

# Shalamar Institute of Health Sciences

# E-NEWSLETTER

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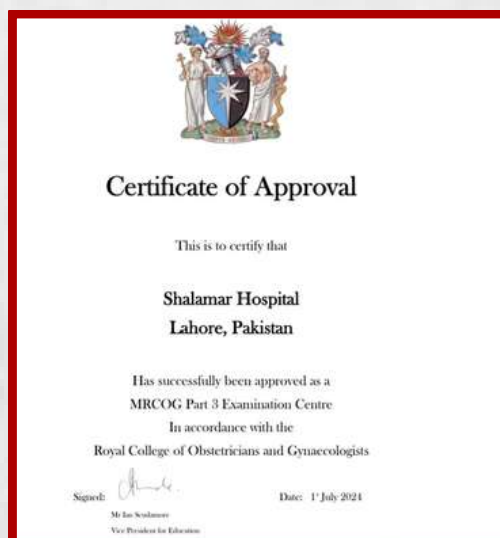
July & August, 2024

## Shalamar Hospital Approved as An MRCOG Part 3 Examination Centre by the Royal College of Obstetricians and Gynaecologists

We are thrilled to announce that Shalamar Hospital has been approved as an MRCOG Part 3 Examination Centre by the Royal College of Obstetricians and Gynaecologists (RCOG).

This achievement is a testament to the institutes unwavering commitment to excellence in medical education and women's health.

As an MRCOG Part 3 Examination Centre, Shalamar Hospital is now equipped to host and administer this prestigious examination. This will provide aspiring Obstetricians and Gynecologists with the opportunity to pursue their career goals and contribute to the advancement of women's healthcare.



## Shalamar Institute of Health Sciences and KalPay signed an MoU to empower SIHS Students and Employees to Provide Financial Flexibility by Providing Innovating Financing Solution.

Shalamar Institute of Health Sciences (SIHS) is pleased to announce a strategic partnership with KalPay. This collaboration aims to empower SIHS students and employees by providing innovative financial solutions.

Through this partnership, SIHS community members will have access to flexible financing options tailored to their needs. This will help them manage expenses, achieve their financial goals, and focus on their academic and professional pursuits.

this partnership will significantly enhance the overall well-being of our students and employees.



## IVF at Shalamar Hospital Helped a Couple Welcome Their Healthy Baby after 4 Years of Marriage

After four years of trying to conceive naturally, a couple faced the disappointment of infertility. Determined to overcome this challenge, they sought the expertise of the Infertility Clinic at Shalamar Hospital, led by Prof. Safia Sultana.

Through the dedicated care and advanced treatments provided by the clinic, the couple embarked on an IVF journey. Their perseverance paid off, and the patient successfully conceived. Throughout her pregnancy, she received meticulous care and monitoring at Shalamar Hospital.

Earlier this month, the couple's dream came true with the birth of a full-term, healthy baby.

Both mother and child are doing exceptionally well, showcasing the power of modern medical science and the unwavering hope of the couple.

This success story is a testament to the expertise and compassion of the Infertility Clinic at Shalamar Hospital.



## Shalamar Institute of Health Sciences had the honor of Welcoming a Distinguished delegation from the Consulate General of the People's Republic of China in Lahore

The delegation included Mr. Du Yue, Director of the Political Department, and Mr. Wang Yaqiang, Vice Consul, who engaged in a productive visit to our institution.

During their visit, the delegation toured various departments of Shalamar Hospital and interacted with students and faculty at both Shalamar Medical and Dental College and Shalamar Nursing College. This visit provided an invaluable opportunity for cultural exchange and dialogue, paving the way for potential future partnerships in healthcare and health education with institutions in the People's Republic of China.



## Journal of Shalamar Medical and Dental College Approved by Pakistan Medical and Dental College

We are delighted to announce that the Journal of Shalamar Medical and Dental College continues to be officially recognized by the Pakistan Medical and Dental College. This recognition solidifies our position as a reputable source of high-quality research in the fields of medical and dental sciences.

Our journal is committed to promoting evidence-based research, advancing healthcare practices, and contributing to medical education and professional development in Pakistan and beyond.





## Shalamar Medical and Dental College signed an MOU with the University of the Punjab to Enhance Research, Academic Collaboration, and Student & Faculty Exchanges

Shalamar Medical and Dental College (SMDC) and the University of the Punjab (PU) have inked a Memorandum of Understanding (MoU) on July 18, 2024. This strategic partnership aims to foster collaboration in research, academics, and student exchange.



