowledge and skills to build or advance their understanding of research for conducting meaningful inquiry and research in their areas of interest and specialty. The course introduces the basic terminologies used in research, ethical principles and challenges, and the elements of the research process including research intent and design, methodology, data management, analysis, and interpretation commonly used in clinical research studies.

DHPE faculty has designed the CCRf course to ensure a blended learning program with online learning and face-to-face contact sessions. The course is divided into four (4) topic areas. This included: Clinical Research (included scope, purpose, hypothesis, and ethics in research), Study designs, Data Analytics, and Synopsis writing including reference citing. On completion, the certificate will be awarded to those enrolled participants who submitted their complete synopsis to their supervisors.



Participants were from the Liaquat National Hospital as well as other institutions in Karachi, Hyderabad, and Quetta. Participants have access to the course material and could initiate discussions related to the course through the LNH&MC Moodle platform. LNH&MC course faculty include: Prof. Sobia Ali, Dr. Shaheena Akbani, Dr. Atif Hashmi, Dr. Sheeraz ur Rehman, Dr. Rabeeya Saeed, Dr. Saleha Shehzad, Dr. Saima Zainab, and Ms. Noreen Durrani.



### POSTGRADUATE CERTIFICATE COURSE IN FAMILY MEDICINE

Postgraduate certificate course in Family Medicine, organized by Department of Family Medicine at Liaquat National Hospital, is endorsed by WHO EMRO for capacity building of General practitioners in Pakistan. This one year certificate course is first ever course of its kind offered at Liaquat National Hospital as it offers the blended learning opportunity for the feasibility of participants. The course aims to develop competent, compassionate and patient centered family physicians who are capable to provide holistic care to commonly encountered problems at primary care level. Updated interactive online sessions, one to one contact session for skills enhancement and 100 hours of clinical attachment are the highlights of this course. The course began in March 2022 with a batch of 49 participants and received an overwhelming response. This reflects the importance of clinical learning opportunity for busy clinicians who want to update themselves as well as those who wish to rejoin mainstream of clinical physicians after some gap.



## EDITOR'S NOTE

Dear Readers,

If 2020 was a year of adapting and 2021 was a year of creating "new normals" to live with the changes, 2022 is hopefully a year of leveraging on these "new normals" and using them to our advantage. We look forward to the New Year and the opportunities it brings for all of us.

This issue includes news on the 5th International Conference on Patient Safety held at Liaquat National Hospital; Liaquat National Hospital participation in Pakistan Society of Neurology Annual Conference; Courses/Workshops/Seminar conducted in LNH; Orientation Day at LNSMT; activities by RSDC; Celebration of Winter Smart Sports by Occupational Therapy Unit; Medical Camp in Karachi Literature Festival; Free Surgical Eye Camp at the Town of Makli; Professional Achievements by LNH faculty members and much more for the readers.



*Ishrat Saleem*

Dr. Ishrat Saleem  
Chief Editor



## SPORTS INJURY SYMPOSIUM

The Department of Orthopaedics of Liaquat National Hospital recently organized the Sports Injury Symposium on the 5<sup>th</sup> and 6<sup>th</sup> of March, 2022 at the hospital's convention centre. The members of the department were delighted to host this event which was attended by distinguished, internationally recognized orthopedic surgeons. The aim was to advance a range of important discussions surrounding the management of knee and shoulder sports injuries. The symposium, being presided over by Prof. Dr. Syed Shahid Noor, commenced with lectures focused on up to date advances and innovations in orthopedics. These also included teachings on sports



injuries diagnostics, surgery, rehabilitation, and injury prevention techniques. These

were followed by live broadcast surgeries. This two day symposium also comprised of the 3<sup>rd</sup> Advanced Knee and Shoulder Arthroscopy Workshops, directed by Dr. M. Kazim Rahim and Dr. Muhammad Sufyan respectively. These were facilitated by a number of international faculties from the UK, France, UAE and Iran. Attendees gained exposure to the latest advances in management of sports injuries for the competitive and recreational athletes from specialists in the field, thus yielding a tremendously successful event.



