



Monthly

NEWSLETTER

SHIFA SPEAKS

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SHIFA INTERNATIONAL HOSPITAL INAUGURATED THE NEWLY UPGRADED ENDOSCOPY FACILITY AT THE DEPARTMENT OF GASTROENTEROLOGY



In a collaborative effort, the Gastroenterology Team, Project Team, OPD Team and Management of Shifa International Hospital gathered to inaugurate the newly upgraded Endoscopy facility at the Department of Gastroenterology. The upgrade includes the expansion and revamping of the state-of-the-art Endoscopy Unit, which presents a warm and welcoming environment with increased capacity and meets all quality and safety standards of the Joint Commission International. At the helm of this unit is the Shifa Gastroenterology Team which consists of the most experienced group of consultants and endoscopists, along with dedicated nursing and technical staff, to provide exceptional care to patients.



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THE PHARMACY DEPARTMENT OF SHIFA INTERNATIONAL HOSPITAL ORGANIZED AN AWARENESS WALK ON WORLD NO TOBACCO DAY



The goal was to educate people about the harmful effects of tobacco smoking on human health. During the walk, the speakers encouraged everyone to pledge to protect themselves and their loved ones from the dangers of tobacco. They emphasized that by quitting smoking, we can create a healthier and happier world for future generations. World Health Organization's theme for World No Tobacco Day 2024 is focused on advocating for an end to the targeting of youth with harmful tobacco products.



SHIFA INTERNATIONAL HOSPITAL ORGANIZED AN AWARENESS SEMINAR ON BREAST CANCER SCREENING AT CYBER CRIME WING FIA

During the seminar, Dr. Arooj Akram, Women Health Awareness Lead at Shifa International Hospital highlighted the vital role of early detection in improving breast cancer prognosis. She emphasized that timely screening can significantly enhance treatment options and success rates. Dr. Arooj explained the various screening methods available and their contributions to effective cancer management. The seminar served as a powerful reminder to prioritize health and promote a culture of awareness and responsibility within the community.



SHIFA INTERNATIONAL HOSPITAL'S ONGOING ANNUAL LEADERSHIP DEVELOPMENT LEADS PROGRAM 2024



Shifa International Hospital's LEADS program aims to identify and nurture potential in-house human capital, ensuring the organization has sufficient resources for effective succession planning and grooming future leaders. The LEADS program helps future hospital leaders develop essential skills in five key areas:

- 1. Leading-Self:** Self-awareness and personal growth.
- 2. Engaging Others:** Building relationships and teamwork.
- 3. Achieving Results:** Goal setting and project management.
- 4. Developing Coalitions:** Building alliances and collaborations.
- 5. System Transformations:** Managing broad changes and quality management.

The goal is to equip future leaders with skills in project management, decision making, quality management, and people management.



SHIFA INTERNATIONAL HOSPITAL HOSTED AN EDUCATION AND TRAINING WORKSHOP ON BASIC APPROACH IN DIAGNOSIS OF MEDICAL RENAL BIOPSIES

The workshop was designed to discuss the basic approach in the diagnosis of medical renal biopsies targeting young doctors as well as Consultant Pathologists and Nephrologists. Directed by Dr. Humaira Nasir, Consultant Pathologist at Shifa International Hospital and hosted by Dr. Anum Iqtidar, Resident Trainee Histopathology at Shifa, the workshop included hands-on training and insightful presentations by experts in the field. The workshop was structured over two days. On day one, held at the Pathology Lab, Shifa College of Medicine, participants were divided into morning and evening groups. Each participant had the opportunity to examine 25 slides under powerful microscopes and record their observations within a specific time frame. This hands-on experience aimed to sharpen their diagnostic abilities and deepen their understanding of renal pathology.

On 2nd day Dr. Maimoona Siddiqui, Director SCOPE, welcomed the participants and appreciated the initiative of Pathology Department for curating this workshop.

Dr. Humaira Nasir opened the sessions with a presentation on the systematic approach to diagnosing renal biopsies, involving histological examination, immunofluorescence, and electron microscopy. Dr. Tahir Aziz Ahmed, Consultant Pathologist at Shifa discussed the role of the immune system in renal diseases, covering autoimmune diseases like lupus nephritis and conditions where immune complexes deposit in the kidneys.

Dr. Zubaira Mukhtar, Associate Consultant Pathologist at Shifa presented on glomerulonephritis causing nephrotic syndrome and podocytopathies, focusing on their diagnosis and pathology. Dr. Amna Babar, Associate Consultant Pathologist at Shifa addressed the etiology, pathogenesis, and diagnosis of membranous glomerulonephritis, while Dr. Muhammad Bilal, Associate Consultant Histopathologist at Shifa explained the pathogenesis, clinical features, and diagnosis of IgA nephropathy.

Dr. Zafar Ali, Consultant Histopathology at Shifa presented on the etiology, pathology, and clinical features of tubulointerstitial diseases. Dr. Mariam Abid, Consultant Pathologist at Shifa elaborated on systemic diseases affecting the kidney, such as diabetes mellitus, hypertension, and myeloma. The workshop concluded with Dr. Humaira Nasir presenting a particularly instructive renal pathology case, showcasing the integration of clinical, histological, and immunological findings for diagnosis. In her closing remarks, Dr. Nadira Mamoon, Chief of Pathology, thanked the Pathology Department and participants who attended this workshop.



SHIFA INTERNATIONAL HOSPITAL HOSTED LUNG CANCER AWARENESS SESSION AT HBL MICROFINANCE BANK LTD.

In a dedicated effort to promote lung health and raise awareness about lung cancer, Shifa International Hospital organized an informative session at HBL Microfinance Bank Ltd. The session was led by Dr. Syed Murtaza Hassan Kazmi, Consultant Pulmonologist at Shifa International Hospital.

Dr. Murtaza Hassan Kazmi provided valuable insights into maintaining healthy lungs and shared practical tips for lung care. He also highlighted the significant risk factors associated with lung cancer, emphasizing the importance of early detection and prevention. The event, attended by employees of HBL Microfinance Bank, underscored Shifa International Hospital's commitment to community health education and proactive healthcare measures.



SHIFA INTERNATIONAL HOSPITAL INAUGURATED ITS UPGRADED DEPARTMENT OF PULMONOLOGY

Pulmonary care is essential for maintaining healthy lung function, managing respiratory diseases, and improving quality of life. In a constant effort to improve patient care and quality of services, Shifa International Hospital Islamabad inaugurated its upgraded Department of Pulmonology. Led by Shifa's team of expert Pulmonologists, the upgraded facility offers comprehensive diagnosis and treatment options for various conditions including airway diseases, lung fibrosis, sleep disorders, pleural diseases and lung cancer. The upgraded facility now includes a dedicated procedure room and a pulmonary function tests lab. This enhancement aims to improve patient facilitation by offering most pulmonology services in one location.



EMPLOYEE'S SOFT SKILLS TRAINING SESSION ORGANIZED AT SHIFA INTERNATIONAL HOSPITAL FAISALABAD

Soft Skills Training at Shifa International Hospital Faisalabad aimed to enhance interpersonal abilities, communication skills and emotional intelligence among the employees. This program focuses on developing essential competencies such as teamwork, leadership, problem-solving, and customer service. By investing in soft skills training, Shifa strive to encourage a supportive and efficient work environment, ultimately improving patient care and overall organizational success.








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Write to Us: If you have any questions, comments or any suggestions, please contact at

media@shifa.com.pk or call at 051-846 3804/ 051-846 4532

Saima Jabbar (Editor) | Mansoor Ali Khan (Sub-Editor)