



LIAQUAT NATIONAL HOSPITAL

# NEWSLINE

LNH TOWARDS BETTER HEALTH



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### Disclaimer:

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## 8<sup>TH</sup> LNH SYMPOSIUM... A RESOUNDING SUCCESS

**Pakistan's Health Care Conundrum**  
**Balancing Cost, Quality, and Technology**  
**December 14, 2024 - January 12, 2025**

Liaquat National Hospital hosted the highly anticipated 8<sup>th</sup> LNH Symposium. This prestigious event was designed to foster meaningful conversations and collaborative efforts aimed at driving sustainable improvements within Pakistan's healthcare system.

The symposium kicked off with a series of pre-symposium workshops held from December 14, 2024 to January 9, 2025 providing participants with an immersive learning experience. The main event, which brought together over 3,500 participants, was a comprehensive gathering that featured more than 50 sessions and over 100 workshops. The event welcomed 150 renowned speakers, including policymakers, healthcare providers, technology innovators, and researchers, all contributing their expertise to address the pressing issues facing the nation's healthcare sector.

Throughout the month-long event, attendees engaged in dynamic discussions through panel debates, research presentations, webinars and video conferences. These sessions created a unique platform for healthcare professionals to share insights, exchange ideas, and explore the latest trends in the medical field. One of the key features of the symposium was the Meet the Professor



Prof. Dr. Salman Faridi's welcome address



Prof. Dr. Salman Faridi presenting shield to Prof. Dr. Atta Ur Rehman



Debate Session



Plenary Session



Video Conference



Exhibition Area



Inauguration Ceremony

sessions, offering participants an opportunity for direct interaction with experts, gaining valuable knowledge and guidance on various aspects of healthcare.

The symposium also featured a variety of social events. “Paint the Title” competition allowed creative minds to express their visions for the future of healthcare, while the “Exhibition Area” provided a space for exploring products related to medicine and healthcare. The event culminated in a festive “Banquet Dinner”, offering attendees a chance to unwind and network in a more relaxed environment, followed by an exciting “Musical Night” that brought a touch of entertainment and celebration to the event.

In addition, the symposium recognized the outstanding contributions of individuals and organizations to healthcare through the Service and Appreciation Awards, highlighting those who have made significant impacts in their fields.

This year’s symposium provided a remarkable opportunity for experts, policymakers, and healthcare professionals to engage in deep discussions, share groundbreaking research, and collaborate on innovative solutions. The theme of balancing cost, quality, and technology in healthcare was explored from multiple perspectives, with a collective goal of advancing Pakistan’s healthcare system.

Liaquat National Hospital remains committed to supporting such dialogues and initiatives that foster progress in medical care, education, and research. The success of the LNH Symposium stands as a testament to the dedication and passion of everyone involved in creating positive change for the future of healthcare in Pakistan.



Inauguration Session in Progress



Inauguration Dinner



Facilitators for the Symposium



*Ishrat Saleem*

**Dr. Ishrat Saleem**  
Chief Editor

## EDITOR'S NOTE

Welcome to third issue of Newsline! We are thrilled to bring you highlights from the recently concluded symposium, which was a tremendous success. The event brought together experts, thought leaders, and passionate attendees to discuss and explore critical topics in our field.

Additionally, we'll highlight the recent events and achievements that have brought our teams together,

fostering collaboration and growth. From academic accomplishments to the dedicated efforts of our staff, this edition celebrates the hard work and passion that make LNH a leader in healthcare.

Thank you for your ongoing dedication and support. Together, we continue to strive for excellence and make a lasting impact on the lives we serve.

Happy reading!



## SYMPOSIUM INAUGURATION



Prof. Dr. Aziz Abdullah



Inauguration Ceremony



Prof. Dr. Salman Faridi

The inauguration of the 8<sup>th</sup> LNH symposium was held on the evening of 9<sup>th</sup> Jan 2025 and was attended by dignitaries from the medical profession, members of the LNH governing board, event sponsors and LNH management and faculty. The session commenced with the recitation of the Holy Quran; followed by the address of the Chairperson Symposium Prof. Dr. Aziz Abdullah, who welcomed the guests and highlighted the salient features of the Symposium.

Speaking on the occasion, Prof. Dr. Salman Faridi Medical Director, Liaquat National Hospital presented an overview of how LNH has evolved from a humble beginning to one of the leading tertiary care and teaching hospitals in the country.

***“We provide welfare assistance worth 500 million rupees to needy patients annually”***

Speaking about the healthcare services provided by the institution he pointed out that apart from over seventy-five thousand admissions annually, millions of patients are examined and treated in the Emergency and Out Patients Departments in various disciplines of medicine and surgery at the hospital campus. The hospital also has multiple outreach primary healthcare centres at various satellite locations in the city coupled with state-of-the-art home healthcare services.

***“1500 undergraduates are enrolled in various LNH Institutions”***

He stated that the hospital successfully runs many postgraduate training programs in various disciplines and also contributes to undergraduate degree programs through the Medical College, College of Nursing, College of Physiotherapy, College of Medical Technology and School of Diagnostic Laboratory Sciences.

***“Employee welfare is paramount at LNH”***

He presented an overview of the employee welfare schemes at LNH, including the assistance being provided through free vocational training for employees' children; Education allowances and scholarships for the children of employees who get admission at LNH institutes and Daycare facilities for the children of female employees.

In his keynote address, Prof. Dr. Atta Ur Rehman talked about the exciting advances in health sciences. He stressed adopting new innovative technologies such as artificial intelligence, genetic engineering and biotechnology, which are transforming lives in many ways.

***“Knowledge is the key to development”***

He insisted on promoting a culture of research and knowledge to inspire a new generation of scientists. This was followed by an awards ceremony in which Prof. Dr. Salman Faridi, Medical Director of LNH presented a token of appreciation to the sponsors of the 8<sup>th</sup> LNH Symposium.

Concluding the session, Prof. Dr. Saleha Shahzad, Secretary Symposium and Assistant Medical Director expressed her gratitude to the participants and exhibitors for their valuable inputs.

***“We managed to bring together medical professionals, policymakers and healthcare leaders to discuss the challenges facing Pakistan's healthcare system”***



Prof. Dr. Atta Ur Rehman



Prof. Dr. Saleha Shahzad



Proceeding to Inauguration Dinner

## WORKSHOPS

### A Comprehensive Series of 120 Pre-Symposium Workshops Marked a Major Advancement in Healthcare Education

Over 120 workshops from 14<sup>th</sup> December 2024 till 9<sup>th</sup> January 2025, offered hands-on training across diverse medical fields. These workshops attracted over 3,000 participants including medical professionals, students, and allied health staff, focusing on enhancing clinical skills, embracing new technologies, and advancing leadership abilities. The sessions covered topics ranging from primary care and medicine to specialized surgical techniques and diagnostic services, with many workshops incorporating hands-on experience, simulations, and demonstrations. **These multidisciplinary workshops served as a crucial platform for healthcare professionals to update their knowledge, improve patient care, and build a professional network.**

The workshops addressed specific educational needs, including:

**Hands-on skills training** in areas such as neonatal resuscitation, gynecological and obstetrical skills, airway management, trauma management, and emergency evacuation procedures.

**Providing training in surgical techniques** such as anastomosis, operative and non-operative management of fractures, knee and shoulder arthroscopy, revision hip arthroplasty, management of sports injuries, tube thoracotomy, managing critical airway issues in children, laparoscopic skills, RIRS, fibular osteotomies, hair restoration, breast lump excision, lumbar pedicle screws, and burr hole procedures.

**Integration of new technologies** Many workshops emphasized embracing new technologies and incorporating them into healthcare practices. Examples include AI tools in primary care and research, leveraging technology in nursing education, and AI integration in physiotherapy.

**Advancing the horizons of family medicine and community-oriented primary care** via workshops covering topics such as Multimorbidity care, childhood malnutrition, palliative care and pain management, obesity management, end-of-life care discussions, lactation support, and clinical audit in GP practice.