## CITY MEETING

The 250<sup>TH</sup> Pakistan Orthopaedic Association Monthly Clinical Conference was held at Liaquat National Hospital on 26<sup>th</sup> February 2022, presided over by Prof. Dr. Syed Shahid Noor. This was a key event in LNH's Orthopaedic department's educational calendar for 2022. Covering a wide range of complex cases from areas of trauma, oncology, sports, and arthroplasty, the event was an immense success owing to the department's continual commitment to providing the highest quality, clinically relevant material for discussion, followed by invaluable input and recommendations from a panel of experts from the relevant fields. It was our honor to welcome a number of orthopaedic and trauma surgeons from various institutes, the presence of whom helped in enhancing the academic value of the occasion and was an excellent learning opportunity for the attendees.

## CRUCIAL MANAGEMENT OF OBSTETRICAL EMERGENCIES

Department of Obstetrics & Gynaecology in collaboration of the department of Nursing of Liaquat National Hospital & Medical College organized a Workshop on "Crucial Management of Obstetrical Emergencies".

Participants included nurses related to obstetrics & gynaecology department and from other institutions like, Dow Medical College, Abbassi Shaheed Hospital, Fazia Medical College & Hospital and others.

Brigadier Dr. Anwer Ali Khan inaugurated the program & in his speech he emphasized on the importance of collaboration among health care providers can only improve health of our women and can reduce maternal & perinatal morbidity & mortality.



Prof. Dr. Haleema A. Hashmi gave introduction of antenatal care, Dr.

Tahira gave a detailed account of obstetrical emergencies. Dr. Aisha Taj demonstrated the new WHO partogram & how to fill it. It was followed by practical demonstrations. Participants were divided into 4 groups to demonstrate skills related to obstetrical & neonatal care.

Post tests administered and participants were asked to complete the feedback evaluation from. Followed by vote of thanks & distribution of certificates to participants & facilitators.



## PRE-CONFERENCE WORKSHOP ON SPECTRUM OF UROGYNÆCOLOGICAL PROBLEMS AND MANAGEMENT



Conference workshop of Fertility Congress of Sindh Institute of Reproductive Medicine (SIRM). The program director were Dr. Maria Jabeen & Prof. Dr. Haleema A. Hashmi. Participants included, Consultants and Residents of different hospitals in Karachi.

Detailed overview of Urogynaecological problems was given by Prof. Haleema A. Hashmi, followed by interesting lecture on Pelvic Anatomy and Pelvic Organ Prolapse by Dr. Maria



Jabeen. Last session was interactive with participants' presentation of different cases of urogynaecological problems. Program concluded with feedback and distribution of certificates to participants and facilitators.

## CME ON CHILDHOOD EPILEPSY



A CME activity was arranged by the Department of pediatrics LNH on 31<sup>st</sup> March to highlight the importance of early diagnosis and management of Childhood Epilepsy. This activity was attended by 80 Residents from various institutes in Karachi. A renowned Neurologist and Proff. Rolfs from Germany conducted an interactive session with the residents to highlight the basics aspects of managing childhood epilepsy. Dr. Sanam Bano, Consultant Pediatric Neurologist, LNH talked about the patterns of EEGs in children with various epileptic syndromes

and Dr. Raman Kumar, Consultant Pediatric Neurologist, LNH gave a comprehensive overview of prescribing anti-epileptic management in children. This activity was taken up with great enthusiasm by the trainee doctors as it gave them a chance to listen to the national and international speakers and get the latest updates on managing childhood epilepsy.



## WORKSHOP ON ACUTE PAIN MANAGEMENT



Department of Nursing in Collaboration with Pain Management Department organized one day workshop on Acute Pain Management for all Healthcare workers. This workshop was held on 08<sup>th</sup> March 2022, at Convention Centre - Hall A, in Liaquat National Hospital. In this workshop 66 participants were enrolled from different departments of LNH and also from outside of the LNH like DOW & JPMC. The welcome remarks were given by Brigadier Dr.



