



LIAQUAT NATIONAL HOSPITAL

NEWSLINE

LNH TOWARDS BETTER HEALTH

SEPTEMBER - DECEMBER 2021



EDITORIAL BOARD

CHIEF EDITOR

Dr. Ishrat Saleem

MEMBERS

Dr. Zahid Habib

Dr. Hina Yousuf

Dr. Saima Akhter

Dr. Baseer Sultan

Dr. Raman Kumar

Dr. Muhammad Sufiyan

Dr. Saad Akhter

MANAGING EDITOR

Ms. Shazia Ishaq

MEDICAL DIRECTOR

Prof. Dr. Salman Faridi

PATRON

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

LIAQUAT NATIONAL HOSPITAL

Stadium Road, Karachi

Tel: 92-21 - 34939612

Fax: 92-21 - 34938386

UAN: 111-456-456

www.lnh.edu.pk

Disclaimer:

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

HIGHER EDUCATION COMMISSION (HEC) HAS RECOGNIZED "LIAQUAT NATIONAL JOURNAL OF PRIMARY CARE"

We are pleased to share with you that the Higher Education Commission has recognized Liaquat National Journal of Primary Care and placed it under its Category Y. This is one of the greatest milestones achieved by the Liaquat National Hospital and Medical College which has become possible due to the hard work and dedication of Editorial team.

We are thankful to the Medical Director for his visionary guidance and support, Editorial and Advisory board members for their valuable contributions, LNH Information Technology, Telecommunication and Publication departments for their technical support provided throughout this journey to improve the journal quality.

The journal is also indexed at

[Google Scholar](#)

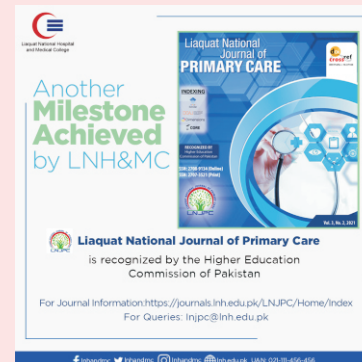
[Dimensions-Digital Science \(UK\)](#)

[CORE \(UK\)](#)

[Directory of Open Access Journals \(DOAJ\)](#)

For further information:

<https://journals.lnh.edu.pk/LNJPC/Home/Index>



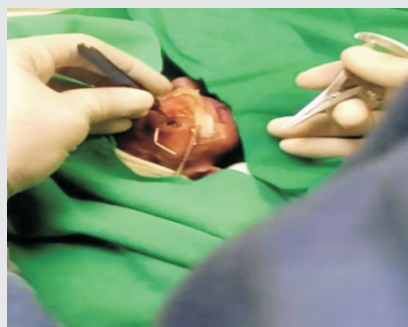
WHAT'S NEW

A PROGRESSIVE STEP TOWARDS PROCEDURES IN NICU

Neonatology Unit, Paediatric Medicine department, is proud to share a big achievement in the field of Neonatology. Worldwide, bedside procedures are standard of care and hall mark of state of art Neonatal Intensive Care Units. In past, we have not been performing any of such interventions in our NICU. For the first time in the history of Liaquat National hospital, a delicate procedure of Intravitreal anti-vascular endothelial growth factor (Anti-VEGF) injection was administered to a neonate.

The baby was born in Liaquat National hospital, at 27th week of gestation with a birth weight of 1.10 kg and admitted under care of Dr. Durre Shahwar Khan (Neonatologist). Along with the other complications of prematurity which were treated successfully, he developed bilateral Retinopathy of prematurity grade III, Zone 2 (a well known complication in preterm babies). This is an organ threatening but treatable condition and can lead to blindness.

For this, the baby needed therapy with Anti- VEGF injection, as advised by his ophthalmologist, Dr. Tanveer Chaudhary. For this purpose the baby had to be shifted to Operation theatre as per routine and needed tracheal intubation. The neonatologist asked for a bedside procedure knowing the consequences of intubation in preterm babies. Dr. Tanveer said "If the baby cannot come to the OT, we can bring the OT to NICU".



By the commitment of Neonatology and Ophthalmology teams the severe condition was successfully and timely managed. The subsequent eye examinations were normal and baby was discharged to home.

This is a big achievement to perform such sensitive procedures on bedside preventing the unwanted co-morbidities in the patients, financial burdens on family and parental anxiety.

LNH OUTREACH SERVICES CENTRES

AWARENESS SESSION ON BREAST CANCER AT SHAH FAISAL OUTREACH SERVICES CENTRE

An awareness session on Breast Cancer was organized at Shah Faisal outreach services centre on 25th October 2021. Dr. Afsheen Javed Khokhar, Consultant Breast Surgeon provided free consultation and health education to patients about breast cancer and its symptoms.



Participant's response was overwhelming and they expressed their satisfaction on quality care services being provided at LNH Outreach Centre, Shah Faisal.



DIABETES AND HYPERTENSION CAMP AT OUTREACH SERVICES CENTRE GULSHAN-E-IQBAL



A free "Diabetes & Hypertension Screening Camp" was organised by the Dept. of Family Medicine at Gulshan e Iqbal ORC on Saturday 18th December 2021. Our Family Physicians provided free exclusive health check up and delivered information on prevention, offered treatment for the high blood pressure, and diabetes and their related risk factors.



EDITOR'S NOTE

Dear Readers,

As this issue of Newslines goes to press, the COVID-19 pandemic has entered, seemingly, a liminal phase. Vaccines, at least in Pakistan, are now widely available, and some aspects of life look normal, in the pre-COVID sense. Businesses are open, and people are going to concerts and sporting events. Here at Karachi, students are physically attending classes. In other ways, however, life doesn't look normal at all.

The last issue of 2021 includes news about LNH journal (Liaquat National Journal of Primary Care) recognition by Higher Education Commission of Pakistan; a progressive step towards procedures in NICU; different public awareness programs at different places by LNH faculty; activities in Senior Citizens Primary Care Unit; courses/seminars conducted by LNH faculty; LNMC annual dinner and Guest lecture on Gene & Cell Therapy for medical students; annual picnic of BSMT; events of LNH & MC, etc. I hope you will appreciate reading this issue.




