



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH



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THE 77th INDEPENDENCE DAY CELEBRATIONS AT LIAQUAT NATIONAL HOSPITAL KARACHI

The 77th Independence Day was celebrated in Liaquat National Hospital on August 14, 2024 with great enthusiasm and patriotic fervor. The Convention Centre entrance was beautifully decorated with prominent green and white balloons, stickers, and different welcoming posters and adornments. A substantial audience was present to celebrate, including LNH employees and their families, senior management, faculty, and students.

The event started with a heart-touching recitation of the Holy Quran at 9 o'clock. After Tilawat-e-Quran, a close-order formation of security guards in well-dressed uniforms displayed a marvelously maneuvering March Past. The traditional flag hoisting ceremony was carried out when Maj. (R) Nadeem Ahmed Raja, HOD Security, invited worthy Medical Director Prof. Dr. Salman Faridi, Director Administration Brigadier (R)



Flag Hoisting Ceremony at LNH

Syed Naseem Ahmed, and Assistant Medical Director Ms. Saleha Shehzad to hoist the National Flag. With the unknotting of the flag's string, it started flapping and fluttering in the gentle breeze, and the formation of security guards presented a general salute to the National Flag. Meanwhile, a group of physiotherapy students sang the National Anthem with stunningly sweet voices. The students' performances highlighted Pakistan's rich history, unity, and the importance of preserving the values on which the nation was founded.

In his address, Prof. Dr. Salman Faridi delivered a heartfelt and motivational speech, emphasizing the role of youth in shaping Pakistan's future while honoring the sacrifices of those who fought for the country's freedom. He underscored the importance of unity and resilience in the face of modern challenges and praised the organizers and students for their

(Continue on page 2...)



Medical Director LNH Prof. Dr. Salman Faridi
Distributing Plants

SHCC INSPECTION AND CEREMONY FOR PRESTIGIOUS REGULAR LICENSE AT LIAQUAT NATIONAL HOSPITAL

Sindh Healthcare Commission (SHCC) is an autonomous body corporate and serves to improve the quality of healthcare services and strive to ban quackery in the Province of Sindh in all its forms and manifestations. At Liaquat National Hospital, the comprehensive inspection for regular license was conducted in

the months of October 2023 and February 2024. During inspection, the team reviewed the processes, documentation, and services provided by the LNH for patient care. A significant milestone was achieved when the (SHCC) License Awarding Ceremony was held on August 2, 2024, at Liaquat

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Prof. Dr. Salman Faridi Addressing the Ceremony

dedicated efforts, stating that such events foster national pride and togetherness.

To close the ceremony on a meaningful note, the Medical Director distributed plants to the attendees as part of an initiative to promote environmental

responsibility. The act symbolized the institution's commitment to a cleaner, greener future for Karachi and beyond, reminding everyone that patriotism also includes caring for the environment. This gesture encouraged everyone to contribute to keeping the city clean and protecting Pakistan's natural beauty.



March Past by LNH Security Department



LNSOP Students Singing a National Song

National Hospital, marking a pivotal moment in the province's healthcare landscape, in which Liaquat National Hospital, a leading medical institution in Karachi, was recognized for its role in advancing healthcare practices in the region and was awarded the Sindh Healthcare Commission License with the highest score of 96%. The event was commenced with opening remarks by Prof. Dr. Salman Faridi, Medical Director, Liaquat National Hospital, and Prof. Dr. Saleha Shahzad, Assistant Medical Director, Liaquat National Hospital. Esteemed guests from SHCC who attended the event



Assistant Medical Director LNH
Dr. Saleha Shahzad Addressing the Ceremony

were the CEO, Sindh Healthcare Commission, Dr. Ahson Qavi Siddiqi, Dr. Altaf Hussain Khawaja, Director Licensing & Accreditation, Dr. Zubair Ahmed Soomro, Deputy Director Inspection, Dr. Mansoor Manzoor Bhutto, Deputy Director Inspection, Dr. Raja Fahim, Deputy Director Inspection, and Dr. Kalsoom Nargis, Deputy Director Inspection. During the event, awards were also distributed to the SHCC team by Prof. Dr. Salman Faridi, Medical Director, Liaquat National Hospital, and Brig. Dr. Syed Naseem Ahmed, Director Administration, LNH. Moreover, tokens of appreciation were also presented to the team of

Liaquat National Hospital by the Sindh Healthcare Commission. The collaboration between the SHCC and healthcare providers aims to foster an environment where patients receive safe and compassionate care. Attendees also expressed optimism about the future of healthcare in Pakistan, viewing the licensing initiative as a step toward elevating standards and encouraging innovation. The event was concluded with a sense of collective responsibility among participants to ensure that healthcare delivery in the province meets the highest standards of excellence.



Prof. Dr. Salman Faridi Presenting Award
to SHCC Team



Ishrat Saleem
Dr. Ishrat Saleem
Chief Editor

EDITOR'S NOTE

Welcome to the second issue of LNH Newsline! We're excited to share updates from various departments, highlighting the hard work and dedication of our staff. This edition features Independence Day Celebration at LNH, new developments in our procedures, academic achievements and activities

from May to August 2024, as well as the engaging extracurricular activities that foster teamwork and camaraderie across departments.

Thank you for being a valued part of our community. Together, we can continue to positively impact the lives we touch.

SUCCESSFUL ORACLE EBS UPGRADATION

Successful Oracle E-Business Suite (Oracle EBS) upgrade, which has placed LNH&MC Enterprise Resource Planning (ERP) System at high performance, reduced security risks while saving overall investment.

The upgrade project was led by Manager ERP, together with highly skilled and dedicated professionals in IT ERP and the vendor's Jaffer Business Systems (JBS) team, who ensured thorough functional and technical analysis and testing before the roll-out. The live activity for the project took place on July 18, 2024.

LNH&MC faced a critical challenge with an unsupported version of Oracle Database 11.2.0.3, which was integral to the Oracle EBS environment. This posed a significant risk, making it imperative for LNH IT to address Oracle support concerns and to ensure Oracle EBS applications should remain updated, upgraded, and protected with high performance.

LNH&MC IT Department undertook a successful major upgrade of the Oracle Database from version 11.2.0.3 to 19c alongside an Oracle EBS application upgrade from Release 12.2.4 to 12.2.12. The collaborative effort between the LNH ERP

Team and the LNH ERP Key Users in performing the User Acceptance Testing (UAT) has been instrumental in ensuring that all critical processes have been thoroughly tested and validated by the actual users who interact with the ERP system daily. This approach significantly reduces the risk of encountering issues post-Go Live. The successful completion of two UAT iterations, coupled with the subsequent confirmation from the users, has paved the way for a smooth and confident deployment in the production environment. The upgrade project was completed in six months as per plan.

Oracle's EBS upgrades enhance manageability, security, and performance, which means LNH&MC can now derive more value from their existing Oracle EBS-implemented modules. The upgrade has provided:

- Mitigation of business and technical risks.
- Enhanced utilization of existing Oracle investments.
- Enhanced performance and process efficiency
- Improved compliance and audits.
- Access to valuable new capabilities and features.
- New possibilities of implementations and integrations.



Successful Oracle EBS Upgradation



PUBLIC AWARENESS PROGRAMS

PLANTATION DRIVE AT LNH

On this Independence Day, Liaquat National Hospital demonstrated its commitment to environmental sustainability by organizing a plantation drive. As part of this initiative, this plantation drive took place from 14 to 18 August, 2024 and more than 500 plants were distributed to visitors at the hospital, encouraging them to contribute to a greener environment.

The event not only aimed to beautify the surroundings but also to raise awareness about the importance of tree planting and its impact on combating

climate change. Patients, visitors, and staff members participated enthusiastically and took saplings home to nurture.

This plantation drive reflects Liaquat National Hospital's dedication to promoting a

healthier environment, in line with our broader mission to enhance the well-being of the community. The event was a resounding success, reinforcing the hospital's role as a responsible and forward-thinking institution committed to sustainability and public health.



Plantation Drive at LNH

AWARENESS SESSION ON HEAT STROKE BY DR. RABEEYA SAEED AT K-ELECTRIC HEAD OFFICE

On June 11, 2024, the Marketing Department of Liaquat National Hospital organized a Corporate Social Responsibility (CSR) activity at the K-Electric Head Office. The session was led by our esteemed Family Medicine Consultant, Dr. Rabeeya Saeed, who delivered an insightful presentation on the prevention, recognition, and management of heat stroke.

The session was highly interactive and included K-Electric Medical Officers and Chief Medical Officers who actively participated, asked questions, and shared their concerns. The event was well-received and further strengthened the hospital's role as a leader in public health initiatives.



Awareness Session on Heat Stroke at K-Electric Head Office

THE DEPARTMENT OF FAMILY MEDICINE CONDUCTED A HEALTH AWARENESS SESSION AT NASRA SCHOOL

Health awareness sessions were conducted at NASRA School, FB Area, and North Karachi Campuses on 3rd and 10th May 2024. To address various aspects of child health screening, including physical growth and development, nutritional

deficiencies, vaccination, dental care, and personal hygiene.

Our family physicians and nurses conducted health awareness sessions for mothers, teachers, and schoolchildren. Free consultation was provided for growth monitoring, anemia

screening, and immunization updates.

Through these community awareness activities, the Department of Family Medicine aims to empower mothers and children on health promotion and disease prevention.



Participants of Awareness Session

WORLD FAMILY DOCTORS DAY 2024: FAMILY HEALTH FAIR AT LNH OUTREACH SERVICES SHAH FAISAL

In order to promote health awareness among the community, "Family Health Fair" was organized on May 18, 2024 on the occasion of 'World Family Doctors Day' by the Department of

Family Medicine at LNH Outreach Services Shah Faisal. The activity was planned to address health screening of every family member including children, adults, women and elderly. More than 100

people attended and offered free consultation. Free Family Health Cards were also given to the participants to facilitate continuity of care and affordable health care services.



Family Health Fair at LNH Outreach Services Shah Faisal

REPORT ON 'REVOLUTIONIZING HEALTH CARE WITH ARTIFICIAL INTELLIGENCE' SEMINAR

Artificial Intelligence (AI) is revolutionizing the field of medicine by analyzing vast amounts of medical data to improve disease diagnosis, develop personalized treatment plans, and accelerate drug discovery. AI-powered systems can analyze medical images with greater accuracy, detect early signs of diseases, and even predict potential health risks. This technology holds immense promise for improving patient outcomes and transforming healthcare delivery.

Hence, it was decided that it is imperative to raise awareness about the importance of artificial intelligence in the field of medicine among both practicing and future doctors and apprise them of its uses and concerns.

A seminar titled 'Revolutionizing Health Care with Artificial Intelligence' was conducted in Liaquat National Hospital and

Medical College on September 4, 2024. Four experts in the field were invited to enlighten the participants on the importance, recent developments, and future prospects of AI in medicine.

The seminar began with a welcome address by the Director Academic Administration and Research Training (AA&RT), Dr. Shaheena Akbani, and an address by the Principal LNMHC, Prof. Dr. K.U. Makki.

The first speaker was Dr. Syeda Saleha Raza, Associate Professor at Habib University, Karachi. She gave an overview of what AI actually is and highlighted its importance in the field of medicine. The next speaker was from FAST University, Dr. Muhammad Atif Tahir. The focus of his presentation was recent advances in computer vision technique, particularly in the fields of pathology and oncology. Mr. Syed Moin Ali from the University of Karachi continued

the seminar by informing the audience of recent AI application projects in Pakistan. Lastly was a recorded talk sent in by Dr. Khan Siddiqui, former faculty of John Hopkins University. The aim of his talk was to discuss the generative AI in healthcare: fear, hype, and reality.