Anwer Ali Khan (Controller Nursing Administration). The contribution to make this workshop success was initiated by Dr. Syed Muhammad Nadeem (HOD-Anesthesiology) and Dr. Amim Anwar Consultants Anesthesia, Dr. Ali Asgher (Assistant Prof. Anesthesia), from Nursing Ms. Zohra Javed (Section Head NES), Ms. Nadia Karim (Section Head Clinical-Nursing) and entire nursing team were highly involved in making this course successful.



## SPECIALIZED NURSING TRAINING PROGRAM MODULE: CRITICAL CARE NURSING

Critical Care Nursing Course was organized by the Nursing Department in collaboration with different departments from all over the hospital, in the month of March and May 2022, at RSDC. On the last day of session, practical skills were performed and evaluated by Research and Skills development center team. Candidates participated from all over the hospital. This course was specially designed for Registered Nurses only. The main purpose of this course was to educate nurses of different areas about critical care nursing



skills and tools they need to positively impact patient's lives.

A total of 37 participants attended this course from March 2022 till May 2022. This program included Assessment of a critically ill Patient & Hemodynamics Assessment & Monitoring + Mechanical Ventilation & Non-Invasive Ventilation, Neurological Assessment & Monitoring, Respiratory Assessment & Performing Clinical Assessment, Pain Management in In-patients, Control of Infection in ICU & Basics of Infection, Sterilization and Environment Cleaning.



## WORLD OBESITY DAY



Obesity is indeed a pandemic affecting us in this era. To raise awareness regarding obesity 4<sup>th</sup> March is regarded as "World Obesity Day". At Liaquat National Hospital, Bariatric Surgery service under Department of General Surgery arranged a public awareness program in this regard. The theme of this year's Obesity day was "Everybody needs to act". The program was moderated by Dr. Madiha Haroon, Registrar of General Surgery department. Dr. Faisal Ibrahim emphasized on the importance of dealing with obesity in the light of Quran and Sunnah. This was followed by Dr. Faisal Siddiqi and Dr. Mirza Arshad Beg who explained regarding the different

aspects of Obesity pandemic and the different surgical options. Madam Munazza set the tone of lifestyle modifications by diet guidelines, followed by Ms of Physiotherapy department, who appraised the participants of the importance of exercise in weight control. Mr. Rahmat Jan, who is a fitness expert and international martial arts player shared his experience of working with obese patients and his ideology of a fitness minded society. This was followed by a brief account of the patients operated upon by the Bariatric surgery team, who shared their stories explaining how they got better with Bariatric surgery and are now leading a normal and healthy life. The Medical Director, Prof. Dr. Salman Faridi lauded the efforts of the entire team along with extending full support for Bariatric services. The event was concluded by a thank you note from Dr. Rufina Soomro, Head of Department General Surgery and distribution of shields among the guests.



## ENHANCING COMMUNICATION SKILLS FOR ONCOLOGY PATIENTS



Department of Nursing in collaboration with Oncology Department has organized 1 day session on "Enhancing Communication Skills for Oncology Patients" on 3<sup>rd</sup>, March, 2022 at convention Hall "A". Around 44 participants were enrolled in this Course, out of which 35 attended the course. This program was planned for 03 hours. The main purpose of good communication in healthcare means impending every patient interaction with the intention to understand the patient's concerns, experiences, and opinions. This includes using verbal and nonverbal communication skills, along with active listening and patient teach-back techniques.



