

Shalamar Institute of Health Sciences

E-NEWSLETTER

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January & February 2024

Shalamar IRC RCOG SUMMIT

The International Representative Committee of the Royal College of Obstetricians and Gynecologists (IRC RCOG) organized Pre-Conference Summit at Shalamar Institute of Health Sciences. The summit was a resounding success, drawing a diverse range of healthcare professionals and policy makers, eager to expand their understanding and refine their skills in the field of obstetrics and gynecology.



Day 1: A Warm Welcome and Invaluable Knowledge

The inaugural ceremony set a positive and collaborative tone for the event, fostering a sense of community among participants. Renowned figures within the OBGYN community delivered compelling presentations, covering a wide spectrum of topics relevant to clinical practice.

Day 2: Empowering Through Education and Expertise Sharing

The day began with an empowering session on "How to Become a Published Author," equipping participants with the tools and strategies to disseminate their research and contribute to the medical literature. Subsequent sessions delved deeper into critical topics within obstetrics and gynecology, offering practical knowledge and evidence-based best practices.

Day 3: Unveiling the Nuances of Urogynaecology and Beyond

Day 3 focused on in-depth explorations in urogynaecology, covering the latest advancements and best practices for managing related conditions.



Shalamar Family Funfair

Shalamar Institute of Health Sciences hosted a fantastic Family Fun Fair, bringing together employees and their families for a day of celebration and recognition. The event offered a variety of activities for all ages, from creative pursuits like painting competitions and poetry & quiz challenges, to captivating entertainment like puppet shows, magic shows, and a live concert to top it all off. Beyond the fun activities, Shalamar took a special moment to acknowledge and celebrate the dedication of its employees. Employees who have completed the remarkable milestone of over 20 years of services for the institute were presented with certificates as a token of appreciation for their loyalty and contributions.

The Shalamar Family Fun Fair proved to be a truly memorable event, fostering connections, creating lasting memories, and expressing heartfelt gratitude to the valued members of the Shalamar family.



First IVUS Guided Left Main Stem Bifurcation (DK Crush) Coronary Artery Stenting Performed at Shalamar Hospital by Dr. Fraz Ahmad



We are thrilled to announce a significant milestone in the realm of interventional cardiology at Shalamar hospital, as Dr. Fraz Ahmad successfully performed the first Intravascular Ultrasound (IVUS) guided left main stem bifurcation coronary artery stenting using DK Crush technique. This benchmark achievement not only marks a new era of precision-driven coronary intervention but also sets high standards and brings glory to interventional chapter of cardiology department claiming Shalamar hospital as main stream

centre in cardiac care in Pakistan. IVUS is a valuable tool in coronary interventions, especially in procedures like left main stem bifurcation stenting. It is a catheter-based imaging technique used during coronary interventions & involves inserting a specialized catheter with an ultrasound probe into the coronary arteries to obtain high-resolution images of the vessel walls and plaques. It allows accurate assessment of plaque burden, extent, composition and morphology and provides great help in precise and appropriate stent size and length and its deployment. IVUS usage has revolutionized PCI (Percutaneous coronary intervention) outcomes even in all kinds of CAD. Untreated left main stem disease with three vessel CAD (Coronary artery disease) and isolated three



vessel CAD carries high 3 years mortality rates, approximately 66% and 33% respectively. Compared with angiography-guided PCI, IVUS-guided PCI reduces all-cause death by 25%, stent thrombosis by 52% and target lesion failure by 31%. So, by integrating IVUS guidance into coronary intervention, our esteemed cardiologist aims to improve procedural success rates, minimize complications and ultimately enhance patient outcomes. To-date, 3 cases has been done successfully using IVUS guidance at Shalamar hospital and more will follow inshaAllah.

Seminar on Women's Health and Inauguration of Osteoporosis Clinic



Shalamar Hospital is proud to share the impactful Seminar on Women's Health and Inauguration of Osteoporosis Clinic.

This insightful seminar featured renowned speakers: Prof. Tariq Waseem, Dr. Somia Iqtadar, Project Lead Dr. Sarwat Iqbal, and moderator Dr. Maria Shireen. The event focused on critical aspects of women's health, including early detection and preventative measures for osteoporosis.

The inauguration of the Osteoporosis Clinic marks a significant step towards strengthening healthcare services for women within our community. This dedicated clinic will provide comprehensive care and support to address their specific health needs.

Alisha Shahid Clinched 3rd Position in the 2nd Professional MBBS Examination

Shalamar Medical & Dental College beams with pride!