A brief Q&A session was conducted after every presentation, which provided a good opportunity to the audience to interact with the speakers and clear any doubts they still had.

The session was concluded with a vote of thanks by Prof. Zia Ul Islam, Head of Anatomy Department, and an address by the Medical Director of LNH&MC, Prof. Dr. Salman Faridi who emphasized the importance of inclusion of AI in undergraduate curriculum, and distributed shields to the speakers.



Prof. Dr. Salman Faridi and Prof. Dr. K.U. Makki Addressing the Seminar



EMPOWERING PHYSIOTHERAPY EDUCATORS: AI WORKSHOPS IN OBJECTIVE AND RESEARCH WRITING AT LNH&MC

In July 2024, the Department of Health Professions Education at Liaquat National Hospital & Medical College organized two impactful workshops on the application of artificial intelligence in objective writing and research writing for the faculty of School

of Physiotherapy (LNSOP). The workshops were conducted by Dr. Yusra Nasir and Dr. Muhammad Ahsan Naseer. External faculty from various physiotherapy institutes across Karachi participated in the workshop from Indus University, Taqwa



Participants of Workshop



Institute of Physiotherapy Health Sciences, and Karachi Institute of Physiotherapy & Rehabilitation Sciences.

Participants gained practical insights into using AI tools like SciSpace and ChatGPT-4, learning how AI can assist in crafting learning objectives, research tools, and lesson plans. The workshops

emphasized that AI can be a helpful resource in overcoming challenges. Engaging group activities further enhanced participants' skills and confidence in integrating AI into their work, equipping them with valuable techniques to excel in physiotherapy education. Both workshops were well appreciated by the audience.



Group Photos of the Participants with Organizers

IMPLEMENTING WORKPLACE-BASED ASSESSMENT: A COLLABORATIVE WORKSHOP FOR SUPERVISORS AT LNH

On 27th June and 4th July 2024, the Department of Health Professions Education at Liaquat National Hospital successfully conducted a Workplace-Based Assessment (WPBA) workshop for supervisors in medicine, surgery, and allied disciplines. The workshop was facilitated by Prof. Rufina Soomro, Dr. Afifa Tabassum and Dr. Rabeeya Saeed. The

workshop focused on key WPBA tools such as OSAT and mini-CEX, highlighting the importance of providing effective feedback. This session addressed the use of CPSP-prescribed WPBA tools for all residents. Additionally, supervisors were trained how to complete WPBA forms via CPSP e-portal.



Group Photo of the Participants with Organizers

CME ON ELECTROCARDIOGRAM INTERPRETATION

A CME (Continuing Medical Education) on "Electrocardiogram Interpretation in Different Scenarios" was arranged by the Department of Cardiology on August 6, 2024 from 02:00pm to 04:30pm at Convention Centre Hall 'A'. The four speakers, named Dr. Abeer Sarfaraz, Dr. Imran Khan Sandeelo, Dr. Najia Aslam Soomro and Dr. Kaleemullah Shaikh delivered important talks

regarding the basics of ECG, Tachyarrhythmias, Bradyarrhythmias and ECG changes in ischemia. The CME was attended by residents, medical students, staff nurses, technologists, etc. from different departments. It was an interactive session aimed to improve knowledge regarding electrocardiogram interpretation and its application in different clinical scenarios.



Speakers of CME on Electrocardiogram Interpretation

The session was headed by Dr. Hafeez Ahmed, Head of Department of Cardiology, and concluded by Prof. Dr. Syed Ishtiaq Rasool. At the end of each session, a few minutes are allocated to a short quiz to maintain the interest of the attendees. After concluding the session, feedback was collected by scanning the QR code, and attendance certificates were distributed.



INNOVATIVE LEARNING APPROACHES IN A LONGITUDINAL CURRICULUM FOR LNMC 2nd YEAR MBBS STUDENTS

Liaquat National Medical College implemented the longitudinal patient safety curriculum as prescribed by Jinnah Sindh Medical University (JSMU), for 2nd year MBBS students. One of the recent sessions focused on teamwork and patient safety, where students, in small groups, participated in role-play scenarios to highlight the critical role healthcare professionals play in ensuring patient safety as a cohesive team. The core team of patient safety

consists of faculty members from medical college and department of medical education, including Prof. Sobia Ali, Prof. Rufina Soomro, Dr. Sana Anwar, Dr. Hina Yousuf, Dr. Yusra Nasir, Dr. Uzma Saad, Dr. Miray Hassan and Dr. Sehrish Habib. The patient safety curriculum team continues to employ innovative teaching methodologies, promoting active learning across all MBBS years.



Participants of Workshop



UNDERGRADUATE MEDICAL EDUCATION CME SESSION ON COUNSELING

On May 8, 2024, Dr. Hina Yousuf delivered an insightful session on counseling to 58 attendees, focusing on its importance in the medical field. Organized by the CME Committee and planned by the Internship Committee with collaboration of CME Committee, the session highlighted the role of counseling in addressing mental health, patient care, and emotional well-being within healthcare settings. Dr. Hina discussed various counseling techniques, ethical considerations, and the impact of effective communication between healthcare providers and patients. The session offered valuable knowledge for medical professionals, emphasizing the importance of emotional support in patient care.



Dr. Hina Yousuf Delivered an Insightful Session on Counseling

UNDERGRADUATE MEDICAL EDUCATION CME SESSION ON ETHICS

On June 5, 2024, the Internship Committee organized an informative session with the collaboration of CME Committee on Ethics for 49 house officers. The session focused on the ethical principles essential in medical practice, including patient confidentiality, informed consent, and professional integrity. House officers were guided through real-life scenarios to highlight the importance of ethical decision-making in patient care. The discussion emphasized the need for maintaining transparency, respecting patients' rights, and adhering to ethical guidelines in daily practice. This session reinforced the importance of ethics in fostering trust and accountability in healthcare.



Prof. Dr. Saleha Shahzad Presenting an Informative Session on Ethics

UNDERGRADUATE MEDICAL EDUCATION CME SESSION ON STRESS MANAGEMENT/BURNOUT



Dr. Kahkashan Tahir during CME Session

On July 3, 2024, the Internship Committee, in collaboration with the CME Committee, organized a CME session on Stress Management/Burnout led by Dr. Kahkashan Tahir for 58 interns. The session focused on the increasing concerns of stress and burnout among healthcare professionals, particularly during the house job period. Interns were introduced to effective strategies for managing stress, including mindfulness and self-care practices. Emphasizing the importance of work-life balance and seeking support, when necessary, the session aimed to provide interns with strategies to safeguard their mental well-being while handling the challenges of their medical careers.

UNDERGRADUATE MEDICAL EDUCATION CME SESSION ON TIME MANAGEMENT

On August 7, 2024, the Internship Committee, in collaboration with the CME Committee, organized a session on Time Management for 62 attendees, led by Prof. Dr. Syed Sheeraz ur Rehman. The session highlighted the significance of effective time management for healthcare professionals, particularly during house jobs. Prof. Dr. Sheeraz Ur Rehman shared practical strategies for prioritizing tasks, avoiding procrastination, and maintaining productivity under pressure. He emphasized the importance of balancing professional responsibilities with personal well-being to prevent burnout. The session provided valuable insights and tools to help interns manage their time efficiently in their demanding medical careers.



Prof. Dr. Syed Sheeraz ur Rehman during Session

CME SESSION ON TRANSFUSION

To commemorate World Blood Donors Day, the Department of Hematology conducted a CME session titled "Optimizing Transfusion Safety in Tertiary Healthcare Settings" on July 31, 2024. The event focused on enhancing the knowledge and practices surrounding blood transfusion safety, which is a critical component of patient care in tertiary healthcare settings.

The program commenced with a welcome note and the introduction of speakers by Dr. Syeda Mah Ali, Senior Resident Hematology. This was followed by an insightful presentation from Dr. Naila Raza, Head of the Department and Assistant Professor of Hematology, on "Enhancing Transfusion Safety: Management of Transfusion Reactions in Tertiary Healthcare." Dr. Naila highlighted the essential protocols and best practices for managing transfusion reactions, emphasizing the importance of vigilance and prompt response.

Next, Dr. Syed Muhammad

Irfan, Professor of Hematology, delivered a comprehensive lecture on "Blood Component Therapy in Tertiary Healthcare: When, How, and Why". Dr. Irfan's session provided a deep dive into the appropriate use of blood components, addressing the clinical indications, timings, and methods to ensure optimal patient outcomes.

The session also included online interactive quizzes led by Dr. Rija Shadab, Resident Hematology, and a lively Q&A segment, allowing participants to engage directly with the experts. The CME concluded with closing remarks delivered by Prof. Dr. Saleha Shahzad, Assistant Medical Director, underscoring the significance of continuous education and adherence to safety protocols in transfusion medicine.

The event was well-received, with participants praising the relevance and clarity of the presentations.



Speakers & Organizing Faculty

FIRE ORIENTATION SESSIONS AT LIAQUAT NATIONAL HOSPITAL KARACHI

The Security Department successfully conducted 15 fire orientation sessions from August 6-8, 2024 aimed at refreshing and updating participants on curtail fire safety procedures. These sessions covered essential topics such as the chemistry of fire, effective fire extinguishing methods, and the Remove, Alarm, Confine and Extinguish (RACE) and Pull, Aim, Squeeze, and Sweep (PASS) techniques for fire response. Participants also gained an understanding of emergency contact numbers to ensure prompt action during fire incidents. This initiative was

designed to ensure overall safety preparedness and ensure that everyone is well-equipped to handle fire emergencies effectively.

In addition to the above 9 sessions, they were conducted in collaboration with the RSDC of Usman Public School teachers and students of different schools. A session was also conducted at AKUH in collaboration with Research and Skills Development Centre (RSDC) in Emergency Medicine Education & Research Global Exchange, Conference (EMERGE 24).



Fire Orientation Sessions

MEET AND GREET WITH ALUMNI RESEARCHERS

The LNMC Research Society 2024 hosted an engaging session, Meet-and-Greet with alumni researchers for 100 participants on August 19, 2024 combining both in-person and online formats to maximize accessibility and interaction. The in-person segment featured distinguished alumni from Liaquat National Medical College, including Dr. Sidra Jabeen, Dr. Areeba Abdullah, and Dr. Rabeet Tariq. These esteemed researchers shared insights from their significant contributions to medical research during their undergraduate years. The online portion included Dr. Aneel Roy Bhagwani and Dr. Muzammil Edhi, who have made notable advancements in

medicine post-graduation and are currently serving as postdoctoral researchers at leading institutions abroad. The session's objective was to inspire and motivate current medical students by connecting them with successful alumni, thereby elevating their aspirations and enthusiasm for research. Additionally, the event featured a Q&A segment, addressing student concerns and providing valuable guidance on navigating the challenges of medical school. Senior faculty members also attended the event, which concluded with remarks by the Director Academics and Research. Participants received e-certificates in recognition of their participation.



Participants of Session

CME ON LUNG INFECTIONS & ANTIBIOTIC RESISTANCE

On Saturday, July 6, 2024, the Department of Chest Medicine organized a comprehensive Continuing Medical Education (CME) event titled "Lung Infections & Antibiotic Resistance" at Lecture Hall A, Convention Centre. The event ran from 1:00 PM to 4:30 PM, featuring a

series of expert presentations and discussions.

