

SIHS E-NEWSLETTER

Issue No. 8 | Date of Publication: 20-11-2023

August, September, October 2023

Vision 2030 Workshop at Shalamar Institute of Health Sciences

Clinical, Academic, and Administrative leaders from all constituent units of Shalamar Institute of Health Sciences gathered to forge Vision 2030, a roadmap for the institute's future. Guided by the expertise of Dr. Hassan Rauf and Kashif Khan from the Suleman Dawood School of Business, Lahore University of Management Science, the workshop was a testament to the shared enthusiasm and active involvement of the participants in shaping a brilliant future for their institute. This workshop provided a foundation for the participants to identify and prioritize organizational goals for the next decade and develop specific strategies to achieving these goals.



Clinical, Academic, and Administrative Leaders united at Shalamar Institute of Health Sciences to forge Vision 2030



Inauguration of Shalamar Breast Center



Shalamar Hospital is proud to announce the launch of its state-of-the-art Breast Center, a flagship clinic of the Shalamar Women Health Center. U.S. Consul General Lahore, Kristin Hawkins participated in the inauguration of the center, which will provide comprehensive breast cancer care to women in Pakistan. The Center is a one-stop service for all breast cancer related issues for women, including advanced screenings, diagnostic evaluations, and personalized care plans. This center will be linked to health services for women at Shalamar and support the one-stop care delivery model. The launch of the center also marked the beginning of breast cancer awareness month and demonstrates Shalamar's commitment to the treatment of this illness.



SIHS Research Excellence Award

Shalamar Institute of Health Sciences (SIHS) is pleased to announce that Dr. Talat Waseem and Dr. Farkhanda Ghafoor have been awarded the Research Excellence Award 2023. This prestigious award recognizes the outstanding contributions of SIHS researchers to the advancement of healthcare knowledge and practice. Dr. Talat Waseem, Chair Surgery and Allied Clinical Disciplines received research award for his publication “Enriching operating room based student learning experience: exploration of factors and development of curricular guidelines”.

Doctor Farkhanda Ghafoor, Director Research and Innovation received award for her publication “Comorbidities Affect the Recovery Rate of Covid-19 Patients”.



Pink October



Breast Cancer Screening Camp at LUMS

Shalamar Hospital joined forces with FemSoc at LUMS to promote health and raise awareness about Breast Cancer! Shalamar Breast Centre team provided free consultations, examinations, and breast cancer screenings. Participants actively engaged and gained invaluable insights into breast health while receiving personalized recommendations from our esteemed medical professionals.

Therapeutic and Nutritional Management Session at Lahore College for Women University



On an enlightening day at Lahore College for Women University, our consultant oncologist, Doctor Jawayria Sajid, intricately unraveled the mysteries of breast tissue, helping the audience understand the diverse ways symptoms may manifest. With passion and expertise, Doctor Jawayria Sajid shed light on the complex nature of breast cancer, from its various stages and types to the latest diagnostic and treatment options. She emphasized the importance of early detection and regular screening, empowering the audience to take proactive steps in safeguarding their health.



Doctor Faiza Kamal, Senior Dietitian, further enriched the discussion with her insights on the role of nutrition in breast cancer prevention and management. She dispelled common myths and misconceptions, educating the audience on complex carbs, low biological value proteins, the truth about trans fats, and the fascinating world of food pyramids.



Breast Cancer Awareness Session & Medical Camp at Service Sales Corporation



We are delighted to share the highlights of the Breast Cancer Awareness session and medical camp conducted by Shalamar Hospital at Service Sales Corporation. Our team offered a comprehensive range of services, from convenient blood sampling for essential lab tests to free vital check-ups and valuable consultations with healthcare professionals.



At the heart of this event was our commitment to educating and empowering participants. Our consultant oncologist, Doctor Jawayria Sajid, covered vital topics such as breast cancer symptoms and treatment options, ensuring that knowledge is the key to empowerment. In her engaging presentation, Dr. Sajid shed light on the diverse ways that breast cancer symptoms can manifest, emphasizing the importance of early detection and regular screening. She also discussed the latest diagnostic and treatment options, empowering participants to take proactive steps in safeguarding their health.