Dr. Ishrat Saleem
Chief Editor

SENIOR CITIZENS PRIMARY CARE UNIT (SCPCU)

INDOOR GARDENING SESSION

Like caring for another person or a pet, nurturing plants adds meaningful purpose to our lives, adding to our sense of self-worth, confidence and even longevity. Elderly in particular who have been caregivers all their



lives enjoy the satisfaction of nurturing a living thing. Indoor Gardening session was organized by Senior Citizens Primary Care Unit for the elderly members. A miraculous



therapy that helps in reduction of pain, improvement in attention, lessening of stress, modulation of agitation, and promotes recovery.

FREE HEALTH AND FITNESS CAMP AT SCPCU

A health and fitness camp was organized at Liaquat National Hospital on December 15, 2021 with an aim to create awareness about the role of Nutrition, dietary habits and physical exercise to maintain healthier life style.

Following attractions for the visitors were arranged such as free nutritional counseling by health & fitness specialist, aerobic session by the physiotherapist, Arts and Craft exhibitions made by elderly members and vocational clients with the help of occupational therapist team. In addition, giveaways were also distributed among



them and the event was covered by the media. The senior clients of the Senior Citizens Primary Care Unit also benefitted with the event, obtained lifestyle advices and health eating guidance.



A great turnover of the visitors at camp reflected the awareness of the need of a healthy lifestyle among public and also the need of a professional to cater the healthy lifestyle. It was certainly a moment of contentment to see that individuals were willing to improve their dietary habits and quality of life to maintain healthy life style.

FM 107 SHOW ON OLD AGE AND ITS ISSUES

Dr. Mehreen Raza (Deputy Manager – OPD Services) conducted a live show on FM 107 regarding old age issues which our senior citizens' population face. The session highlighted the challenges of loneliness, depression, reduced physical activity coupled with health ailments which the people of this age group usually face. Such challenges become difficult for family members who look forward for services which may not only address their health issues but also their social needs. Hence availability of the “Senior Citizens Primary Care Unit” was shared by Dr. Mehreen Raza, upon which the program received queries via live calls. Listeners and viewers were keen to know more about the service and queries were addressed via the calls. The show was also broad casted live on FM 107 Face book and Instagram accounts on December 14, 2021.



PUBLIC AWARENESS PROGRAMS

LET'S DEFEAT BREAST CANCER

Breast cancer rapidly increasing incidence is an alarming situation in the world. In Pakistan every 1 in 8 females is at risk.

Breast cancer is a treatable diseases with good prognosis and life expectancy if diagnosed at early stage. In Pakistan breast cancer is also common in young age group and people usually presents in late stage due to ignorance, negligence or illiteracy.

Its need of the hour to aware our people regarding this silent killer.

Awareness is a blessing. We can diagnose, treat and save our loved ones from breast cancer mortality only by awareness sessions and screening programmes.



Breast Cancer Awareness Session at FM-101



Breast Cancer Awareness Session at Tapal Tea Head Office



Breast Cancer Awareness Session at Dawood Public School



Breast Cancer Awareness Session at Far Eastern Impex Ltd



Breast Cancer Awareness Session at Technosys Software Company



Breast Cancer Awareness Session at CDC office

MAKING STRIDE AGAINST BREAST CANCER

Liaquat National Hospital has, throughout the years, celebrated OCTOBER as the Breast Cancer Awareness Month. 2021 was no different, Oncology and General Surgery departments joined hands to organize a walk within the hospital premises on 18th October 2021. As we are still facing COVID, so all precautions related to it were taken and all SOPs were followed. Limited number of participants were registered to maintain social distancing, and gathered near the Convention centre. The participants held placards and banners stating the importance of early detection of breast cancer. Dr. Naila Zahid HOD Medical Oncology and Dr. Rufina Soomro HOD General and Breast Surgery spoke to media representatives regarding the increasing number of cases of breast cancer and shed light on importance of early detection. They further explained the treatment modalities available for breast cancer at Liaquat National Hospital. Dr. Hira Khan Afridi Consultant Oncology and Dr. Afsheen Javaid Consultant Breast Surgeon also highlighted various risk factors and how to bring changes to lifestyle to control the modifiable risk factors.



The walk was concluded with cake cutting ceremony. The cake was brought by a Cancer Survivor and she brings all these goodies every year and becomes a source of inspiration for other women currently fighting the breast cancer that this disease can be defeated. The program ended with a pledge that everyone will take care of themselves and play their part by spreading awareness.

AWARENESS SESSION FOR PIA CABIN CREW AT PIA TRAINING CENTRE

This session was conducted at the Pakistan International Airline (PIA) Training Academy on September 23, 2021. The session was specifically delivered covering the dietary needs of cabin crew during flight. A power point presentation by Ms. Syeda Samrina (Diet & Fitness Specialist) explained the dietary requirements of flight attendants. They were suggested with solutions for problems like bloating, disturbed eating patterns and jet legged with their diet as a result of long flights. The attendees found the seminar very useful as it enabled them to learn about their nutritional requirements and buffered many myths. They were enabled to resolve many queries and had a satisfying gesture.



AWARENESS SESSION ON IMPORTANCE OF HEALTHY LIVING AT JAFFER PUBLIC SCHOOL



An awareness session was given by the diet and fitness specialist at Jaffer Public School Junior Section on November 30, 2021. The session addressed the junior section students focusing on the importance of consuming foods which are best for growing age and how junk foods can impact their growth and health. The enthusiasm and interest of children was evident as queries were raised by them and the resolutions they made for healthy eating.

AWARENESS SESSION ON HEALTHY LIVING AT THE CITY SCHOOL PAF CHAPTER

Another session was held in The City School PAF Chapter on November 29, 2021. The session was attended by a bigger audience of senior section students. The session was conducted on healthy living and the dietary problems faced by teenagers.

Students were guided regarding how diet can help in improving the specific teenage concerns of health. A presentation by was also given to students on how to include all food groups in daily routine and how to improve teenage dietary habits. The emphasis was also given on physical activity and its importance at this growing stage of their lives.