**Improving skills in specialized medical areas** such as Porta Cath access, medical communication, geriatric healthcare needs, antibiotic stewardship, POCUS in critical care, H-Pylori diagnostics, soft tissue



A Demonstration at the Workshop by Vascular Surgery Department



Workshop Organized by Statistics Department



Activity during Paediatric Surgery Workshop



A Demonstration by Molecular Pathology Department during Workshop



Activity at the Paediatrics Medicine Workshop



Workshop by College of Nursing



A Demonstration during Workshop by RSDC





Activity during Workshop Organized by Mental Health Department



Audience Attending Workshop by Pharmacy Department



Activity during Workshop by Plastic Surgery Department



Demonstration Performed by Accidents and Emergency Department



Department of Occupational Therapy Workshop



Dr. Afifa Tabassum at Health Professions Education Department Workshop



Workshop by Cardiac Surgery Department



Workshop by Cardiology Department



Demonstratoin at Oncology Workshop

and intra-articular injection techniques, PRP and micro-needling, CRRT, ECG and echocardiography, and suicide risk assessment and prevention.

**Improving skills in pediatric and child health** such as responding to child abuse, pediatric ECG interpretation, and early detection of cerebral palsy.

**Advancing knowledge in dental and maxillofacial surgery** such as direct and indirect veneering, dental implants, and infection control practices.

**Improving skills in women's health** such as Laparoscopic Hysterectomy and HPV and Cervical Cancer screening.

**Enhancing diagnostic skills** via workshops on chest X-ray interpretation, musculoskeletal ultrasound, molecular imaging, HRCT, CVP line placement, quality parameters in total lab automation, chromosome abnormalities, and cytogenetic diagnostics, identification of fungal pathogens, pathological and clinical significance of B3 lesions of the breast, and HPLC data interpretation.

**Offering training in basic health sciences and teaching tools** such as EndNote Referencing, Biological Waste Management and Risk Assessment, Concept Mapping and Dynamics of flipped classroom, Zotero, Spirometry, AI-powered presentations and AI Tools in Research.

**Providing hands-on sessions** on autopsy protocols.

**Covering a broad spectrum of rehabilitation topics** in physiotherapy, occupational, and speech therapy, from foundational techniques to advanced therapeutic interventions, including stroke, diabetes, ICU care of ventilated patients, cardiac rehabilitation, radiological interpretation, and AI integration.



Dr. Ali Anwer Jillani Delivering Lecture in Orthopaedics Department Workshop



Dr. Danial Khalid Giving Demonstration at Radiology Department Workshop



Speakers of Microbiology Laboratory Workshop

**Focusing on skills advancement of medical technologists** in PEEP titration, renal replacement therapy, cardiopulmonary resuscitation, laparoscopic surgery, and minimally invasive techniques.

**Covering topics in nursing education**, emotional intelligence, and leadership.

**Exploring the expanding role of pharmacists** in healthcare delivery.

**Providing evidence-based dietary strategies** for managing cardiac conditions.

**Providing training in research and clinical ethics** such as research protocol writing, journal selection, publication, grant writing, data analysis using SPSS, and Clinical ethics.

**Online workshops for international participants** on geriatric 5Ms essentials, artificial intelligence in primary care, and motivational interviewing techniques for lifestyle management via Zoom utilized an engaging format along with Breakout room activities.



Thoracic Surgery Department Organized a Workshop



Pharmacology Department Organized a Workshop



Urology Workshop on RIRS in Progress



Dr. Muhammad Ashfaq Younus at Dental & Maxillofacial Surgery



Participants learning from Dr. Naila Raza at Haematology Workshop



Dr. Rabeeya Saeed at Workshop by Family Medicine Department



Demonstration at Neurosurgery Department



Attendees at General Surgery Workshop



Chest Medicine Department Workshop





Faculty Members of Gastroenterology Department at Workshop



Dr. Syed Ahmed Asif Addressing at Neurology Department Workshop



Dr. Riaz Ahmed Memon (POB Eye Hospital) Delivering a Talk during Ophthalmology Workshop



Workshop by Chemical Pathology Department



Group Discussion during Perioperative Arrhythmias Workshop



Grant Writing Workshop Participants



Hands-On Activity at the Medical Technology Workshop



Workshop by Food and Nutrition Department



Attendees at the Internal Medicine Workshop



Live Surgery Total Laparoscopic Hysterectomy at Gynae and Obstetrics Workshop



Nephrology Workshop



Participants at the Rheumatology Workshop



Participants at Workshop by Dermatology Department



Attendees at the Physiotherapy Workshop



Participants during Internal Medicine (ID) Workshop





Community Medicine Department Workshop



Dr. Aqiba Sarfaraz at Endocrinology Department Workshop



Dr. Syed Mukkarram Ali at Forensic Medicine Workshop



Dr. Annum Ishtiaq at ERC Workshop



Participants at Anatomy Department Workshop



Internal Medicine (Critical Care) Department



Hands-On Activity by Physiology Department



Histopathology Department Conducted an Online Workshop



Journal Selection Workshop by Publication Department



Participants at Biochemistry Department Workshop



Attendees at Workshop Organized by QA Department



Participants Listening to Lecture at Internal Medicine Workshop



Dr. Rufina Soomro Speaking at Breast Surgery Workshop



Workshop on Protocol Writing by Publication Department



Workshop by Speech Therapy Department



## SCIENTIFIC SESSIONS

### A LANDMARK EVENT IN ADVANCING HEALTHCARE

As one of the largest and most distinguished educational platforms in Pakistan's healthcare sector, the symposium brought together leading experts, researchers, and medical professionals from across Pakistan and internationally, including the UK, USA Turkey, China, Singapore and Malaysia. The event featured 70 in-person scientific sessions, along with "Meet the Expert" sessions, and parallel online sessions. The scientific sessions addressed specific educational needs, including:

**In-depth knowledge on how artificial intelligence and deep learning models** are transforming radiology and clinical diagnostics, through detailed session on integration of AI in mammography, CT Brain and Chest and MRI for brain tumors. Attendees learned how machine-learning algorithms improve disease detection, reduce diagnostic errors, and enhance workflow efficiency.

**Interactive sessions on robotic surgery** highlighted how these technologies improve surgical precision and patient outcomes. Attendees gained insights into the operational benefits and training required for robotic systems.

**Genomics in personalized medicine** learnt through educational modules on PCR, while

next-generation sequencing and biomarkers explored their roles in personalized medicine, demonstrating how genetic profiling can lead to tailored therapeutic approaches.

**Cost-Effective solutions for resource-constrained settings** were explored by discussing affordable therapies for cancer patients and access to cardiac care in underserved areas. Rapid pathogen identification and antimicrobial susceptibility testing were highlighted as cost-effective methods to combat infectious diseases.

**Interdisciplinary collaboration** emphasized the need for multidisciplinary approaches to patient care and underscored the growing recognition that complex healthcare challenges require unified solutions.

**Novel diagnostic approaches**, such as flow cytometry and molecular assays, were discussed for their role in detecting hematologic malignancies. Advances in digital pathology and immunohistochemistry were showcased. Biochemical markers for metabolic and endocrine disorders were discussed for their role in disease screening and monitoring.

**Holistic approaches to patient care** were discussed emphasizing the importance of combined medical,



Cardiology Session



Chemical Pathology Session



Gynaecology Session



Rheumatology Session



Haematology Session



Endocrinology Session



Nephrology Session



Plastic Surgery Session



Pharmacology Session

surgical and psychological treatment along with nutritional plans in improving patient's quality of life. These were discussed for the management of obesity and fatty liver diseases, chronic pain, diabetes and malignancies.

**A team-based approach to ICU management** was discussed for ventilator management, sepsis protocols, and hemodynamic monitoring to enhance patient outcomes in critical care settings.

**Neurobiology of mental health** was explored by discussions on the neurobiological impact of violence and the prevalence of undiagnosed ADHD among medical students provided critical insights into mental health challenges in modern medicine.

**Breaking bad news** with focus on ethical principles, communication strategies, and cultural sensitivities in delivering distressing news. Participants learned the SPIKES protocol for empathetic communication, supported by case studies for practical insights.

**Nationwide collaboration through symposium's hybrid format**, featuring live sessions relayed to institutions nationwide and online zoom sessions by international speakers, ensured that the educational benefits reached a broad spectrum of healthcare professionals across Pakistan.

**Enhancing rehabilitation and recovery through allied health sciences** was explored including the advanced rehabilitation techniques, innovations in critical care nursing, and the role of speech therapy in post-stroke recovery.

**Reinforcing the role of basic sciences** in shaping the future of medicine by including dedicated basic sciences sessions, as basic sciences are the foundation of medicine.

**Digital learning and technology in medical education** including e-learning platforms, virtual simulations, and AI-assisted training modules and modern pedagogical techniques were introduced to educators that can improve medical student



Paediatric Medicine Session



Forensic Medicine Session



Pharmacy Session



Family Medicine Session



Community Medicine Session



Pulmonology Session





General Surgery Session



Anaesthesiology Session



engagement, skill development, and knowledge retention.