Breast Cancer Awareness Session at Beaconhouse School System

Knowledge is our greatest shield against breast cancer! With this belief at heart, we organized a breast cancer awareness session at Beaconhouse School System, empowering the participants with the power of information.

Our consultant medical oncologist, Doctor Jawayria Sajid, shared her expertise on the causes, symptoms, treatments, screening, and preventive measures for breast cancer. Her engaging presentation resonated with the audience, who actively participated in the Q&A session, reflecting their thirst for knowledge and collective determination to combat this disease.



Doctor Jawayria Sajid emphasized the importance of early detection and regular screening, highlighting the latest diagnostic and treatment options. She also discussed the role of nutrition and lifestyle in breast cancer prevention, providing practical advice and guidance.



Breast Cancer Awareness Session at National Bank

Knowledge is the key to early detection and prevention of breast cancer. With this belief in mind, we organized a breast cancer awareness session at National Bank Lahore, bringing together the community to discuss self-examination, recognizing breast cancer symptoms, and the latest treatment methods.



10th Capping, Pinning and Candle Lighting Ceremony at Shalamar Nursing College



Shalamar Nursing College hosted its 10th Pinning, Capping & Candle Lighting Ceremony, honoring the incredible achievement of the BSN (4-year) Batch of 2022. This special event marked the completion of the first major milestone in their nursing education journey. The tradition of pinning, capping, and candle lighting symbolizes the students' dedication to the nursing profession and their remarkable efforts in the BSN program. A total of 71 students received their pins and caps, and they took the nursing oath, pledging their commitment to excellence and compassionate care. The ceremony was a joyous occasion for students, faculty, and family members alike. It was a time to celebrate the students' hard work and dedication, and to reflect on the important role that nurses play in our society.

As the new graduates embark on their careers, they will carry with them the lessons they learned at Shalamar Nursing College. They will be prepared to provide compassionate and skilled care to their patients, and to make a positive difference in the lives of others.



No Health Without Mental Health: Session On World Mental Health Day



On the occasion of World Mental Health Day, Shalamar Hospital organized an insightful awareness session to explore the intricate relationship between mental health and society, pregnancy, postpartum depression, and early childhood behaviors.

The session began with a reflection on society's approach to individuals facing mental health challenges. The speakers highlighted the importance of empathy, understanding, and support in helping people overcome mental health stigma and discrimination. The session then delved into the lasting impact of psychological scars. The speakers discussed the various ways in which traumatic experiences can affect our mental and physical health, and shared coping mechanisms and strategies for healing. A meaningful panel discussion on various mental illnesses followed. The panelists, comprising experts from psychiatry, psychology, and social work, shared their insights on the causes, symptoms, and treatment of common mental illnesses such as depression, anxiety, and bipolar disorder. The session concluded with an exploration of the relationship between mental health and pregnancy, postpartum depression, and early childhood behaviors. The speakers emphasized the importance of mental health support for mothers during pregnancy and the postpartum period, and highlighted the role of early intervention in promoting the mental and emotional well-being of children.

Initiation of the Multidisciplinary Team Meeting/ Tumor Board

We are delighted to share exciting news regarding an enhancement in our clinical care approach. Commencing October 6th, our Tumor Board (MDT) meetings will now convene every Friday. This significant update coincides with the invaluable addition of Dr. AbuBakar Shahid, the former Director of INMOL, who brings his expertise to our team as an Oncologist. The primary goal behind reintroducing the MDT meetings is to elevate the level of clinical care we provide to our patients. This will be achieved through a comprehensive and methodical multidisciplinary approach. In the near future, we will be implementing a new protocol that mandates all oncological patients to be referred through the MDT before any surgical intervention.

Lecture on Role of tPA in Acute Ischemic Stroke Management for Family Physicians

Family physicians play a critical role in stroke prevention. Department of Neurology, Shalamar Hospital arranged a session on tPA in Acute Ischemic Stroke Management and educated family physicians with the latest insights and strategies to enhance stroke prevention and improve patient outcomes. tPA, or tissue plasminogen activator, is a medication that can help to dissolve blood clots and restore blood flow to the brain after a stroke. It is most effective when given within three hours of stroke onset, so it is important for family physicians to be aware of the signs and symptoms of stroke and to act quickly to get patients to a hospital where tPA can be administered.

