

Shalamar Institute of Health Sciences

E-NEWSLETTER

Issue No. 14 | Date of Publication: 06-12-2024

September & October, 2024

Collaboration with Consulate General of the People's Republic of China for their generous contributions to the cause of health care at Shalamar Hospital.

The Shalamar Institute of Health Sciences takes immense pride in announcing the fortification of its partnership with the Consulate General of the People's Republic of China in Lahore. This collaboration marks a pivotal stride in our mutual dedication to elevating the standards of healthcare. Through this alliance, we aspire to augment healthcare services, foster ground breaking medical research, and promote meaningful cultural exchange. We extend our profound gratitude to the Consulate General for their invaluable contribution to Shalamar Hospital, a gesture that will undoubtedly empower us to deliver superior care to our patients.



Shalamar Institute of Health Sciences and Servis Foundation have signed an MoU for the Ch. Ahmed Saeed Scholarship Fund

The Shalamar Institute of Health Sciences (SIHS) and Servis Foundation (SF) have partnered to support the next generation of healthcare professionals through the Ch. Ahmed Saeed Scholarship Fund. Formalized through a MoU, this initiative provides financial aid to deserving MBBS students, reducing financial barriers and enabling them to focus on their studies. The Servis Foundation has committed PKR 7.5 million annually for five years to the fund, ensuring aspiring medical students can pursue their education without financial constraints.

This partnership underscores SIHS's commitment to quality education and academic excellence while fostering opportunities for talented young individuals.



Shalamar Hospital Launches Digital Diabetes Education Center and TidBits Pakistan

Shalamar Hospital, in collaboration with DigiBete and the World Diabetes Foundation, proudly announces the inauguration of the Digital Diabetes Education Center. This innovative initiative offers free, standardized education for children and adolescents with type 1 diabetes and their families, equipping them with essential knowledge and resources to manage their condition effectively and enhance their quality of life. We extend heartfelt gratitude to Dr. Ayesha Nauman for her visionary leadership, alongside Dr. Hafeeza Naz, Dr. Kiran Chaudhry, Dr. Rozina Arshad, and Dr. Abid for their vital contributions. This transformative project reaffirms Shalamar Hospital's steadfast commitment to improving healthcare education and supporting those affected by diabetes.



Achievements

PAK LIVE 2024 Conference of Interventional Cardiology

The Cardiology Department of Shalamar Hospital has reached a remarkable milestone by securing second place in the “Fellows Case Corner All Pakistan Competition” at the prestigious PAK LIVE 2024 Conference of Interventional Cardiology held in Karachi. This marks the first-ever participation of Shalamar Hospital in this renowned annual event, the largest and most esteemed cardiology conference in Pakistan. Under the expert leadership and supervision of Dr. Fraz Ahmad, the team faced stiff competition from top institutions across the country, including Aga Khan University Hospital, NICVD, PIMS, RIC, PIC, and Tabba Heart Institute.

Each institution presented their finest and most complex cases before an audience and an international panel of experts. Shalamar Hospital's case stood out for its complexity and critical challenges, expertly managed by Dr. Fraz Ahmad to save the patient's life. Dr. Rana Hanan later presented the case brilliantly, earning praise from the expert panel.

This achievement is a proud moment for Shalamar Hospital and a testament to the cardiology department's skill, dedication, and excellence.



Successful Completion of 1st Rota-ablation Procedure at Shalamar Hospital

The Cardiology Department at Shalamar Hospital is evolving into a leading center for Interventional Cardiology. In a historic first, Dr. Fraz Ahmad successfully performed an angioplasty on heavily calcified coronary vessels using the advanced Rotapro device, a procedure known as rotablation. This technique, which involves using a rotating diamond burr to fragment calcified plaques into small particles, offers significant benefits for patients with obstructive calcific lesions that are difficult to treat with standard angioplasty or CABG.

Notably, rotablation is a highly specialized procedure performed only in advanced interventional centers, and Shalamar Hospital is now among the few private and public sector hospitals in Pakistan offering this service. Shalamar Hospital is proud to provide this advanced treatment, and we congratulate Dr. Fraz Ahmad on successfully completing the first procedure, with a commitment to continuing such complex cases in the future.

Shalamar Hospital proudly launched its Breast Cancer Survivorship Program

Shalamar Hospital proudly announces the launch of its Breast Cancer Survivorship Program, an initiative designed to support survivors on their journey to recovery. To mark the occasion, a heartfelt "Pink Garden" planting ceremony was held, celebrating the resilience and strength of survivors. The event featured U.S. Consul General Kristin Hawkins as the Chief Guest and Mr. Shahid Hussain, Chairman of the Business Hospital Trust, both of whom commended the program's impact. Dr. Sadaf Ishaque, Lead of the Breast Center, outlined the program's comprehensive approach to addressing the physical, emotional, and psychological needs of survivors. Offering a comprehensive range of services and resources, the program aims to empower survivors and guide them toward a healthier, more fulfilling future.

This significant achievement reinforces Shalamar Hospital's steadfast dedication to patient-centered cancer care, providing unwavering support and nurturing a community of hope for breast cancer survivors.



Shalamar Institute Of Health Sciences successfully concluded the 2nd Extended TOACS Course for FCPS Part-II

Shalamar Institute of Health Sciences successfully concluded the 2nd Extended TOACS Course for FCPS Part-II, organized by the Maternal and Child Health Department of Shalamar Medical & Dental College. This comprehensive course included insightful sessions, structured discussions, skill demonstrations, and critical appraisals, offering participants an enriching learning experience. The institute extends its sincere gratitude to the esteemed faculty, including Prof. Zahid Bashir, Prof. Dr. Nazli Hameed, Dr. Ayesha Nauman, and Prof. Safia Sultana, for their invaluable contributions to medical education.