**Promoting research excellence and evidence-based medicine** by dedicated series of sessions on clinical research methodologies, biostatistics, and medical writing provided healthcare professionals with the skills to conduct high-quality research, publish findings, and contribute to evidence-based practice.

**Emphasizing ethics in research: from protocol to publication** by focusing on compliance in

study design, consent drafting, and manuscript preparation. A panel discussion outlined **protocol review criteria**, reinforcing the importance of ethical standards in shaping credible and impactful research.

For the first time, the symposium placed **hospital administration** at the forefront, acknowledging the need for strong leadership and efficient management in healthcare. Hospital quality improvement, patient safety protocols, digital transformation in healthcare management, and



Ophthalmology Session



Thoracic Surgery Session



Cardiac Surgery Session



Oncology Session



Breast Surgery Session



Neurology Session



Internal Medicine Session

strategies for optimizing hospital operations were discussed.

The 8<sup>th</sup> LNH Symposium was not just an academic gathering—it was a **transformational learning experience** designed to equip healthcare professionals with the knowledge, skills, and tools necessary to improve patient care. The event has paved the way for future breakthroughs in

Pakistan's healthcare landscape, ensuring that quality medical care remains accessible and innovative.

One of the standout features that drew significant attention was the renovation of the lecture halls and academic areas of the institution, to which credit is due to Mr. Muhammad Nawaz and his team from the Civil Engineering Department.



Orthopaedic Surgery Session



Dental Surgery Session



Ethical Review Session



ENT Session



Neurosurgery Session



Mental Health Session



Radiology Session



Paediatric Surgery Session



Histopathology Session



Physiology Session



Urology Session





Nursing Session



Admin Scientific Session



Physiotherapy Session



Microbiology Session



Molecular Pathology Session



Biochemistry Session



Infectious Diseases Session



Quality Assurance Session



Anatomy Session



Gastroenterology Session



Medical Technology Session



Vascular Surgery Session

## E-POSTER DISPLAY

The 8<sup>th</sup> Liaquat National Hospital (LNH) Symposium witnessed an impressive display of academic and clinical research through its extensive e-poster exhibition. With approximately 550 posters, the event served as a dynamic platform for medical professionals, researchers, and students to present their innovative findings and case studies. The posters were strategically displayed outside the corresponding scientific session venues, allowing attendees to engage with the research pertinent to their fields of interest.

The well-structured arrangement of posters facilitated easy access for symposium attendees, encouraging lively discussions and knowledge exchange among peers and experts.

A key highlight of the e-poster display was the Best Poster Award, which was presented at the conclusion of each scientific session. The e-poster display not only showcased the depth and diversity of research being conducted but also reinforced the importance of integrating technology into academic conferences. With the continued success of such initiatives, LNH is poised to remain at the forefront of medical education and research in Pakistan.



## MEET THE EXPERTS

Four interactive ‘Meet the Expert’ sessions were held at the Symposium, with two focused on Oncology and one each on General Surgery and Pediatrics, all featuring prominent national and international experts.



Dr. Aziza Shad (USA)



Meet the Expert Sessions at Oncology Department



Dr. Ikram Burney (Oman)



Dr. Kashif Shafique (DUHS)



Dr. Aziza Shad with Paeds Medicine Faculty

## WEBINAR

The webinar on “Pathway to Medical Careers in the USA & UK,” conducted as part of the 8<sup>th</sup> LNH Symposium 2025, was a resounding success! Organized in collaboration with esteemed alumni of Liaquat National Hospital and Medical College (LNMC), the session provided invaluable guidance to aspiring medical professionals looking to

pursue careers in the United States and the United Kingdom.

With an overwhelming number of attendees, including medical students, interns, residents, and recently passed fellowship candidates, the webinar covered critical aspects of international medical career pathways. Participants gained



comprehensive insights into licensing exams (USMLE & PLAB), securing residency and training positions, visa and immigration processes, research and clinical experience, and financial aspects of relocating abroad.

The event was structured into two sessions, featuring expert alumni panelists from both the USA and the UK.

The webinar's interactive Q&A session allowed participants to engage directly with the speakers,

addressing concerns about exam preparation, clinical experience, research opportunities, residency match strategies, and work-life balance abroad. The success of this webinar reinforces the importance of alumni engagement in guiding future generations of medical professionals. Given the enthusiastic response and high demand, similar sessions will be planned in the future to further support and mentor aspiring doctors in their international career journeys.



Webinar: Pathway to Medical Careers in the USA & UK

### Women Leadership in Healthcare: Challenges and Opportunities A Transformative Webinar Experience

The webinar “Women Leadership in Healthcare: Challenges and Opportunities” on January 12th, 2025, highlighted the significant progress women have made in the healthcare industry while addressing the barriers that still exist.

The key themes that emerged from this webinar include:

- **Overcoming gender bias and stereotypes** by challenging biases and advocating for equal

valuation of women’s contributions.

- **Building confidence and leadership skills** through mentorship, networking, and personal stories from women leaders.
- **Work-life balance by managing work-life integration**, advocating for flexible work environments, and prioritizing mental health and self-care.
- **Breaking through the “glass ceiling”** by overcoming institutional barriers and advocating for structural changes to create more inclusive environments.



Webinar: Women Leadership in Healthcare

## PLENARY SESSION

The highlight of the first day of the symposium was a Plenary Session, which included two thematic talks and a panel discussion.

The first talk was by Prof. Dr. Aziza Shad, a US-based professor of paediatrics haematology.

***“105,000 deaths occur annually worldwide due to pediatric cancers mostly in low and middle-income countries (LMIC) like Pakistan, even though most cancers were curable”***

She also enlisted the key challenges in providing pediatric cancer care in LMICs including issues of diagnosis, treatment, infrastructure and government priority.

The second talk was by Prof. Dr. Salman Faridi, Medical Director Liaquat National Hospital, who discussed the administrative challenges and solutions of balancing cost, quality and technology in hospitals. He presented an overview of current healthcare metrics like 1256 hospitals for a population of 225 million and a spending of 1.2% of GDP on health.

***“We should promote value-based care system, data-driven decision making, cost centre accounting, vigorous audit, evidence-based care practices and promote local R&D and local development of technology”***

He concluded by emphasising the importance of team building and continuous performance



Mr. Fawad Sarwar &  
Prof. Dr. Naseem Sallahuddin

monitoring in overcoming these challenges.

The panel discussion, based on the theme of dealing with the modern healthcare challenges was an insightful session and explored key challenges like Inadequate Healthcare Infrastructure, Shortage of Healthcare Professionals and Access to Healthcare.

His panellists included Prof. Dr. Tipu Sultan (Former Head of the Department of Anesthesiology at Dow Medical College and Civil Hospital Karachi and former Chairman of the Sindh Health Care Commission), Prof. Dr. Naseem Sallahuddin (Prof. Emerita and HOD Infectious Diseases, Indus Hospital and Health Network), Prof. Dr. Marie Andrades (Medical Director and Consultant Family



Plenary Session



Dr. Manzar Hussain



Thematic Talk by Dr. Aziza Shad



Attendees at Plenary Session



Dr. Shakil Aqil



Thematic Talk by Prof. Dr. Salman Faridi



Medicine, Holy Family Hospital) and Dr. Fawad Sarwar (Executive Vice President and Head of Health Insurance, Jubilee General Insurance Company Ltd.).

Dr. Manzar Hussain, Associate Professor, Department of Spinal and Neurosurgery; was the moderator of the session.

Drawing upon their individual experiences and expertise, the panelists explored critical healthcare

delivery issues like low GDP, disparity in funding of different health centers, loss of working female health professionals, use of technology to improve healthcare delivery and patient outcomes and issues of intersection of healthcare and insurance.

***“Collaboration between the government, private and public institutions is the need of time for addressing healthcare challenges and ensuring equitable healthcare for all.”***

## VIDEO CONFERENCE

The inaugural session of the 8<sup>th</sup> LNH symposium started with an interactive video conference with panelists from USA & UK, on the topic of “Antibiotics and Beyond” and focused on the use and misuse of antibiotics and the dilemma of antibiotic resistance. The participants included Prof. Dr. Syed Faisal Mahmood, of Infectious Diseases and Associate Chief Medical Officer for IPC (AKUH); Prof. Dr. Rizwan C. Naeem, of Pathology at the Albert Einstein College of Medicine and Montefiore Medical Center, New York (USA) and Dr. Christine Peters, Consultant Clinical Microbiologist, Glasgow (UK).