The workshop also emphasized the importance of community awareness and stroke prevention. By working together, family physicians and the community can help to reduce the risk of stroke and improve the lives of those who are affected by this devastating condition.



Bone Health Symposium



Sakina Institute of Diabetes & Endocrine Research (SiDER) and the Department of Rheumatology, Shalamar Hospital hosted the first-ever Bone Symposium on Osteoporosis. Osteoporosis is a silent epidemic that affects millions of people worldwide, with Pakistan having one of the highest rates of osteoporosis in the world. It is a chronic condition that weakens bones and makes them more likely to break. Osteoporosis can lead to fractures, disability, and even death.



This momentous event brought together a distinguished panel of experts, including Professor Ali Jawa, (Director Wilcare), Prof. Sumaira Farman Raja (Head of Rheumatology NHMC), Dr. Kiran Chaudry (Peads endocrinologist), Dr Bilal A Butt (Head of Rheumatology FJMU), Dr Maaz Ali Abbasi, (consultant musculoskeletal radiologist NHS United Kingdom) and Dr Amna Hassan (Head of Nuclear Medicine Dept. SKMH). who shared invaluable insights on the burden of diseases in Pakistan and a multidisciplinary approach to managing osteoporosis. We extend our heartfelt thanks to all the participants and speakers for making this event a resounding success.



World Patient Safety Day at Shalamar Hospital

In observance of World Patient Safety Day, Shalamar Hospital proudly reaffirms its unwavering dedication to prioritizing patient safety. Department of Quality Management and Patient Safety arranged various activities to ensure the integration of safety measures, emphasize the significance of hygiene and infection control, and tirelessly working towards fostering open and effective communication with our valued patients.



World Physical Therapy Day!

On September 8th, the Department of Physiotherapy at Shalamar Hospital and SSAHS held a walk with banners and a cake cutting ceremony to celebrate the vital role of critical care physiotherapists.



on September 8th, the Department of Physiotherapy at Shalamar School of Allied Health Sciences (SSAHS), commemorates the vital role of critical care physiotherapists in promoting health and fitness and helping people live their best lives. In celebration of this special day and in honor of these dedicated professionals, the Department of Physiotherapy at Shalamar School of Allied Health Sciences held a walk with banners and a cake cutting ceremony. The event was a fitting tribute to the work that critical care physiotherapists do to help patients heal and live their best lives.

WHO Labor Care Guide Workshop

The Department of Obstetrics & Gynaecology hosted a workshop on the WHO Labor Care Guide (LCG) and Respectful Maternity Care. The workshop was attended by healthcare professionals from a variety of disciplines, and provided participants with the opportunity to learn about the LCG, a tool designed to support evidence-based, respectful care during labor and childbirth.



Session on “Professionalism in Pediatrics”



Department of Pediatrics, Shalamar Hospital hosted a session on "Professionalism in Pediatrics" by Prof. Sajid Maqbool, Professor Emeritus Children's Hospital Lahore. The session covered a wide range of topics, including:

- The art of patient handling
- Effective communication with patients and their families
- Explaining medical issues to patients with care and compassion
- The importance of ethics in delivering quality pediatric care

Prof. Maqbool emphasized the need for healthcare professionals to follow the highest standards of professionalism and ethics, especially when caring for young patients. He shared his insights and experiences from many years of working in pediatrics, and offered practical advice to attendees on how to provide the best possible care to their little patients.

The session was well-received by attendees, who appreciated the opportunity to learn from Prof. Maqbool's expertise.

Research at SIHS

- Prof. Nazli Hameed's Publication on "Management of Overactive Bladder in Women"
- Prof. Safia Sultana Munir's publication on "Prevention of Ovarian Hyperstimulation Syndrome By Using the Alternative Drug to Induce Final Ovulation Trigger in In Vitro Fertilization Cycles" in the Journal of Rawalpindi Medical College.
- Rida Iftikhar from SNC Published Article on Neuraminidase Inhibitors Resistance.
- Shalamar Nursing College Faculty Published "Validation Of Safe Nursing Care Questionnaire Among Covid-19 Nurses: In The Context Of Punjab, Pakistan".
- Miss Aqsa Hafeez, a senior lecturer in the MIT department, presented her research on the "Correlation of thickness of Achilles tendon and plantar fascia on sonography in Type-II diabetes mellitus" at 1st International Conference on Allied Health Science .
- Dr. Rahat Afzal, presented her research on the "Effects of Mulligan's Mobilization with and without Clamshell exercise on pain, disability, and quality of life in patients with sacroiliac joint dysfunction" at 1st International Conference on Allied Health Science.