Students participated with full concentration in this session and asked significant questions concerning their health and fitness.



COURSES/WORKSHOPS/SEMINARS

ACUTE STROKE MANAGEMENT

It is a great moment for LNH and Department of Neurology when we are planning to enter the era of Acute Stroke Management Care.

Stroke is one of the leading causes of disability worldwide. More than 80% of strokes are due to a clot blocking the blood vessel, obstructing the blood flow and damaging the brain. Two methods are in use in limited centers worldwide to deal with this clot. One of them is the clot busting medicine tPA (tissue Plasminogen Activator) that is given IV and has to be given within 4.5-6 hours of onset. The other method is mechanical removal of the clot using catheters, called Mechanical Thrombectomy. Its window period is a bit longer, some 12-18 hours. Both of the methods result in early restoration of blood flow to the damaged brain cells, help in their early revival and hence long term disabilities can be prevented.

On 16th of October, 2021 a seminar was held in LNH Auditorium. It was a hybrid session conducted on zoom with speakers all over Pakistan. These are the experts who have been using these methods of clot removal for variable period of time. The main idea of the seminar was to bring the experts all over the country on a platform and share their experiences specially regarding the problems they faced dealing with our community. It was a very enlightening discussion that helped us to device our methods and to overcome the hurdles others have faced at their start.

The seminar was addressed by Dr. Anjum Farooque –President Pakistan Stroke Society who urged on the need of establishing acute stroke care centers in different cities. Prof. Qasim Bashir – interventional Neurologist flew from Lahore to attend the seminar in person. He shared his experience working in a Government hospital and how he tackled the hurdles. Dr. Ravi Shankar Stroke Specialist at South City Hospital shared his experience with tPA. Dr.



Sahrish Kazi of Shifa International Hospital, Islamabad displayed a real time video showing step wise process of tPA administration, starting from ER upto ICU. Lt. Col. Dr. Jahanzeb Liaquat, interventional Neurologist discussed about the selection of patients for MT and their outcome. Prof. Tanveerul Haq Peripheral and Neuro Interventionalist Aga Khan University Hospital shared his experience of MT. Panel discussion was conducted by Prof. Basheer Soormro (Ziauddin University Hospital) and the speakers. Special attendance was of Prof. Sarwar Siddiqui (Ex Dean Neurology CPSP), Prof. Mohammad Wasay (AKUH) and Prof. Naila Shahbaz (DUHS & CHK).



CME PSYCHIATRY



Pakistan Psychiatry Society came home for their monthly CME for the month of November. The event was inaugurated by a welcoming note from Consultant Psychiatrist, Dr. Iqtidar Taufiq and member executive committee PPS, Dr. Sohail Ahmed. Attendees included senior members of the society, postgraduate trainees and medical doctors. Case presentation was done by Dr. Sidrah Jalal, resident trainee from LNH. A compelling case which was discussed at



length and various points were brought up and discussed extensively by the audience. The successful day was concluded with a token of appreciation presented to the presenter followed by lunch and networking among

WHOLE GENOME SEQUENCING IN DIAGNOSTIC ODYSSEY

A team of Arcensus Diagnostics Germany, led by Professor Rolf visited Liaquat National Hospital on 8th November 2021.

A CME activity was arranged by the Department of Pediatrics in collaboration with Department of Molecular Genetics, LNH to highlight the importance of genetic testing in transforming clinical molecular genetic testing to personalized medicine by serving as an important diagnostic tool for the rare genetic disorders. Speakers talked about the Challenges in Diagnosing rare genetic disorders in Pakistani Children and highlighted the Whole genome sequencing in Diagnostic Odyssey. Pediatricians from all across Karachi attended and highly appreciated the talks.



The CME was followed by a free clinic for the children and families with suspected genetic disorders and their samples were collected for genetic testing. As many as 60 families were seen in the free camp and more than 100 samples collected with the informed consent.

The activity was seen as a breakthrough step towards capacity building for the diagnosis of rare diseases through genetic testing.



SHORT CERTIFICATE COURSE OF LEVEY-JENNINGS CHARTS-PATHOLOGY LAB SERVICES

Short certificate Course of Levey-Jennings charts (LJ charts) and instruments precision for technical staff of various clinical laboratory sections (applicable for quality controls) has been sanctioned by Heads of Pathology lab services and QA department. This particular training course is designed, which started since Nov 23rd on weekly basis, to provide theory and practical approaches for our Technical staff, who are involved in Quality Control and/or College of American Pathology surveys of their own departments, to enhance their knowledge and skills, and QC evaluations. Dr. Humaira Ali, Assistant Professor (Chemical Pathology), shall be training various modules, coordinated by Head of department Dr. Junaid M Alam (Chemical Pathology/Clinical Biochemistry).



ESSENTIAL MANAGEMENT OF OBSTETRICS EMERGENCIES



Department of Nursing in Collaboration with Obstetrics and Gynecology organized one day workshop on Essential Management of Obstetric Emergencies for the Nurses and Doctor. This workshop was held on 23RD December 2021 at MT Building - Hall A, B in Liaquat National Hospital. In this workshop 55 participants were enrolled from different department of LNH and most of them from outside of the LNH like PAF, DOW, JPMC, etc. The welcome remarks were given by Ms. Naseem Kauser (Chief Nursing Officer). The contribution to make this workshop success was initiated by Controller Nursing Brig. Dr. Anwer Ali Khan and Gynea Consultants Prof. Dr. Haleema Hashmi, Dr. Tahira Yasmeen, Dr. Aisha Taj, Dr. Uzma Shabab and Dr. Maria Jabeen and from Nursing Ms. Zohra Javed, Ms. Shaheena Salman and entire

nursing team were highly helpful in making this course successful. Various Topics were covered during this course by introducing mock drill strategies, which includes Scope of Maternity Services Obstetric Emergencies APH/PPH Eclampsia and Preeclampsia, CTG interpretation, Cord Prolapse, Shoulder Dystocia New WHO Partogram & How to Plot Progress of Labour & Maternal condition. The Successful course ended with the positive feedback by participants and Closing remarks given by Brig. Dr. Anwer Ali Khan with full of encouragement and motivation. A certificate was also given to each participant and facilitator.