Dr. Zafar Ahmed, the Program Director of Pulmonology, opened the event with a welcome address. Dr. Sana Anwar, Head of Microbiology, then discussed the role of antibiotic



Prof. Dr. Karim Ullah Makki



Honorable Speakers Delivering Informative Lectures

stewardship in hospitals, emphasizing the importance of managing antibiotic use to prevent resistance.

Dr. Muhammad Irfan, Head of Pulmonology at Aga Khan University, provided valuable insights into fungal infections of the lungs, focusing on diagnostic challenges and treatment strategies. Dr. Muhammad Yousif and Dr. Kashaf Memon, residents in

Pulmonology, followed with a presentation on antibiotic resistance, detailing emerging trends and their effects on patient care, and addressed small airway diseases.

Prof. Sohail Akhter, Head of Pulmonology at Indus Hospital, presented illustrated cases of pneumonia and its mimics, offering practical insights into diagnosis and management. The event concluded with an

interactive Q&A session, allowing attendees to engage directly with the speakers.

Prof. Dr. K.U. Makki presided over the event, ensuring its smooth progression. The CME provided a thorough exploration of key issues in pulmonology, enhancing attendees' understanding of lung infections and antibiotic resistance.



Honorable Speakers Delivering Informative Lectures

WORKSHOP ON ABG's INTERPRETATION

The Department of Anesthesia, Critical Care and Pain Management of Liaquat National Hospital (LNH) successfully hosted an Arterial Blood Gas (ABG) Interpretation Workshop on May 19, 2024, at Convention Centre Hall A, LNH. The event drew over 60 participants from various institutions and cities across Sindh, eager to enhance their skills in arterial blood gas analysis. Led by Dr. S.M. Nadeem (HOD Anesthesia & ICU), a team of distinguished faculty members, including Dr. Amim Anwer, Dr. Shehrum Bughio, and Dr. Sarosh ul Hassan, delivered insightful lectures, followed by a collaborative hands-on session with Dr. Arsala, Dr. Arif, Dr. Arshad and Dr. Palwasha on advanced ABG



Dr. S.M. Nadeem and Dr. Amim Anwer Delivering Insightful Lectures

interpretation. This interactive workshop provided a valuable opportunity for participants to refine their knowledge and practical skills in advanced ABG interpretation, ultimately contributing to improved patient care.



Participants at the Workshop

CME: FROM CHAINS TO CHANCE: REIMAGING SUBSTANCE USE



The Department of Mental Health organized a CME "From Chains to Chance: Reimaging Substance Use" on August 24, 2024. This event was designed to explore various dimensions of substance use (Addictive Drugs) and its impact on individual and society. This event was hosted by Dr. Namrah Najmi, who is a resident trainee of the psychiatry department. The program was officially started by the recitation of Holy verses by Dr. Muhammad Ghazi followed by a detailed, comprehensive talk on addiction psychiatry by Dr. Washdev Amar (Head of Psychiatry Department, Civil Hospital Karachi, and national trainer UNODC and Colombo Plan).

In order to highlight the impact of substance use on individuals and

families, 4th year medical students of Liaquat National Hospital and Medical College performed a skit that vividly illustrated the effects of substance use.

Dr. Miray Hassan, Consultant Internal Medicine at LNH discussed medical aspects of substance use disorder. After that, Dr. Zaib un Nisa, Consultant Psychiatrist and Assistant Professor at LNH highlighted the role of rehabilitation for the individuals with substance use disorder.

The legislative perspective of substance use was discussed by a representative of the Sindh Police Department. Our chief guest Mr. Zahid Ahmed who is a famous TV actor, reinforced the importance of substance use management with his personal experience.



Highlights of the Event

WORKSHOP ON QUANTITATIVE NEUROMUSCULAR MONITORING

The Department of Anesthesiology, Critical Care and Pain Management organized a workshop on "Quantitative Neuromuscular (QNMT) Monitoring" on May 5, 2024 in Hall "A," Convention Centre. The event brought together 40 participants from Hyderabad, Jamshoro, and various institutes of Karachi to explore



Workshop Participants

the most advanced technology of neuromuscular monitoring. Dr. S.M. Nadeem presented a lecture on the concept of 'how' and 'why' of QNMT monitoring. Dr. Amim Anwer and Dr. Ali Asghar delivered detailed lectures on pharmacology and physiology of neuromuscular junctions, respectively. Dr. Palwasha, Dr. Sarosh, Dr. Arsala, and Dr. Shehrum gave detailed interactive hands-on sessions to the participants. The participants engaged in lively group discussions and hands-on activities, creating a synergistic learning atmosphere. Attendees were subjected to pre- and post-MCQ tests, which showed a marked improvement in understanding QNMT monitoring among participants.

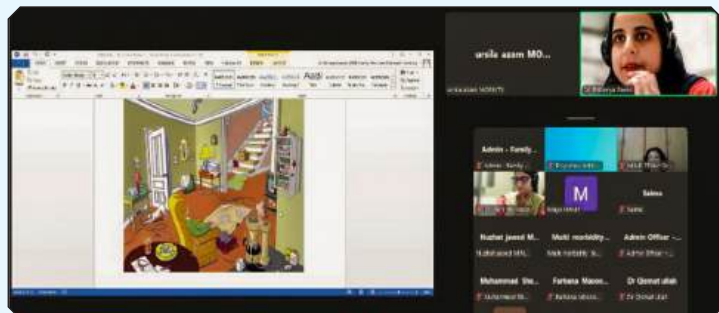


Dr. S.M. Nadeem Presenting the Certificates

ONLINE GERIATRIC WORKSHOP CONDUCTED BY THE DEPARTMENT OF FAMILY MEDICINE

On the occasion of World Family Doctors Day, the Department of Family Medicine conducted an online workshop on Geriatric Essentials for Primary Care. The workshop content was based on Geriatric 5M approach, which provided participants with an insight into the tools being utilized for comprehensive assessment of elderly patients in their clinical setting.

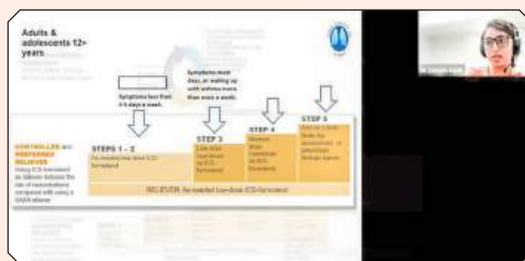
A total of 64 participants, including physicians and nurses, attended the session, which was highlighted by interactive discussion and breakout room activities. The session was facilitated by Dr. Rabeeya Saeed, Dr. Nausheen Haroon Ahmad and Dr. Sehrish Habib.



Doctors from Department of Family Medicine Conducting Online Geriatric Workshop

COURSE ON EVIDENCE-BASED MANAGEMENT OF NON-COMMUNICABLE DISEASES IN PRIMARY CARE

A blended learning course on evidence-based management of primary care was organized by the Department of Family Medicine on June 12, 2024 to upgrade knowledge and skills of non-communicable diseases management among primary care providers. Weekly interactive sessions by faculty were conducted on Zoom every Saturday along with quiz and assignments. Participants were also provided an opportunity for hands-on practice of examination and consultation skills during physical contact sessions.



Department of Family Medicine Conducting Course on Evidence-Based Management of Primary Care

NES SPECIALIZATION COURSES

The Department of Nursing successfully conducted an in-house specialization course covering medical-surgical nursing, critical care nursing, and maternal and child health nursing. A total of 103 nursing staff and interns completed the program.

This specialized course aimed to enhance key skills such as patient care, communication,

professionalism, and critical thinking in clinical settings. Emphasizing evidence-based practices, the program provided participants with the tools to deliver high-quality care.

Participants demonstrated proficiency through hands-on practice in essential nursing skills, including IV cannulation, NG tube insertion and removal, Foley

catheter insertion and removal, airway management, defibrillator operation, ECG placement and interpretation, newborn assessment, normal labor mechanisms, postpartum care drills, cord prolapse management, and Cardiotocogram (CTG) interpretation. The certification reflects their commitment to advancing patient care through enhanced clinical competencies.



Participants of Course

BRT (BASIC RESUSCITATION TRAINING)

The Department of Nursing, in partnership with the Departments of Pediatric Medicine, and Department of Accident and Emergency, successfully conducted a one-day Basic Resuscitation Training (BRT) course on June 15, July 11, and July 27, 2024. Thirty-five in-house nurses from various hospital departments participated in this vital training. The course aimed to boost staff proficiency in basic resuscitation and life support, ensuring high-quality CPR across diverse clinical environments. It also highlighted

the essential role of nurses in handling choking emergencies. This comprehensive certification program covered Rescuer Adult Basic Life Support (BLS), Automated External Defibrillator (AED) and Bag-Mask Device use, team dynamics, child and infant BLS, as well as the management of choking emergencies. The program integrated resuscitation training with performance improvement and patient safety measures.

CME ON BREASTFEEDING

The Department of Nursing, in collaboration with the Department of Pediatric Medicine, organized a Continuing Medical Education (CME) workshop on Breastfeeding on August 1 & 2, 2024. The workshop aimed to enhance healthcare professionals' skills and knowledge in promoting, supporting, and managing breastfeeding, with a focus on evidence-based practices and overcoming common challenges associated with breastfeeding. A total of 78 participants attended the course, including residents, nurses, nurse interns, and students of Medical College and College of Nursing. Additionally, a pre-counselling session was held on August 1, 2024, in the Gynae OPD area and postnatal Gynae ward, which had 25 participants,

including patients, mothers and fathers. The session focused on breastfeeding benefits, correct techniques, partner support, and milk storage, receiving positive feedback from patients and their families. The CME workshop successfully fulfilled its objectives, equipping healthcare professionals with valuable skills and insights. The interactive format and expert facilitators enriched the learning experience, ultimately contributing to improved breastfeeding practices and outcomes, strategies to overcome common breastfeeding challenges. Certificates were awarded to the participants at the end of the event, accompanied by closing remarks of motivation and encouragement.

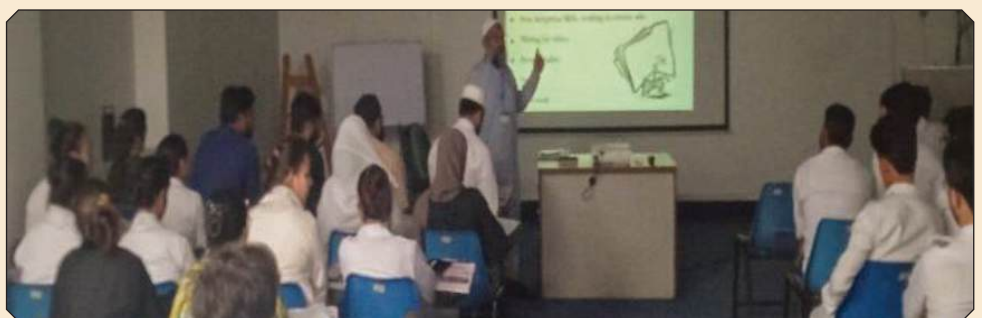


Participants of CME on Breastfeeding



NURSING ORIENTATION PROGRAM

The Nursing Staff Orientation Program was organized by the Department of Nursing in collaboration with various departments at Liaquat National Hospital. This orientation is a crucial stage for interns and newly hired nurses, marking their transition from academic learning to hands-on practice in the healthcare setting. The



Nursing Orientation Program

program, which spans from a few days to several weeks, helps build the nurses' expertise, confidence, and integration into their healthcare teams. From May 2024 to July 2024, three batches totaling 89 nursing staff completed the orientation. The training covered a range of topics, including International Patient Safety Goals, Communication Skills, HR Policies, Professional Presentation as a Nurse, Hospital Information System Training/AS 400, Transfusion Protocol (Blood

Bank), Fire & Safety (Security Department), Infection Control Protocol (Infection Control

Department), and Nutrition for Hospitalized Patients (Food & Nutrition Department).



