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BEYOND THEATRES



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THE AGA KHAN UNIVERSITY



Cover Page:

Captured by: **Riaz Lakdawala**

Place: Johnston Canyon in Banff National Park, Alberta, Canada

Camera: Nikon D800

BEYOND THEATRES

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Beyond Theatres...

Shooting for the Stars!

Dear Readers,

We present to you, yet another issue of Beyond Theatres that is (as promised), bigger and better.

In this issue, among the usual updates on faculty, residents and alumni activities *beyond theatres*; **Farhat Abbas**, one of the first and by far the most decorated Department of Surgery Alumnus, shares his thoughts in our **Special Guest Editorial**. We also bring you an interesting introduction to Clinical Simulation submitted by **Amir Shariff** and an inspiring life story from our alumni **Amber Mehmood** currently at the Johns Hopkins University, encouraging our graduates to challenge their boundaries. We also bring you two stimulating travelogues, **Aneela Darbar** talks about her humanitarian mission to make neurosurgery available in Zanzibar, and **Sharmeen Akram** reflects on her two trips to Kabul a few years apart, that accounts for an interesting walk through the recent state of affairs of the region.

In **Surgery through the Ages**, we feature the (famous) Professor; that is William Halstead of the Johns Hopkins Hospital. In **Surgeon's Bookshelf**, we review Sam Kean's 'A Tale of the Dueling Neurosurgeons'. There are very interesting original submissions by **Sadaf Khan** and **Jamsheer Talati**, which we shall leave for you to explore.

We are very happy to share that the contributions from both residents and faculty has been phenomenal, and we thank you all for it. This newsletter will only be as good as the contributions and critique of its readers, so keep 'em coming.

The front cover is a superb specimen of nature photography, captured by **Riaz Lakdawala**, and is the first of his brilliant collection of photographic genius that we intend to share in subsequent issues.

Happy reading.



M Shahzad Shamim

Surgeons:

What we are today and what we will be tomorrow!



Over centuries, the “Art and Science of Surgery” has evolved from the most primitive discipline to an amazingly advanced one. The history can be traced as far back as 5000 BC and ever since, hundreds & thousands of individuals have contributed in the evolution, establishment and enhancement of this wonderful field. What once emerged as a primitive way of managing injuries using manmade elementary tools has now evolved into a mind boggling discipline of cutting edge science along with integrated high powered technology with the creation of super specialties, holistic teams, ever improving methods of surgical care, innovative teaching and learning methodologies, amazing advancements in biological solutions and regenerative medicine ... and the list goes on. Have we achieved the pinnacle of surgical sciences that could ever be achieved? Learning from the past tells

us that the answer is “No!” This caravan of blessed individuals will continue who impart their knowledge and skills towards advancement of science and technology and the future, for certain, will be different and most likely, better and further advanced. How the discipline will be practiced in future and what the future surgeons will look like is a lot to speculate, especially if we try to gather a century later perspective, but one thing is for sure that it will be different and could be remarkably different than what it is today (with all of the current advancements included). The most awesome advancements of today will become part of “history” as the discipline will evolve.

So one wonders as to how the surgeons of today can relate to their peers of yester years and of the ones to come! It seems that even centuries ago, they all had certain passions and dreams, a desire to heal, a yearning to learn new skills and create better tools, a commitment to impart their knowledge and skills for improving others’ lives. They all made their contributions in the best possible way and moved on. Newer learning emerged, finer skills were demonstrated, newer tools were conceptualized and developed, larger challenges than just managing injuries were handled and through the primitive years to middle years and eventually to the modern ages, surgery has seen nothing but progress, evolution, revolution and a continued uphill journey. And as we speculated earlier, this trend is likely to continue to a future that could be difficult to conceptualize beyond a few decades ahead.

So is there a common thread that binds the 5000 BC surgeon to the one of today and one of 3000 AD? While many views could be gathered around that question but one key aspect that I wish to highlight is that every single surgeon was always privileged to have the knowledge and art, albeit how primitive, passed on to them by someone - **“the teacher/s”**; and every one of them could apply their learning and healing skills on individuals who needed them - **“the patients”**! – This unique and universal virtue that every surgeon has enjoyed of “being taught by someone and having cared for those who needed them” has remained as a common thread over centuries and is likely to be the same in future while mammoth differences will continue to evolve in science, technology and the discipline itself.

So as surgeons, we cherish this rich and blessed heritage of teachers, mentors, students, and patients who have driven us to evolve into what we are today and what we will be tomorrow!

