



Monthly NEWSLETTER

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Happy New Year 2025

As we welcome the new year, we sincerely thank our dedicated staff, valued patients, and esteemed stakeholders for your trust and support. The past year's achievements reflect our commitment to excellence, innovation, and compassionate care. In 2025, we remain dedicated to advancing healthcare, embracing innovation, and ensuring the best outcomes for our patients. Together, we will continue to make a meaningful impact on the well-being of our community. Wishing you all a healthy, prosperous, and fulfilling New Year.

Warm Regards,
Management of Shifa International Hospital



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SHIFA CLINICAL RESEARCH CENTER PARTICIPATED IN A SYMPOSIUM AT REHMAN MEDICAL INSTITUTE, PESHAWAR

Shifa Clinical Research Center (SCRC) recently participated in a one-day symposium hosted by Rehman Medical Institute (RMI), Peshawar. Key stakeholders from across the country gathered to discuss the future of clinical trials in Pakistan.

During the event, Dr. Maimoona Siddiqui, Director of SCRC, delivered an engaging talk titled "Implementing Best Practices in Clinical Trials for Regional & Global Impact." Her presentation highlighted strategies to enhance clinical trial execution and data management for achieving meaningful outcomes. The talk was followed by interactive sessions and a guided facility tour, providing opportunities for networking and building collaborations among researchers and industry experts.



NEONATAL RESUSCITATION PROGRAM (NRP) HELD AT SHIFA INTERNATIONAL HOSPITAL

Shifa Center of Professional Excellence (SCOPE) recently hosted a 3-day Neonatal Resuscitation Program (NRP), providing critical training to over 100 participants. The program aimed to equip healthcare professionals with the essential skills to support newborns who require breathing assistance due to premature birth infection, birth defects, or maternal complications. The comprehensive workshops were conducted by internationally trained faculty at SCOPE ensuring that participants received high-quality training in this life-saving skill. Through interactive sessions and hands-on practice, participants gained confidence in their ability to provide effective neonatal resuscitation. The successful completion of this program demonstrates SCOPE's commitment to promoting excellence in healthcare and improving patient outcomes. By empowering healthcare professionals with the latest skills and knowledge, we can work together to ensure that every newborn receives the best possible start in life.



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Shifa's Commitment to World Class Surgical Care

SHIFA INTERNATIONAL HOSPITAL AND DAI PAKISTAN UNITE TO COMBAT ANTIMICROBIAL RESISTANCE IN PAKISTAN

Shifa International Hospital proudly partnered with DAI Pakistan under the Fleming Fund Country Grant, funded by the UK Department of Health and Social Care, to address the critical global health challenge of Antimicrobial Resistance (AMR) in Pakistan. As part of this landmark initiative, Shifa International Hospital conducted a 5-day intensive training program on Antimicrobial Stewardship and Infection Control, specifically for the healthcare professionals of PHQ Hospital, Gilgit. This training equipped the multidisciplinary team, comprising hospital administration, doctors, nurses, and pharmacists, with advanced knowledge and practical skills for managing infectious diseases, establishing an antibiotic stewardship program (ASP), diagnostic stewardship, and infection prevention and control (IPC).

Training Highlights:

- **Day 1:** Orientation, principles of antimicrobial stewardship, infection prevention, and hospital overview.
- **Day 2:** Evaluating and managing pneumonia, bloodstream infections, gastroenteritis, and clinical rounds (led by Infectious Disease Physicians, SIHL).
- **Day 3:** Antibiotic optimization, consumption monitoring, adverse drug reactions, and therapeutic drug monitoring (led by the Department of Pharmacy Services, SIHL).
- **Day 4:** Infection control practices, including hand hygiene demonstrations, PPE use, and surveillance data collection (led by the Infection Control Department, SIHL).
- **Day 5:** Microbiology lab sessions focusing on AMR reporting, antibiograms, diagnostic stewardship, and cascade reporting (led by the Microbiology Lab, SIHL).

In addition to this on-site training, SIHL will also work with the PHQ Gilgit team to establish the ASP and IPC programs in their hospital. The project's milestones and key performance indicators (KPIs) have been mutually agreed upon by SIHL and PHQ-GB.



A seminar was held at the State Bank of Pakistan on the topic "Cancers in Males" presented by Dr. Muhammad Farrukh, a radiation oncologist. The seminar focused on raising awareness about the increasing prevalence of various cancers affecting men, including prostate, lung, and colorectal cancers. Dr. Farrukh shared key details on the latest advancements in diagnosis, treatment options, and preventive measures for these cancers. His expert knowledge empowered participants with the understanding and tools to address cancer risks in men.

SHIFA INTERNATIONAL HOSPITAL ORGANIZED SEMINAR ON 'CANCERS IN MALES' AT STATE BANK OF PAKISTAN



Ask from **A Doctor**



DR. ABU BAKAR HAFEEZ BHATTI
(Consultant Liver Transplant Surgeon)

LIVER TRANSPLANT MYTHS

Does it take long to return to a normal life after a liver transplant?

It is a misconception that liver donors face lifelong restrictions. Within a month or two after the donation, they return to their usual activities and resume their lives as they did before.

Is liver transplantation only beneficial for older patients?

In Pakistan, There is no age limitation for liver transplants. Children as young as under 1 year have successfully undergone transplants. However, transplanting individuals over the age of 75 is generally not recommended. This is because patients in this age group may not be healthy enough to tolerate the surgery, & the long-term benefits may be less significant. The majority of transplant patients are between the ages of 40 and 60, so it is inaccurate to say that younger individuals should avoid transplants or that they won't benefit from them.

Do both the donor and recipient have to take medications for their entire lives?

The belief that liver donors need long-term medication is incorrect. They typically require medication for a week or two, after which no further treatment is needed. However, the recipient needs long-term medications because the body may attempt to reject the transplanted organ. To prevent rejection, immunosuppressive drugs are administered. These medications are gradually reduced over time, & recent studies indicate that, in some cases, they can be stopped completely after 10 years.

Is liver transplantation only possible for patients with liver cancer?

While liver cancer is a primary reason for liver transplantation, there are other conditions in which a transplant may be beneficial, especially for patients with liver failure caused by cirrhosis. Typical signs of liver failure include jaundice, ascites, and gastrointestinal bleeding. Additionally, new research suggests that liver transplants may also help patients with other types of cancer, such as large intestine cancers that have spread to the liver, cancer of the bile ducts, and neuroendocrine tumors. After thorough evaluation, some of these patients can benefit from a transplant.

Are there any pregnancy-related complications in females after donation?

A significant number of liver donors are women, many of whom are in their reproductive years & may wish to have children in the future. There is a misconception that women who donate a liver have higher rates of pregnancy-related complications. We have recorded 80 live births in our female donors after donation and the success rate is comparable to women who never donated. These women did not experience complications beyond what is typical for any pregnancy, so it is safe for women to pursue pregnancy one year after liver donation.



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