## Department of Mother and Child Health Organized RCOG Course on Basic Practical Skills in Obstetrics & Gynecology

The Department of Mother and Child Health at Shalamar Institute of Health Sciences (SIHS) hosted the RCOG Course on Basic Practical Skills in Obstetrics & Gynecology. This essential course, led by Prof. Dr. Nazli Hameed, Chair Mother and Child Health at SIHS, provided participants with the vital skills and certifications needed to progress to ST level 3 in the UK and for MTI training aspirants. The RCOG Course on Basic Practical Skills in Obstetrics & Gynecology offered a comprehensive curriculum designed to equip participants with the essential clinical skills required for advanced practice. We are proud to have been a part of our participants' professional journeys and their dedication to excellence in healthcare.



## The Pulmonology Department Organized a Workshop on BiPAP

The Pulmonology Department at Shalamar Hospital hosted an informative and interactive workshop on BiPAP (Bilevel Positive Airway Pressure). The workshop was chaired by Prof. Dr. Khalid Waheed, a renowned expert in the field of pulmonology who serves as the Dean of the Faculty of Pulmonology at CPSP and Vice President of the Pakistan Chest Society.

Participants had the opportunity to engage in hands-on training, honing their skills in non-invasive ventilation techniques. This practical experience equipped them with the knowledge and confidence to effectively utilize BiPAP for various respiratory conditions. A special thanks to Dr. Waheed for his invaluable insights and unwavering commitment to advancing respiratory health. His expertise and guidance were instrumental in making this workshop a success.



## Shalamar School of Allied Health Sciences conducted a Comprehensive Workshop on "Hands-on SPSS Data Analysis"

Shalamar School of Allied Health Sciences conducted a comprehensive workshop on "Hands-on SPSS Data Analysis." This workshop provided participants with practical skills and knowledge to effectively use SPSS, a widely used statistical software package. Participants learned essential data management techniques, including data entry, coding, and cleaning. Proficiency in data analysis is a valuable asset for healthcare professionals, opening doors to career advancement and research opportunities.



## The completion of our Latest Cohort of the Summer Immersion Program at Shalamar Hospital

We are delighted to announce the successful completion of our latest cohort of the Summer Immersion Program at Shalamar Hospital. This program provided aspiring healthcare professionals with a unique opportunity to gain hands-on experience and explore various department of the hospital. We were incredibly impressed by the bright and dedicated students who participated in this year's program. We would like to extend our sincere thanks to all the faculty, staff, and mentors who made this program possible. Their commitment to providing a valuable learning experience for our students is greatly appreciated.



### "Slide Savvy: Elevate Your PowerPoint & Presentation Skills" workshop

Led by Dr. Muhammad Suleman, the workshop covered key topics such as Mayer's Principles of Multimedia Learning, slide design, and presentation delivery. Participants gained practical skills to create more effective and engaging presentations, enhancing their communication abilities and boosting their confidence. We are grateful to Dr. Suleman for his expertise and contributions to the success of this workshop.



### Shalamar Nursing College arranged insightful Workshop "OBJECTIVE STRUCTURED PRACTICAL EXAMINATION (OSPE) as an Assessment Tool: From a Nursing Lecturer's Perspective."

Shalamar Nursing College delighted to announce the outstanding performance of BSN 1st semester students in the Objective Structured Practical Examination (OSPE) session. The OSPE provided a valuable opportunity for students to showcase their practical nursing skills in a simulated real-world setting. Through interactive stations, students demonstrated their competence in various nursing procedures, gained valuable hands-on experience, and received immediate feedback. This approach reinforced their learning and boosted their confidence.

We are incredibly proud of our future healthcare professionals and their commitment to excellence. Their success in the OSPE is a testament to the quality of education they receive at Shalamar Nursing College.





## BSN 1ST Semester Students Excelled in the Recent Objective Structured Practical Examination (OSPE) Session

Shalamar Nursing College recently conducted a workshop aimed at enhancing the assessment capabilities of nursing educators. The workshop focused on the Objective Structured Practical Examination (OSPE), a valuable tool for evaluating nursing competencies. Participants explored key aspects such as differentiating between OSPE and OSCE, effective preparation strategies, the role of the skill lab in charge, OSPE marking procedures, and creating comprehensive result reports. The workshop's objective was to equip nursing educators with the necessary knowledge and skills to implement OSPE methodology effectively, ensuring fair, valid, and reliable assessments of nursing students' abilities. By adopting OSPE, Shalamar Nursing College can contribute to improving the quality of nursing education and patient care.