Dr. Faisal Siddiqui, HOD and Associate Professor Department of General Surgery and Dr. Sana Anwar, HOD and Associate Professor Department

of Microbiology; were the moderators of the session.

The video conference highlighted the growing concern of antibiotic resistance, stressing the need to address the overuse and misuse of antibiotics. The discussion concluded that we urgently need to strengthen the infection prevention and control programs, and antibiotic stewardship and optimize the regulatory controls to handle the rising antimicrobial resistance.

***“To deal with the dilemma of drug resistance, new treatment strategies must be explored, including vaccines and phage therapies but the primary aim is to preserve the available anti-infectives till the newer options become widely available”***



Glimpses from the Video Conference

## DEBATE SESSION

An interactive debate session was the highlight of the second day, which allowed the audience to suggest the discussion topics. The objective was to discuss the issues being faced in healthcare along with perceptions about them by the public, media and legal professions. This proved highly interesting as the inputs from diverse social segments made the debate very thought-provoking and enlightening.

The panel included experts from different fields; Prof. Dr. Saad Shafqat (Consultant Neurologist, Author and Cricket columnist), Mr. Haider Waheed (Advocate Supreme Court and High Court of Pakistan), Mr. Mazhar Abbas (Senior Journalist, Columnist and Author) and Ms. Nasreen Askari (Author, Curator, Director and Co-founder of the Mohatta Palace Museum, Karachi).

Dr. Ali Asghar, Assistant Professor Department of Diabetes, Endocrinology and Metabolism; was the moderator of the session.

The discussion covered diverse topics on a multitude of issues like:

- Are we as sick as we think; do we over-diagnose?
- Does our system adequately protect healthcare professionals in Pakistan against violence?

- Is the healthcare profession biased in favor of men?
- Should we discourage young Pakistani healthcare professionals from going abroad?

***“Sometimes repeat tests are necessary to rule out certain diseases and come to the truth.”***

**– Dr. Saad Shafqat**

***“Sindh Govt. has enacted legislation; no FIR can be registered against doctors unless professional negligence is confirmed.”***

**– Mr. Haider Waheed**

***“We need training of journalists for technical reporting to improve the quality of reporting related to health issues in particular.”***

**– Mr. Mazhar Abbas**

***“Some gender bias does exist but now many women physicians are also enjoying leadership roles. We can see their upward social mobility.”***

**– Ms. Nasreen Askari**

The debate session explored the complex relationship between the healthcare system, social dynamics and socioeconomic factors. It was concluded that it is essential to integrate these insights to ensure that the healthcare system and society are mutually responsive to diverse needs and aligned with ethical norms.



Mr. Haider Waheed & Mr. Mazhar Abbas



Ms. Nasreen Askari & Dr. Saad Shafqat



Dr. Ali Asghar



Debate Session



## BANQUET NIGHT

The grand banquet night was a befitting close to an extraordinary symposium. Held at the LNH sports ground in a very luxurious setting, the banquet night was a culmination of the symposium's thought-provoking sessions and all the hard work that made the event successful. The evening's program was curated to provide a unique blend of entertainment, recognition and motivation.

A highlight of the evening was the Awards Ceremony, which included Long service awards and Departmental appreciation awards.

**Long Service Awards:** LNH celebrated the employees who have been associated with the institute for more than 41 years and were presented an award and cash prize.



**Mr. Fazal Ur Rehman**  
Staff Nurse II



**Mr. Abid Ali**  
Sr. Cyclostyle Operator II



**Ms. Nasira Begum**  
Sr. OT Technician II



**Ms. Shazia Saleem**  
Front Desk Officer I



**Mr. Ilyas Abdullah**  
Supervisor I, Electrical Engineering



**Mr. Jamiluddin**  
Billing Assistant II



**Mr. Mohammed Iqbal**  
Nursing Supervisor



**Prof. Dr. Nighat Abbas**  
Anaesthesiology



**Ms. Ruksana Naz**  
Ward Coordinator II



**Mr. M. Fareed Ahmed**  
Manager, Corporate Recovery



**Mr. Mohammed Nasir**  
Sr. OT Coordinator



**Mr. Noor M. Lodhi**  
Sr. OPD Assistant



**Mr. Mohammad Ismail**  
Sr. Billing Assistant I



The service certificates were also awarded to 93 employees including faculty members who had been associated with the institute for 30-40 years, appreciating their dedicated services to the hospital.



Long Service Award Ceremony (30-40 years)





Long Service Award Ceremony (30-40 years)

**Departmental Appreciation Awards:** The LNH management awarded outstanding achievements of various clinical and administrative departments, who have demonstrated exceptional innovation and excellence in their respective fields.

**Dr. Azam Ali Award:** For the departments that have introduced the most new services in the last five years.



Department of Ophthalmology  
(Prof. Dr. Ata Ur Rehman)



Department of ENT  
(Prof. Dr. Ahmed Nawaz)

**Research Award:** For the most research work done by departments in the past five years.



Department of Histopathology  
(Prof. Dr. Naveen Faridi)



Department of Gastroenterology  
(Prof. Dr. Mansoor ul Haq)

**Anjum Rizvi Award:** For the departments which have had the most positive impact on the hospital development during the past 5 years.



Department of Family Medicine  
(Dr. Rabeeya Saeed)



Quality Assurance Department  
(Mr. Hammad Ejaz)

**Quality Compliance Award:** For the departments that have exhibited best compliance in internal audits during the past 5 years.



Department of Physiotherapy  
(Mr. S. Hasan Abbas Rizvi)



Department of Patient Admissions  
(Ms. Mehreen Asif)

An interesting session of “Dastan-GoI” by renowned orators, Mr. S. Mesam Nazar Naqvi and Mr. Nazar ul Hassan captivated the audience.



Mr. S. Mesam Nazar Naqvi



Mr. Nazar ul Hassan



The mesmerizing performance by one of the leading musicians and singers of the Pakistani pop industry, Mr. Ahmed Jahanzeb thrilled the audience with his melodious tracks and dazzling performance of popular classic songs.



Event Venue



Dr. Salman Faridi Addressing the Guests of Banquet Dinner



Prof. Dr. Salman Faridi, Dr. Saleha Shahzad and Brig. Dr. Syed Naseem Ahmed



Assistant Medical Director Dr. Saleha Shahzad



Medical Director Dr. Salman Faridi with Dr. Naveen Faridi



Musical Night



Glimpses from Banquet Dinner



## EXHIBITION

More than 70 leading healthcare companies participated in the exhibition and showcased the latest technology & innovations in medical equipments, pharmaceutical products and medical & surgical consumables.



Exhibition

## BOOK FAIR

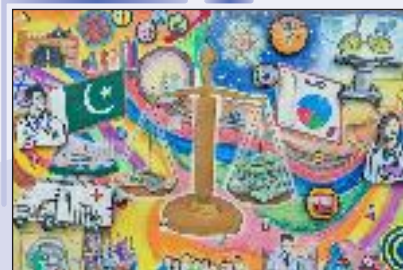
The Book Fair at Symposium was a remarkable success, bringing together esteemed publishers and notable stationery brands such as Oxford University Press and Paramount, offering a diverse selection of academic, medical, and literary titles. The fair attracted a broad audience who appreciated the extensive range of books and educational materials.



Book Fair

## EXPRESSING IDEAS THROUGH ART: PAINT THE TITLE COMPETITION

The "Paint the Title" competition was a creative highlight of the 8<sup>th</sup> LNH Symposium which showed the artistic talent of LNH employees and students. The competition was won by Dr. Alia Javed and Ms. Muqaddas Bint-e-Khurram from the Liaquat National School of Medical Technology for their outstanding work.



Paint the Title Competition



## WHAT'S NEW

### LNH WHATSAPP APPOINTMENT SERVICE - A HASSLE-FREE APPOINTMENT PROCESS

In 2024, Liaquat National Hospital (LNH) started its WhatsApp Chatbot service to make healthcare easier and more convenient for patients and visitors. This chatbot helps people get quick answers to their questions about hospital services, making their experience simple and smooth.

The chatbot has an easy-to-use menu that helps patients find what they need quickly. They can get information about outreach medical services, book consultant clinic appointments, or ask about the emergency department, laboratory, and radiology services.

One of the best things about the LNH WhatsApp Chatbot is that it works 24/7. Whether you want to book an appointment, check schedules, or get other details, help is always just a message away. This ensures that patients and visitors never have to wait long for support.