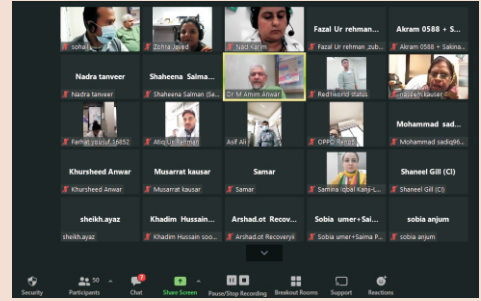


OVERVIEW OF PAIN MANAGEMENT AND NURSES ROLE'

The Department of Nursing in collaboration with Anesthesia Department arranged online CNE on 30-12-2021 with the topic 'Overview of Pain Management and Nurses Role' Managing pain is the key to Improving quality of life. A Nurse has the greatest contact with the patients so the main goal of these CNE is to **Assessing and monitoring a patient's pain levels and administering the proper pain-management treatment and medication.**

The course organized by Brig. (Retd) Dr. Anwer Ali Khan (Controller Nursing Admin - Nursing), Ms. Naseem Kauser (Chief Nursing Officer - Nursing), Ms. Zohra Javed (Section Head - Nursing Education Services), Ms. Nadia Karim (Section Head- Clinical Nursing), Ms. Shaheena Salman Alwani (Section Head Clinical - Nursing).

The course facilitator Dr. Muhammad Amin Anwer (Assistant Professor- Anesthesiology) gave very informative course content. The total participants were 51, where everyone had attempted the session very attentively and full of entrust. Course ended with closing remarks of encouragement and motivation.



HOME HEALTH WEBINAR



With the collaboration of Home Healthcare Service, Marketing & IT Depts. a web-meeting session of home healthcare services has been arranged for social media platform in December 2021. The session was moderated by Ms. Hira Naem. The panelists included Dr. Rabeeya Saeed (Head of Department Family Medicine and Outreach services), Dr. Samar Abbas (Consultant Internal Medicine), Ms. Shaheena (Section Head Clinical Nursing), Mr. Hasan Abbas (Principal School of Physiotherapy), Dr. Howrah Humaira Ali (Assistant Professor Pathology) & Mr. Haris Aziz Siddiqui (Manager Pharmacy Operation). The purpose of this webinar was to create awareness among people regarding the emerging and expanding role of Home healthcare services especially for the care of elderly and bed bound patients.

WORLD LUNG DAY - CARE FOR YOUR LUNGS NURSES! LEADING CHANGE FOR ADVANCING GLOBAL HEALTH PROMOTION & DISEASE PREVENTION

The Department of Nursing in collaboration with the Chest Medicine Department has taken this step to celebrate Online World Lungs Day by arranging a webinar, because in this COVID era there is never a more important time to focus on lung health! This Webinar was organized by Brig. (Retd.) Dr. Anwer Ali Khan (Controller Nursing Admin - Nursing), Ms. Naseem Kauser (Chief Nursing Officer - Nursing), Dr. Syed Ali Arsalan (HOD - Chest Dept), Ms. Zohra Javed (Section Head - Nursing Education Services), Ms. Nadia Karim (Section Head Clinical - Nursing), Mr. Muhammad Sadiq (Section Head Nursing Administration).



The theme of World Lungs Day 2021 is Care for Your Lungs. In order to spread the knowledge related to this day, it aims to drive action to educate people by controlling risk factors and promoting healthy lifestyle & to enhance nurse's knowledge regarding lung diseases and its management. A 03 days online quiz competition from 21st to 23rd September had been conducted throughout the hospital, in which around 208 employees from different departments of the hospital participated. Then on 25th September, Online WORLD LUNGS DAY was celebrated wherein consultants from Chest Medicine department delivered online awareness sessions regarding "Benefits of clean air during the COVID-19 pandemic, Different ways to keep your lungs healthy. Protect your lungs: Get vaccinated, Precautions to take for a person with lung disease especially in Covid era, Essentials of Pulmonary Rehabilitation etc." & the results of the Quiz Competition were shared, in which many participants achieved more than 60% score. Online E-Certificates to the Quiz Winners were sent to their emails.

STRENGTHENING PAEDS CARDIAC CARE



LNH Nursing department has organized a 05 days Course on “STRENGTHENING PAEDS CARDIAC CARE” in collaboration with Paeds Cardiology Department. This course was commenced from 28th Oct to 02nd November, 2021, in Paeds Seminar Room at Liaquat National Hospital. Around 32 participants were enrolled in this Paeds Cardiac Course; many of them were from outside of Liaquat National Hospital like Hamdard University, DOW Hospital & GIMS Gambat and NICH Hospital etc. Contribution of Brig. (Retd) Dr. Anwer Ali Khan, Dr. Mehnaz Atiq Ahmed (Professor – Paeds Medicine), Ms. Naseem Kauser, Ms. Zohra Javed, Ms. Shaheena Salman Alwani, Mr. Muhammad Sadiq were enormously helpful in

making this course successful.

The aim of the Paediatric Cardiology course is to produce Health Care Professionals with capabilities needed to manage children with acquired heart disease and patients with congenital heart disease presenting at any age. Within the field of pediatrics, care for children with cardiac diseases is even more specialized, requiring a highly-skilled nursing staff with the knowledge and experience necessary to manage a complex and fragile population of patients.