A huge round of applause for Ms. Alisha Shahid, MBBS student, for securing an outstanding 3rd position in the 2nd professional MBBS examination 2023 conducted by the University of Health Sciences!

Alisha's dedication, perseverance, and talent are a true inspiration to her peers and the entire Shalamar community. We are incredibly proud of your remarkable achievement!



Second Year MBBS Students Shine with Highest Passing % among all Medical Colleges in Punjab

Congratulations to our incredible MBBS students on achieving an outstanding 98.55% passing percentage in the second professional exams held in December 2023 and January 2024!

Your hard work, dedication, and perseverance have truly paid off! You've made yourselves, your families, and Shalamar Medical and Dental College incredibly proud.

Inaugural Session of Speaker Series "Health for All"

Shalamar Institute of Health Sciences embarked on a journey of boundless possibilities with the inaugural session of "Health for All" Speaker Series. The institute was honored to welcome

Dr. Faisal Bari, a renowned expert from the School of Humanities and Social Sciences at LUMS. His insightful presentation illuminated pathways for a brighter and more informed future, emphasizing the importance of expanding the scope of learning beyond traditional boundaries.

Shalamar Institute of Health Sciences remains committed to fostering a culture of continuous learning and knowledge sharing. The "Health for All" Speaker Series serves as a testament to this commitment, aiming to bridge the gap between academia and the broader community.



Workshop on Basic Laparoscopic Skills for Gynecologists

The Department of Gynecology and Obstetrics at Shalamar Institute of Health Sciences successfully hosted a workshop on Basic Laparoscopic Skills for Gynecologists. This event fostered a dynamic learning environment where diverse perspectives and valuable insights were exchanged amongst participants.

The workshop provided attendees with the opportunity to Develop their laparoscopic skills under the guidance of experienced facilitators and Engage in insightful discussions with fellow gynecologists, fostering collaboration and knowledge sharing.



Pre-Conference Workshop on Breast Ultra Sound for Surgeons

The Shalamar Institute of Health Sciences hosted a pre-conference workshop on Breast Ultrasound, aiming to empower surgeons and postgraduate residents to elevate their expertise and redefine the benchmarks of care for women's health in Pakistan. . This impactful event was led by Dr. Rabia Bhatti, Director of the Breast Program at Resurrection The University of Chicago Medical Center, alongside Dr. Sadaf Ishaque, Lead of the Breast Center at Shalamar Hospital, and Dr. Eisha, Breast Imaging Lead at Shalamar Hospital.

The workshop focused on two key areas: understanding the intricacies of breast anatomy, which is crucial for accurate ultrasound interpretation, and refining transducer pressure techniques to ensure optimal image quality and diagnostic accuracy.



Workshop on Neonatal Resuscitation

The Department of Mother and Child Health at Shalamar Institute of Health Sciences, in collaboration with UNICEF, WHO, Pakistan Pediatrics Association, and SIMS Lahore, hosted a workshop dedicated to Neonatal Resuscitation. This pre-symposium event aimed to empower healthcare professionals with the knowledge and skills necessary to safeguard the lives of newborns in Pakistan. A heartfelt thank you goes out to the organizing team, participants, and speakers whose invaluable contributions made this event a resounding success. Their dedication and expertise shed light on crucial life-saving techniques, ultimately paving the way for a brighter future where every newborn has the opportunity to not only survive, but thrive.



Session with Professor Waris Farooka at Shalamar Surgical Grand Rounds

The Department of Surgery and Allied hosted Professor Muhammad Waris Farooka at the Shalamar Surgical Grand Rounds. Professor Farooka delivered a thought-provoking presentation on the critical role of simulation in shaping the future of surgical training. With patient safety at the forefront of modern surgical practice, mastering essential skills like endoscopic and minimally invasive techniques is crucial. Professor Farooka emphasized how simulation-based training offers a safe and controlled environment for surgeons to hone these skills before entering the operating room. This innovative approach empowers surgeons to build confidence and competence, ultimately leading to improved patient outcomes.



Session with Dr. Ayesha Arshad at Shalamar Surgical Grand Rounds

A moment of profound honour for the Department of Orthopedic as we welcomed the distinguished Dr. Ayesha Arshad, Visiting Surgeon/Senior Fellow at the Scottish National Deformity Services, Edinburgh, to grace our esteemed Shalamar Surgical Grand Rounds. The ambiance was charged with intellectual curiosity as the session centered around the intricate nuances of surgical fixation for metastatic spine fractures.

Dr. Ayesha Arshad, with her wealth of experience, guided us through the complexities, offering invaluable insights into the evolving landscape of orthopedic surgery. Gratitude resonates for this enriching collaboration, propelling us further on the path of medical excellence.