The LNH WhatsApp Chatbot is not just about convenience; it's a smart tool that makes healthcare services faster, easier, and available to everyone.

By using this technology, LNH is improving how patients get the care they need.



## PUBLIC AWARENESS PROGRAMS

### BREAST CANCER AWARENESS PROGRAM

A Breast Cancer Awareness Session was held at Liaquat National Hospital in October, as part of Breast Cancer Awareness Month, aimed at educating the community about prevention, detection, and treatment options. The event featured informative talks by leading surgeons and oncologists who emphasized the importance of early detection in improving survival rates. Attendees were educated on the significance of regular screenings, such as mammograms, and self-examinations as proactive measures against breast cancer.

The session began with an overview of breast cancer statistics and risk factors, delivered by Dr. Rufina Soomro. The speaker highlighted the advances in surgical techniques, including breast-

conserving surgery and reconstructive options, which have greatly improved patient outcomes and quality of life. Following this, an oncologist provided insights into the role of medical therapies, such as chemotherapy, hormone therapy, and targeted treatments, in managing breast cancer effectively.

The event concluded with a panel discussion, allowing attendees to ask questions and seek guidance from the experts. A key message was given by Dr. Naila Zahid that informed individuals have the power to influence early detection and treatment, ultimately saving lives. Participants were encouraged to prioritize their health and spread awareness within their communities. Refreshments and networking opportunities followed the session.



Audience listening to speakers presenting valuable information



Esteemed panelists responding to queries of the audience

### MENTAL HEALTH AWARENESS SESSIONS AT TOYOTA MOTORS BY DR. ZAIB-UN-NISA

In an ongoing effort to promote mental well-being, Liaquat National Hospital's Marketing Department organized two insightful Mental Health Awareness Sessions at Toyota Motors.

The first session took place on October 22, 2024, and was followed by another session on November 5, 2024, both led by Dr. Zaib-un-Nisa, a Consultant in Mental Health.

The October 22, 2024, session was conducted in a hybrid format, both online and in person, to ensure wider accessibility. Dr. Zaib-un-Nisa focused on the importance of mental health in the workplace and specifically discussed identifying and managing different stages of burnout. She also provided practical strategies for stress management and emotional well-being, creating an open platform for employees to discuss mental health concerns.

The second session, held on November 5, 2024, was hosted at Toyota Motors' head office in collaboration with the Liaquat National Hospital team. This session aimed to educate employees about the significance of mental well-being, offering practical strategies for managing stress, anxiety, and other mental health challenges in both personal and professional spheres. Dr. Zaib-un-Nisa addressed the stigma surrounding mental health in the workplace, emphasizing that mental health should be considered integral

to overall well-being and productivity. She also focused on recognizing signs of mental health issues and provided guidance on coping mechanisms, highlighting the importance of seeking professional help when needed.

The session also encouraged promoting a culture of openness and empathy, urging employees to support each other and break down the barriers that often prevent individuals from seeking help. The Toyota Motors team received positive feedback from employees, many of whom appreciated the valuable tools and insights provided during the sessions. The management expressed their commitment to continuing such initiatives to ensure a healthy work environment where mental well-being is prioritized.

These efforts reflect the shared dedication of both Liaquat National Hospital and Toyota Motors to raise awareness, foster open dialogue, and create a supportive environment for mental wellness in the workplace.



Mental Health Awareness Session by Dr. Zaib-Un-Nisa at Toyota Motors



Mental Health Awareness Session by LNH Team at Toyota Motors Head Office

## COURSES/WORKSHOPS/SEMINARS

### COURSE ON MANAGEMENT OF COMMON MEDICAL PROBLEMS IN PRIMARY CARE

The Department of Family Medicine successfully organized an 8-week online course on "Evidence-Based Management of Common Medical Problems in Primary Care" from Nov. 23, 2024 to January 11, 2025.

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



Participants of Course in Zoom Session



gastrointestinal problems, musculoskeletal and neurological conditions, dermatological issues, and urgent care scenarios.

The hybrid structure, combining synchronous and asynchronous Zoom sessions, case-based discussions, MCQs, quizzes, and assignments,

provided a dynamic and engaging learning experience. A diverse group of 12 participants including general physicians, RMOs, house officers, residents, interns, and final-year medical students benefitted from this enriching curriculum.

### CME ON NIFTY

A Continuing Medical Education (CME) program on Non-Invasive Fetal Trisomy Testing (NIFTY), was organized by the Department of Molecular Pathology in collaboration with the Department of Obstetrics and Gynecology on 13<sup>th</sup> November, 2024.

Fetal genetic abnormalities can be detected by a simple mother's blood test using Next Generation Sequencing (NGS) technology. NIFTY is intended to prenatal screening for fetal trisomy 21, 18, 13; Sex Chromosome Aneuploidies (singleton only); Trisomy 9, Trisomy 16, Trisomy 22; Incidental Findings (other autosome aneuploidies) and fetal sex.

Dr. Sobia Rafiq, Head of the Department of Molecular Pathology, delivered an informative talk

on NIFTY and its availability at Liaquat National Hospital. A discussion panel, comprising Dr. Sobia Rafiq and Dr. Syed Zulfiqar Ali Naqvi, Associate Professor of Molecular Pathology, addressed queries from the audience that provided a valuable learning experience for the faculty and residents in attendance.

Syed Ali Mohammad, Manager Lab Services, Uzma Usman, Assistant Manager Lab Services and Ameen Shakir Admin Officer Lab Services also attended the session.

Dr. Aisha Taj, Head of the Obstetrics & Gynaecology Department, presented the shields to the faculty members from the Department of Molecular Pathology.



Dr. Aisha Taj presenting shield to Dr. Sobia Rafiq



Dr. Aisha Taj presenting shield to Dr. Zulfiqar Naqvi



Dr. Sobia Rafiq delivering a lecture

### CME ON BASICS OF INFECTIOUS CONTROL, VACCINATION, AND ANTIMICROBIAL STEWARDSHIP

In the CME academic session on “Basics of Infectious Control, Vaccination, and Antimicrobial Stewardship,” organized by the Internship Committee. We explored essential strategies for enhancing patient safety and public health. The session emphasized the significance of effective infection control measures, including hand hygiene and isolation protocols, to prevent the transmission of infections in healthcare settings. Additionally,

we discussed the critical role of vaccination in protecting vulnerable populations and controlling outbreaks. Antimicrobial stewardship was highlighted as a vital component in combating antimicrobial resistance. Engaging the audience of 40+ house officers fostered a rich exchange of ideas, reinforcing the importance of these foundational concepts in their clinical practice and ongoing professional development.



Dr. Uzma Saad delivering a lecture



## CONQUERING COMMUNICABLE DISEASES: A CME FOCUS

On 2<sup>nd</sup> October 2024, sessions were conducted as Continuing Medical Education (CME) aimed at medical interns and first-year postgraduate residents. Dr. Muhammad Owais Khan and Dr. Shamim Behram, from Infectious Diseases (Internal Medicine), provided knowledgeable insight to the audience on the topic of “Communicable Diseases.” The session provided a comprehensive overview of various communicable diseases, emphasizing their modes of transmission and the critical importance of infection control precautions. Participants were introduced to the classification of diseases based on transmission pathways, including airborne, droplet, sexual, and contact routes. Special attention was given to standard, contact, droplet, and airborne precautions, along with the rationale for their implementation in clinical practice.



Dr. Muhammad Owais Khan



Participants of CME

## CME SESSION: EMPATHY; THE CORNERSTONE IN CLINICAL PRACTICES

The internship Committee organized a CME academic session for house officers on “Empathy; the cornerstone in clinical practice” at Liaquat National Hospital where the patient load is high and cases are diverse. Understanding and addressing the emotional and psychological needs of patients is as important as providing medical care. Empathy fosters trust, improves communication, and enhances patient satisfaction. It also aids in accurate diagnosis and better compliance with treatment plans. As



Dr. Ali Asghar delivering lecture

house officers, integrating empathy into your daily interactions can set the tone for compassionate, patient-centered care, ensuring that each individual feels valued and understood. Cultivating empathy not only elevates your practice but also strengthens the humanistic core of medicine.



House Officers attending the CME

## LIAQUAT NATIONAL MEDICAL COLLEGE (LNMC)

### LNMC RESEARCH SOCIETY HOSTS SUCCESSFUL RESEARCHCON 2024

On September 18, 2024, the Research Society hosted ResearchCon'24, a dynamic conference fostering knowledge sharing under the theme “Pioneering the Future: Emerging Trends and Insights in Research.” The event opened with a welcome speech by Prof. Saima Athar, Chairperson of the Research Society.