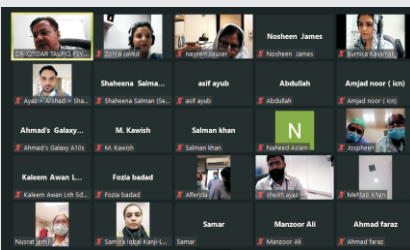
Various Topics are covered during this course of journey, topics were Basics of congenital Heart Disease, Fetal circulation, PPHN Epidemiology, Basics of ECG & Monitoring of Patients with congenital Heart Disease, ICU management of Patients with congenital Heart Diseases, Nursing Documentation, Pre-operative & Post-operative care consideration, Surgical site assessment in Patients with congenital Heart Diseases, Diagnosis & management of Neonates and Children with A-cyanotic Heart Diseases, Nursing Care of A-cyanotic Heart diseases, Diagnosis & management of Neonates and Children with Cyanotic Heart Diseases, Nursing Care of Cyanotic Heart diseases, Acquired Heart Diseases, Post-operative management, Air way maintenance, Invasive line management, Inotropic management, Infection control In Paeds Cardiology, Discharge care in Patients with acquired Heart Diseases.

On the last day of the course participants were motivated to present presentation, random groups were made and the coordination of the participants was appreciable. With full co-ordination of our multi-specialty team, course with closing remarks of encouragement and motivation, certificates has also been given to each Participant.



WORLD MENTAL HEALTH DAY

Theme: Mental Health in an Unequal World “Nurses Contribution towards Mental Wellbeing”



The World Health Organization recognizes World Mental Health Day on 10th October every year. This year's theme set by the World Federation for Mental Health is 'Mental Health in an Unequal World'. The Department of Nursing in collaboration with the Mental Health Department also planned to celebrate World Mental Health Day via an online webinar to raise awareness of mental health issues around the globe and to mobilize efforts in support of mental health. This Webinar was organized by Brig. (Retd) Dr. Anwer Ali Khan, Dr.

Iqtidar Taufiq (Assistant Professor - Psychiatry), Dr. Mahmood Amin ur Rehman (Assistant Professor - Psychiatry), Ms. Naseem Kauser, Ms. Zohra Javed, Ms. Samina Iqbal Kanji, Ms. Laila A. Rahimi.

A 04 days online quiz competition from 06th to 09th October was conducted throughout the hospital, in which a large number of employees participated, the responses were beyond expectations around 395 employees from different departments of the hospital participated. Then on 11th October, 2021 Online World Mental Health Day was celebrated wherein consultants from Mental Health department delivered online awareness sessions regarding “Introduction of the World Mental Health day & the theme, COVID-19 and its Effect on Mental Health Wellbeing, Mental Health in the Workplace, Stress and anxiety Management etc”. These topics were brilliantly covered by Dr. Iqtidar Taufiq & Dr. Mahmood Amin Ur Rehman. The results of the Quiz Competition were also shared, where many participants achieved more than 60% score. Online E-Certificates to the Quiz Winners were sent to their emails.

BASIC LIFE SUPPORT



The American Heart Association's Basic Life Support (BLS) Course is designed for healthcare professionals to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. In order to keep our Nurses up to date Dr. Kahkashan Tahir (Manager II/HOD-RSDC & Chairperson RSDC Committee) and her team introduced New 2020 Guidelines, where everyone has to attempt an online theory test then afterwards they have to go through a practical session as well. Therefore, Department of Nursing including Brig. (Retd.) Dr. Anwer Ali Khan, Ms. Naseem

Kauser, Ms. Zohra Javed arranged preparatory classes before attempting Heart - code BLS so that our nurses become able to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED, 12 preparatory sessions have been arranged in which 348 nurses have participated. Where as Research and Skills Development Center in coordination with Department of Nursing continued their Heart - code BLS & fortunately 273 nurses are BLS certified till now and we are hoping that every nurse gets BLS certified because nurses are the assets of Health Center as they are the first responders to provide anyone who is experiencing cardiac arrest, respiratory distress or an obstructed airway.

CARDINAL ROLE OF HEALTHCARE PROFESSIONALS DURING CARDIAC EMERGENCIES



LNH Nursing department has organized an extensive 05 days Course on "Cardinal Role of Healthcare Professionals during Cardiac Emergencies" in collaboration with Cardiology Department. This course was started from 25th to 30th November, 2021 & the venue was Radiology Conference Room at Liaquat National Hospital. Around 39 participants were enrolled in this Course and some of the participants were from Shaheed Mohtarma Benazir Bhutto Medical College, DOW

Hospital, GIMS Gambat, Isra University and NICH Hospital etc. Brig. (Retd) Dr. Anwer Ali Khan, Ms. Naseem Kauser, Dr. Hafeez Ahmed (Consultant Cardiology), Ms. Zohra Javed, Ms. Samina Iqbal Kanji, Ms. Laila A. Rahimi have given their tremendous contribution to make this course successful.

The aim of this course was to provide an opportunity to nurses to learn the concepts of Cardiac Emergency care as often nurses are first on the scene of an arrest--initiating cardiopulmonary resuscitation. This course is not only for nurses but for every health care professional as it is the duty of every health care professional to know the best in dealing with cardiac patient.

Various Topics are covered during this course journey, topics were Introduction to Cardiology: Acute Coronary Syndrome, Myocardial Infarction Diagnosis and intervention (LHC and PCI) with pre and post nursing care, Congestive Heart Failure, Ischemic Heart Disease with Nursing Management, Dealing Cardiac Emergencies & Managing cardiac arrest at bedside, Basics & Advanced Interpretation of ECG Code blue Mock drill with the assistance of RSDC, Hemodynamic Monitoring, Invasive and non invasive both with nursing management, CVP and its handling, Defibrillator and its handling, Cardiac Rehabilitation, Pace maker, Indications, Role of a nurse in management of patient with Temporary & Permanent pace maker and its monitoring (hands on for TPM), CABG and Valve Replacement Surgeries with Post Operative Nursing Care, Common Thoracic conditions and procedures with Nursing Care, Chest tube indication, monitoring and documentation, Post Cardiac Surgeries complications, assessment and nursing management, Documentation and Case Based Discussions etc.

Participants were motivated to present presentation or role play, random groups were made and the coordination of the participants was appreciable. With full co-ordination of Cardiac department, course ended with closing remarks of encouragement and motivation, certificates were also given to each Participant.



