

## SHIFA INTERNATIONAL HOSPITAL MARKED WORLD CANCER DAY WITH AWARENESS ACTIVITIES

On this World Cancer Day, Shifa International Hospital organized a meaningful event that united the community in the fight against cancer. The day began with an awareness walk, where participants gathered to show their support for the cause. This was followed by an insightful awareness session.

The event featured a welcome address by Dr. Tariq Mahmood Satti, Chief of Medical Oncology, and an informative talk on cancer symptoms and diagnosis by Dr. Azhar Shafi, Consultant Oncologist. Dr. M. Irfanullah Khan, Consultant in Nuclear Medicine, provided valuable insights on the role of PET-CT in oncology, while Dr. Syed Murtaza Hassan Kazmi, Chief of Pulmonology, discussed lung cancer and its diagnosis. The session concluded with a thank-you note from Dr. Asif Masood, Chief of Radiation Oncology, followed by closing remarks from Dr. Aamir Nazir, Medical Director.



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# SHIFA INTERNATIONAL HOSPITAL PARTNERED WITH DAI PAKISTAN PVT. LTD. TO COMBAT ANTIMICROBIAL RESISTANCE AT CIVIL HOSPITAL KARACHI

Shifa International Hospital proudly partnered with DAI Pakistan Pvt. Ltd. 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 an intensive training program on Antimicrobial Stewardship and Infection Control, specifically designed for healthcare professionals at Dr. Ruth K. M. Pfau, Civil Hospital, Karachi. This program equipped a multidisciplinary team including hospital administrators, doctors, nurses, and pharmacists with advanced knowledge and practical skills in infectious disease management, antibiotic stewardship program (ASP) implementation, diagnostic stewardship, and infection prevention and control (IPC). Beyond this on-site training, Shifa International Hospital will continue collaborating with the Civil Hospital team to establish ASP and IPC programs within their facility. The project's milestones and key performance indicators (KPIs) have been mutually agreed upon by Shifa International Hospital and Civil Hospital, Karachi.



## SHIFA INTERNATIONAL HOSPITAL HOSTED CANCER AWARENESS SEMINAR AT MÖVENPICK ISLAMABAD

As part of Shifa International Hospital ongoing commitment to cancer awareness, a comprehensive seminar was held at Mövenpick Islamabad on World Cancer Day. The session featured esteemed healthcare experts who provided in-depth insights into risk factors, early symptoms, preventive measures, and treatment options for various types of cancer, emphasizing the importance of timely diagnosis and proactive healthcare decisions.

The seminar included insightful discussions by leading specialists. Dr. Syed Murtaza Hassan Kazmi, Chief of Pulmonology, spoke about lung cancer awareness, highlighting the dangers of smoking, environmental risk factors, and the significance of early screening in improving treatment outcomes. Dr. Arooj Akram, Women's Health Awareness Lead, addressed breast cancer awareness, stressing the importance of self-examinations, mammography, and early detection to enhance survival rates. Dr. Asif Masood, Chief of Radiation Oncology, provided a comprehensive overview of cancer awareness, its types, and treatment options, discussing various forms of cancer, advancements in radiation therapy, and the role of modern oncology in patient care.



## SHIFA INTERNATIONAL HOSPITAL CONDUCTED AN ORTHODONTICS AWARENESS SESSION AT SUPER NOVA SCHOOL ISLAMABAD

Shifa International Hospital recently organized an Orthodontics Awareness Session at Super Nova School Elementary Campus, F-8. The session was led by Dr. Zahra Khalid, Consultant Orthodontist, who shared valuable insights on dental health, early orthodontic care, and the importance of maintaining healthy smiles. This initiative, aimed to educate and inspire young minds about the significance of oral hygiene.

Dr. Zahra's engaging presentation and practical tips made the session interactive, helping students understand how good oral hygiene and early orthodontic care contribute to overall health and confidence. By raising awareness at a young age, we hope to instill lifelong dental habits and encourage timely dental care.



## SHIFA INTERNATIONAL HOSPITAL ADVOCATED ASP & IPC IMPLEMENTATION AT HMC PESHAWAR

Shifa International Hospital, in partnership with DAI Pakistan Pvt. Ltd. under the Fleming Fund Country Grant, funded by the UK Department of Health and Social Care, is taking a major step towards implementing Antimicrobial Stewardship (ASP) and Infection Prevention & Control (IPC) programs as part of a broader effort to combat Antimicrobial Resistance (AMR) in Pakistan. Shifa's Advocacy Team, led by Ms. Salwa Ahsan, Dr. Ejaz A. Khan, Ms. Arifa Khatoon, and Ms. Sundus Maria, visited Hayatabad Medical Complex (HMC) in Peshawar to advocate for the implementation of ASP and IPC programs at the hospital. They also shared key project milestones to be achieved. Simultaneously, our Training Needs Assessment Team, including Mr. Muhammad Gulzaib, Mr. Ahsan Shahzad, Mr. Meboob Ali, and Ms. Zarafshan, worked to identify critical gaps in knowledge and practices, ensuring that the training program is tailored to meet the specific needs of healthcare professionals at HMC.



## SYMPOSIUM ON "CLINICAL TRIALS IN THE ERA OF AI" HELD AT SHIFA

Shifa International Hospital, Islamabad, hosted the "Clinical Trials in the Era of AI" symposium, bringing together experts to explore the transformative role of AI in clinical research. The discussions focused on AI-powered clinical trials, emphasizing efficiency, patient recruitment, and regulatory compliance. Experts also examined the current status and future outlook of AI in clinical research, addressing regulatory considerations and innovative trial methods to enhance patient access. The symposium highlighted the applications, challenges, and ethical aspects of AI and machine learning in clinical trials, with industry leaders, experts, and researchers sharing insights in engaging panel discussions.

## COMMUNITY CPR TRAINING HELD AT SHIFA MEDICAL CENTER, G-10, ISLAMABAD

The training aimed to empower community members with essential life-saving CPR skills, equipping them to respond effectively in emergencies. Dr. Adeela Irfan, Head of the CPR Committee, emphasized the vital role of CPR training in saving lives during her opening remarks. She highlighted its significance in emergency response and encouraged participants to apply their knowledge in critical situations. Dr. Adeela also provided an insightful overview of Shifa Medical Center's facilities, with a special focus on the Urgent Care Department. She explained the key differences between emergency and urgent care services, offering practical guidance on when to seek each for optimal medical outcomes.

### Training Highlights

- Hands-on CPR training conducted by certified professionals, allowing participants to master essential life-saving techniques.
- Interactive demonstrations simulating real-life emergency scenarios, helping attendees build confidence in responding swiftly and effectively to medical crises.

The event successfully equipped participants with crucial CPR skills, reinforcing the importance of immediate action in life-threatening situations. The CPR Training Team, led by Dr. Adeela Irfan, comprised Dr. Sobia Mariam, Dr. Babar Shahzad, Ms. Saima Rais (AHN), Mr. Irfan Ullah (RNII), Mr. Kashif Sultan (RNII), Mr. Imran Jamshaid (Sr. ATO), and Mr. Muzamal Hussain (H. TECH). Their collective efforts ensured that participants effectively practiced key CPR techniques, reinforcing essential life-saving skills.



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