## ADVANCED PAEDIATRIC LAPAROSCOPIC SKILLS WORKSHOP



Advanced pediatric laparoscopic workshop was held at RSDC skills lab at LNH on March 26-28, 2022. It included didactic sessions, video presentations and hands-on in Dry and Wet lab on rabbits and baby lambs. It was directed by Prof. Shabbir Hussain program director Pediatric Surgery LNH and Dr. Saqib Qazi AKU and was coordinated by Dr. Hina Yousuf HOD Pediatric Surgery LNH and Dr. Sohail Dogar AKU and was facilitated by Dr. Faisal Siddiqi General Surgeon LNH and Dr. Sheeraz ur Rehman General Surgeon LNH. The workshop was facilitated by Consultants expert in laparoscopic and thoracoscopic

surgeries from different cities of Pakistan. The international faculty participated and shared experience too via zoom. Residents and junior consultants from all over the Pakistan participated in workshop and aim was to help, encourage and facilitate them towards advanced laparoscopic and thoracoscopic surgeries. This workshop helped a lot of trainees, young surgeon and positive feedback was received from the participant participants.



## MATERNAL AND CHILD HEALTH NURSING (PEADS / OBS & GYNAE) COURSE

A session on maternal and child health nursing was organized by LNH nursing in collaboration with peads medicine, peads surgery and the Obs/Gynea department at Gynea tutorial. This course has been conducted in the month of March and May 2022. On the last day of each session, practical skills were performed and evaluated. The main purpose of this course was to educate nurses regarding maternal and child health. A total



of 31 participants from all over the hospital attended the course.

This educational course helped equipped nurses with the skills and tools required to positively impact individual's lives. This programme included labour monitoring, partograph, CTG interpretation, warning signs in neonatal sepsis, pre and post-operative nursing management, cord prolapse, APH, PPH drill, eclampsia, early warning sign in respiratory and CNS, vaccination, fluid management and new born assessment.



## LIAQUAT NATIONAL SCHOOL OF MEDICAL TECHNOLOGY (LNSMT)

### ORIENTATION DAY AT LNSMT



Continuing its journey of progression the Liaquat National School of Medical Technology once again inducted a batch of 80 students this year as per the maximum seat allocation by University of Karachi. Their orientation day was organized on 7<sup>th</sup> February 2022 and classes commenced subsequently. We highly appreciate the valuable contribution of the esteemed faculty &



institutional management in this benchmark achievement and continuous progression of LNSMT.



## CERTIFICATES OF APPRECIATION FOR COVID VOLUNTEERS



Certificates of Appreciation were distributed among students of BSMT who had volunteered and worked as facilitator at Front desk of the COVID Vaccination Centre LNH. This facilitation was in collaboration with the COVID RESPONSE TEAM since the setup of the COVID Vaccination Centre at LNH. The BSMT Administration also acknowledged the facilitatory role of COVID response team and presented them Souvenirs.



## "BLISSFUL IFTAR 2022"

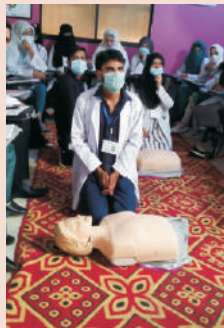


Certificates of Appreciation were distributed among students of BSMT who had volunteered and worked as facilitator at Front desk of the COVID Vaccination Centre LNH. This facilitation was in collaboration with the COVID RESPONSE TEAM since the setup of the COVID Vaccination Centre at LNH. The BSMT Administration also acknowledged the facilitatory role of COVID response team and presented them Souvenirs.



## RESEARCH AND SKILLS DEVELOPMENT CENTER (RSDC)

### COMMUNITY BASED CARDIOPULMONARY RESUSCITATION (CPR) AWARENESS ACTIVITY



Every year, RSDC conduct its community based Cardiopulmonary Resuscitation (CPR) Awareness activities on updated AHA guidelines where all the non health care professional including students, security guards, sanitary workers and any other individual who want to get oriented in CPR and how to perform hands only CPR are encouraged to attend. Recently, RSDC has conducted (02) sessions with IVY Institute of Medical Sciences & Paramedics Gulshan-e-Iqbal & Lyari Campus in the month of February 2022, where RSDC trained instructors performed a Demo on Hands Only CPR, and practiced with Paramedic students while watching video method. Total of (91) paramedics students were oriented alongwith proper COVID-19 Precautions.