ENHANCING THE SKILLS OF PARAMEDICAL STAFF - ENGRO FERTILIZER COMPANY



The Department of Nursing has also provided a short 04 days course to Engro Fertilizer Company's staff. This company is a primary care sector and they have been sending their staff for many years to upgrade their knowledge and skills related to patient care and for the third time that they have selected our organization to provide refresher training for their staff knowledge and skills related to standardize health care Infection prevention & Control practices. As part of a care continuum, we strongly believe in sharing knowledge across boundaries to strengthen primary

sectors. Therefore, as a tertiary Hospital, Liaquat National Hospital Department of Nursing has provided a four days course that will enhance their confidence in managing the standard of practices in the field of Infection prevention and control (IPC) practices as well as this course will help them to improve their laboratory practices and standards. We also arranged Laboratory visits for them with the coordination of Outreach and multispecialty team. These 04 days were divided into 03 weeks which ended with full motivation & encouragement.

“CRUCIAL ROLE OF HEALTHCARE PROFESSIONALS IN THE CARE OF NEONATES”

Department of Nursing in collaboration with Paediatric Department - Section of Neonatology has organized a 02 days' workshop to increase the awareness related to neonatology, metabolic and genetic disorder and role of health care team member. Neonatology is a very important sub-specialty of Paediatric Medicine; at LNH a well-organized and comprehensive care set up has been established for newborn screening and treatment of Metabolic and Genetic disorders, which has been recently introduced in Pakistan. To understand the concept of neonatology & to improve health care outcomes and strengthen patient management and education this workshop was organized on 07th & 08th



December, in which around 45 participants were enrolled, many outsiders' participants also joined us & encouraged us to continue such educational activities. Brig. (Retd) Dr. Anwer Ali Khan, Ms. Naseem Kauser, Dr. Durre Shahwar (Assistant Professor - Paeds Medicine) & Dr. Shabbir Ahmed Mallick (Consultant Paediatrics), Ms. Zohra Javed, Ms. Shaheena Salman, Mr. Mohammad Sadiq Hussain have contributed a lot to make this workshop successful.

Topics covered during this workshop were Metabolic & Genetic Disorder Cause and Types of Inherited Disorder & Patient Care Management, Umbilical Cord Care in Neonates, New Born Examination & Resuscitation etc.

B.SC. NURSING (POST RN) FINAL YEAR ELECTIVE PROJECTS PRESENTATIONS 2021



On 16th and 17th December, 2021, the B.Sc. Nursing (Post RN) Final Year students presented their Elective Projects, a requirement of the Research / Evidence Based Practice course. The course work was facilitated by the Course Coordinator, Ms. Yasmeen Jan Mohammad, Senior Lecturer III and Mr. Noaman Ali, Lecturer I. The 37 students were divided into seven groups and the Section Heads Clinical - Nursing were nominated as preceptors. The topics presented were: *Assessing Nurses Workload, Expectations from the Nursing Profession,*

Nosocomial Infection Prevention, Infection Control Practices, Advanced Life Support Drug and Insulin Management, Nursing Documentation, and Central Line Blood Related Infection Management. Brig. Dr. Anwer Ali Khan, Controller - Nursing Administration, Ms. Naseem Kauser, Chief Nursing Officer (CNO), Mrs. Judith Zaidi, Principal - College of Nursing, the Section Heads, and the LNCON faculty took time out of their busy schedules and attended the presentations on both days. Certificates of appreciation were distributed among students. Shields of appreciation were presented to Controller - Nursing Administration, the CNO, Principal - College of Nursing, the course facilitators, and the preceptors.



LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

ANNUAL DINNER 2021

With the world (relatively) recovering from the post-covid chaos, you'd think organising events would be somewhat the same too but it really was not so easy. But finally, we did it. The Annual Dinner and Concert was held on 27th November 2021.

The event started at 6:30pm. Students and faculty came in donning suits and beautiful dresses. Each of the students and faculty member had to show their vaccination certificate and consent form before entering into the premises. It was also made sure by the volunteers that the students wear masks at all times.

The event began with the verse of Holy Quran and then welcome address by Chairperson Social Society, Prof. Dr. Nighat Abbas- who addressed the importance of following SOPs at all times.

This was followed by an address by the Medical Director, Prof. Dr. Salman Faridi whose words and wisdom are always sought after by each of his pupils.

Next, the Principal LNMC Prof. Dr. K.U. Makki spoke to the attendees addressing the importance and lauding the students for extracurricular activities and admiring the resilience of the students during the COVID chaos and online teaching.

Finally, our esteemed Director Academic Administration and Research Training, Dr. Shaheena Akbani took the stage and announced the award winners and position holders of two years.



After this, there was a display of a short documentary of current final year students taking everyone down the memory lane to relive those moments as we bid farewell. This was followed by dinner which was luscious and comprised of many tempting items.

Following the dinner, our treasured Chairperson of Music, Arts and Drama Society Dr. Sana Anwar addressed the crowd and emphasized the importance of having such events. She also introduced the winners from LNH idol 2020 to promote our in-house talent.

The winners, Mahnoor and Naheel from batch 2025 showcased their talent and their skilled rendition of the songs enthralled the audience.

Finally the night was concluded by Mustafa Zahid with his band Roxen. MZ and his band Roxen entered with full zeal and zest. Medical students enjoyed the most awaiting event of the day. He made the night with his musical cords and made the event most memorable.



GUEST LECTURE

In order to keep updated our students with latest innovations, it is our tradition to invite eminent scholars & scientists to the LNH&MC. Due to Pandemic it was not possible to arrange such sessions physically therefore a guest session on Gene & Cell Therapy was arranged on 26th October, 2021 & the speaker was Prof. John Rasko.

Prof. John Rasko is an eminent clinicalpathologist and a well-known scientist. He has an extensive track record in stem cell therapy and experimental haematology with several publications and books to his credit.



His online lecture was well received and much appreciated among the audience. This lecture was an eye opener for the audience and ignited young pathologist and scientists aiming to pursue their careers in the fields of Oncology and Regenerative medicine utilizing the tools of stem cell and gene therapy. His expertise and the understanding of stem cells, gene transfer technologies, oncology, CART Cells and non-coding RNAs and his pioneering gene therapy cure for haemophilia held the interest of the participants. Prof. Rasko had an informative Q/A session and gave answers to the queries and confusions of the audience.