Special thanks are also given to Dr. Maryam Khalid and Ms. Ayesha Mehak for ensuring the seamless execution of the event. Shalamar Institute of Health Sciences remains committed to advancing medical education through impactful courses and workshops.



the 27th Biennial International Pediatric Conference 2024, hosted the insightful workshop "Tiny Steps, Big Strides: Exploring Childhood Movement Disorders."

As part of the 27th Biennial International Pediatric Conference 2024, Shalamar Institute of Health Sciences hosted the pre-conference workshop, "Tiny Steps, Big Strides: Exploring Childhood Movement Disorders." Led by the esteemed Prof. Tipu Sultan, the workshop offered an in-depth exploration of childhood movement disorders, providing healthcare professionals with essential knowledge and practical skills to recognize and manage these complex conditions. This insightful session not only enriched the conference but also underscored Shalamar Institute's commitment

Events

Shalamar Nursing College's 11th Capping, Pinning & Candle Lighting Ceremony



Shalamar Nursing College marked a significant milestone with its 11th Capping, Pinning, and Candle Lighting Ceremony, celebrating the completion of rigorous academic training and the start of promising careers in nursing for a new cohort of graduates. This event reflected the college's commitment to developing compassionate, skilled nurses. As the graduates received their caps and pins, a sense of pride and anticipation filled the air. The candle lighting ceremony symbolized the bright path ahead, as they embark on their

journey to positively impact healthcare. The college extends sincere congratulations to all graduates and wishes them a fulfilling, rewarding career, with their dedication, empathy, and expertise making a lasting difference in patients' lives.



Workshops & Learning

workshop focusing on two crucial topics: Upper GI Bleed Management in Emergency and Monkeypox

Shalamar Hospital organized an in-depth training workshop addressing two critical healthcare concerns: Upper GI Bleed Management in Emergency Settings and Monkeypox. The workshop featured expert-led sessions, with Prof. Haroon Yousaf, Head of Gastroenterology, providing valuable insights into managing upper GI bleeds in urgent care scenarios. Mr. Ihsan Ullah Mir, Manager of Infection Prevention and Control, shared his expertise on the prevention and containment of Monkeypox.

By focusing on these vital issues, Shalamar Hospital aims to enhance the skills and knowledge of its healthcare professionals, ensuring optimal patient care and strengthening preparedness for emerging health threats.



Shalamar Hospital, in collaboration with the Pakistan Endocrine Society, organized an insightful workshop on PCOS.

Shalamar Hospital, in collaboration with the Pakistan Endocrine Society, organized an enlightening workshop on Polycystic Ovary Syndrome (PCOS). The event featured a distinguished panel of experts, including Dr. Amena Muazzam, Dr. Hafeeza Naz, Dr. Nazli Hameed, and Dr. Uzma Sarwar, who provided in-depth insights into the complexities of diagnosing, managing, and treating PCOS. The workshop addressed a wide array of topics, from PCOS in adolescents and adults to its link with metabolic syndrome, as well as effective strategies for managing infertility and hirsutism. Through their expertise, the esteemed panel empowered participants with the latest knowledge and practical tools to effectively manage PCOS.

Shalamar Hospital remains dedicated to advancing women's health and well-being. Through initiatives like this, we aim to raise awareness, debunk myths, and offer comprehensive care to women affected by PCOS.



The Obstetrics & Gynecology Department in collaboration with Pediatrics and Anesthesia, conducted intensive EmNOC training for final-year MBBS students.

The Department of Obstetrics & Gynecology at Shalamar Medical & Dental College concluded an essential Emergency Neonatal Obstetric Care (EmNOC) training program. Held from October 15th to 17th, 2024, this intensive three-day course equipped final-year MBBS students with the critical skills needed to manage life-threatening complications during pregnancy, childbirth, and the postnatal period. Led by the distinguished Prof. Nazli Hameed, Chair of Maternal & Child Health at SIHS, and expertly coordinated by Dr. Shazia Rasul, Associate Professor of OBGYN/Consultant MFM, the training also benefitted from the contributions of Dr. Bushra, Dr. Mayda (Pediatrics), Dr. Shazia Zulfiqar, Dr. Faiza (OBGYN), and Dr. Mayda (Anesthesia).

Through this trainings, Shalamar Institute reaffirms its commitment to developing skilled healthcare professionals ready to manage emergencies and provide optimal care to mothers and newborns, with sincere gratitude to all involved, especially the dedicated students.

Highlights

- Celebrating World Bioethics Day



- An awareness session on World Contraception Day



- The Department of Clinical Research, led by Prof. Azra Mahmud, conducted a hands-on workshop on Blood Pressure Measurement for our nursing.



- An engaging session on "Performing Clinical Audits," led by Prof. Azra Mahmud, Head of Clinical Research.



- One Day Regional Symposium and Fistula Repair Camp, proudly endorsed by the International Urogynecologists Association (IUGA).



- Shalamar Hospital Physiotherapy Department and Shalamar School of Allied Health Sciences organized an awareness walk on World Physiotherapy Day



- Hands-On Abdominal Ultrasound Workshop: Enhancing Skills in Essential Knob Adjustments! Organized by the Department of Medical Imaging Technology for SSAHS students and healthcare professionals.



- Shalamar School of Allied Health Sciences poster competition of our talented students, showcasing creative ways to communicate the benefits of physiotherapy.



- Theology Society at Shalamar Medical and Dental College hosted the third edition of the Islamic Fiesta in which the Guest of Honour was Pirzada Allama Muhammad Raza Saqib Mustafai, an internationally acclaimed Islamic scholar.