Pulmonology Department Hosted a Session on “Interstitial Lung Diseases Made Easy”

The Pulmonology department curated an enlightening session for residents and esteemed consultants, delving deep into the intricacies of 'Interstitial Lung Disease Made Easy. Gratitude fills the air as we had the privilege of hosting the eminent Prof. Dr. Ashraf Jamal as our guest speaker. With a wealth of experience, Prof. Jamal illuminated the room with invaluable insights, providing a comprehensive update on the cutting-edge developments in the management of Interstitial Lung Diseases. From emerging therapies to the latest diagnostic approaches, we explored it all!



Department of Medicine and Allied Hosted a Session on “Dementia”

The Department of Medicine and Allied at Shalamar Institute of Health Sciences hosted a session on dementia, led by guest speaker Dr. Muhammad Nasrullah. This session transcended traditional boundaries, offering a multifaceted approach to understanding and managing this complex condition.

Dr. Nasrullah expertly navigated both clinical aspects and the vital realm of non-pharmacological interventions. His poignant real-life patient examples created an immersive learning experience, emphasizing the importance of compassionate, person-centered care.



Awareness Session on “Enhanced Recovery After Surgery for Cancer Patients” at University of Management and Technology

Shalamar Institute of Health Sciences proudly collaborated with the UMT School of Health Sciences (UMT SHS) to illuminate the path to Enhanced Recovery After Surgery (ERAS) for cancer patients. This initiative reflects a shared commitment to improving patient outcomes.

The session, masterfully orchestrated by Miss Faiza Kamal Khan, Senior Dietitian at Shalamar Hospital, served as an enlightening experience for UMT SHS students. Miss Faiza Kamal delved into the intricacies of ERAS protocols, specifically emphasizing the pivotal role of nutrition in this crucial stage of healing. Key highlights of the session included:

- **Comprehensive exploration of ERAS protocols:** Students gained valuable insights into the multi-faceted approach of ERAS, fostering a deeper understanding of this patient-centered recovery method.
- **Focus on the power of nutrition:** Miss Faiza Khan debunked common myths surrounding post-surgical dietary practices and highlighted evidence-based approaches to optimize recovery.
- **Illuminating the "symbiotic relationship":** The session emphasized the critical link between proper nutrition and successful post-cancer surgery recovery, equipping students to provide informed and personalized care to patients.



Research Publications:

- Dr. Tahira Batool, Assistant Professor Biochemistry Published Research Article on “Human Genetics”

<https://www.nature.com/articles/s10038-023-01132-6+>

- Asad Ramzan’s Clinical Study “Earlier Return to Sports, Reduced Donor-Site Morbidity with Doubled Peroneus Longus Versus Quadrupled Hamstring Tendon Autograft in ACL Reconstruction” published in Journal of JBJS

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Hypertension Education, Awareness, Recognition, Treatment and Screening Program Meeting

We are thrilled to announce the successful launch of the Hypertension Education, Awareness, Recognition, Treatment, and Screening Program (HEARTS-PK) at Shalamar Hospital! The program kicked off with its inaugural monthly meeting, fostering collaboration and knowledge exchange in the fight against hypertension. We extend our sincere gratitude to the Hypertension Clinic Team and Sakina Institute of Diabetes & Endocrine Research (SIDER) for their invaluable partnership in making this initiative a reality. The event was further enriched by the presence and insights of esteemed speakers, Prof. Azra Mahmud, Dr. Hafeeza Naz, Dr. Daniyal Khan, and Dr. Gulam Dastgir. Their valuable contributions focused on advancing knowledge and fostering collaboration in hypertension research and healthcare delivery. The HEARTS-PK program promises to play a significant role in raising awareness, improving detection rates, and ultimately, promoting better cardiovascular health within our community.



Workshop on Diabetes Care During Ramadan

In preparation for the holy month of Ramadan, Sakina Institute of Diabetes and Endocrinology Research (SiDER) at Shalamar Hospital hosted a Pre-Ramadan Workshop for consultants and general practitioners. The workshop, led by esteemed guest speaker Dr. Fawad Randhawa and speaker Dr. Hafeeza Naz, provided healthcare professionals with hands-on training in navigating diabetes care during Ramadan. During the workshop Participants engaged in a comprehensive discussion covering crucial aspects like Dietary considerations for patients with diabetes while fasting, And necessary medication adjustments during Ramadan to maintain optimal health.