We are grateful to Professor Rasko for sharing his knowledge, wisdom and time in the larger interests of patients, scientists and the healthcare providers.

RESEARCH EXPO

Research is an integral part of medicine education. In order to boost research enthusiasts and to be able to provide them an opportunity to learn and showcase their hard work, Research Society for Medical Undergraduates LNMC conducted a 3 days workshop from 26-28th October 2021 on "How to disseminate research and design a research poster". The 3 days workshop concluded with a poster designing competition among the MBBS undergraduates of Liaquat National Medical College. This year an overwhelming response was received from 100+ participants for the competition. The abstracts were thoroughly reviewed and 7 teams were shortlisted for the competition. Day 1 of the workshop featured a presentation on pathways to disseminate a research and basics of designing a research poster by Society Chairperson Dr. Saima Zainab. The main highlight of the second day was tips for winning a research poster competition and further elaboration on the designing process by Dr. Saima Zainab and guest speaker Dr. Ahsan Ashfaq. Day 3 was full of energy as participants were keen to present their posters and competed for the cash prize. We had the honour of having Dr. Shaheena Akbani, Dr. Naveen Faridi and Dr. Zia ul Islam as our esteemed judges.



All three events were followed by refreshments and souvenirs for the participants. To be able to plan and execute the entire event in less than 2 weeks is undoubtedly a remarkable effort by the entire research society team. The Research Society for Medical Undergraduates LNMC is extremely thankful to the Principal LNMC, Director AA&RT and administration LNMC for providing their support and guidance in making this event a great success.

BAKE SALE 2021

Like every year, helping hand society of Liaquat National Medical College organized a fundraising event in order to help people and patients in need. While the society members provided the set up for the bake sale, the college students came together and participated, making the sale a success. The students set up stalls with various items such as food, games, their artwork and much more. Many students brought homemade snacks and presented them in a delicious manner.

The event was held in the medical college itself and attracted people from different departments of the hospital. We had a great participation from physiotherapy and nursing students as well as doctors from the clinical side. Most of the students were successfully able to sell all their items, helping in raising a good amount of money. There were a lot of fun games which were enjoyed by students and doctors. The bake sale went on for hours ensuring that people could join at a time feasible for them and enjoy the goodies made by the students. The helping hand society organizes such events to give the students a chance to present their talents, have an activity for the students outside the academics as well as raise funds. The funds are then further used to help aid as much as possible people inside and outside the hospital.



LIAQUAT NATIONAL SCHOOL OF MEDICAL TECHNOLOGY (LNSMT)

BSMT ANNUAL PICNIC 2021



A picnic is a delightful diversion which takes us away from our dull daily routine. This year the students of School of Medical Technology had their annual picnic at the Wild Venture Water Park and Resort on 28th October 2021. The picnic was well organized and largely attended by students who had a fun filled day in the pleasant company of friends.



EVENTS

THANKS TO QARI MUHAMMAD ASHRAF



LNH&MC congratulates and wishes to express its sincere thanks and gratitude to Qari Muhammad Ashraf Saheb, LNH&MC Mosque Moazzin, for his 39 years of dedicated service. His commitment to excellence has long inspired all of us and will be remembered for many years to come. We wish him good health, happiness and continued success in his retirement.



5TH LNH TAPE BALL CRICKET TOURNAMENT

The management of LNH&MC is very keen on promoting sports activities in and outside LNH premises with the objective to emphasize on the need of better physical and mental health of its workers and public in general.

On the patronizing of the **Prof. Dr. Salman Faridi** Medical Director LNH&MC, 5th Tape Ball Cricket Tournament was organized by a sports committee constituted for the purpose consisted of the following key personnel:-

1. Syed Hassan Abbas Rizvi 2. Dr. Muhammad Haroon Memon

The tournament commenced from 9th November, 2021 in the evenings on a daily basis at LNH&MC Sports Ground. An overwhelming response was received from the staff of LNH. Initially 32 departmental teams participated in the matches which were played on knockout basis.

The final match was played on 24th December, 2021 between Admin Strikers and Nursing Stars teams which was won by **Admin Strikers**.

Prof. Dr. Salman Faridi was present to witness the proceedings of the match (**Former Test Cricketer Legend**) **Mr. Sadiq Muhammad** was the Chief Guest, who distributed the trophies among the participating teams. Mr. Talha Tariq from Admin Strikers was Man of the Final Match (41 Runs 18 Balls).

Award Ceremony

The following awards were given for best performance in the 5th Tape Ball Tournament 2021.

BEST PERFORMANCES OF THE CRICKET TOURNAMENT		
S.No.	Name	Award
1	Player of the Tournament	Mr. Ayaz Paul (Admin Striker) (162 Runs 4 Wickets)
2	Best Batsman	Mr. Maaz (Nursing Stars) (222 Runs)
3	Best Bowler	Mr. Sajjad ur Rehman Admin Strikers (10 Wickets)

Heartiest congratulations to all the winners and sincere thanks to all the employees and students of LNH&MC who actively participated in the tournament to make it a successful event.



INTRODUCING CONSULTANT MAXILLOFACIAL SURGEON

Dr. Syed Tahir Husain has joined LNH hospital in 2021 as a Consultant in the Dental & Maxillofacial Surgery Department. He is FCPS qualified in Oral & Maxillofacial Surgery and specialized in dealing problems related to; Facial Fractures, Jaws Pathologies, Oral Cancers, Dento Facial Rehabilitations and Craniofacial Developmental Deformities.



FOOD SUPPORT PROGRAM



Post COVID there is increasing inflation all over the world causing distress to low salaried employees everywhere. To reduce some burden on the low paid grade 1 to 4 employees at Liaquat National Hospital, the administration provided grocery hampers to assist these employees to reduce their financial stress. It's a humane gesture which needs to be appreciated.