## HEARTCODE ADVANCED CARDIAC LIFE SUPPORT (ACLS) ONLINE COURSE



For the first time in the history of Liaquat National Hospital & Medical College, An Online HeartCode® ACLS one day session (06 hours) course was conducted for the consultants on 03<sup>rd</sup> March 2022 where 05 Consultants has successfully completed and were certified as American Heart Association (AHA) ACLS Provider.

HeartCode® ACLS Online is a self-directed, comprehensive eLearning program that uses adaptive learning technology to allow learners to acquire and demonstrate Advanced Cardiac Life Support skills using a personalized learning path that adapts in real time to a learner's performance.

This program is designed for healthcare professionals who need Advanced Cardiac Life Support training for their clinical duties & for those who are from critical areas e.g. (ER, ICU, HDU, CCU etc). HeartCode® ACLS Online consists of a cognitive portion that is completed online. A separate skills assessment with an AHA Instructor is required to earn a valid AHA ACLS Provider eCard that is valid for two years.



## HEARTCODE BASIC LIFE SUPPORT (BLS) ONLINE COURSE



RSDC proud its team of AHA Instructors for conducting HeartCode® BLS Online course for LNHMC nursing staff where total of (627) nursing staff attended from November 2021 to April 2022. The passing ratio is around 85.14% amongst LNHMC nursing staff.

HeartCode® BLS Online course is a self-directed, comprehensive eLearning program that uses adaptive learning technology to allow learners to acquire and

demonstrate Basic Life Support skills using a personalized learning path that adapts in real time to a learner's performance. The program is designed for healthcare professionals who need Basic Life Support training for their clinical duties. HeartCode® BLS Online consists of a cognitive portion that is completed online. A separate skills assessment with an AHA Instructor is required to earn a valid AHABLS Provider eCard that is valid for two years.



## SKILLS SESSION FOR BACHELOR OF SCIENCE STUDENTS IN MEDICAL TECHNOLOGY (BSMT)



Research and Skills Development Centre has conducted sessions for BSMT. Students of BS-MT 3<sup>rd</sup> year and 4<sup>th</sup> year Sessions were conducted for the month of March and April 2022. Sessions were planned to enhance the skills and learn skills objectives on Updated guidelines according to student's Skills curriculum including ECG Lead Placement, Basics of ECG, ABGS And Lumbar Puncture. Total number of Student is 131, who attended these skill sessions

## SKILLS SESSION FOR LIAQUAT NATIONAL COLLEGE OF NURSING (LNCON)

Research and Skills Development Centre has conducted sessions for LNCON. Students of BSn Generic 1<sup>st</sup> year and 4<sup>th</sup> year sessions were conducted for the month of March and April 2022. Sessions were planned to enhanced the skills and learn skills objectives on Updated guidelines on curriculum skills including Hand Hygiene and Basics of ECG & Lead Placement. Total number of Student is 121 who attended these skill sessions.



## SKILLS SESSIONS FOR LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

Different trainings are designed for Doctors and medical student to train them on the proper technique of performing the skill. These are video based sessions concluded with practical assessment.

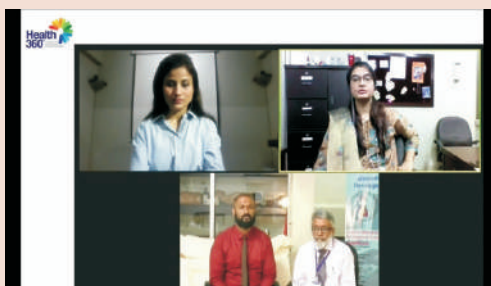
Lumbar puncture skill with the objective of obtaining cerebrospinal fluid using proper technique was performed by 97 students of 4<sup>th</sup> year of Liaquat National Medical College in total of four sessions. Training on nasogastric intubation was done by 94 student of 2<sup>nd</sup> year LNMC. Total of 97 First year students of foundation module were trained for the essential skills of hand hygiene with COVID precautions.

