

# Shalamar Institute of Health Sciences

# E-NEWSLETTER

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November & December 2023

## Second Integrated Convocation of Shalamar Institute of Health Sciences

Shalamar Institute of Health Sciences (SIHS) marked a significant milestone with its 2nd Integrated Convocation held on December 2nd, 2023. This momentous occasion celebrated the graduation of 315 students across various disciplines including 147 graduates of Shalamar Medical and Dental College, 78 graduates of Shalamar Nursing College and , 90 graduates of Shalamar School of Allied Health Sciences.

The ceremony recognized the outstanding achievements of top students from each college. Yasir Bilal (MBBS), Adeela Manzoor (Post RN), Nimra Sohail (BSN), Sania Arooj (DPT), Arooma Nadeem (MLT), Ayesha Naz (MIT), Fatima Sadia (Optometry), and Aqsa Atta (OTT) received Best Graduate Medal in their respective fields.



Mr. Shahid Hussain, Chairman Board of trustees, welcomed esteemed guests, including Chief Guest Professor Dr. Sara Ghafoor and Keynote Speaker Dr. Sabieh Anwar. During his address, Mr. Hussain highlighted SIHS's 50-year legacy of providing world-class health facilities and fostering exceptional medical professionals.

Dr. Sabieh Anwar offered heartfelt congratulations and inspiring words, encouraging graduates to embrace the challenges and opportunities that lie ahead in their chosen careers.

The principals of each college acknowledged the graduates' dedication, perseverance, and hard work, emphasizing the significance of teamwork, family support, and the guidance of teachers. The ceremony culminated with graduates taking oaths, signifying their commitment to their respective professions.

## Award Night for High Achievers



The Shalamar Institute of Health Sciences (SIHS) held a dazzling awards night, where the institute's brightest stars shone on stage. The evening celebrated the outstanding achievements of students from Shalamar Medical & Dental College, Shalamar School of Allied Health Sciences, and Shalamar Nursing College. The awards night was an inspiring celebration of academic excellence, highlighting the unwavering dedication of SIHS students and faculty. It served as a glowing example of the institute's commitment to nurturing future healthcare professionals who strive for excellence and make a positive impact on the world.



## Oral and Maxillofacial Clinic Started

Shalamar Hospital's dedicated team of Oral & Maxillofacial professionals is here to illuminate your smile. We offer a comprehensive range of services designed to ensure both optimal functionality and a radiant aesthetic.

Whether you've experienced facial trauma and need expert recovery support, or desire life-changing dental implants to regain confidence in your smile, we can help. Our services also include refined facial cosmetic surgery, transformative orthognathic surgery for jaw misalignment correction, safe and comfortable tooth removal when necessary, and expert care for oral pathologies and salivary gland disorders.

## Speech & Language Therapy Clinic Started

Do you ever feel like your speech isn't working as well as you'd like? Perhaps you stutter, struggle with pronunciation, or have a language disorder that makes daily interactions difficult. Maybe you simply want to polish your communication skills for work or social settings.

Shalamar Hospital's Speech and Language Therapy Clinic can help! Our team of experienced therapists offers personalized treatment plans for children and adults facing a variety of communication challenges. We use proven methods to create a program specifically tailored to your needs and goals. Whether you want to speak more clearly, fluently, or confidently, we'll work with you to unlock your full potential.

## Shalamar Hospital Expands Surgical Expertise: Shining a Light on New Specialties

The Department of Surgery & Allied Specialties at Shalamar Hospital recently hosted an insightful session, introducing newly appointed faculty and consultants in a range of surgical fields:

- **Hepatobiliary Surgery:** Our team tackles complex conditions affecting the liver, gallbladder, and bile ducts, offering patients access to the latest surgical techniques.
- **Colorectal Surgery:** Experts dedicated to treating a wide range of colon and rectal disorders, ensuring comprehensive care for these sensitive conditions.
- **Pediatric Surgery:** Our team understands the unique needs of young patients, providing specialized surgical care with a gentle touch.
- **Endovascular Surgery:** Utilizing minimally invasive, catheter-based procedures, our specialists offer innovative solutions for vascular diseases.
- **Oral-Maxillofacial Surgery:** Highly skilled surgeons address concerns of the jaw, face, and associated structures, restoring both function and aesthetics.