ROAD TO HOLY LANDS

Liaquat National Hospital (LNH) introduced the Road to Vatican scheme for its Christian employees in August 2011. The scheme was initiated by Prof. Dr. Salman Faridi, Medical Director, LNH & MC. In 2019, a group of LNH employees came together to revive the scheme. A committee was formed and the scheme was renamed as "Road to Holy Lands". Monetary contribution towards this scheme is optional for Christian employees. There is a minimal monthly deduction from the salaries of the eligible employees.

The Road to Holy Lands committee oversees the matters pertaining to the scheme completely, such as, monthly meetings, membership process of new members, organization of lucky draws biannually, documentation, financial arrangements, and finalization of travel and accommodation arrangements. Under the Road to Holy Lands scheme, three groups have undertaken pilgrimage to the Holy sites in Jordan so far. The first group visited Jordan in April 2019, whereas the second and third groups toured Jordan in March and December 2021 respectively. The pilgrimage has been possible due to the commitment and untiring efforts of Prof. Dr. Salman, Mr. Muhammad Saeed Khan – Senior Manager, Legal Affairs and Ms. Schellin Oliver – Senior Lecturer, College of Nursing.



RESEARCH PROJECT PRESENTATIONS-FINAL YEAR-BS MT CLS-SCHOOL OF DIAGNOSTIC LABORATORY SCIENCES



Final exam and presentation of Research projects, BS MT CLS degree program, was held on 10th Nov 2021. Students conduct short-term research projects in final year under the guidance of Laboratory faculty and then present it in an open forum. Examination was conducted by Dr. Humaira Ali, Assistant Professor-Chemical Pathology and Ms. Farah Ashraf (Senior Instructor & Administrator), Ms. Neelam Sadiq assisted the proceedings. Principal, Prof. Junaid M. Alam, thanked the examiners and wished best future for the students.

ACHIEVEMENTS

CONGRATULATIONS ON PASSING FRCPath PART 2 EXAM



Dr. Atif Ali Hashmi, Associate Professor of Histopathology earned fellowship degree from Royal College of Pathologists, after clearing FRCPath part 2 exam in first attempt. It's a big achievement and great honor for the institution as there are currently only a few FRCpath degree holder pathologists in the country.

FELLOWSHIP OF EUROPEAN BOARD OF BREAST SURGERY

Dr. Afsheen Javaid Khokher, is a General and Breast Surgeon at Liaquat National Hospital Karachi. This is to notify that Dr. Afsheen Javaid Khokher has excelled her European board of Breast Surgery, first to do by any trainee fellow graduating from Liaquat National Hospital.



LNH GASTROENTEROLOGY DEPARTMENT PLEASED TO SHARE THE REMARKABLE ACADEMIC ACHIEVEMENTS OF DR. ADEEL RAHAT

The Department of Gastroenterology feels pleased to share the academic achievements of Dr. Muhammad Adeel Rahat currently working as a Senior Registrar under supervision of Professor Dr. Mansoor-ul-Haq since Feb. 2021. He cleared his FCPS part II in Gastroenterology and Hepatology in 2020 and since then has been involved in multiple research projects. He has been a bright prospect since his training as a postgraduate at LNH, as is evident from his research and academic achievements during the year 2020: Awarded Educational grant by Asian Pacific Digestive Week, Kuala Lumpur, Malaysia JGHF Young Clinician Investigator Program, 2021.

- ❖ E-Poster presentation at Asian Pacific Digestive Week, Kuala Lumpur, Malaysia 2021.
- ❖ E-Poster presentation at United European Gastroenterology (UEG) Week 2021 Virtual, October, 2021

TOPIC : Impact of Lactobacillus reuteri supplementation on clarithromycin-based sequential therapy for Helicobacter pylori eradication

- ❖ Poster presentation at PSSLD, Islamabad 2021: Topic: Hepatitis E Infection: Seroprevalence and Viremia among Healthy Blood Donors: Pakistan's Perspective. (Co-author: Dr. Lubna Kamani)

- ❖ Acquired Membership of American College of Gastroenterology (MACG) and Membership of World Endoscopy Organization (MWEO).

Frequency of iron deficiency anemia (IDA) among patients with Helicobacter pylori infection published in Pakistan Journal of Medical Sciences. (Co-author: Dr. Lubna Kamani)

Besides these, his research work was also accepted for an Oral presentation at the Gastro 2021, Prague. We hope that he continues to excel in his field and make his alma mater and mentors even more proud.



TRANSFORMING NURSING PROFESSION

Over the past years, Nursing Profession has transformed tremendously in Pakistan opening new horizons for Nursing Education, Research and Practice. Nurses are setting examples in Healthcare Teams by their leadership, commitment and creativity towards quality patient care.

Ms. Samina Iqbal Kanji (Section Head Clinical Nursing) was invited to chair the panel discussion among other Nurse Leaders in the Nursing Symposium of 50th Edition of Cardiocon (Golden Jubilee) arranged by Pakistan Society of Cardiology on 21st November 2021.

The panel not only discussed their transformation from a novice nurse to a Nursing Leader and their journey in Nursing Profession, but also motivated the participants that how Nurses can create differences in their diverse working areas.

Ms. Samina Iqbal Kanji also highlighted the role of Nursing Research and importance of continuity of education for the growth of Nursing Profession. She believes that Nursing is a dynamic field and Nurses should keep themselves well equipped with latest advancements and knowledge. This will not only serve to have more opportunities for future nurses, but will also aid in the transformation of Health Care industry by implementing robust strategies for Evidence Based Integrated Patient Centered Care in Pakistan.



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

<https://www.facebook.com/lnhandmc>

<https://www.twitter.com/lnhandmc>

<https://www.instagram.com/lnhandmc>

<https://www.linkedin.com/company/lnhandmc>

<https://www.youtube.com/c/liaquatnationalhospitalmedicalcollege>

Liaquat National Hospital & Medical College

111-456-456, +92 21 34939612

LNH Outreach Medical Services Centres

Gulistan-e-Jauhar: +92 21 34611414

Gulshan-e-Iqbal: +92 21 3483 8605

Naseerabad: +92 21 3631 0077

Nazimabad : +92 21 3661 5855

Shah Faisal Colony : +92 21 3458 1021