## Shalamar Nursing College Successfully Concluded One-Week Faculty Development Workshop on "Writing a High-Quality Research Article"

The one-week Faculty Development Workshop on "Writing a High-Quality Research Article" at Shalamar Nursing College has come to a successful conclusion. We would like to extend our heartfelt thanks to all the amazing participants who joined us on this journey towards research excellence. We would like to extend our heartfelt thanks to all the amazing participants who joined us on this journey towards research excellence.

Your passion, dedication, and active participation have been truly inspiring. We are confident that the knowledge and skills gained from this workshop will empower you to produce high-quality research articles that contribute significantly to the field of nursing.



## Workshop on "Scientific Manuscript Writing"

We had an incredibly productive day at our Scientific Manuscript Writing Workshop! Special thanks to Dr. Sohail Asif Qureshi, Director of Research and Innovation, for generously sharing his expertise and guiding our participants through the intricacies of scientific writing.

Dr. Qureshi's insights and mentorship have equipped our attendees with the skills and knowledge to excel in their research endeavors. We are grateful for his contribution and dedication to fostering a culture of academic excellence and innovation.





**Department of Surgery and Allied Clinical Specialties in Collaboration with Department of Physiotherapy hosted an enlightening Session on the "Role of Physiotherapy in Surgical Care"**

We are pleased to share the positive impact of incorporating the physiotherapy department into the care of surgical patients at Shalamar Hospital. Studies have shown that physiotherapy can reduce the length of stay by up to 2.5 days and complications by up to 30%. Department of Surgery and Allied Clinical Specialties in collaboration with Department of Physiotherapy organized an insightful session highlighting the vital role of physiotherapy services in surgical care. The event emphasized how integrated physiotherapy can enhance recovery rates, reduce complications, and improve overall patient outcomes. We extend our sincere gratitude to our physiotherapy team for their valuable contributions and to everyone who attended.



**Workshop on "Capacity Building: Why You Are the Best Ethics Resource for Your Team?"**

The Department of Medical Education, in collaboration with the Bioethics Department, successfully conducted a workshop titled "Capacity Building: Why You Are the Best Ethics Resource for Your Team." This workshop aimed to empower healthcare professionals with the knowledge and skills to navigate ethical challenges in their daily practice. Participants gained valuable insights into ethical principles, decision-making frameworks, and practical strategies for addressing ethical dilemmas. By learning decision-making frameworks, participants can make more informed and ethical choices in their practice.



**The Department of Mother and Child Health at Shalamar Hospital organized a Breastfeeding Awareness Walk and Session with Mothers.**

The Department of Mother and Child Health at Shalamar Hospital organized a Breastfeeding Awareness Walk and session to highlight the crucial benefits of breastfeeding for both mothers and their children, which emphasized the nutritional value, immunity boost, bonding opportunities, and maternal health benefits associated with breastfeeding. By encouraging mothers to embrace this natural and healthy practice, we are working towards a healthier future for families.





## Shalamar Hospital Celebrated 77 Years of Freedom and Unity

Shalamar Hospital joined the nation in celebrating Pakistan's 77th Independence Day with pride and joy. Together, we raised the flag of Pakistan, honoring the spirit of independence and the sacrifices made by our forefathers. May Pakistan continue to thrive with peace, prosperity, and health for all.



## Shalamar Hospital is Proudly announced a strategic Partnership with The Hunar Foundation

Shalamar Hospital is proud to announce a strategic partnership with The Hunar Foundation. This collaboration aims to empower healthcare assistant students through clinical training and hands-on experience. By providing opportunities for practical learning, Shalamar Hospital is committed to contributing to the development of skilled healthcare professionals. This partnership marks a significant step towards enhancing healthcare education and addressing the rising demand for qualified professionals in the industry.



## 4th Emergency Neonatal & Obstetrics Care (EmNOC) Course by the Department of Mother and Child Health!

The 4th Emergency Neonatal & Obstetrics Care (EmNOC) Course, successfully concluded by the Department of Mother and Child Health, has been a significant milestone in our commitment to improving maternal and neonatal healthcare. The course covered a wide range of topics, including emergency obstetric care, neonatal resuscitation, and management of common maternal and neonatal complications. The EmNOC course aims to equip healthcare professionals with the knowledge and skills necessary to handle emergencies effectively, thereby reducing maternal and neonatal mortality rates. By investing in such training programs, we are taking a proactive approach to improving the health and well-being of mothers and newborns in our community.



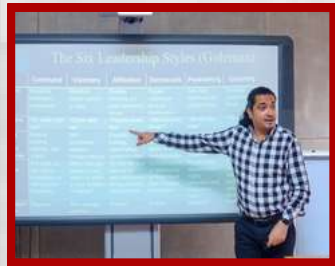
## The Department of Medical Education hosted an Insightful Workshop on "Navigating Team Leadership."