This session marks the inauguration of these specialized surgical services at Shalamar Hospital. It underscores our unwavering commitment to:

- **Comprehensive Patient Care:** Offering a wider range of surgical expertise to meet the diverse needs of our patients.
- **Quality Health Education:** Fostering knowledge-sharing and professional development within our surgical team.
- **Cutting-Edge Research:** Propelling advancements in surgical techniques and patient outcomes.

We extend our deepest gratitude to all the esteemed faculty and consultants who participated in the session, sharing their experiences and remarkable work. This is a significant step forward for Shalamar Hospital, and we look forward to serving our community with even greater expertise.



## Shalamar Wins 1st Prize at the Horticulture Society of Pakistan's Flower Exhibition



Shalamar Hospital is thrilled to announce another first-place win at the prestigious Horticulture Society of Pakistan's flower exhibition! This victory is a testament to the dedication and talent of our team, who work tirelessly to cultivate stunning floral displays. We believe in the power of nature to uplift spirits and foster a sense of well-being, and our participation in this event reflects that commitment. This win is also a celebration of Lahore's rich horticultural heritage and the vibrant community of passionate plant enthusiasts. We are honored to be a part of it. Next time you visit Shalamar Hospital, take a moment to admire the beautiful floral arrangements that grace our halls. They are a symbol of our commitment to excellence and a reminder of the transformative power of nature.



## Dr. Danish Imtiaz, 2016 MBBS Graduate, Secures 1st Position and Gold Medal in FCPS Anaesthesia

We are incredibly proud to announce the outstanding achievement of Dr. Danish Imtiaz, a 2016 MBBS graduate from Shalamar Medical & Dental College! Dr. Imtiaz has secured the 1st position and Gold Medal in his FCPS Anaesthesia examinations, setting a remarkable example of dedication and excellence.

Dr. Imtiaz's accomplishment not only reflects his own hard work, perseverance, and talent, but also highlights the quality education and nurturing environment provided by Shalamar. His success serves as an inspiration to current and future students, demonstrating the potential for exceptional achievements within our institution.



## Lecture on Stroke Presentation and its Management by Prof. Dr. Qasim Bashir

Shalamar Hospital hosted a vital learning session focused on stroke care in the ER. We were honored to welcome Professor Dr. Qasim Bashir, Head of the Department of Neurology at Services Institute of Medical Sciences (SIMS) Lahore, as our guest speaker. His presence and expertise added immense value to the understanding of the imperative golden hour in stroke treatment. The lecture delved into recognizing stroke symptoms in the ER and the crucial golden hour window for intervention. The session fostered active engagement and critical discussion amongst attendees, emphasizing the importance of swift reaction and early intervention in saving lives.



# Symposium on World Diabetes Day



On World Diabetes Day, Sakina Institute of Diabetes & Endocrine Research (SiDER) at Shalamar Hospital illuminated the path to awareness with a powerful symposium! The event delved deep into the complexities of this condition, empowering individuals to take charge of their health.

Dr. Hafeeza Naz and Dr. Rozina Arshad painted a clear picture of diabetes prevalence in Pakistan, emphasizing the importance of prevention and early detection. They urged everyone over 35 to prioritize their health through regular screenings.

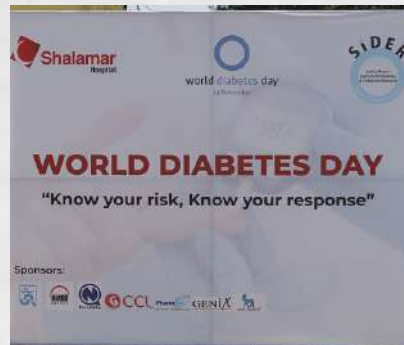
The symposium wasn't just about statistics; it offered a holistic perspective. Expert clinicians from diverse specialties like Neurology, Nephrology, Ophthalmology, Gynecology & Obstetrics, and Cardiology shed light on how diabetes impacts various aspects of health. Participants gained valuable insights into the potential complications and the importance of managing the condition across different systems.



## Medical Camp on Diabetes for Community

On World Diabetes Day, Shalamar Hospital proudly hosted a free medical camp, empowering our community with crucial resources and information. This impactful event offered:

- **Expert Consultations:** Our dedicated doctors provided personalized consultations, ensuring participants received comprehensive assessments and guidance.
- **Diabetes Self-Education:** Interactive sessions equipped attendees with valuable knowledge about managing their diabetes effectively, promoting proactive self-care.
- **Complimentary Medications:** Shalamar Hospital generously provided essential medications, easing access to crucial treatment for all who attended.



