

# SIHS BIMONTHLY E-NEWSLETTER

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## Updates

### New service initiation at One-stop Breast Clinic in Shalamar Hospital

Breast cancer is a major health problem and was among the top three most common malignancies globally in 2022. Sentinel lymph node biopsy has become a standard staging tool in the surgical management of breast cancer. The positive impact of sentinel lymph node biopsy on postoperative adverse outcomes is its significant advantage without compromising the oncological outcomes.

Shalamar hospital has proudly started Axillary scintigraphy for sentinel lymph node biopsy (SLNB) in early breast cancer patients using the latest gamma probe. SLNB has supplanted axillary lymph node dissection as the gold standard for axillary lymph node staging in clinically and radiologically node-negative breast cancer.



Gamma Probe

SLNB staging can reduce surgical morbidity in shoulder dysfunction and lymphedema without affecting diagnostic accuracy and prognostic information. Currently, there are only 2 hospitals, including Shalamar Hospital in Punjab, in the public sector to have this facility for breast cancer patients.

### A step towards a Paperless Hospital

Health management information systems (HMIS) have evolved into an essential component of healthcare delivery that benefits both doctors and patients. In today's fast-paced world, hospitals are hopping on board to become fully digitalized, and paper-based strategies give way to electronic-based ones. A well-designed EMR system helps ensure that physicians, patients, and management have access to the information they need. Shalamar Hospital is one of the few hospitals with a fully established HMIS system in Lahore that is very adaptable and upgradeable.

Shalamar Hospital's status as a leader in healthcare innovation is well-deserved since it is one of the few hospitals striving toward a paperless environment. To do this, the current EMR system i2 is being upgraded significantly. In coordination with Programs & Partnerships, the IT department works with clinicians in the Rheumatology department, which was chosen for a trial. Next, we have the Ophthalmology, Breast Clinic, and Burns and Plastic department in the pipeline, and later it will be replicated throughout the Shalamar Hospital.

### Medical Observership Visit



SHF, Shalamar, and Johns Hopkins Medicine International are working together to build Pakistan's first Women's Health Center. In December 2021, experts from JHMI visited Shalamar Hospital to initiate the establishment of the Women's Health Center.

In the next phase, the two doctors from Shalamar Hospital will visit the JHMI in the USA in the first week of June 2022 for Medical Observership training to learn about best practices.

# Highlights

## Research and Public Health Ethics – The Essentials



The department of Research & Innovation, Shalamar Medical & Dental College (SMDC), in collaboration with the Centre of Biomedical Ethics and Culture (CBEC), organized two days workshop on “Research and Public Health Ethics-The Essentials.”

The workshop was facilitated by Alumni of CBEC, i.e., Prof. Aamir Jafarey, Ms. Sualeha Shekhani, Dr. Natasha Anwar and Dr. Mariam Hassan, and Dr. Farkhanda Ghafoor. The workshop focused on Ethical Governance, study designs & ethical issues, clinical trials, public health surveillance & public health research, data ownership, and privacy concerns. It was attended by 28 registered participants, including members of the scientific committee and ethical committee, faculty members, clinicians, and research supervisors, from all disciplines of Shalamar Institute of Health Sciences.

The participants were enthusiastic and rated the overall workshop as “Excellent.” They reflected that the workshop was a great learning experience **that** provided them a detailed insight into various aspects of research; they found it **helpful**, informative, and well planned. The interactive sessions were challenging **and** captivating as real-time case studies were discussed. The participants found the real scenarios pretty **beneficial** in dealing with and solving many ethical issues while performing professional responsibilities. Moreover, the participants demanded that such workshops **be** conducted in the future, if not quarterly but at least biannually.

## Session on 'Clinical Trials'



The department of Research & Innovation, Shalamar Medical & Dental College (SMDC), organized a session on “Clinical Trials” in continuation to the workshop on “Research and Public Health Ethics-The Essentials.”

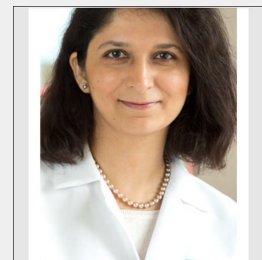
The workshop was moderated by Dr. Aisha Y. Malik, affiliated with Oxford University, UK. The **critical** areas of learning for participants were: prerequisite for registration of clinical trials, core values of research merit & integrity, justice, beneficence, respect of research participants, and compliance with ethical standards in all phases of clinical trials, **per the** Declaration of Helsinki.

The participants found it a **practical**, interactive, and intensive discussion session. They expressed their appreciation of the session by stating that it has added to their existing knowledge about clinical trials and will help them implement applications in their field. They showed keen interest in holding such informative/instructive sessions in the future presented by renowned speakers and researchers.



# Highlights

The Shalamar Institute of Health Sciences management is pleased to designate Dr. Muna Ahmad, Assistant Professor, as Head of the Ophthalmology Department, SMDC & Shalamar Hospital. She shall be responsible for the department's academic, operational & clinical affairs.



## Shalamar Nursing College 6th Convocation 2022



The 6th Convocation of Shalamar Nursing College (SNC) was held on Friday, April 1, 2022. Eighty-Four (84) BSN and BSRN graduates were awarded the degrees by Prof. Dr. Javed Akram, Vice-Chancellor, University of Health Sciences (UHS). Mrs. Nasim Rafiq, Principal SNC, presented the college activities and achievements report. Sixty Four (64) graduates were awarded certificates and shields for their academic excellence (319 distinctions) by Mr. Shahid Hussain, Chairman Board of Trustees, Businessmen Hospital Trust, and Mrs. Shahnaz Qayyum, Director General Nursing Punjab.

Mr. Ali Hamza (BSN) & Ms. Farheen Shakeel (BSRN) were declared the best graduates of the sessions and awarded gold medals.



Dr Javeria Aslam working as Assistant Professor/Programme Coordinator DPT SSAHS recently completed her International certification in "Blood Flow Restriction Rehabilitation" with Owens Recovery Science at Pure Sports Medicine - St Paul's London, the United Kingdom on 5th - 7th March 2022.

## 8th Capping, Pinning, and Candle Lighting Ceremony



The 8th Capping, Pinning, and Candle Lighting Ceremony was held on Friday, March 11, 2022. The Capping, Pinning & Candle Lighting Ceremony is a tradition that marks the completion of the first significant part of the nursing education; and a nursing student's passage to practicing the skills in the clinical area learned in the theoretical setting. Students take the Nurses Pledge, in which they vow to uphold the nursing profession's standards.

## Ms. Neha Shakeel student of SSAHS, the best presenter at COVID CON



Three students of final year MLT & OTT from SSAHS participated in the national COVID CON 2022 held at the University of Lahore. Ms. Neha Shakeel (Student MLT) presented the paper titled "COVID-19 Infection in Vaccinated and unvaccinated Patients and its association with C-Reactive Protein and D-Dimer variation". She was certified as the best presenter.