Farhat Abbas

Workshop, Courses and Symposia

CME Symposium on Head & Neck Cancer



Director: Mumtaz Khan – Coordinator: Dr Shabbir Akthar | February 4-5, 2017

Laparoscopic Skills Workshop



Director: Tabish Chawla | February 17, 2017

Primary Hip & Knee Arthroplasty Skills Course



Director: Mujahid Jamil – Coordinator: Shahryar Noordin | March 11-12, 2017

Pediatric Colorectal Symposium



Director: Saqib Qazi | March 28, 2017

Advance Knee Arthroscopy Workshop



Director: Masood Umer – Coordinator: Naveed Baloch | April 1-2, 2017

CME Symposium on Cornea and Refractive Surgery



Coordinators: Sharmeen Akram, Tanveer Chaudhry & Maqsood Burq | April 23, 2017

Role of Vitamin K-2 in Metabolic Bone Disease



Director: Masood Umer | April 27, 2017

AO Spine Endorsed Hands-on Workshop on Spine Trauma



Director: Shahzad Shamim – Coordinator: Imtiaz Hashmi | May 14, 2017

2nd AKU Orthopaedic Review Course



Director: Haroon ur Rashid – Coordinator: Naveed Baloch | May 8-13, 2017

Neuro Simulator Workshop



Director: Aneela Darbar | May 20, 2017

Surgical Skills Workshop



Director: Amir Shariff – Coordinator: Noman Shahzad | May 20, 2017

12th AKU Ilizarov Course



Director: Haroon ur Rashid | February 3-5, 2017

Cataract Surgical Camp



Supervised by: Sharmeen Akram | June 10-11, 2017

Ophthalmology Residents - Simulator Training



Director: Sharmeen Akram

Pakistan Orthopaedic Association (POA) meeting at AKU



January 14, 2017

Clinical Simulation in Surgery

Director : Amir Shariff | June 02, 2017



When most of us in surgery think of simulation, we think of “procedural simulation”, for example, suturing, laparoscopy, etc. This may be low fidelity or high fidelity (such as computer based simulators present in the CIME). There is, however, much much more to simulation.

Clinical simulation is a teaching and learning strategy that is being increasingly used in both medical and nursing education to prepare students for the clinical workplace. The purpose

of simulation is to achieve specific goals related to learning or evaluation. Simulation does not replace the need for learning in the clinical practice setting, but it allows the student to develop their assessment, critical thinking and decision making skills in a safe and supportive environment (the so-called “safe container”).

Clinical simulation starts with a “clinical scenario” which is designed around the educator’s desired learning objectives, which may include knowledge or team dynamics or communication. Crisis resource management is another area where clinical simulation can play a major role (see figure).

The scenario is followed by a “debriefing” where the emphasis is on genuinely understanding “why” a student performed a certain action. The goal is to help the student in improving his approach to a given clinical scenario and altering his actions appropriately. A good debriefing has the added advantage of identifying system issues which may have been hitherto unknown to the educator.

On June 2, 2017, a session on clinical simulation was organized for the residents and faculty of the section of General Surgery and also attended by faculty of other sections. Facilitated by Drs Amir Shariff (GS), Emad Siddiqui (Emergency Medicine) and Aamir Hameed (Cardiology), a polytrauma scenario was conducted (designed by Dr Emad). A multidisciplinary environment was created in the simulated trauma bay with residents from ER, GS, Ortho and Neurosurgery as well as ER nurses participating in the scenario.





The debriefing that followed allowed the participants to share their thoughts and emotions as they performed in the scenario. The discussion ranged from the ATLS protocol to team dynamics and communication and covered many aspects of crisis resource management. Hats off to the participants for performing admirably in a high stress situation!

With superb facilities for conducting simulation already present in the CIME as well as the necessary technical support from biomedical, IT, etc, we look forward to strongly incorporating simulation into both our undergraduate and postgraduate curricula.

Crisis Resource Management Key Points



Amir Shariff

Faculty Reaching Out

Faculty	Event	Venue
Breast Surgery		
Abida Sattar	St.Gallen Oncology Conferences / BCC 2017	Vienna, Austria
Abida Sattar	American Society of Breast Surgeons Meeting	Las Vegas, USA
Nazia Riaz	Aurora Health Care Training & Educational Partnership	Milwaukee, Wisconsin
Nazia Riaz	AACR Annual Meeting 2017	Washington, DC, USA
Nazia Riaz	Stem Cell Retreat at UCSF	California, USA
Shaista Masood Khan	15th St. Gallen International Breast Cancer Conference 2017	Vienna, Austria

Faculty	Event	Venue
Cardiothoracic Surgery		
Hasanat Shariff	AATS Mitral Conclave & AAT Centennial	New York, USA
Muneer Amanullah	4th Annual ELSO-SWAC Conference	Doha, Qatar
Muneer Amanullah	11th World Congress On Pediatric Cardiology and Congenital Cardiovascular Disease	Hampshire, UK
Muneer Amanullah	AKU Alumni Reunion	Hampshire, UK
Muneer Amanullah	7th World Congress Of Pediatric Cardiology & Cardiac Surgery	Barcelona, Spain
Sulaiman Hasan	4th Annual ELSO-SWAC Conference	Doha, Qatar
Syed Shahabuddin	2017 Master Class on Aortic Valve Repair	Paris, France
Syed Shahabuddin	7th World Congress Of Pediatric Cardiology & Cardiac Surgery	Barcelona, Spain