The conference featured prominent keynote speakers, including Prof. Dr. Shiraz Shaikh from APPNA Institute of Public Health, Jinnah Sindh Medical University (JSMU), discussing “Global Health Challenges and Solutions: The Role of

Medical Research.” Prof. Dr. Farah Naz Qamar from Aga Khan University delivered insights on “Interdisciplinary Research: Breaking the Boundaries,” while Prof. Dr. Salman Yousuf Sharif from LNMC guided students on “Mastering the Art of Scientific Presentation.” Dr. Aneel Roy Bhagwani, Postdoctoral Associate at Weill Cornell Medicine, concluded with a talk on “Research Revolution: Making an Impact.” Each session featured an engaging Questions/Answers with active audience participation.

An oral presentation competition highlighted the



Welcome Speech by Prof. Saima Athar



Medical Director Prof. Dr. Salman Faridi



Oral presentation winner



event, evaluated by an expert panel of judges — Prof. Dr. Rufina Soomro, Prof. Dr. Naveen Faridi, and Dr. Shaheena Akbani. Sumaiya Nadeem from LNH's School of Physiotherapy won first place. All participants received certificates of participation. The event drew students and faculty from all five Liaquat National Colleges. Prof. Karimullah Makki,

Principal, and Dr. Shaheena Akbani addressed the event highlighting the importance of research. Medical Director Prof. Dr. Salman Faridi offered closing remarks and commended the Research Society's efforts, urging students to stay engaged in research. Co-Chairperson Dua Siddiqui concluded with a vote of thanks.



ResearchCon audience



ResearchCon 2024



Group photo



Research society

## RANGREZA

On September 3<sup>rd</sup>, 2024, the Arts and Culture Society of Liaquat National Medical College hosted the vibrant Rangreza event, a celebration of cultural diversity and creativity. This colorful gathering was arranged for students, faculty, and guests to show the richness of both international and national traditions by engaging activities and eye-catching displays.

Students set up cultural stalls to represent their traditions and heritage. The Mexican stall stood out with the display of traditional decorations and colorful attire. The Balochi stall showcased the intricate patterns and craftsmanship of Balochistan's rich heritage and secured the first position for being the best stall. The Gilgit-Baltistani

stall provided a glimpse into the serene mountain culture through artifacts and traditional clothing. The Sindhi stall highlighted the soulful essence of Sindh with Ajrak and Sindhi caps, while the Punjabi stall celebrated Punjab's lively traditions with dhol music, colorful kites, chaarpari and cultural motifs.

Adding to the event's charm, an ethnic rickshaw with vibrant designs captured the true essence of Pakistani street culture. A stunning Harley Davidson was also on display, which quickly became the favorite spot for attendees to take photos. Additionally, a cowboy with a horse added a unique and exciting touch to the event and attracted people to take pictures and pose with the duo.



Event Highlights







Event Highlights

## SENIOR CITIZENS PRIMARY CARE UNIT (SCPCU)

### FREE GERIATRIC HEALTH CAMP ORGANIZED AT SENIOR CITIZENS PRIMARY CARE UNIT

Liaquat National Hospital organized a Free Geriatric Health Camp on 5<sup>th</sup> October 2024 to provide specialized healthcare services to senior citizens in the community. The camp aimed to offer free health check-ups and consultations, addressing the unique healthcare challenges faced by the elderly. As aging increases the risk of chronic conditions such as hypertension, diabetes, arthritis, dementia, and heart disease, the camp provided an opportunity for senior citizens to receive medical advice, early diagnoses, and screenings for these conditions.

The services offered included comprehensive physical exams by experienced doctors, blood pressure and blood sugar monitoring to detect hypertension and diabetes, DXA scans to assess

fracture risk, and nutritional counseling tailored to the specific needs of elderly individuals. The camp saw an overwhelming response, with over eighty participants who appreciated the opportunity to access essential healthcare services without the financial burden.

The event was a great success, raising health awareness among seniors and highlighting the importance of regular check-ups and early intervention in managing age-related health issues. It also fostered stronger ties between the hospital and the local community. The hospital extended its gratitude to all those involved, with plans to continue offering such services in the future to improve the health and quality of life for senior citizens.



Dr. Iqtidar Taufiq (Consultant Psychiatrist), delivering an inspiring talk at the Geriatric Health Camp



Dr. Rabeeya Saeed, Family Medicine Consultant, guiding participants on lifestyle modifications



DXA Scanning for Geriatric Health Camp participants for comprehensive health diagnostics



Geriatric Health Camp participant alongside esteemed speaker Dr. Samar Abbas (Consultant Internal Medicine)



Geriatric Health Camp participants attentively listening to life challenges



## SENIOR CITIZENS' TRIP TO TDF MAGNIFI SCIENCE MUSEUM IN KARACHI

On 11<sup>th</sup> November 2024, members of the Senior Citizens Primary Care Unit (SCPCU) embarked on an educational trip to the TDF Magnifi Science Museum in Karachi. The purpose of the visit was to engage and inspire elderly individuals while offering a memorable experience filled with learning and fun.

The museum, known for its interactive exhibits and displays, provided the seniors an opportunity to explore various scientific realms like physics, chemistry, biology, and astronomy. The interactive exhibits allowed the participants to experience scientific principles firsthand, making complex concepts more accessible and relatable. Many seniors particularly enjoyed the astronomy section,

where real-time simulations and a planetarium experience took them on a virtual space journey.

Additionally, the “Science in Everyday Life” exhibit showcased how science affects daily activities, and hands-on activities provided deeper insights into modern technology. The museum staff were attentive and informative, offering personalized guidance and ensuring a comfortable, accessible experience for all participants, including those with mobility concerns.

Beyond learning, the trip provided a chance for the senior citizens to socialize and bond in a lively setting, fostering connections and shared experiences while enjoying a day filled with science and camaraderie.



A facilitator guiding an elderly participant through a scientific maze, explaining each step with care and attention



An elderly participant preparing to walk blindfolded, carefully following instructions from a fellow member for guidance and improving sensory and motor functioning



Elderly participants taking a well-deserved break, relaxing and enjoying a moment of rest between activities



A facilitator explaining the functions of the brain to a group of senior citizens, engaging them with clear and informative visuals



Senior citizens interacting with an exhibition project on noise pollution, exploring its effects through hands-on displays



SCPCU members attentively listening and watching a scientific demonstration as a facilitator explains the concept with engaging visuals

## INDOOR GAMING SESSION AT SCPCU

On December 19<sup>th</sup> 2024, an indoor gaming session was organized for members of the Senior Citizens Primary Care Unit (SCPCU) to promote social interaction, mental stimulation, and physical activity in a fun environment. The event featured a variety of games, including board games, card games, and light physical exercises, tailored to the participants' preferences and abilities.

The session provided a chance for seniors to connect with each other, share memories, and challenge themselves in a friendly, supportive atmosphere. Volunteers and facilitators were present to offer guidance and ensure everyone was comfortable and engaged. Special care was taken to make the games inclusive and accessible, accommodating any physical limitations of the participants.

Beyond the mental and social benefits, the event also allowed the seniors to enjoy light-hearted, fun activities, bringing joy and laughter to their day. At the end of the session, participants left with a sense of accomplishment and happiness, having spent quality time with friends and peers.



Mrs. Mehmooda hopping on one foot



The evergreen couple – Mr. & Mrs. Abdullah participating together



Mr. Ashhad Siddiqui mimicking famous personalities



Engaging in the moment, as everyone shares in the warmth of the activity together



The female members helping each other in accomplishing the task while everyone cheers

## EVENTS

### MEHFIL-E-MILAD-E-MUSTAFA – A HEARTFELT TRIBUTE TO FAITH AND UNITY

The Department of Physiotherapy had the privilege of organizing the annual Mehfil-e-Milad-e-Mustafa (May Peace Be upon Him) on behalf of the hospital on October 4, 2024. This spiritually uplifting gathering was graced by the management, staff, and students, who came together to honor the unparalleled life and teachings of the Holy Prophet (May Peace Be upon Him).

The event began with a serene recitation from the Holy Quran, setting a peaceful tone for the proceedings. Students of the Physiotherapy Department delivered heartfelt and soulful Hamd and Naats, paying tribute to the Beloved Prophet (May Peace Be upon Him).