Participants of Nursing Orientation Program

INTERNATIONAL NURSES AND MIDWIVES DAY AND LAMP LIGHTING CEREMONY



LNH Team Nursing hosted the International Nurses and Midwives Day 2024 and Lamp Lighting Ceremony on May 25, 2024, at the Convention Centre, Liaquat National Hospital. Overall, 350 participants were enrolled.

The day began with the recitation of the Holy Quran and the National Anthem. Ms. Judith Zaidi, Principal of Liaquat National College of Nursing (LNCON), delivered the welcome speech, highlighting the significance of the occasion.



The Chief Guest, Dr. Khairulnissa Ajani, Associate Professor and Director of the Network of Quality, Teaching, and Learning at the Office of Provost AKU, provided valuable insights into the International Nurses and Midwives Day. Prof. Dr. Salman Faridi, Medical Director, LNH gave an inspirational speech as the Guest of Honor, which was followed by a riveting key note presentation by Chief Nursing Officer, LNH, Ms. Samina Iqbal Kanji on "Our Nurses, Our Future: The Economic Power of Care".



The Lamp Lighting Ceremony was conducted by Ms. Shaheen Zahir Ali, Vice Principal of LNCON, who led the Lamp Lighting Pledge. It symbolized the dedication and commitment of nursing

professionals.

Ms. Zohra Javed, Section Head of Nursing Education Services, delivered a presentation on "Economic Resilience through Education: How Continuous Nursing Education Shapes Our Future".

A documentary showcasing the efforts of LNCON students and LNH nursing staff during INMD week was also featured, highlighting their contributions and achievements.

Student research projects were presented, including a notable presentation on "Innovative Approaches in Nursing".

Ms. Rehana Panjwani, Director of Nursing at Dow Hospital, addressed the audience with her presentation on "Leadership in Action: Nursing-Led Innovation Driving Economic Health".

Shields and mementos were presented to the Chief Guest, speakers, the poster competition jury, facilitators of the interactive sessions, and the leaders of LNH and LNH Nursing. The poster competition winners also received shields and cash prizes. In the end, Brig. Dr. Anwer Ali Khan, Controller, Nursing Administration delivered the vote of thanks, expressing gratitude to all participants and attendees.



Honorable Speakers and Participants of Ceremony

HEARTS IN HARMONY: A NURSING AWARENESS SESSION FOR OUR UNSUNG HEROES

On May 20, 2024, LNH Team Nursing hosted a pre-event workshop at Convention Centre Hall A, Liaquat National Hospital. This event was held from 2:00 PM to 5:00 PM and was part of the celebrations for International Nurses and Midwives Day.

Overall, 82 participants were enrolled, including housekeeping staff, security guards, and other staff of Liaquat National Hospital.

The workshop was inaugurated with welcome remarks by Ms. Samina Iqbal Kanji (Chief Nursing Officer). The following topics were covered during the session: Understanding Proactive Care and overview of the workshop by Ms. Laila Rahimi (Section Head Nursing Administration), Heat Wave Wake-Up: Diving into Heat Stroke Awareness by Ms. Ambreen Khawaja (Section Head Clinical Nursing),

Empowering Health by Unraveling the Depths of Diabetes Awareness by Mr. Muhammad Sadiq (Section Head Nursing Administration), Breaking the Pressure: A Deep Dive into Hypertension Awareness by Ms. Shaheen Shumaila (Lecturer, College of Nursing), Infection Prevention and Control by Mr. Atiq-ur-Rehman (Section Head Clinical Nursing), Heart Matters: Illuminating Heart Attack Awareness for Lifelong Health by Ms. Sunnia Robinson (Lecturer, College of Nursing), and Self-Care Strategies for Our Unsung Heroes by Ms. Zohra Javed (Section Head Nursing Education Services). Brigadier Dr. Anwer Ali Khan (Controller Nursing Admin, Nursing) also shared his valuable insights.

Closing remarks were given by Ms. Shaheen Zahir Ali (Vice Principal, College of Nursing) and Ms. Judith Zaidi (Principal, College of Nursing).



INMD-Pre-event Workshop

UTILIZING MINDFULNESS: EMPOWERING SELF-MANAGEMENT

On May 21, 2024, the LNH Nursing Team hosted a pre-workshop titled "Utilizing Mindfulness: Empowering Self-Management" as part of the International Nurses and Midwives Day celebrations. Held at Convention Centre Hall A, Liaquat National Hospital, from 2:00 PM to 5:00 PM, the workshop aimed to introduce

mindfulness practices to promote self-management and personal well-being.

The event commenced with the recitation of the Holy Quran, followed by a welcome speech from Ms. Judith Zaidi, Principal of LNCON, who emphasized the importance of mindfulness in



Participants of Ceremony

nursing practice and its relevance to the occasion. Ms. Almas Thobani then led a session introducing the concept of mindfulness, guiding participants on how to cultivate self-awareness and insight into their emotions, thoughts, and actions. Her session focused on empowering individuals to practice mindfulness as a tool for managing stress and fostering emotional resilience.

Following this, Ms. Sadia Hamid conducted a hands-on session that provided mindfulness interventions

and practices aimed at enhancing personal self-regulation. Through interactive activities, participants learned how to integrate mindfulness into their daily routines for improved focus and mental clarity.

The workshop concluded with a vote of thanks delivered by Ms. Shaheen Zahir Ali, Vice Principal of LNCON, who expressed gratitude to the facilitators and attendees for their participation and contributions to the event.

FROM CRISIS TO CARE: MIDWIVES ROLE IN CLIMATE RESILIENT HEALTH CARE SYSTEMS

On May 21, 2024, the LNH Nursing Team hosted a pre-event workshop at Convention Centre Hall B, Liaquat National Hospital, as part of the International Nurses and Midwives Day celebrations. The event, held from 9:00 AM to 12:00 PM, focused on the theme "From Crisis to Care: Midwives' Role in Climate-Resilient Health Care Systems". A total of 70 participants were enrolled.

The workshop began with welcome remarks and a keynote address delivered by Ms. Judith Zaidi, Principal, College of Nursing, and Ms. Samina Iqbal Kanji, Chief Nursing Officer. Their speeches set the tone for a morning dedicated to the evolving role of midwives and nurses in climate-resilient health systems. Key presentations included "The Crucial Role of Midwives in Climate-Resilient Health Systems" by Ms. Ambreen Khawaja, Section Head of Clinical Nursing, "Key Components of Climate-Resilient Health Systems" by Prof. Dr. Haleema Hashmi, Consultant, Obstetrics and Gynecology,

"Empowering Midwives for Climate Change Challenges" by Ms. Zohra Javed, Section Head, Education, "Perspectives from Midwives on the Frontlines" by Ms. Sonia Barkat, Lecturer at the College of Nursing; and "Collaborative Approaches for Building Climate-Resilient Health Systems" by Dr. Tahira Yasmeen, Assistant Professor in Obstetrics and Gynecology.

In addition to the insightful presentations, the workshop featured a group activity led by

the nursing team, encouraging collaborative learning and practical application of the discussed topics. Brigadier Dr. Anwer Ali Khan, Controller, Nursing Administration, highlighted the critical role of nurses and midwives in addressing climate-related challenges. The enlightening remarks by Prof. Dr. Saleha Shahzad, Assistant Medical Director, underscored the importance of ongoing education and collaboration in building resilient health systems.



Group Photo of the Participants of Event

GALLERY WALK

On May 23, 2024, Team LNH Nursing hosted the "Gallery Walk" poster competition at the Hospitality Suite, Convention Centre, Liaquat National Hospital,

as part of the International Nurses and Midwives Day celebrations. The competition focused on two important themes: "Nurses: The Economic Power of



Judges at "Gallery Walk"

Care” and “Midwives: A Vital Climate Solution”.

The event, held from 9:00 AM to 1:00 PM, provided an excellent platform for participants to showcase their creativity and earn recognition. All nursing staff and students participated, contributing to a total of 24 entries displayed during the event.

The winners were honored with cash prizes and awards at the International Nurses and Midwives

Day event.

The judging panel included esteemed professionals: Dr. Muhammad Arshad (Consultant, Pediatric Surgery), Prof. Dr. Mirza Shehab Afzal Beg (Consultant, Plastic Surgery), Dr. Junaid Mehmood Alam (Head of Department & Professor, Chemical Pathology), and Dr. Sobia Ali (Professor & Head of Department, Health Professions Education).



Participants at “Gallery Walk”

LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

SCRAP HAPPY

On August 8, 2024, the Arts and Culture Society of Liaquat National Medical College (LNMC) organized the inspiring “Scrap Happy” event, with about 100 participants creatively transforming recyclable items into unique, artistic works. The event, with the theme “Cleaner, Greener Earth,” promoted environmental responsibility and spurred innovative ideas among the participants.



Glimpses from the Event

LNH IDOL 3.0: WHERE MELODIES MEET THE MEDICINE

Music and Drama Society organized LNH Idol 3.0 on August 29, 2024. It was a spectacular event, and it showcased the incredible talent of aspiring singers from Medical College.

This event provided a platform for the medical students to not only display their musical talents but also to celebrate their creativity and dedication outside the realm of medicine.

The event featured a diverse range of performances by participants and LNH Idol winners. The judges had a tough time selecting the winners due to the high level of competition and outstanding performances throughout the event. Muhammad Naheel Khalili from the batch of 2025 was crowned the winner of LNH Idol 3.0, while Selina

Ali and Maira secured the second and third positions respectively. LNH Idol 3.0, closed by the previous LNH Idol winners' performance, had everyone on their toes, creating an electrifying atmosphere. It was a fantastic celebration of talent and creativity, blending music with the world of medicine in a unique and inspiring way.



Winners of "LNH IDOL 3.0"

DAASTAN GOI

The Literary and Debating Society had the pleasure of hosting two vibrant events this year, marking its revival after a 4-year break. Under the leadership of Dr. Rabeeya Saeed, Chairperson of the Literary and Debating Society, the society's members enthusiastically organized "Daastan Goi" and a Comedy Play, celebrating the diverse ways in which stories can captivate and entertain.

The first event, Daastan Goi/ داستان گوئی, explored the art of traditional storytelling. Held on August 22, 2024, it offered a perfect platform to reignite the society's cultural vibrancy. From the moment attendees entered the auditorium, greeted by soft ghazals and the fragrance of fresh flowers, the atmosphere was set for an extraordinary experience.

This journey into the heart of Urdu literature begins with student storytellers. Muneeb Tahir (Batch of 2025) took the audience on a heartfelt journey of unrequited love through his story, "شمع اور پروانہ," while Haya Shahzad (Batch of 2026) had the audience in fits of laughter with Pitras Bukhari's بچوں کی قسمیں. Not to be outdone, faculty members Dr. Iqtidar Toufeeque (HOD, Psychiatry) and Dr. Aitmaud Khan (Professor, Pharmacology) delivered moving, self-written narrations, showcasing their literary prowess beyond academics. We had the honor of inviting the very talented Dastango team, who through their performance "داستان طلسم پوشریا سے مہتاب جادو کی داستان" made sure that everyone in the auditorium, a literature enthusiast or not, left the event with a spark to explore the vast world of Urdu literature.