The Department of Medical Education recently hosted an informative workshop on "Navigating Team Leadership." A special thanks to Dr. Muhammad Suleman Sadiq Hashmi for steering this valuable session.

Participants gained essential leadership skills to foster collaborative team environments, including:

- **Effective Communication:** Strategies for clear and open communication within teams.
- **Conflict Resolution:** Techniques for managing conflicts and building consensus.
- **Motivating Teams:** Methods for inspiring and motivating team members.
- **Delegation and Empowerment:** Approaches for effectively delegating tasks and empowering team members.

This workshop has equipped our faculty and staff with the tools they need to become more effective leaders and build high-performing teams. We are grateful to Dr. Muhammad Suleman Sadiq Hashmi for his valuable contributions.



### Congratulations to Dr. Naseem Rafique on her Completing PhD

We Congratulate Dr. Naseem Rafique Principal Shalamar Nursing College on her successful PhD thesis defense. Her research on moral sensitivity and safe nursing care is a significant contribution to the field of nursing and healthcare. Dr. Rafique's research has the potential to improve the quality of care for COVID-19 patients in Punjab, Pakistan. We are proud to have her as part of our team and look forward to her continued contributions to the advancement of nursing knowledge.



### Achievements:

- Dr. Madiha Mumtaz, Associate Professor & Coordinator of MLT, has successfully completed her post-doctorate fellowship in Cancer and Developmental Biology from Tulane University School of Medicine, USA
- Ms. Aqsa Hafeez, Senior Lecturer in Medical Imaging Technology received the Gold Medal in her Master's in Diagnostic Ultrasound!
- Ms. Nageen Inam secured 1st position and Laiba Nadeem secured 3rd position in the BSc (Hons.) Optometry Final Professional Examination held by the University of Health Sciences!
- Ms. Ezma Jamil secured 1st Position in the BSc (Hons.) Optometry 3rd Professional Examination held by the University of Health Sciences!
- Ms. Mahrukh Sikandar has secured 2nd Position in the BSc (Hons.) Medical Imaging Technology 3rd Professional Examination conducted by the University of Health Sciences.
- Ms. Shanza Nadeem secured 2nd Position in the BSc (Hons.) Medical Imaging Technology Final Professional Examination conducted by the University of Health Sciences.



- Ms. Zarish Ali secured 1st Position and M. Awais Ali Akram has secured 2nd Position in the BSc (Hons.) Operations Theater Technology 3rd Professional Examination conducted by the University of Health Sciences.
- Ms. Kinza Shafiq and Amna Shafiq, secured 2nd and 3rd Positions, respectively, in the BSc (Hons.) Medical Lab Technology Final Professional Examination held by the University of Health Sciences

**The Department of Medical Laboratory Technology Conducted a Hands-On workshop on Platelet Apheresis.**

The Department of Medical Laboratory Technology at Shalamar School of Allied Health Sciences conducted a hands-on workshop on Platelet Apheresis. Our facilitator, Talha Mannan, expertly guided participants through the intricacies of this crucial medical procedure. Hands-on training allowed participants to practice the techniques involved in platelet apheresis, including apheresis machine operation, blood collection, and processing. Participants gained a solid understanding of the principles and applications of platelet apheresis. Our facilitator, Talha Mannan, expertly guided participants through the intricacies of this crucial medical procedure.



**The Department of Bioethics, in Collaboration With the Department of Medical Education Conducted a Workshop Titled "Organizational Ethics: Why Good People Make Bad Choices."**

The Department of Bioethics, in collaboration with the Department of Medical Education at Shalamar Medical and Dental College, conducted a workshop titled "Organizational Ethics: Why Good People Make Bad Choices." Facilitated by Dr. Sarosh Saleem, Head of the Bioethics Department, the workshop offered valuable insights into the psychological, social, and organizational factors that influence decision-making. Participants engaged in thought-provoking discussions and case studies, reflecting on how personal and organizational values align with ethical considerations. This workshop has equipped our faculty and staff with a deeper understanding of ethical decision-making and its implications for organizational culture and performance.



**Shalamar Medical and Dental College Partnered with Rescue 1122 for an Intensive Training Session On Emergency Response and CPR**

Shalamar Medical and Dental College has partnered with Rescue 1122 to provide our students with intensive training in emergency response and CPR. This collaboration is a testament to our commitment to equipping our students with the skills and knowledge necessary to make a positive impact on society.

Through this training, our students have gained valuable life-saving skills and earned certifications to recognize their achievement. We are proud of their dedication and commitment to making a difference.