These sessions were conducted following the COVID sop's practicing social distance and small group teachings.



## DIGITAL CONFERENCE WITH ICI PAKISTAN PHARMACEUTICALS ON EMERGENCY RESPONSE SKILLS

RSDC participated in an online Health-Con 2022, with collaboration with ICI Pakistan Pharmaceuticals on the topic of Cardio-Metabolic (Awareness Session Regarding Emergency Response Skills) for general audience which was conducted on 18<sup>th</sup> April 2022. The conference was featuring Digital and Web-to-Face talkathons where Dr. Kahkashan Tahir, HOD Research & Skills Development Centre LNHMC, addressed the importance of having emergency response skills trainings and practicing proper techniques. The aim of the conference was to bring together the nursing & allied staff, community, clinical dialogue on healthcare issues most pertinent to our entire healthcare community including doctors, pharmacists, and medical students, to foster a society



## EVENTS

### WINTER SMART SPORTS 2022



Occupational Therapy Unit-Department of Neurology at Liaquat National Hospital celebrated Winter Smart sports on 1<sup>st</sup> January 2022 with great zeal & excitement for the special needs stars. The organization of this event was overseen by Miss Nida Anjum (Occupational Therapist II) & Miss Sadia Umer (Occupational Therapist). The program began with Recitation of Verses from Holy Quran by Mr. Sikandar Sattar



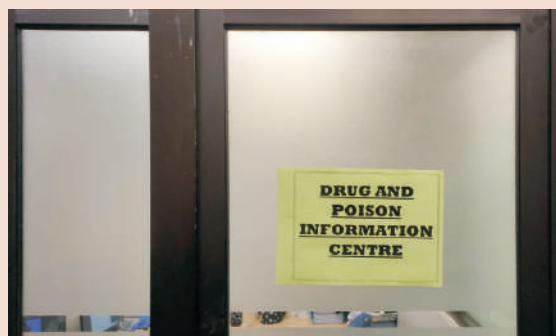
who had been a vocational client at the Occupational Therapy Department of LNH & now with improved occupational skills he is an employee at OPD Services-LNH.

Raza (Deputy Manager OPD-Services) who highlighted the purpose of organizing such events for the children with special needs. Miss Samreen Qureshi took hold for the comparing of program. She energetically kept all guest engrossed in the program. All departmental colleagues children & adult in reaching the in making children engrossed in the widely appreciated. The event was audience, Joyness & Fun filled. It The program concluded with by Prof. Dr. Salman Faridi-Medical & Medical College, Miss Kiran Services & Radiology) & Dr. OPD-Services) to all children, to appreciate their incredible



enthusiastically motivated all game targets. All therapists helped ground during play which was full of colors, Sports songs, Lovely was well enjoyed by all. distribution of Medals & Certificate Director Liaquat National Hospital Akhtar (Senior Manager OPD Mehreen Raza (Deputy Manager Therapists & other supporting staff efforts.

## A VISIT TO “DRUG & POISON INFORMATION CENTRE” OF LIAQUAT NATIONAL HOSPITAL



Karachi, the largest city of Pakistan, has very few basic facility like a poison information centre in the metropolis. One of the centres is in Liaquat National Hospital and Department of Forensic Medicine and Toxicology along with group of students visited there as a part of an academic tour.

A short session was arranged at the Department of Pharmacy, Drug & poison information centre (DPIC) in Liaquat National Hospital with the aim to familiarise students with the works and responsibilities of the poison information unit. It not only provided insight on the functioning of the unit but also information on prevention, early diagnosis and treatment of poisoning and hazard management.

The pharmacists provide services around the clock to doctors, nurses, fellow pharmacists and allied health care providers regarding dose adjustments and dilution as per the age weight and renal hepatic functioning. All decisions are made for a patient based upon thorough manual research and an expert opinion and this deserves immense appreciation on its own. Other hospitals must lead too with the help of government or private stakeholders so that there is no healthcare burden on any institution and the affected can be treated in centres closest to their homes. This will also help the very common domestic poisoning and cases of snake bites in interior Sindh.