Students and Faculty mesmerising the audience with their Stories



Special performance by the Dastangoi team and token of acknowledgements from Prof. Dr. Salman Faridi, Medical Director, and Dr. Rabeeya Saeed, Chairperson of the Literary and Debating Society

YA NASEEB YA CLINIC

Following this, on August 30, 2024, the society hosted a comedy play "یا نصیب یا کلینک", providing a much-needed break for students and staff alike. The packed auditorium roared with laughter as future

doctors traded scrubs for scripts, their energetic performances and witty dialogues leaving everyone in stitches. No event can be successful without proper rehearsals. We are grateful to our performers

who showed up even on weekends for rehearsals to make this play the epitome of perfection.

Both events would not have been possible without the support of Prof. Dr. K.U. Makki, Dr. Shaheena Akbani, and, Prof. Dr. Salman Faridi. As the curtains closed, the memories of these two joyous events lingered on.



Stills from 'Ya Naseeb Ya Clinic'



The Literary and Debating Society team that made this event a success

CREATIVE WRITING COMPETITION

On August 9, 2024, the Magazine Society's English Section hosted the Creative Writing Competition 2.0, a dynamic event that saw participation surge from last year's 30 to 50 eager writers this year. This year's spontaneous topic, "If your mirror could talk, what conversation would you have with

it?" invited participants to unleash their creativity within a 45-minute timeframe. The talented winners were unveiled during the Spelling Bee event on August 27. Dua e Zehra from Batch 2027 took home the first prize, earning a shield, a certificate, and a cash prize of 10,000 rupees. Sidra Dawood

from Batch 2025 secured second place, and Syeda Khadija Shah from Batch 2027 earned third place, both receiving shields and certificates. The event concluded with the distribution of goody bags filled with stationery items to all participants, rounding off a memorable and inspiring day.



Glimpses from Creative Writing Competition

SPELLING BEE COMPETITION

On August 27, 2024, the Magazine Society's English Section hosted its first ever Spelling Bee Competition, a thrilling event that captivated participants and spectators alike. Contestants spelled challenging words from their respective course subjects—Physiology for first-year students, Anatomy for second-year, Microbiology for third-year, Pathology for fourth-year, and Surgery for final-year students. The excitement peaked during the final round, where participants faced a daunting list of 1,000 pharmacology words, provided prior to

the event. The competition remained intense until the very end, culminating in a dramatic tiebreaker between Talha Nazeer from Batch 2027 and Fateh Zaheer from Batch 2029. Talha Nazeer emerged victorious, earning a cash prize of 15,000 rupees, a shield, and a certificate, while the runner-up, Fateh Zaheer, received 10,000 rupees as announced by the Chairperson, Dr. Samar Abbas Jafri. The event also featured a prize distribution and certificate ceremony for the Creative Writing Competition 2.0 participants, adding to the day's celebratory atmosphere.



Spelling Bee Competition

RESEARCH HACKATHON

The Research Society organized its first-ever Research Hackathon on August 31, 2024, featuring four teams of five students each. The event commenced with an insightful session on the role of AI in research, delivered by Dr. Amina Raza, and concluded with an engaging discussion on formulating a well-defined research question led by Prof. Dr. Sheeraz-ur-Rehman.

The hackathon revolved around the theme "Perceptions and Attitudes towards Preventive Healthcare: Enhancing Awareness and Education", with participants given a week to submit their proposals. The proposals were evaluated by an expert panel of judges, Dr. Shaheena Akbani and Dr.

Saima Athar. To ensure confidentiality and minimize bias, the teams were identified by creative names: Health Hackers, Research Rebels, Clinical Curators, and Hypothesis Hunters. Among them, the Clinical Curators claimed victory and were awarded a cash prize of PKR 25,000, along with a commemorative shield. All participants were awarded certificates of appreciation for their active participation, adding a memorable touch to the event.

The event was met with enthusiastic feedback from participants and faculty members alike, marking a successful start to what is hoped to be a recurring initiative in promoting research skills among students.



Participants



Hackthon Winners



LNMC Research Society



INTER-DEPARTMENTAL JOURNAL CLUB

Liaquat National Medical College reaffirms its commitment to excellence in research with the successful completion of two rounds of inter-departmental journal club under the supervision

of Prof. Syed Hafeezul Hasan. The inter-departmental journal club serves as a unique platform for scientific exchange, facilitating cutting-edge research and advancements in medical

education. Prof. Dr. K.U. Makki awarded certificates to all presenters for their dedication to present scholarly advancement in the medical field.



Group Photo of Journal Club



Prof. Dr. K.U. Makki Awarded Certificates

STUDENTS' JOURNAL CLUB

The LNMC Research Society 2024 is excited to announce the launch of a new academic initiative: the Students' Journal Club. The primary aim of this journal club is to motivate students, enhance their research skills, and develop a research-oriented culture at Liaquat National Hospital and Medical

College. Through weekly discussions of recent scientific articles, students not only gain valuable insights into current research trends but also develop essential skills in evidence-based practice.

The Students' Journal Club has been incorporated into the weekly timetable for 2nd to final-year MBBS

STUDENTS' JOURNAL CLUB

students. The session is led by Dr. Saima Athar, Professor of Anatomy and Chairperson of the Research Society, and moderated by the JC year coordinators. Students are encouraged to select and present articles and receive certificates for their participation. At the end of each academic year, the best presenting group is awarded with a shield, highlighting their outstanding contribution.



Group Photo



Students' Journal Club

LIAQUAT NATIONAL SCHOOL OF MEDICAL TECHNOLOGY (LNSMT)

LNSMT STUDENTS FACILITATE PLANT DISTRIBUTION

In celebration of Pakistan's 77th Independence Day on August 14, 2024, the management of LNH initiated a tree plantation drive, and students from the Liaquat National School of Medical Technology became an

active part of it by facilitating the distribution of 500 plant saplings to staff, patients, and visitors in the institution. The initiative, which focused on promoting environmental sustainability, aimed to encourage tree planting

and create awareness about the importance of green spaces for a healthier environment. The event was a resounding success, marking a significant contribution by the hospital and students to the local community.



LNSMT Students Facilitate Plant Distribution



LNSMT ANNUAL LUNCH

The students of Liaquat National School of Medical Technology celebrated their annual lunch at Arena, Karachi, on June 4, 2024, with a day packed full of fun and activities. The entire department came together to enjoy a delicious lunch, followed by exciting games

such as bowling, ice skating, and more. Students relished the opportunity to unwind, engage in friendly competition, and strengthen their bonds outside the classroom. The event was a refreshing break, leaving everyone energized for the year ahead.



Students Enjoying the Annual Lunch

BSMT STUDENT'S ORAL PRESENTATION IN RESEARCH CONFERENCE

Muqaddas Binte Khurram, a final-year Medical Technology student at Liaquat National Hospital and Medical College, presented her research at the Fazaia Ruth Pfau Medical College, Karachi Research Conference held on August 30, 2024. Her oral presentation, titled "Barriers and Facilitators of Physical Activity among Pregnant Women in Karachi," was supervised by Dr. Saima Zainab from LNMC's Community Medicine Department. This research sheds light on critical maternal health issues and underscores the commitment of our students to addressing public health concerns in the region.



Muqaddas Binte Khurram



SENIOR CITIZENS PRIMARY CARE UNIT (SCPCU)

The Senior Citizens Primary Care Unit (SCPCU) offers specialized care for elderly individuals, focusing on enhancing their quality of life. We recognize that a fulfilling life at any age encompasses physical, social, and emotional well-being. Our primary objective is

to promote these essential aspects of wellness. To achieve this, we provide a diverse range of daily activities tailored to meet the unique interests and needs of our elderly members, empowering them to lead engaged, active, and purposeful lives.

PAKISTAN INDEPENDENCE DAY CELEBRATION

Pakistan marks its 77th Independence Day with widespread celebrations, characterized by patriotism and national fervor. The national flag is prominently displayed, and patriotic music fills the air, bringing citizens together. Our

daycare members actively participated, infusing the occasion with enthusiasm and making it a memorable event. Their involvement added a significant dimension to this milestone, fostering national pride and unity.



Memorable Moments of Pakistan Independence Day Celebration

DRUM CIRCLE

The drum circle initiative offers a multifaceted experience, ranging from recreational enjoyment and social engagement to therapeutic and spiritual growth. By focusing on rhythmic patterns, drumming creates an inclusive environment, encouraging participation regardless of musical proficiency. Empirical evidence demonstrates significant benefits, including stress alleviation, mood enhancement, and immune system strengthening. Furthermore, collective drumming fosters a sense of community, emotional expression, and social connection. A dedicated drum circle event was organized for our senior members on June 22, 2024 at the Senior Citizen Primary Care Unit, promoting comprehensive wellness and enrichment.



Mr. & Mrs. Abdullah Leading the Group Performance



Female Participants Outshining with their Performance, along with the Facilitator Mr. Ahmer Zuberi



KITCHEN GARDENING

A kitchen gardening initiative was launched, promoting the cultivation of fruits and vegetables using seeds and recycled kitchen water. This environmentally conscious approach enabled our senior members to reconnect with nature, experiencing the therapeutic advantages of horticultural therapy. On June 21, 2024, a workshop

was conducted at the Senior Citizens Primary Care Unit, where participants acquired expert gardening tips, exchange personal experience and developed social connections

Through this initiative, members adopted sustainable gardening practices, fostering eco-awareness, physical activity, and mental well-being.



Setting an Example of Moving Forward by Helping Each Other



Gardeners from LNH Sharing Precious Tips of Seed Sowing and Kitchen Gardening with the Audience



Keen Participation from a Member

A DAY AT SENIOR CITIZENS PRIMARY CARE UNIT WITH MR. JAVED MIANDAD - A LEGENDARY PAKISTANI CRICKETER

A day at the Senior Citizens Primary Care Unit was made special with a visit from legendary Pakistani cricketer Mr. Javed Miandad, renowned for his iconic last-ball six in the 1986 Austral-Asia Cup. His presence was an inspiring and heartwarming experience for all. During an interactive session, Mr. Miandad listened attentively to senior citizen members as they shared their stories about cricket and their life experiences, showing genuine interest in their lives.

The unit hosted a storytelling session where Mr. Miandad shared engaging anecdotes from his cricketing career, including his early days, the pressures of international cricket, and valuable insights. A friendly cricket game followed, with Mr. Miandad offering valuable tips and tricks, making the activity both enjoyable and educational. The visit brought immense excitement and joy to the unit, and it was clear that the members appreciated the attention and interaction with the cricket legend.



Cricketer Javid Miandad framing with Management of LNH



Mr. Miandad shared memorable anecdotes from his cricketing career with our members



One of our members showed his love for cricket while playing with Mr. Miandad



Mr. Miandad offered a few cricket tips and tricks to our members



General Manager Ms. Kiran Akhtar shared thanksgiving to legendary cricketer Mr. Javid Miandad

EVENTS

SUMMER CAMP 2024

Rehabilitation Services Department of Occupational Therapy and Speech Therapy Liaquat National Hospital had organized a summer camp, which was started on May 25, 2024 with the first group of 23 special needs kids and ended on June 4, 2024, and the second group, which was of 35 kids, started on June 5, 2024 and ended on June 14, 2024 with 9 days of activities altogether, with the strength of 58 participants. The camp was based on different

activities, keeping in mind every child's level of performance.

A field trip to Elixir Zoo was also the part of this summer camp activity and has been organized on the last day of summer camp for both groups A and B.

The concept of organizing such events is to develop executive functioning, social interaction, communication skills, and the confidence they need

further in their lives to survive. Furthermore, the ceremony was also organized for the certificate distribution among the campers and the facilitators. In the end, the General Manager of Rehabilitation

Services, Mr. Syed Hasan Abbas Rizvi welcomed the parents of the kids and distributed the certificates to the participants and the facilitators. We are hoping for more interesting and fulfilled events in the coming years.