Research Papers presented in Baku, Azerbaijan at International Conference on Medical Education

- Prof. Sarah Khalid presented her paper "Seven Deadly Sins of Anatomy teaching."
- Associate Prof. Saadia Shehzad presented her paper "Learning Environment and its Relationship with Quality of Life and Burnout among Undergraduate Medical students in Pakistan."

World Contraceptive Day

Department of obstetrics and Gynaecology organized a one-day symposium on world contraception day with the primary objective to create awareness about all contraceptive methods available and to give participants an evidence-based overview of contraception care. Medical Students, Nurses, administrative staff and faculty members enthusiastically participated. COO-SH Doctor Ayesha Nauman highlighted the need for woman empowerment, behavior change and proper counseling to improve contraception prevalence rate.



Bladder Cancer Treatment Workshop by Dr. Irfan Ahmad

Bladder cancer treatment is advancing at a remarkable pace, and the Shalimar Surgical Grand Rounds workshop provided a valuable opportunity for faculty development on this critical issue. Dr. Irfan Ahmed and Prof. Irfan Nazir shared their insights on the latest advances in bladder cancer treatment. We extend our sincere gratitude them for their invaluable insights into this crucial issue and for creating a dedicated platform to nurture faculty development.



Nursing Students Clinched 2nd Position at the Lahore Debating Gala



Shalamar Nursing College is proud to announce that our students clinched second place at the Lahore Debating Gala! The competition featured students from different colleges and universities and our students delivered brilliant arguments, showcasing their eloquence and dedication. The team's performance is a testament to the high-quality education that Shalamar Nursing College provides.

Our students are not only trained in the art of nursing, but they are also encouraged to develop critical thinking and communication skills.

Shalamar School of Allied Health Sciences Students Secure Top Positions

The Shalamar School of Allied Health Sciences is proud to announce the outstanding achievements of Ariba Riaz and Aqsa Atta, two of its brightest stars from the B.Sc. (Hons) Operation Theatre Technology program. In the Annual Examination 2022, Ariba secured 2nd position and Aqsa clinched 3rd position, demonstrating their remarkable dedication, hard work, and commitment to excellence.



SSAHS 3rd batch of DPT, MIT, OTT & OPTO, and 4th batch of MLT have graduated with flying Colors!

The Shalamar School of Allied Health Sciences (SSAHS) is proud to announce the graduation of its 3rd batch of students from the Doctor of Physical Therapy (DPT), Medical Imaging Technology (MIT), Operation Theatre Technology (OTT), and Optometry (OPTO) programs, as well as its 4th batch of students from the Medical Laboratory Technology (MLT) program.

The graduates achieved an impressive 100% success rate in the DPT, MIT, OTT, and OPTO programs, and a remarkable 89.4% success rate in the MLT program. These outstanding results are a testament to the hard work and dedication of the students, as well as the high standards of education and training provided by SSAHS.

Shalamar School of Allied Health Sciences Shines Bright in UHS Professional Exams 2022



Shalamar Institute of Health Sciences is proud to announce the outstanding success of its students in the Final Year Medical Imaging Technology exams conducted by the University of Health Sciences. Saad Anwar secured the 1st position, Ayesha Naz secured the 2nd position, and Adeena Munir secured the 3rd position.

This remarkable achievement is a testament to the dedication and hard work of the students, as well as the unwavering support of the dedicated faculty and staff at Shalamar Institute of Health Sciences.

Shalamar School of Allied Health Sciences Clinched 1st position in Synopsis Writing competition



We are thrilled to share a proud achievement with our community! In a display of exceptional talent and unwavering dedication, our final year MIT students, Hafsa Adnan and Syed Naveed Kamal, participated in the highly competitive Synopsis Writing Competition hosted by the Research Society of Fatima Jinnah Medical University, Lahore. Their relentless hard work and commitment have paid off in a remarkable way, as Hafsa Adnan and Syed Naveed have secured the FIRST POSITION in this prestigious competition. We extend our heartfelt congratulations to these brilliant students, who have not only demonstrated their extraordinary abilities but have also brought great honor to our institution.