## Medical Camp at National College of Business Administration & Economics

Shalamar Hospital extended a caring touch to the NCBA&E community by hosting a Health Camp. This initiative provided students with access to specialized consultations from our dedicated doctors, allowing them to address their health and nutrition concerns.

The camp fostered a welcoming environment where students could:

- Receive expert advice from qualified medical professionals.
- Have their health concerns addressed in a confidential setting.
- Gain valuable insights into maintaining a healthy lifestyle.



## Awareness Session & Medical Camp on Diabetes at University of Management Technology

As parts of its unwavering commitment to a healthier future for all, Shalamar Hospital joined hands with the University of Management and Technology to ignite a spark of awareness on Diabetes prevention. Dr. Hafeeza Naz, Consultant Diabetes and Endocrinology and Ms. Javeriya Afzal Clinical Nutritionist led an enlightening session for students, staff, and faculty. The awareness session was followed by medical camp, where doctors and nutritionists provided invaluable insights, forging connections and leaving an indelible mark on the journey to wellness.



## 1st Emergency Neonatal & Obstetrics Care (EmNOC) Course

The Department of Mother and Child Health hosted the groundbreaking Emergency Neonatal & Obstetrics Care (EmNOC) Course, marking a significant milestone in the field. This comprehensive program brought together dedicated healthcare professionals passionate about elevating their critical care skills and deepening their understanding of neonatal and obstetric care.

The EmNOC Course transcended traditional education. Participants weren't just acquiring knowledge; they were pioneering the future of compassionate healthcare. The course fostered an unparalleled environment where expertise met innovation.

From mastering advanced neonatal care techniques to navigating the complexities of obstetrics, every module was meticulously crafted to equip participants with the knowledge and skills needed to thrive in the ever-evolving healthcare landscape. This collaborative effort aimed to redefine standards and ensure excellence in patient care.

The journey, brimming with shared experiences and invaluable insights, left an indelible mark on all the participating professionals. The EmNOC Course has undoubtedly paved the way for a future of exceptional patient care, delivered by highly skilled and compassionate healthcare providers.



## Smog Awareness Session at Service Sales Corporation

Empowering change through knowledge! This motto resonated at Service Sales Corporation, where Dr. Samar Asim, Assistant Professor Pulmonology led a captivating session on the critical issue of smog.

Dr. Samar Asim's insightful presentation shone a light on the complex realities surrounding smog. She delved into the root causes, exposing the factors that contribute to this environmental hazard. Her expertise guided the audience through effective prevention strategies, empowering individuals and communities to act.



## Research Publications:

- Mrs. Nasim Rafiq's Publication on "Moral Sensitivity and Safe Nursing Care among nurses caring for Covid-19 patients in Punjab, Pakistan" (<https://journals.kozminski.com-j.org/.../article/view/1108>).
- Publications of Dr. Farooq Hameed in the Leading International Journals of Urology:
  1. "Penile Fracture With Urethral Injury: A Case Report of Rare Double Trouble" in Egyptian Journal of Urology. (<https://doi.org/10.1186/s42269-023-01152-4>).
  2. "Chronic Prostatitis in Journal of Clinical Urology" in Journal of Clinical Urology (<https://journals.sagepub.com/.../10.1177/20514158231155046>).
  3. "Cobb's collar with posterior urethral valves: a rare entity" in African Journal of Urology. (<https://afju.springeropen.com/.../10.1186/s12301-023-00389-9>).
  4. Acceptance of Research Paper, "Bladder cancer treatment with diode laser." in African Journal of Urology.
- Mis Zubaida Akhtar's Publication on "Effects of Transformational Leadership Educational Program on Behaviour of Nurse Managers Working at Tertiary Care Hospital" (<https://sifisheressciences.com/.../jou.../article/view/1847>).

## AO ORP International Seminar for Operation Theater Staff

The Department of Orthopedics and Trauma at Shalamar Institute of Health Sciences successfully hosted the AO ORP International Seminar, a resounding success that amplified the skills and ignited the spirit of teamwork within the operating room.

This "knowledge-sharing extravaganza" was fueled by the incredible participation of attendees, the dynamic insights shared by the speakers, and the tireless efforts of the organizers.



## Session on "Pelvic and Retro-Peritoneal Anatomy for Minimal Invasive Gynecologist"

The Department of Gynecology and Obstetrics orchestrated an enlightening discourse on Pelvic and Retro-Peritoneal Anatomy for Minimal Invasive Gynaecologists. The insightful session was led by Prof. Saqib Ahmed, Clinical Professor at Michigan State University!