The program was further elevated by the presence of the renowned Naatkuwan Kamran Sheikh Soharwardi whose deeply touching recitations captivated everyone in attendance.



Medical Director Prof. Dr. Salman Faridi and Director-Administration Brig. Dr. Syed Naseem Ahmed Presenting Gifts to Naatkuwan Mr. Kamran Sheikh Soharwardi

The gathering concluded with a heartfelt dua (prayer), seeking peace, prosperity, and unity for the country and the Muslim Ummah. This successful event was a testament to the Department of Physiotherapy's commitment to promoting values of faith and community.



Naatkuwan Mr. Kamran Sheikh Soharwardi and students paying tribute to the Beloved Prophet (May Peace Be upon Him).





### 3<sup>RD</sup> INTERDEPARTMENTAL WOMEN'S THROWBALL TOURNAMENT – A CELEBRATION OF TALENT AND TEAM SPIRIT

In an inspiring effort to promote women's participation in sports, the 3<sup>rd</sup> Interdepartmental Women's Throwball Tournament was organized with great enthusiasm and dedication. The event was made possible through the relentless efforts of the Sports Committee, comprising the following key personnel:

1. Syed Hassan Abbas Rizvi
2. Dr. M. Haroon Memon
3. Ms. Shazia Ishaq
4. Dr. Sonya Arshad
5. Dr. Farida Hussaini
6. Ms. Husna
7. Ms. Sonia
8. Dr. Kehkashan

The tournament commenced on September 2, 2024, at the LNH Sports Ground and continued in the afternoons, allowing participants to balance their regular tasks with this exciting activity. The overwhelming response from staff and students was heartening, showcasing their dedication to fostering camaraderie and healthy competition. A total of 12 teams participated, divided into 4 groups. Each team played two matches in the first round, after which the top 8 teams advanced to the quarterfinals.

The semifinals featured thrilling performances and were graced by the presence of the LNH management.

The highly anticipated final match was held on September 10, 2024, with Rehab Raiders facing off against MBBS Team 1. To further motivate the players, national-level athletes Iqra Riaz (2024 Attock Gold Medallist) and Maria Malik (2023 Quetta Bronze Medallist) attended as special guests. The audience witnessed an electrifying game, with Rehab Raiders emerging as the champions from Physiotherapy department. Ms. Aina Afridi was named Player of the Match for her outstanding performance.

The tournament concluded with a grand award ceremony, where Prof. Dr. Salman Faridi, as Chief Guest, distributed trophies and awards to the deserving teams and players. Ms. Aina Afridi was recognized as the Best Player of the Tournament for her exceptional contributions. The Medical Director, Prof. Dr. Salman Faridi, appreciated the hard work and dedication of the organizing committee for making the tournament a resounding success. He commended the players for their commitment to balancing their professional and academic responsibilities while actively participating in the event. Dr. Faridi further encouraged more female participation in such activities and emphasized the importance of continuing these initiatives to promote teamwork, physical fitness, and a vibrant institutional culture.



Event Highlights





Event Highlights

## EXHIBITION CRICKET MATCH: PRESS MEDIA XI VS. LNH XI

Liaquat National Hospital hosted a friendly exhibition cricket match between Press Media XI & LNH XI. The activity was planned by the LNH Press & Media Affairs dept and was organized in collaboration with the LNH Sports Committee. The press media team was constituted of reporters & journalists from various media outlets. On the occasion, renowned cricket veterans Mr. Sadiq Mohammad & Mr. Touseef Ahmed, sports anchor & analyst Mr. Yahya Hussaini, Secretary of the Health Committee of Karachi Press Club Mr. Tufail Ahmed, and President Karachi Union of Journalists (Dastoor) Mr. Hamid Ur Rehman were invited as the Guests of Honor. The LNH team won the matches 2-0.

The Medical Director, Assistant Medical Director, along with the Director of Administration & the

General Managers, graced the occasion. Talking to the guests and the press media players, the Medical Director Prof. Dr. Salman Faridi, extended a warm welcome and also briefed them about the upcoming 8<sup>th</sup> LNH Symposium. An awards ceremony was held after the matches, and Prof. Dr. Salman Faridi awarded trophies to both the teams and also presented souvenirs to all the guests. Speaking on the occasion, Mr. Sadiq Mohammad & Mr. Touseef Ahmed appreciated the initiative by Prof. Dr. Salman Faridi to promote healthy activities and stressed to the young generation to regularly engage in sports. The press media XI greatly appreciated the hospitality of LNH management and expressed their gratitude for all the arrangements.



Medical Director Prof. Dr. Salman Faridi with Mr. Touseef Ahmed



Medical Director awarding the trophy to the winning team LNH XI



Medical Director awarding the trophy to the runners up team Press Media XI



Medical Director presenting the souvenirs to the guest of honor



Medical Director presenting the souvenirs to the guests of honor



LNH Management with Honorable Guests



The winning team LNH XI



## CHILDREN'S DAY CELEBRATION AT LNH

Liaquat National Hospital (LNH) celebrated Children's Day with joy and warmth, creating a memorable experience for the little ones. The Marketing Department at LNH distributed goody bags among children visiting the hospital and those admitted in wards.

The goody bags were filled with exciting treats that brought smiles to the faces of children and their families. This small gesture spread happiness and comfort among its young patients and made their visit a little brighter.



Children's Day Celebration at LNH

## DR. AZAM ALI MEMORIAL CEREMONY – HONORING A LEGACY OF EXCELLENCE

On October 8, 2024, Liaquat National Hospital hosted a heartfelt memorial ceremony to honor the extraordinary contributions of Dr. Azam Ali, a distinguished ophthalmologist who had been part of the LNH family since 2016.

Dr. Azam Ali was a pioneer in his field and healed thousands of patients, leaving a lasting impact on their lives. In recognition of his extraordinary work, he was awarded the Lifetime Achievement Award

in 2021 by the Ophthalmology Society of Pakistan and the South Asian Academy of Ophthalmology. The memorial ceremony was attended by Dr. Azam Ali's family, his colleagues, and LNH staff members. The event was filled with heartfelt moments as his colleagues shared personal stories, fond memories, and words of gratitude for his contributions to ophthalmology and patient care.



Dr. Azam Ali Memorial Ceremony at LNH

Renowned Actor Behroz Sabzwari Sharing Fond Memories with Dr. Azam Ali

## ACHIEVEMENTS

### ACHIEVEMENT OF DEPARTMENT OF OCCUPATIONAL THERAPY

In order to help children succeed in their daily activities and other curriculum-related activities, the Department of Occupational Therapy at Liaquat National Hospital introduced this new service with the objectives of managing their anxiety, regulating their emotions and impulsivity, and improving their self-esteem, focus, and concentration. Children's parents reacted well to this program. In August 2024, Ms. Nadia Aziz, an occupational therapist, introduced "Yoga and Aerobics Movements for Kids," the only platform where children's fitness is now provided by a certified health and fitness trainer.



Yoga and Aerobics Movements for Kids

## LIAQUAT NATIONAL SCHOOL OF PHYSIOTHERAPY ACHIEVES MILESTONE WITH PUBLICATION OF BOOK ON ICU (INTENSIVE CARE UNIT) PHYSICAL THERAPY

There goes a saying that words in the book are not just ink on paper but a reflection of the passion, dedication, and expertise of its authors.

Liaquat National School of Physiotherapy (LNSOP) has made a remarkable achievement in the field of physiotherapy with the publication of its book, "Intensive Care Unit Physical Therapy: An Evidence-Based Guide". This book is internationally recognized and available for purchase on Amazon Kindle Direct Publishing (KDP), with an international Bowker ISBN (International Standard Book Number).

The book provides evidence-based practice guidelines not only for physical therapists but also for all healthcare professionals working in ICUs. This resource is set to promote the evidence-based approach to physical therapy in ICUs, ensuring better patient outcomes and improved care.

The authors of this book are Ms. Nida Rizvi, Syed Hasan Abbas Rizvi, and Faizan Saeed Syed.

This achievement is a symbol of LNSOP's commitment to advancing the field of physiotherapy and promoting research-based guidelines.

With this publication, LNSOP has once again demonstrated its leadership in physiotherapy education and research and its dedication to improving healthcare outcomes in Pakistan and beyond.

According to Ms. Nida Rizvi, author of this book, 'Working in the ICU is not a single person's work, but it requires a whole multidisciplinary approach. I still remember how we worked hard to make this book easy to understand, with advanced innovative exercises, and it has also provided insight on how physical therapists can work in emergency situations like cardiopulmonary resuscitation, ventilator management, difficult intubation, and other ICU procedures with the ICU team. We are deeply thankful to Dr. Salman Faridi for his endless support and for making this book publication possible.