Various Activities at Summer Camp 2024

INDEPENDENCE DAY CELEBRATION AT BABY DAY CARE

Independence Day was celebrated with great enthusiasm. The staff organized a variety of activities, including paper crafting, coloring, and balloon blowing. Together with the children, they sang national songs and held a cake-cutting ceremony, keeping everyone engaged and helping the children understand the significance of the day.



Colouring Activity



Crafting Activity



Cake Cutting



Happy Participants at the Event



ACHIEVEMENTS

DR. RIDA E ZEHRA HAS SUCCESSFULLY COMPLETED THE PRESTIGIOUS MRCP (UK) CERTIFICATION

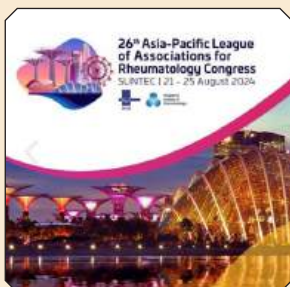


We are thrilled to highlight the recent achievements of our rheumatology department, exemplifying our continuous pursuit of clinical excellence and professional development on both regional and international platforms.

The Department of Rheumatology is also delighted to announce that our fellow Dr. Rida E Zehra has successfully completed the prestigious MRCP (UK) certification in May 2024.



Showcasing our department's clinical excellence, a case report by our fellow Dr. S. Rida E Zehra was accepted for presentation at the European League against Rheumatism (EULAR) Annual Congress in June 2024 in Vienna, Austria.



Another two case reports were accepted for presentation at Asia Pacific League against Rheumatism (APLAR) congress in August 2024.

Dr. S. Rida E. Zehra, under the supervision of Dr. Tahira Perveen, was honored to present a unique pediatric case of systemic juvenile idiopathic arthritis (JIA) at the APLAR webinar on July 27, 2024, which was attended by more than 200 participants.



This case was particularly notable for its atypical

and complex complications, providing a valuable learning experience for the international audience.

These accomplishments not only reflect the dedication of our team but also reinforce our department's growing presence in the global rheumatology community, setting new standards for patient care and academic excellence.

DR. ZAIB UN NISA SUCCESSFULLY PASSES THE INTERNATIONAL CERTIFIED ADDICTION PROFESSIONAL EXAM JULY 2024

Dr. Zaib un Nisa, Assistant Professor in the Department of Mental Health, has attended one year advanced courses of the Universal Treatment Curriculum by UNODC (United Nations of Drugs and Crime) and INL (International Narcotics and Law Enforcement) conducted by Colombo Plan Drug Advisory Programme (DAP) in 2023-2024 at Institute of Clinical Psychology. It consists of 4 courses, from course 9 to course 15. With the help of these courses, she has mastered her skills for the management of patients with substance use disorder. Now the department of mental health is in a position to start rehab services as well.

After doing these courses, she cleared her online exam on 9th July and became an international certified addiction professional.



Dr. Zaib Un Nisa receiving certificate from Dr. Farrukh Zahur Ahmed, Ex-Founder and President of ICP, Ex-Founder Director and dean of IPP

DR. YUSRA NASIR-POST-GRADUATION ACHIEVEMENT

Heartiest congratulations to Dr. Yusra Nasir, Lecturer-II in the Department of Health Professions Education at LNH, on the successful completion of her Masters in Health Professions Education from Aga Khan University,

Karachi. Her master's thesis provided valuable insights into the experiences of mentors and mentees involved in the mentorship program at LNMC. We celebrate her academic achievement and contribution to the field.



ACADEMIC ACTIVITIES

44th KAROPHTH ANNUAL CONGRESS OF OPHTHALMOLOGY AUG 30-SEP 01, 2024 AT PC HOTEL KARACHI

Our resident team of Liaquat National Hospital won among 15 teams from different hospitals in the quiz competition in Karophth 2024. Being a Program Director residency training I overjoyed and honored to be part of a great learning and academic activity in Karachi Ophthalmological 2024 (KAROPHTH), especially in Refractive & Paediatric Ophthalmology sessions. Interacting with peers and learners always gives me joy. Received Shields for Contribution and Ajrak too as an appreciation for my efforts as an Editor for first newsletter for OSP Karachi.



44th KAROPHTH Annual Congress of Ophthalmology

FACULTY OF ANATOMY AT LIAQUAT NATIONAL HOSPITAL AND MEDICAL COLLEGE EXCEL AT ANATCON 2024

The faculty and students of the Anatomy Department at Liaquat National Hospital and Medical College (LNMC) showcased their expertise and dedication at the International Anatomy Conference, ANATCON 2024, held on April 26 and 27 at Fazaia Ruth Pfau Medical College in Karachi. The conference, themed “Role of Anatomy in Medical Advancement”, was a prominent platform for discussing

innovations and advancements in the field of anatomy.

Under the leadership of Professor Dr. Zia ul Islam, the faculty and students actively participated in various events, including poster presentations, oral article presentations, and an anatomy model competition. Prof. Zia ul Islam, Head of the Department of Anatomy at LNMC, was invited as a guest speaker. In his enlightening talk on “Role of

Healthcare Teachers: Challenges & Opportunities,” he emphasized the pivotal role of medical teachers in shaping the education and training of future medical professionals.

Prof. Saima Athar also represented LNMC as a speaker with her engaging presentation on “Anatomy and Art: The Intersection of Science and Creativity.” Her talk highlighted the profound connections between anatomy



Faculty of Anatomy, LNMC at ANATCON 2024

and art, exploring how artistic representations bring the study of anatomy to vivid life.

In the faculty poster competition, Dr. Lubna Faisal and Dr. Fatima Rehman (Assistant Professors at LNMC) presented their posters. Dr. Fatima Rehman was honored with the first prize among the faculty participants.

The students of LNMC also demonstrated their academic excellence. In the poster competition for students, Ramsha

Jamal and Ramsha Saeed from 4th Year MBBS won first prize with their poster titled “Quality of Family Communication Patterns among Students of LNMC.” Additionally, Rukhsar and Sarah Ijaz from the class of 2026 secured the first prize in the oral article presentation with their research on “Practice of Breast Self-Examination among Female Healthcare Workers”.

Furthermore, the 2nd year MBBS students’ participation in the

anatomy model competition was highly appreciated by both national and international faculty members, showcasing their creativity and understanding of anatomical concepts.

The active participation and achievements of the faculty and students of LNMC at ANATCON 2024 underscore their commitment to advancing anatomical science and medical education, reflecting the institution’s leadership in the global medical community.



Group Photos from the Event

ANATOMY MODEL EXHIBITION AT LIAQUAT NATIONAL MEDICAL COLLEGE

The Department of Anatomy at Liaquat National Hospital & Medical College organized an exhibition on May 31, 2024. This exhibition was inaugurated with a ribbon-cutting ceremony by the honorable Principal, Liaquat National Hospital & Medical College, Prof. Dr. K.U. Makki. This exhibition was coordinated by Assistant Professor Dr. Lubna Faisal. The session started with a welcome speech by the head department of Anatomy, Prof. Dr. Zia ul Islam, followed by opening remarks from the principal in which he appreciated the students’ work and their model presentation. He motivated the faculty and all the students to organize such events that enhance their knowledge and skills. The model exhibition

was visited by the Faculty of Basic Sciences LNMC, Dr. Shaheena Akbani, Director of Academic Administration Training and Research, and all the students of first year and second year MBBS attended, and appreciated the efforts. The event was concluded with certificate distribution. A total of 36 students of second-year MBBS participated and made models on various themes, including gross anatomy, histology and embryology. This exhibition also highlighted the importance of anatomy subject. Participants gave feedback on an incredibly well-organized academic activity, and they look forward to arranging more such types of exhibitions by the Anatomy department.



Ribbon Cutting by Prof. Dr. K.U. Makki



Students Exhibiting Anatomy Models



Certificate Distribution by Prof. Dr. K.U. Makki



ILLUSTRATING THE AUTOPSY: PROTOCOLS AND PROCEDURES IN PICTURES

The Department of Forensic Medicine conducted a poster presentation on "Autopsy Protocol", meticulously organized by the enthusiastic 3rd year medical students. This event, a culmination of dedication and scholarly pursuit, aimed to shed light on the intricate procedures and protocols involved in the delicate realm of forensic autopsies. The presence of esteemed Chief Guest Prof. Dr. K.U. Makki, accompanied by the renowned guest of honor, Dr. Summaiya Syed, Police Surgeon, Karachi. Under the able guidance of Professor Mukkaram

Ali, the competition itself was a showcase of talent and creativity, with each student pouring their heart and soul into crafting informative and visually captivating posters. A panel of five esteemed jury members was entrusted with the arduous task of adjudicating the presentations, and the top five posters were selected, each deserving recognition for its exemplary content and presentation style. Jansher Khan, Aman Mukhtiar, Laiba Ayaz, Yousuf ul Hassan, and Sanjana emerged as the worthy winners.



Inauguration by Prof. Makki



Display of Presentation



Picture Presentation at Corridor



Picture Presentation

MBBS STUDENTS VISIT THE SHAH FAISAL OUTREACH CENTRE

As a part of undergraduate curriculum of Family Medicine, 2nd year MBBS students (Batch 2018) were taken to Shah Faisal Outreach Centre on 12 to 16 August, 2024. This field visit helped enhance their knowledge about the role of a family physician

in providing comprehensive care in a community setting and identifying the various medical services offered at an outreach center. The students thoroughly appreciated the tour of the center, which was guided by a faculty.



MBBS Students Visit the Shah Faisal Outreach Centre



RESEARCH SYNOPSIS DAY-POSTER PRESENTATION

The Department of Community Medicine at Liaquat National Medical College held a "Research Synopsis Day and Poster Presentation" event for the 2nd Year MBBS Class of 2028 on July 31, 2024.

During the event, 13 groups of students presented their research synopses in the form of posters under the supervision of a dedicated faculty member from the Basic Science Faculty. The supervising faculty included Prof. Ahsan Ashfaq, Dr. Amina Raza, Dr. Sadia Qayyum, Dr. Faiza Agha, Dr. Fatima Rehman, Dr. Aqsa Jabeen, Dr. Aitmaud Khan, Dr. Saima Zainab, Dr. Lubna Faisal, Dr. Fizzah Ali, Dr. Nimra Akhtar, Dr. Naila Parveen, and Ms. Noreen Durrani.

Each group worked closely with their supervisor, guided by the assigned core committee members. The Core Research Committee was comprised of Dr. Saima Zainab, Dr. Shaheena Akbani, Dr. Umm-e-Rabab, Dr. Atif Ali Hashmi, Mr. Mustansir Hussain and Ms. Noreen Durrani. During the event, students presented their research synopses to a panel of evaluators and their peers. The poster presentations were a reflection of the students' understanding of research methodologies, illustrating their ability to convert theoretical knowledge into practical, actionable research.

In addition to this, each group has submitted their



Research Synopsis Day and Poster Presentation



research proposals to the Research Committee for thorough evaluation. We are pleased to report that some proposals have already received approvals from the Committee. This approval underscores the research proposals' adherence to academic standards and their anticipated contributions to the field of medical research. Such recognition is a demonstration of the high caliber of work presented and the rigorous efforts by both the students and the faculty.