Pre-Conference Workshop on Management of Neurological Emergencies in Children

Department of Mother and Child Health hosted Management of Neurological Emergencies in Children. Pre-conference workshop at Shalamar Hospital. The workshop provided a platform for healthcare professionals to delve into critical aspects of managing neurological emergencies in children. Through interactive sessions and knowledge exchange, participants gained valuable insights into best practices and effective patient care strategies.



Workshop on Crafting High-Quality MCQs & Exploring Effective Exam Design Principles Unlocking the Secrets of MCQs!

Dr. Khalid Mahmood Cheema, Director Department of Medical Education led a captivating workshop providing valuable insights into crafting high-quality MCQs and exploring effective exam design principles.

Participants actively engaged in honing their skills in:

- Writing clear & concise questions that truly test understanding.
- Avoiding common pitfalls that can lead to confusion and frustration.
- Analyzing post-hoc data to refine and improve assessments.

This workshop empowers educators to create top-notch assessments that effectively gauge knowledge and comprehension.



Appointment of Prof. Fozia Umer as the "Head Examiner" at the University of Health Sciences

The Shalamar Institute of Health Sciences proudly announces Dr. Fozia Umer Qureshi's appointment as the "Head Examiner Obs/Gyn" at the University of Health Sciences (UHS) for MBBS, MS, and MD examinations.



Certificate of Appreciation Ceremony for Employees

Our remarkable employees played a pivotal role in the successful inauguration of the Shalamar Breast Center. Their tireless efforts and commitment to excellence were instrumental in bringing this vital facility to life.

To acknowledge their outstanding contributions, we held a ceremony where these dedicated individuals were presented with well-deserved certificates of appreciation.



An Awareness Walk on Epilepsy

Neurology Department held an Epilepsy Awareness Walk, taking a stand for a cause that truly matters. The walk aimed to raise awareness and promote understanding of epilepsy, while showing support for those living with the condition.

This initiative highlights Shalamar Hospital's commitment to patient well-being and community outreach. By bringing people together, the walk helped to break down stigma and create a more supportive environment for individuals with epilepsy.



MBBS Class of 2024 Orientation



Welcoming the Bright Minds of MBBS 2024!

Excitement was palpable as we initiated the orientation for our new MBBS students at Shalamar Medical & Dental College Lahore. This marks the beginning of an extraordinary journey, where every lesson learned and every challenge overcome will

shape our students into the compassionate and skilled doctors of tomorrow. As they step into this realm of knowledge and discovery, our faculty and staff are here to guide and support them through every triumph and trial. Here's to a path paved with knowledge, growth, and limitless opportunities!



Shalamar Nursing College teamed up with Lahore Waste Management Company for “Raising Awareness and Implementing Preventive Measures”

Shalamar Nursing College and Lahore Waste Management Company teamed up for an insightful workshop focused on raising awareness and implementing preventive measures.

From dissecting the environmental impact of clinical waste to exploring innovative solutions, our nursing students gained a holistic understanding of how to combat this pressing issue and understanding the importance of waste management in learning practical solutions.

This workshop was a dynamic exchange of ideas and experiences, leaving everyone inspired to act and drive positive change in their communities.



Orientation for New Students at Shalamar School of Allied Health Sciences

Shalamar School of Allied Health Sciences Welcomes the Class of 2024!

We are thrilled to welcome the bright minds of Session 23-2024 to the Shalamar School of Allied Health Sciences!



The excitement was palpable as we kicked off the orientation for our esteemed new students. This marks the beginning of an invaluable journey, where each experience and challenge will shape them into compassionate and skilled healthcare professionals of the future. We extend a warm welcome and best wishes to the new class as they embark on this illuminating path filled with growth and boundless possibilities. Here's to a successful and enriching academic year

Orientation for New Students at Shalamar Nursing College

Shalamar Nursing College proudly hosted an orientation ceremony, a momentous event welcoming the bright minds of the upcoming academic session. From warm introductions to inspiring speeches, the day was filled with enthusiasm and camaraderie. As these aspiring nurses begin their journey, we look forward to nurturing their passion, fostering growth, and shaping compassionate healthcare professionals. Here's to the start of an incredible academic adventure!



Final-Year Students of Allied Health Sciences Celebrated a Themed Week

It was a week of vibrant festivities as final year students of Allied Health Sciences came together to celebrate Color Week. With the theme centered around embracing diversity and unity, the campus was transformed into a kaleidoscope of colors, reflecting the spirit of togetherness and acceptance.

Throughout the week, students organized a series of engaging events and activities, showcasing the beauty of different cultures, traditions, and perspectives.



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