Prof. Saqib Ahmed's expertise illuminated the intricacies of the subject matter, enriching understanding and empowering participants to better serve our patients.



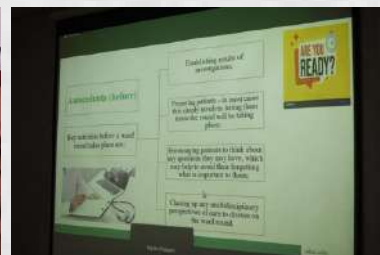


# “Clinical Teaching and Supervision in Nursing” Workshops in Collaboration with the Agha Khan University



Shalamar Hospital and Shalamar Nursing College, in collaboration with The Aga Khan University School of Nursing and Midwifery, launched a series of workshops on 'Clinical Teaching and Supervision in Nursing'. The objective of these workshops is to equip nursing faculty and frontline leaders with vital skills for effective teaching and supervision during clinical practice to provide safe, high-quality care to patients. These workshops aim to empower nursing faculty and frontline leaders with the essential skills needed for effective teaching and supervision during clinical practice. By equipping nurses with these tools, we can ensure:

- **Enhanced Patient Care:** Effective clinical teaching translates to a highly skilled nursing workforce, ultimately leading to safer and higher-quality care for our patients.
- **Stronger Nursing Leaders:** The workshops will foster the development of confident and competent nursing leaders who can guide and mentor the next generation of healthcare professionals.
- **Improved Clinical Practice:** By promoting effective teaching and supervision, these workshops will contribute to a continuously evolving and improving clinical environment at Shalamar Hospital.



## President Lahore Chamber Visits Shalamar Hospital

Shalamar Hospital welcomed Mr. Kashif Anwar, President of the Lahore Chamber of Commerce & Industry, and his esteemed delegation for a visit that promises exciting new collaborations. The meeting served as a platform to explore mutually beneficial partnerships, weaving a tapestry of shared goals aligned with Shalamar's impressive five-decade history of collaboration with the Lahore business community.

This landmark visit delved into fostering deeper connections between Health providers and industry, paving the way for joint initiatives that will benefit both parties. We are thrilled by the prospects this collaboration holds and look forward to shaping a future rooted in innovation, knowledge-sharing, and mutual progress.



## Certificate Ceremony for Winter Internship Program

A round of applause for the dedicated winter interns at Shalamar Hospital! We held a certification ceremony to acknowledge their hard work and commitment throughout the Winter Immersion Program.

Congratulations to all the participants who have successfully completed the program and are now the proud holders of their well-deserved certificates. We are incredibly impressed by their dedication to learning and their passion for the healthcare field.



## Workshop on Shalamar Trauma Support Module

Celebrating the Triumph of Shalamar Trauma Support Module (STSM) for our graduating medical students! Gratitude overflows to the phenomenal Shalamar Surgical Faculty, whose meticulous planning and unwavering support have charted the course for this outstanding program.

STSM transcends being merely a course; it's an enlightening voyage, arming our graduates with practical trauma care skills. The hybrid approach, seamlessly blending SeLMS with in-person sessions, guarantees a well-rounded and immersive learning adventure. From meeting the critical demand for specialized trauma training to fostering collaborative interactions across disciplines, STSM is creating ripples of impact.



A heartfelt acknowledgment to our dedicated faculty for their unwavering commitment in conceptualizing, recording, and guiding every stage of this transformative journey. Your dedication has been pivotal to the triumph of STSM, and we eagerly anticipate the continued success of this shared odyssey.



## Workshop on Basic Life Support at Shalamar Nursing College

Shalamar Nursing College held an impactful Basic Life Support (BLS) workshop, equipping participants with the crucial skills to save lives. The workshop welcomed a diverse group, including emergency medical technicians (EMTs) and dedicated learners from the community, fostering a collaborative learning environment. Participants delved into life-saving techniques, gaining the knowledge and confidence to respond effectively in critical situations. This initiative strengthens our community by empowering individuals to make a tangible difference when it matters most.



## Shalamar Nursing College Clinical Community Visits

The Shalamar Nursing College Clinical Community embarked on an insightful visit to the Punjab Institute of Mental Health. This enriching experience provided students with the opportunity to:

- Learn about various aspects of mental healthcare delivery.
- Connect with healthcare professionals specializing in mental health.
- Embrace the importance of a holistic approach to care that integrates both physical and mental well-being.