After the session an amusing chat about the uncanny and unbelievable poisoning stories revealed how easily they could have been avoided if necessary protocols and precautions were taken. For example careless mistakes like leaving the food unattended in the kitchen allowing insects or lizards to come in contact with it can risk the health of all those eating it. Majority of the poisoning cases in Pakistan are from drug abuse with the main chunk being children. Children are more susceptible to poisoning through medicines lying unattended at home reported as accidental poisoning.

A noteworthy piece of advice to all those reading this is that a saturated solution of salt and water can be given to a poisoned individual to stimulate vomiting as first aid. To all parents and adults reading this refrain from leaving any medicines carelessly around the house and keep them away from the use of children to avoid mishaps and make sure to contact the poison control centre of your choice as soon as possible.

Life is too precious to be put at risk by careless contact with toxic substances... or toxic people \*wink\*

## FREE WHOLE GENOME SEQUENCING TEST



sampling and examining the patients with genetic diagnosis.

This is for the first time in the province that free whole genome sequencing is being organized by the Department of Pediatrics at Liaquat National Hospital on charity basis which benefits a lot of distressed parents and families to get the rare diagnoses for their children, seek the available management options if any and plan their families further.

Activity was organized by the Department of Pediatrics. A team of Arcensus Diagnostics Germany, led by Professor Rolf visited Liaquat National Hospital on 30<sup>th</sup> March 2022. The team visited for the second visit after a very productive first visit in March 2021 where 52 out of 63 families got the genetic diagnosis of rare diseases in their children.

82 families with suspected genetic disorders were sampled for WGS. Residents and junior doctors were involved in the process learning the important aspects of





## MEDICAL CAMP IN KARACHI LITERATURE FESTIVAL



Karachi Literature Festival is an annual international literary festival held in Karachi, annually. This year's festival was held at Beach luxury hotel on 4-6 March 2022. Liaquat National Hospital department of Family Medicine was proud partner and provided free medical camp and first aid care to visitors and organizers.



Blood pressure, height and weight assessment and free consultation was provided to all those who visited, by our esteemed doctors Dr. Hina Khanani, Dr. Farrukh Ahmed, Dr. Maha Usmani, Dr. Zaheer Ali, and Dr. Shaista Saghir.

## FREE SURGICAL EYE CAMP AT THE TOWN OF MAKLI



Department of Ophthalmology organized a Free Surgical Eye Camp at the town of Makli, near Thatta on 29<sup>th</sup> and 30<sup>th</sup> March 2022 in collaboration with Society for the prevention & cure of blindness.

The Society provided Autoclaves, Sterilizers & various disposables, trained theatre technicians, Ocular Ultrasounds, operating tables, operating Microscopes & Phaco machines.

A total of 41 Phaco cataract Surgeries were performed. All these patients were operated in sterilized theatres & received good quality IOL's & were given a pack of post operative medicines.

In addition to surgeries, roughly 300 patients were examined In the OPD & needed patients were provided with Eye drops & Spectacles.

The camp was not only beneficial for the Residents of Liaquat National Hospital as they got chance to get hands on surgical training under supervision of their HOD Dr. Ataur Rehman but also a large number of Patients from small town of Makli who could not get the basic eye treatments, were seen and treated free of cost.

Liaquat National Hospital has always been in the forefront in contributing in such worthy causes & bore all expenses incurred on it.



## ACHIEVEMENTS

### LIFE TIME ACHIEVEMENT AWARD



Prof. Dr. Haleema A. Hashmi is being honoured with Life Time Achievement Award during 18<sup>th</sup> Biennial Scientific Conference of Society of Obstetricians & Gynaecologists of Pakistan (SOGP) from 25<sup>th</sup> to 27<sup>th</sup> February, 2022 in lieu of her services to Society and Speciality. She has been Vice President, Secretary, Treasurer and Executive Member of SOGP for 17 years.