The topics of posters cover a diverse array of health-related issues, reflecting a broad spectrum of research interests and emerging trends in healthcare. The research projects focus on cardiovascular health and its management, such as the adherence to lifestyle and medication modifications following acute myocardial infarction (MI) and the association between hypomagnesaemia and risk factors. Others delve into chronic conditions and their management, including the efficacy of orthotic devices for pediatric gait abnormalities, the prevalence of sarcopenia in diabetic adults, and the impact of hypertension treatments on adverse effects. Some research also explores nutritional behaviors, prevalence of glaucoma across weight categories, teenage pregnancy risks, and the predictive value of ki-67 in brain tumors. Usage patterns of anti-acne medications and maternal knowledge of neonatal warning signs also feature prominently, showcasing a diverse engagement with both preventive and therapeutic health issues.

This research activity provided the 2nd year MBBS students with a robust foundation in research skills, fostering their development as future medical researchers and practitioners. The successful initiative reflects Liaquat National Medical College's and the Department of Community Medicine's commitment to cultivating research capabilities among students, preparing them to make meaningful contributions to the field of medicine and research. We extend our sincere gratitude to all participants for their dedication and support in making this event a success.

Certificates were awarded to the participating students, their supervisors, facilitators, and the core committee members by Prof. Dr. K.U. Makki, Principal of Liaquat National Medical College. This recognition was a celebration of the hard work, dedication, and achievements of all involved.

In conclusion, the research activity successfully provided 2nd year MBBS students with a solid foundation in research skills, fostering their development as future medical researchers and practitioners.

This successful endeavor underscores the commitment of Liaquat National Medical College and the Department of Community Medicine to fostering research skills among our students, preparing them to contribute meaningfully to the field of medicine and research. We extend our gratitude to everyone involved for their dedication and support in making this module a success.



Certificates Distribution by Prof. Dr. K.U. Makki

MISCELLANEOUS

CERTIFICATE IN HEALTH PROFESSIONS EDUCATION (CHPE) BATCH 6

The Department of Health Professions Education, LNH recently marked the successful completion of the sixth batch of the Certificate in Health Professions Education (CHPE) program with a certificate distribution ceremony held on June 7, 2024. This batch comprised 24 dedicated faculty members from LNH&MC and various esteemed institutions across Karachi, who demonstrated exceptional commitment and enthusiasm throughout the program. The six-month program continues to equip participants with valuable insights and skills to enhance their teaching methodologies. Over the past three years, the department has conducted six successful batches of CHPE under JSMU affiliation. The next cohort, Batch 7, is set to commence in August 2024.



Certificate in Health Professions Education (CHPE) Batch 6

FREE SCREENING OF LNH EMPLOYEES AND THEIR FAMILIES ON WORLD FAMILY DOCTORS DAY

On World Family Doctors Day, celebrated on May 19, 2024, our team of dedicated Specialist Family Physicians provided free health consultation to parents and families of employees serving at Liaquat National Hospital. The patients were screened for

diabetes, hypertension, dyslipidemia, depression along with CVD risk factor assessment. Holistic assessments were conducted for elderly patients, including assessment of their mental health, polypharmacy and fall risk.



Free Screening of LNH Employees and their Families by LNH Specialist Family Physicians

COMMUNICATE TO INNOVATE

Without communication, there is no relationship. Early exposure in the medical college will help students recognize the importance of good communication skills. Also, the concept of effective communication results in molding the mindset and a better healthcare environment.

A doctor communicates with the patient for the desired outcome. Keeping in view of the need to enhance better understanding between the patient and the doctor, LNMCC, recognizing the need of the hour, arranged communication skills sessions for its students—MBBS Year 2024 Batch.

This session of Communication Skills was facilitated by Dr. Sobia Ali and Mehr Yahya, Coordinator, Staff Learning-HR.

“Elements of Communication” were presented to the 100 students of 2nd Year M.B.B.S. through Forum Theatre. The idea to use Forum Theatre was that students must realize the impact and effectiveness

of ‘good’ communication skills in real life.

Few students prepared for a given scenario, which was enacted in front of the rest of the class. Class was divided into 10 groups of 10 members who were then asked to write their feedback on the given form. They could also interrupt by raising their hands and suggesting a remedy for a negative or unacceptable attitude of the doctor, whether with the patient or staff working for the doctor. The response of the students was encouraging and gave them a lot of ‘food for thought’.

This first session of Communication Skills is not the one and only—realizing its positive impact on the students of M.B.B.S. communication skill sessions is an ongoing process included in their curriculum.

To add value to the treatment of a patient, what’s important is not what you say; it’s how you say it!! For it’s in giving that we receive!



Glimpses from Session of Communication Skills

THE VISIT OF THE INTERNATIONAL REGULATORY ASSESSMENT BODY FROM CANADA TO LIAQUAT NATIONAL COLLEGE OF NURSING (LNCON)

On Thursday, August 8, 2024, members of NNAS (National Nursing Assessment Service), a Canadian Regulatory and Assessment Body, in collaboration with the Pakistan Nursing & Midwifery Council (PN&MC) visited Liaquat National College of Nursing. The visiting delegation comprised four members: Ms. Cinnamon Stacey, Director, Research and Assessment, NNAS; Ms. Dilshad Pirani, Consultant, NNAS; Mr. Ramesh Venkatesa Perumal, Assistant Professor, School of Nursing, Faculty of Health, York

University and Mr. Athar Khan, Trade Commissioner at the High Commission of Canada, Karachi. The guests were received by Brig. Dr. Anwer Ali Khan, Controller, Nursing Administration; Mrs. Judith Zaidi, Principal, College of Nursing; Ms. Shaheen Zahir Ali, Vice Principal; Ms. Samina Iqbal Kanji, Chief Nursing Officer; and members of LNH Nursing.

Ms. Samina Iqbal Kanji presented an overview of the LNH nursing services and LNCON journey, followed by the Canadian delegation’s Ms. Cinnamon Stacey,

who introduced the NNAS's services and its role in assessing eligibility and documentation for nursing candidates. However, the NNAS does not engage in direct recruitment.

Afterward, the delegation toured LNCON and LNH facilities, such as lecture halls, the Senior Citizens Primary Care Unit, and the Research Skills & Development Centre (RSDC), accompanied by Brig. Dr. Anwer Ali Khan, Mrs. Judith Zaidi, Ms. Shaheen Zahir Ali, Vice Principal, LNCON, and Section Head Clinical Nursing, Mr. Atiq Ur Rahman. They were briefed on nursing skills training and procedures

provided by RSDC by Dr. Kahkashan Tahir and her team. They also visited the Executive Ward, met the staff, and discussed the nursing roles. They also inquired about nursing documentation.

At the end, the delegation joined the nursing leaders and section heads for refreshments and engaging conversations. Souvenirs were then exchanged, followed by a vote of thanks to conclude the visit. Ms. Stacey expressed her sincere gratitude for the generosity and hospitality, sharing how delighted she was to meet everyone.



Visit of the Delegation of International Regulatory Assessment Body from Canada

INSIDE NEUROSURGERY: THE US EXPERIENCE BY DUA WASEEM

This June, I took my first solo international flight, chasing a dream that's been with me for as long as I can remember. Just a few months earlier, in March, I didn't have a visa, and I had no electives lined up. It was a stressful time, but with some prayers and the constant support of my mentor, Dr. Saad Akhtar, everything fell into place. A few months later, I was standing in Grady Memorial Hospital in Atlanta, Georgia—one of the top trauma centers in the U.S., affiliated with Emory University Hospital.

I rotated in the neurosurgery department for a month, and during my time there, I got the chance to work alongside some of the best surgeons in the field. Watching them in action, performing intricate procedures, was nothing short of surreal. One of my standout moments was seeing the use of BrainPath

technology—a game changer in neurosurgery that allows for minimally invasive access to the brain. It was incredible to witness how this advancement is helping surgeons tackle cases that were once thought too complex or too risky.

Every day started before dawn, around 4 a.m., and often stretched well into the evening. It was tough, no doubt, but it gave me a newfound respect for the surgeons who live this life daily. The hours were long, but the adrenaline in the operating room kept everyone going. There's a unique energy in being part of a team that's handling real-life emergencies and complex surgeries—it's an intensity that makes the exhaustion worth it.

This experience has only deepened my passion for neurosurgery. I am excited for



Dr. Dua Waseem

what lies ahead and look forward to future opportunities like this, knowing that every step I take brings me closer to mastering this incredible field.

OVERVIEW OF THE 1ST NATIONAL ANTIMICROBIAL STEWARDSHIP (AMS) SUMMIT AT GETZ PHARMA PLANT

The 1st National Antimicrobial Stewardship (AMS) Summit, held at the Getz Pharma Plant, was a landmark event dedicated to tackling the critical issue of antimicrobial resistance (AMR). This significant summit brought together experts, healthcare professionals, and industry stakeholders

to address the challenges of antimicrobial use and resistance.

Liaquat National Hospital and Medical College proudly participated in this important event, showcasing our commitment to antimicrobial stewardship through a comprehensive and engaging

stall. Our presentation highlighted various aspects of our extensive services and ongoing efforts in the field.

We featured our advanced laboratory services, showcasing state-of-the-art diagnostic equipment crucial for precise antimicrobial susceptibility testing and effective infection management. Our technologies in microbial identification, susceptibility testing, and molecular diagnostics are integral to accurate infection management and developing targeted treatment strategies.

Our stall also highlighted our comprehensive antimicrobial stewardship programs, which focus on evidence-based prescribing practices and rigorous monitoring of antimicrobial use. These programs are designed to optimize treatment outcomes and minimize resistance through well-defined protocols and practices.

Additionally, we presented our broad range of clinical services, including emergency care, intensive care, surgical services, specialized treatments, and Outpatient Department (OPD) services. We also showcased our outreach center, home sampling services, home health care, televideo consultations,



Stewardship Programs Presentation: "Detailing our comprehensive antimicrobial stewardship programs Designed to optimize treatment and minimize resistance"

and senior citizen services. These components are all supported by robust antimicrobial management strategies to ensure the highest standards of patient care and effective infection control.

Our team actively engaged with attendees, providing practical insights and discussing effective strategies for antimicrobial stewardship. Liaquat National Hospital and Medical College is committed to partnering with healthcare institutions to enhance stewardship practices and develop collaborative solutions to address Antimicrobial Resistance (AMR).



Engagement and Collaboration: "Engaging with attendees to share insights and strategies for effectively addressing antimicrobial resistance"



Educational Initiatives: "Highlighting our educational workshops and seminars aimed at advancing healthcare professionals' knowledge on antimicrobial stewardship"



Clinical Services Overview: "Showcasing our extensive clinical services, reinforced by effective antimicrobial management strategies"



Our dedicated team at the 1st National Antimicrobial Stewardship Summit

WELCOMING THE CHPE 7th BATCH: A NEW CHAPTER IN HEALTH PROFESSIONS EDUCATION AT LNH

The Department of Health Professions Education is thrilled to announce the commencement of the 7th batch of the Certificate in Health Professions Education (CHPE) at Liaquat National Hospital. The first session for this cohort took place on August 28, 2024 marking the start of their six-month journey. This year's cohort welcomes five participants from outside the LNH faculty, including those from DOW University of Health Sciences, Civil Hospital, Liaquat College of Medicine and Dentistry, Karachi Medical and Dental College, and Khair un Nisa Eye Hospital, who bring fresh perspectives and diversity to our program. DHPE wishes all participants a productive and enriching experience ahead!



7th batch of the Certificate in Health Professions Education (CHPE) at Liaquat National Hospital

RESEARCH AND SKILLS DEVELOPMENT CENTRE (RSDC)

AMERICAN ACADEMY OF PEDIATRICS & AMERICAN HEART ASSOCIATION ACCREDITED NEONATAL RESUSCITATION PROGRAM

We're proud to introduce American Academy of Pediatrics and American Heart Association accredited course on Neonatal Resuscitation Program. The course was conducted by International NRP Mentor Dr. Said-Al Balushi, who travelled from Oman to conduct the NRP Instructor and Provider Courses. A total of 16 provider candidates were trained in the first four NRP courses from August 22-24, 2024. Also, four candidates were trained to be the NRP instructors.