## RESEARCH AND SKILLS DEVELOPMENT CENTRE (RSDC)

### PRIMARY TRAUMA CARE WORKSHOP ACCREDITED BY PRIMARY TRAUMA CARE FOUNDATION

On 5<sup>th</sup> October 2024, the RSD instructors, along with Dr. Shireen A. A. Ramzan Ali from the Primary Trauma Care Foundation, conducted a Primary Trauma Care workshop at A.O. Clinic, Karachi. Participants practiced essential skills such as Basic Airway Management, Chest Intubation, Trauma Radiology, Helmet Extrication, Log Roll, Pelvic Sling, and Primary Survey. At the end of the workshop, certificates were awarded to all candidates, and the event received positive feedback from attendees.

Later, on 14<sup>th</sup> December 2024, Liaquat National Hospital's RSD Team, in collaboration with the Primary Trauma Care Foundation, conducted an accredited Primary Trauma Care workshop at Liaquat Institute of Medical Health Sciences (LUMHS) in Thatta. The workshop aimed to improve the clinical performance of critical care setups and enhance the treatment of adult trauma patients facing life-threatening emergencies. Approximately 25 Fellows, PGs (Post Graduates), ER (Emergency Room) personnel, Nurses, EMTs



Primary Trauma Care workshop



(Emergency Medical Technicians), Students, and healthcare professionals from both public and private sectors participated. Certificates and Ajraks were presented to faculty members and assistant instructors at the end as a token of appreciation.



LNH Instructors Conducted a Workshop at LUMHS in Thatta

### HOSPITAL PREPAREDNESS FOR EMERGENCIES (HOPE) COURSE AT LIAQUAT NATIONAL HOSPITAL

The Department of RSD & Team proudly conducted the 1<sup>st</sup> Hospital Preparedness for Emergencies (HOPE) Course at Liaquat National Hospital in collaboration with Primary Trauma Care Foundation on 26<sup>th</sup> October 2024. The session was organized by Instructor PEER-HOPE USAID NSET (United States Agency for International Development and the National Society for Earthquake Technology) Nepal and ADPC (Asian Disaster Preparedness Center)

Facilitator, Dr. Shireen A.A. Ramzan Ali, & Head of RSDC Dr. Kahkashan Tahir. The session includes lectures, interactive activities, group discussions, and scenario exercises. Demonstration of vehicle extrication, transportation techniques, and use of fire extinguishers were performed. A total of 17 participants, including in-house hospital staff from different departments, attended this session. Certificates of participation were distributed amongst participants at the end of the session.



HOPE LNH

### 1<sup>ST</sup> MASS CASUALTY WORKSHOP IN COLLABORATION WITH PRIMARY TRAUMA CARE FOUNDATION AT LIAQUAT NATIONAL HOSPITAL

On 12<sup>th</sup> November 2024, the RSD Department at Liaquat National Hospital organized its first-ever Mass Casualty Workshop in collaboration with the Primary Trauma Care Foundation. Under the supervision of Dr. Shireen A. A. Ramzan Ali and Dr. Kahkashan Tahir, the workshop aimed to enhance clinical performance in critical care setups for handling mass casualty situations and treating trauma patients. A total of 30 participants, including physicians, nurses, EMTs, ambulance staff, and undergraduate students, attended the session.

The event began with a recitation from the Quran, followed by a series of lectures and demonstrations on triage and primary survey in mass casualties. A mock drill scenario was conducted with moulage-simulated volunteers, where participants responded to a triage room. The workshop



Demonstrations in progress

also included five skill stations: Airway Management (with demonstrations on various airways and endotracheal intubation), Chest Tube Insertion, Trauma Radiology (focused on abnormalities of the Cervical Spine, Thorax, and Pelvis), and demonstrations on Log Roll, Helmet Extrication, Pelvic Sling, and Intraosseous procedures. Additionally, a station focusing on blast injuries in pregnant women was demonstrated.



Mass Casualty Workshop

## AMERICAN HEART ASSOCIATION (AHA) ACCREDITED COURSES

The HeartCode® BLS Online course is a self-paced eLearning program designed for healthcare professionals to acquire and demonstrate Basic Life Support (BLS) skills through adaptive learning technology. The course includes an online cognitive portion and requires a separate skills assessment with an AHA instructor to earn a valid BLS Provider eCard, valid for two years. From September to December 2024, RSDC successfully conducted 42 BLS courses, including HeartCode, regular, and renewal courses,

training 246 participants.

The Advanced Cardiac Life Support (ACLS) program, developed by the American Heart Association, is a two-day course aimed at enhancing the skills of emergency practitioners, doctors, nurses, and paramedical staff in managing cardiac arrest and other emergencies. RSDC conducted five ACLS sessions from September to December 2024, training 27 participants.

The Pediatric Advanced Life Support (PALS) program, also a two-day course by the AHA, focuses on improving the



skills of pediatric practitioners in managing respiratory emergencies, shock, and cardiopulmonary arrest. It involves case scenario practices and simulations. RSDC held three PALS courses from September to December 2024, with 13 participants trained.



AHA Accredited Courses

## MISCELLANEOUS

### 21<sup>ST</sup> HEALTH ASIA 2024

At the 21st Health Asia 2024 (17-19 October 2024 at Karachi Expo Centre), Liaquat National Hospital highlighted its expertise and commitment to providing high-quality medical services. On Day 1 (the hospital focused on its Orthotics and Prosthetics services, and displayed customized prosthetic limbs, braces, and mobility aids and provided consultations on rehabilitation plans

to improve the quality of life of differently-abled people.

Day 2 focused on Mental Health, a vital yet often overlooked aspect of well-being. LNH organized one-on-one psychologist consultations, providing attendees with a safe and supportive space to discuss mental health concerns, stress management, and coping strategies.



Day 3 featured hands-on sessions on Cardiopulmonary Resuscitation (CPR) and life-saving techniques, where trained instructors from Research and Skills Development Centre (RSDC) demonstrated emergency response skills

to handle cardiac arrests, choking, and other critical situations. Participants actively engaged in these activities, gaining confidence in performing life-saving interventions.



Team LNH at 21<sup>st</sup> Health Asia 2024

## SUCCESSFUL IMPLEMENTATION OF TREND MICRO VISION ONE (XDR) AND EMAIL GATEWAY SECURITY

The deployment of Trend Micro Vision One (Extended detection and response-XDR) and Email Security Gateway is a remarkable milestone in strengthening LNH's cyber security framework. Executed in collaboration with Trend Micro and the Super Net Secure Solutions Teams, this initiative was driven by the Infrastructure Team under the strategic leadership of the Manager Information Technology Infrastructure and Networks, with essential support and guidance from the Head of Information Technology (HOD-IT).

Trend Micro Vision One (XDR) delivers comprehensive threat detection and response capabilities across endpoints, servers, and networks. Leveraging AI (Artificial Intelligence)-powered analytics, it swiftly identifies and mitigates hidden vulnerabilities, enhancing incident response efficiency. Coupled with the Email Security Gateway, which ensures robust protection against phishing, spam, and malware

attacks, this deployment creates a fortified defense mechanism for our digital ecosystem.

This achievement significantly strengthens LNH's ability to safeguard sensitive data, maintain operational continuity, and meet compliance. It highlights the organization's proactive stance in addressing the complexities of an evolving cyber landscape.

The success of this initiative reflects the dedication, collaboration, and expertise of LNH's IT teams, underscored by leadership's unwavering commitment to innovation and security excellence. As a result, LNH is now equipped with a resilient and reliable cyber security infrastructure, striving its best to provide a secure environment for all stakeholders.

This accomplishment stands as a testament to LNH's focus on delivering advanced, secure, and innovative IT solutions to meet the challenges of the future.



Group photo of TrendMicro, Super Secure Net, and LNH Teams celebrating the successful completion of the Trend Micro Vision One (XDR) and Email Gateway Security implementation project



The Infrastructure Team had celebrated the successful completion of the project

## NEW APPOINTMENTS

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



**Dr. Prem Chand**  
Professor  
Paeds Medicine



**Dr. Sana Khurshid**  
Consultant  
Urology



**Dr. Ali Raza**  
Consultant (Part Time)  
Urology



**Dr. Taimur Iftikhar Qureshi**  
Consultant (Part Time)  
Paediatric Surgery



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