## Workshop on Guiding Nursing Students on the Art of Crafting a Compelling Research Proposal

Shalamar Nursing College empowered its students with a dynamic workshop on crafting compelling research proposals. The session guided participants through the crucial steps of developing impactful proposals, preparing them for future academic and professional endeavors.

Special thanks go to our esteemed guest speaker, Miss Alina Hameed, Senior Nursing Lecturer, who shared her expertise and inspired students with valuable knowledge. This workshop demonstrates Shalamar Nursing College's commitment to fostering well-rounded healthcare leaders equipped to navigate the research landscape effectively.



## Culture Day at Shalamar Nursing College

Shalamar Nursing College celebrated the vibrant tapestry of Pakistani culture with a lively Cultural Day. Students actively participated in various activities, proudly representing the unique traditions and customs of each province.

The event, graced by the presence of Ms. Nasim Rafiq (Principal SNC), esteemed faculty members, and students from all disciplines, was a day filled with joy, excitement, and a deep appreciation for Pakistan's rich cultural heritage.



## Virtual MRI Master Class with MAHSA University Malaysia at Shalamar School of Allied Health Sciences

Shalamar School Hosts Virtual MRI Master Class Shalamar School of Allied Health Sciences held a virtual MRI Master Class for their final year BSc. (Hons) MIT students, in collaboration with MAHSA University, Malaysia.

The class covered MRI principles, safety, image acquisition, interpretation, clinical applications, and advanced techniques, delivered by expert radiologists from MAHSA University.

This collaboration provided a valuable learning experience for students and faculty, showcasing Shalamar School's commitment to providing high-quality education through partnerships with leading institutions.



## Workshop on Basic Research Skills at the Shalamar School of Allied Health Sciences

Shalamar School of Allied Health Sciences held a two-day workshop "Basic Research Skills," led by Senior Lecturer in Biostatistics, Mr. Arslan Saleem Chughtai. The workshop catered to final-year students pursuing a Doctor of Physical Therapy and B.Sc. (Hons) degrees, alongside faculty members from various allied disciplines.

Participants gained valuable insights into:

- Sourcing reliable information
- Effective reference management using EndNote
- Data manipulation and analysis
- Presenting research findings

The workshop included interactive exercises and expert guidance, providing a comprehensive learning experience. This initiative demonstrates Shalamar School of Allied Health Sciences's commitment to equip students and faculty with essential research skills for their academic and professional pursuits.



## Workshop on “Prosthetics and Orthotics” for Allied Health Sciences Students

The Shalamar School of Allied Health Sciences equipped its 4th and final year DPT students with knowledge and practical skills in prosthetics and orthotics. Held at the school's skill lab, the workshop featured Ms. Shabana Raza, HOD of the Orthotic and Prosthetic Department at PSRD Hospital Lahore, as the esteemed facilitator.

Ms. Shabana Raza's engaging session combined lectures with hands-on training, providing students with valuable insights into the field. The interactive format fostered meaningful discussions, allowing students to delve deeper into the subject matter and gain a comprehensive understanding of prosthetics and orthotics.

This workshop exemplifies SSAHS dedication to providing its students with practical learning experiences that prepare them for successful careers in healthcare.



## Virtual Sessions on Career Exploration for Allied Health Sciences Students

Shalamar School of Allied Health Sciences hosted two inspiring virtual sessions on career exploration for its 3rd and final year MIT students. These sessions connected students with international experts, providing valuable insights into global career opportunities in Medical Imaging.

Zunaira Rasheed, a PET-CT Technologist from the UK, and Usman Manzoor, a Medical Radiation Practitioner and certified MRI Technologist from Australia, shared their diverse experiences and expertise.



## Workshop on “Infection Prevention and Control” for Allied Health Sciences Students

Shalamar School of Allied Health Sciences organized a workshop for students of Operation Theatre Technology and Medical Lab Technology, which focused on infection prevention and control. The workshop was facilitated by Dr. Summiya Nizamuddin (Consultant Medical Microbiology), Dr. Seemal Aslam (Fellowship in Infectious Diseases), Dr. Muhammad Shehbaz (Fellowship in Infectious Diseases), and Dr. Ramla Ghafoor (Senior Consultant in Infectious Diseases) from Shaukat Khanum Memorial Cancer Hospital and Research Centre. It was an opportunity for Medical Laboratory and Operation Theatre students to enhance their knowledge and skills in maintaining a safe and sterile environment in Labs and Operation Theatres.