Appointment of Prof. Dr Nazli Hameed as Chair of Maternal and child Health & Head of OBGYN



We are excited to announce the appointment of Prof. Dr. Nazli Hameed as Chair Maternal and Child Health & Head of OBGYN at Shalamar Institute of Health Sciences (SIHS). A visionary leader and renowned expert in her field, Prof. Hameed is poised to steer OBGYN and Pediatric Medicine Departments towards excellence in clinical service, education, and research.

Appointment of Prof. Azra Mahmud Consultant Internal Medicine / Director Clinical Research



We are excited to welcome Dr. Azra Mahmud at SIHS, A clinician, scientist and educationist. She graduated from Allama Iqbal Medical College, University of the Punjab, Lahore. She has joined SMDC as Director of Clinical Research and Consultant in Hypertension and Internal Medicine, with the aim to set up the first dedicated Hypertension Detection, Control & Follow-up program at Shalamar Hospital. She will chair the Research Advisory Committee at SMDC with the responsibility for putting SMDC on the map of international research.

Appointment of Dr. Ahsan Shafiq as Assistant Professor Surgery / Consultant Colorectal Surgeon & Surgical Oncologist



We are excited to welcome Dr. Ahsan Shafiq at Shalamar Institution of Health Sciences. He graduated from Services Institute of Medical Sciences (SIMS), Lahore. He completed his FCPS General Surgery Training at SIMS and has also completed Fellowship in Surgical Oncology at Shaukat Khanum Memorial Cancer Hospital and Research Centre. Dr. Ahsan has a keen interest in research and has been a part of multiple clinical audits and research projects at Shaukat Khanum Memorial Cancer Hospital. He has joined SIHS as a Assistant Professor Department of Surgery & Consultant Colorectal Surgeon & Surgical Oncologist.

Appointment of Ms. Shakeela Rasheed as Assistant Professor/ Programme coordinator Medical Imaging Technology



The Shalamar Institute of Allied Health Sciences is pleased to announce the appointment of Ms. Shakeela Rasheed as Assistant Professor/Programme Coordinator for Medical Imaging Technology. The Shalamar Institute of Allied Health Sciences is confident that Ms. Shakeela Rasheed will be a valuable asset to the faculty. Her expertise in medical imaging technology and her passion for teaching will undoubtedly benefit the students and help them to achieve their academic goals.

Annual All Pakistan Bait Bazi Competition Hosted by SMDC Literary Society



The SMDC Literary Society is proud to host its annual All Pakistan Literary Competition, Intercollegiate Declamations, and Annual All Pakistan Bait Bazi Competition. These events are a celebration of excellence in literature and a platform for students to showcase their talents in a variety of literary genres. The Intercollegiate Declamations competition was an opportunity for SMDC students to compete in a public speaking competition. Students delivered speeches on a variety of topics, and the top speakers were awarded prizes.

Shalamar Medical Dental College Final Year Students Celebrate Color Week Themed Day



In a burst of vibrant hues and joyful celebrations, the final year students at Shalamar Medical and Dental College recently came together to mark the annual Color Week Themed Day. This lively and creative event showcased the students' unity, enthusiasm, and artistic expression. The Shalamar Medical and Dental College community congratulates the final year students on a successful and colorful celebration. The Color Week Themed Day not only brought joy and excitement but also reinforced the bonds of friendship that have been nurtured throughout their years at the college. It is a reminder

that even in the rigorous world of medical education, there's always room for creativity, fun, and togetherness.

Shalamar Institute of Health Sciences Sports Day!!

The Shalamar Institute of Health Sciences (SIHS) recently held its annual sports day, featuring students from Shalamar Nursing College, Shalamar School of Allied Health Sciences, and Shalamar Medical and Dental College. The event was a celebration of sportsmanship and camaraderie, with students competing in a variety of sports. The SIHS sports day is a cherished event on the SIHS calendar, and it is a testament to the strong sports culture at the institution. The event provides students with an opportunity to showcase their athletic skills and sportsmanship, and it also helps to build camaraderie and foster a sense of community among the students.