Participants during the Course

HOSPITAL PREPAREDNESS FOR EMERGENCIES (HOPE) COURSE

RSDC Team and the Firefighting Officer conducted the Hospital Preparedness for Emergencies (HOPE) Course at Aga Khan University Hospital on August 3, 2024. The session was organized by Instructor PEER-HOPE USAID NSET Nepal and ADPC Facilitator, Dr. Shireen A.A. Ramzan Ali. Session included lectures, interactive activities, group discussions, and scenario exercises. Demonstrations of transportation techniques and use of fire extinguishers were also performed.



Participants of Hospital Preparedness for Emergencies (HOPE) Course



Demonstrations were Performed during the Course

HANDS-ONLY CPR ACTIVITY WITH N.J.V. SCHOOL

RSDC is committed to conducting training and awareness programs every month in a systematic manner for all community members, government/private institutions, and organizations. Our goal is to approach different communities in Karachi division as well as Interior Pakistan.

Session was conducted on August 17, 2024 with approx. 70 Pri-Sec class students. The objective of

this program is to develop the knowledge, abilities, and psychomotor skills that a bystander requires in saving a person collapsed from cardiac arrest and to equip a maximum number of individuals in the community. Hands-only Cardiopulmonary Resuscitation (CPR) is the model approved by AHA to resuscitate a person who collapsed due to sudden cardiac arrest.



Hands-Only CPR Activity Demonstrations and Training

YOUNG RESCUERS COURSE FOR SCHOOL/COLLEGE/UNIVERSITY STUDENTS

Research and Skills Development Centre conducted two sessions for school/college/university students during their summer break on July 26, 2024 August 5, 2024. Each session has a group activity, where participants were divided into groups and performed according to given scenarios. Participants learned each skill in a very healthy environment. Components including hands-only CPR, bandage

technique, burns management, choking in infants and adults, bleeding with bandages, management of domestic, cardiac, and environmental emergencies, fractures with bandages, and scenario exercises were performed, including fire extinguishing and evacuation techniques. A total of 42 participants were trained.



Young Rescuers Performed Rescue Demonstrations

FAMILY AND FRIENDS CPR FOR BAHRIA FINISHING SCHOOL

The Research and Skills Development Centre has conducted sessions for students and faculty members of PNFS on July 1, 2024. Sessions were planned to

enhance the skills for hands-only Cardiopulmonary Resuscitation (CPR) and emergency response, and a total of 18 participants attended the sessions.



RSDC Team Performed Demonstrations

EMERGENCY RESPONSE & FIRE FIGHTING SKILLS WITH USMAN PUBLIC SCHOOLING SYSTEM

RSDC Activities conducted in June-July 2024 with Usman Public Schooling System. A total of 7 batches were trained in emergency response skills,

firefighting skills, and soft skills for their teachers and staff. 175 teachers and staff were trained during the mentioned tenure.



RSDC team Conducting Fire and Safety Session at Usman Public School

STRESS MANAGEMENT: EXCLUSIVE FOR WOMEN

An interactive session on stress management was conducted by RSDC Team for Bahria Finishing School, Karachi. There were housewives, female

students, professional ladies, and their in-house staff among the participants. The session was immensely perceived and appreciated by the audience.



RSDC Team Conducting Stress Management Session at Bahria Finishing School

HEARTSAVER FIRST AID CPR AED COURSE WITH PAKISTAN INTERNATIONAL AIRLINES

RSDC conducted a hands-on session on May 7, 2024, with Pakistan International Airlines staff and management, including pursers, cabin crews, ground field instructors, etc. Participant learned regarding CPR in adults, children, infants, 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 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.



RSDC Conducting a Hands-On Activity at PIA

EMERGENCY RESPONSE SKILLS AWARENESS ACTIVITY AT THE INSTITUTE OF BUSINESS ADMINISTRATION (IBA) KARACHI UNIVERSITY CAMPUS

The Research and Skills Development Centre conducted an Emergency Response Skills Awareness session on July 31, 2024 for IBA Karachi University Campus for their students and administration staff. The aim of this workshop was to orient the participants to enhance their skills and learn so that, further in future they can help someone who needs immediate care. The session includes the basics of first aid skills, domestic emergencies, environmental emergencies, including heatstroke, fainting, and fits/seizures along with their management. RSDC team also demonstrated cardiopulmonary resuscitation (CPR). A total of 74

participants attended the workshop and learned simple basic steps in an emergency situation. Certificates were distributed among all candidates and faculty members with very positive feedback.



Emergency Response Skills Awareness Activity at IBA

PRIMARY TRAUMA CARE WORKSHOP ACCREDITED BY THE PRIMARY TRAUMA CARE FOUNDATION AT LIAQUAT NATIONAL HOSPITAL

This 3rd & 4th Hands on Skills session for year 2024 on the Primary Trauma Care course was organized at the Research and Skills Development Centre on June 8, 2024 & June 13, 2024. The objective was to enhance the clinical performance of critical care setups on the field and treat adult trauma

patients suffering from or at risk of life-threatening emergencies. A total of 111 students and healthcare professionals from different organizations attended both sessions of the workshop. Certificates were distributed among all candidates at the end of the session.



Participants at Primary Trauma Care Workshop

PRIMARY TRAUMA CARE WORKSHOP AT S.I.U.T. & ZIAUDDIN UNIVERSITY HOSPITAL KEMARI CAMPUS

The team of RSDC instructors, along with the Primary Trauma Care Foundation Country Director, Dr. Shireen A.A. Ramzan Ali conducted workshops on Primary Trauma Care at Sindh Institute of Urology & Transplant (S.I.U.T.) on June 29, 2024 and Ziauddin University Hospital, Kemari Campus on August

24, 2024. Skills were divided amongst instructors, including basic airway management, chest intubation, trauma radiology, log roll and pelvic sling, helmet extrication, and primary survey. At the end of the workshop, certificates were distributed among all candidates.



RSDC Team Conducting Primary Trauma Care Workshop at SIUT and Ziauddin University Hospital

PRE-HOUSE JOB WORKSHOPS

The Research and Skills Development Centre has conducted pre-house job workshops/sessions for house officers in the month of June 2024. In these sessions, 53 participants were trained, which were divided into small groups of 10 participants. These hands-on sessions included intravenous access or phlebotomy, use of ECG machine, electronic

medical record sessions under the supervision of the facilitator of IT department, and sessions on the use of a cardiac monitor conducted with the collaboration of RSDC and Biomedical Engineering Department. The purpose of these sessions was to enhance and refine their skills before house job initiation.

INTRODUCTION

The Department of Urology LNH&MC is one of the leading urological centers of Pakistan and is fully staffed with 8 full-time consultants (which includes one female urologist), part-time consultants, senior registrars, postgraduate residents and interns.

SERVICES

The department provides quality surgical and medical care in all specialties of urology, including minimal invasive surgery and endoscopic urology, which includes URS and RIRS. Urological Oncology, Pediatric Urology, Male and Female Genital Reconstructive Surgery, Andrology and Day Care Urology.

The department is equipped with modern technology and skills. There is a well-established urodynamic evaluation facility in the department used for the evaluation and management of patients with BPH, neurogenic bladders, overactive bladders, and incontinence. Daycare urological procedures are carried out using flexible fiber optic and rigid endoscopes. The department also has a well-equipped lithotripsy department for stone management.

Laser surgery is also offered and is an excellent mode of treatment for BPH, bladder tumors, Strictures and stones.

Specialized investigations and procedures are also performed for male sexual problems of erectile dysfunction and infertility.

The highly advanced body imaging facilities at LNH&MC assist in accurately evaluating urological problems. More than 2800 urological procedures are undertaken every year by the department, and in excess of 25,000 consultations are performed in the outpatient clinic every year.

UNDERGRADUATE TEACHING

The department offers an active urology training



Urology Consultants

program and provides excellent training facilities for undergraduate students and postgraduate trainees.

Many trained post-graduates of our department are working as consultant urologists all over Pakistan, and many are working abroad.

We also provide care and guidance for day-to-day urological problems like nutrition, self-intermittent catheterization, stoma, and wound care and follow up with the out-patients on a regular basis.

RESEARCH

The Department encourages research and publication, is one of the most active departments in this area, and provides continuous research opportunities.



Dr. Aziz Abdullah



Dr. Agha Ghulam Mustafa



Dr. Iqbal Shahzad



Dr. Muhammad Rashid



Dr. Shahab Javid



Dr. Syed Farhan Ahmed



Dr. Waqas Ahmed



Dr. Zubda Malik



Dr. Sana Khurshid



Dr. Ali Raza



Dr. Muhammad Ali



Dr. Yasir Murtaza



Dr. Adnan Munir Khawaja



Dr. Mohammad Asim



Dr. S M Sajid Ali



Dr. Ishrat Saleem



Liaquat National Hospital

Institute for Undergraduate and Postgraduate Medical Studies and Health Sciences

Upcoming

8th LNH Healthcare Symposium Pakistan's Healthcare Conundrum

Balancing Cost, Quality & Technology

10th to 12th January 2025

We are delighted to extend a warm invitation to our upcoming LNH 8th symposium. This symposium is a unique opportunity to engage with colleagues, share insights, and explore cutting-edge research in your relevant field.

This symposium brings together a diverse group of experts—policymakers, healthcare providers, technology innovators, and researchers—to address this vital question.

EVENT HIGHLIGHTS

Panel Discussions
Video Conference
Debates
Research Presentations
Pre-Conference Workshops
Meet the Professor Sessions
Networking Opportunities
Banquet Dinner

EXCITING UPDATES

+50 Sessions
+100 Workshops
+ 150 Speakers
+ 3,500 Participants
Paint the Title Competition

EXPLORE THE DILEMMA OF HEALTHCARE IN PAKISTAN

Pakistan's healthcare system faces a big challenge in providing quality care with cost-effectiveness. The high cost of healthcare, the need for better services, and the fast growth of medical technology create challenges for healthcare sector in Pakistan. Finding a way to provide good healthcare to everyone without raising costs is a key issue. The 8th LNH Symposium will focus on these problems and possible solutions.

OUR GOAL

Our goal is to facilitate meaningful conversations and foster collaborations that can help drive sustainable improvements in Pakistan's healthcare landscape.

REGISTRATION INFORMATION

All Registrations can be done through the following link.
<https://symposium2025.lnh.edu.pk/>

For any queries please contact the symposium secretariat at
Ext: 2679 or email at
symposium2025@lnh.edu.pk



For further information,
please scan the QR Code.

NEW APPOINTMENTS

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



Dr. Mehreen Umair
Consultant,
Chest Medicine



Dr. Muhammad Ali
Consultant (Part-Time),
Urology



Dr. Sana Khan
Specialist,
Dental & Maxillofacial
Surgery



Dr. Uzma Faisal
Specialist (Part Time),
Family Medicine



Dr. Javaria Parwez Ali
Assistant Professor,
Histopathology



Dr. Wajiha Omair
Consultant (Part-Time),
Family Medicine



Dr. Rabia Gilani
Consultant,
Vascular Surgery



Dr. Omer Bin Khalid Jamil
Consultant (Part-Time),
General Surgery



Dr. Abeer Sarfaraz
Assistant Professor/Consultant,
Cardiology



Dr. Nimra Akhtar
Assistant Professor,
Community Medicine



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