## AWARD WINNING PAPER PRESENTATION AT 5<sup>TH</sup> INTERNATIONAL CONFERENCE ON PATIENT SAFETY

Dr. Fizzah Ali, Assistant Professor in the Department of Pharmacology, LNHMC presented a free paper at the 5<sup>th</sup> International Conference on Patient Safety (5<sup>th</sup> ICPS) at Liaquat National Hospital, Karachi. She was awarded 1<sup>st</sup> Position in the category of Free Paper in Dr. Tahir Shamsi Patient Safety Research Award, which was organized by Health Research Advisory Board (HealthRAB) in collaboration with Riphah Institute of Healthcare Improvement & Safety (RIHIS). This paper was based on collaborative research among Departments of Pharmacology, Pharmacy and Medicine at LNHMC.



## PAEDIATRICS RESIDENT WINS ASIA PACIFIC CONGRESS BEST RESEARCH AWARD



Dr. Shoaib Bhatti resident of Paediatrics Medicine Department at LNH presented Abstract at 17<sup>th</sup> Asia Pacific Congress of Paediatrics at Pearl Continental Hotel Lahore from 12-13 March 2022. Title of his study was: Incidence of New Morbidity at discharge from PICU of a Developing country.

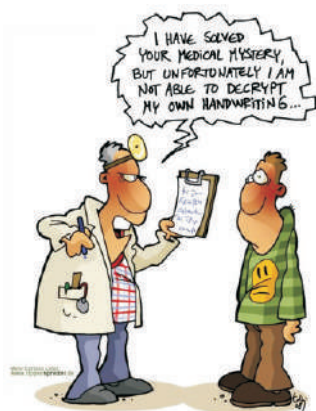
Doctors from all over the country were participating with their novel research projects. Dr. Shoaib won the award for Best Research Award out of all the participating hospitals with the cash prize.

## DR. SONYA ARSHAD AWARDED PHD IN PHYSIOLOGY

Dr. Sonya Arshad, Senior Lecturer, School of Physiotherapy, LNH&MC, received her Ph.D. in Physiology from the University Of Karachi. Her thesis was titled "Evaluation of nitric oxide (NO) and antioxidants (Selenium & Glutathione) to determine their role in endothelial dysfunction of pregnancy-induced hypertension (PIH), pre-eclampsia (PE), and eclampsia (E).

Dr. Sonya has made original contributions to knowledge and shown the creativity, skill and perseverance necessary to earn a PhD. She has presented her research work at a number of international conferences, both as an oral and poster presenter and has also managed to successfully publish her research articles in HEC recognized journals which are internationally renowned and well acclaimed.

Heartiest congratulations to Dr. Sonya Arshad on her incredible achievement and we wish her all the best for her future endeavors as we take a moment to appreciate her accomplishments.



**Liaquat National Hospital & Medical College**  
**111-456-456, +92 21 34939612**  
**LNH Outreach Medical Services**

Gulistan-e-Jauhar: +92 21 34611414 | Nazimabad : +92 21 3661 5855  
Gulshan-e-Iqbal: +92 21 3483 8605 | Shah Faisal Colony : +92 21 3458 1021  
Naseerabad: +92 21 3631 0077

<https://www.lnh.edu.pk/>

[f](https://www.facebook.com/lnhandmc) <https://www.facebook.com/lnhandmc>

[t](https://www.twitter.com/lnhandmc) <https://www.twitter.com/lnhandmc>

[ig](https://www.instagram.com/lnhandmc) <https://www.instagram.com/lnhandmc>

[in](https://www.linkedin.com/company/lnhandmc) <https://www.linkedin.com/company/lnhandmc>

[yt](https://www.youtube.com/c/liaquatnationalhospitalmedicalcollege) <https://www.youtube.com/c/liaquatnationalhospitalmedicalcollege>