Faculty	Event	Venue
Dentistry		
Dinaz Ghandhi	British Association of Oral & Maxillofacial Surgeons	Birmingham, UK
Fahad Umer	21st. UAE International Dental Conference & Arab Dental Exhibition	Dubai, UAE
Fahad Umer	Continuing Educational International Visiting Scholar Program	Philedephia, USA
Faisal Qayyum	21st. UAE International Dental Conference & Arab Dental Exhibition	Dubai, UAE
Faisal Qayyum	(I) CBCT Training (Ii) CAD/CAM Conference	Dubai, UAE
Farhan Raza Khan	Dentistry Show	Birmingham, UK
Farhan Raza Khan	Scottish Dental Show	Glasgow, UK
Farhan Raza Khan	Periodontology and Implantology - Esthetics and Function	Winterthur, Switzerland
Mubassar Fida	AOSC 2017	Singapore
Mubassar Fida	21st. UAE International Dental Conference & Arab Dental Exhibition	Dubai, UAE
Mubassar Fida	2017 AAO Meeting	San Diego, USA
Najeeb Saad	First African Regional Dental Congress	Marrakech, Africa
Najeeb Saad	ITI World Symposium	Basel, Switzerland
Robia Ghafoor	46th Annual Meeting of AADR + 41st Annual Meeting of CADR	California, USA
Robia Ghafoor	31st AO Annual Meeting	Orlando, USA
Robia Ghafoor	CBCT Training	Dubai, UAE

Faculty	Event	Venue
General Surgery		
Amir Shariff	Simulation in Medical Education at Lee Kong Chian School of Medicine	Singapore
Hasnain Zafar	Laparoscopic Colorectal Workshop	Istanbul, Turkey
Rizwan Khan	12th Biennial E-AHPBA Congress 2017	Mainz, Germany
Tabish Chawla	SAGES (Society of American Gastrointestinal & Endoscopic Surgeons) Annual Congress	Houston, USA
Tabish Chawla	Excellence In Healthcare 2017 - RCS Glasgow	Glasgow, UK
Tahir Shafi Khan	The Aesthetic Meeting 2017	San Diego, USA

Faculty	Event	Venue
Neurosurgery		
Rashid Jooma	American Association of Neurological Surgeons – 2017 Annual Meeting	Los Angeles, USA
Rashid Jooma	National Hospital For Nervous Disease, Queen's Square	London, UK
Shahzad Shamim	XVI World Congress of Neurosurgery WFNS 2017	Istanbul, Turkey
Shahzad Shamim	IFNE 2017 Meeting	Cape Town, South Africa
Syed Ather Enam	American Association of Neurological Surgeons – 2017 Annual Meeting	Los Angeles, USA
Syed Ather Enam	19th International AEK Cancer Congress 2017	Heidelberg, Germany
Syed Ather Enam	Achucarro Basque Center for Neuroscience	Leioa, Spain

Faculty	Event	Venue
Ophthalmology		
Ahmad Maqsood Burq	ASCRS - ASOA Symposium & Congress	Los Angeles, USA
Irfan Jeeva	Retina World Congress 2017	Leeds, UK
Irfan Jeeva	Refractive Training Program	Dubai, UAE
Irfan Jeeva	2nd Annual Mena Ophthalmology Congress	Doha, Qatar
PirBux Salim Mahar	32nd Annual Conference - Asia Pacific Academic of Ophthalmology	Singapore
PirBux Salim Mahar	7th World Glaucoma Congress	Helsinki, Finland
Rashid Baig	3rd RED SEA Ophthalmology Symposium 2017	Saudi Arabia
Rashid Baig	17th ESASO Retina Academy 2017 & ESASO	Berlin, Germany
Sharmeen Akram	International Refractive Conference	Dubai, UAE
Sharmeen Akram	Advanced Refractive Surgery Training	Dubai, UAE
Sharmeen Akram	32nd Annual Conference - Asia Pacific Academic of Ophthalmology	Singapore
Shaukat Ali Chhipa	17th ESASO Retina Academy Congress	Berlin, Germany
Tanveer Chaudhry	Refractive Training Program	Dubai, UAE
Tanveer Chaudhry	7th World Glaucoma Congress	Helsinki, Finland

Faculty	Event	Venue
Orthopaedics		
Masood Umer	19th International Society of Limb Salvage General Meeting	Kanazawa, Japan
Masood Umer	International Investigators' Meeting	Ontario, Canada
Mujahid Jamil Khattak	Lyon Hip Arthroplasty	Lyon, UK
Naveed Juman Baloch		Illinois, USA
Naveed Juman Baloch	FAIMER - KEELE University, Staffordshire	Staffordshire, UK
Pervaiz Hashmi	AAOS 2017 Meeting	San Diego, USA
Shahryar Noordin	34th Annual San Diego Shoulder Course	San Diego, USA
Shahryar Noordin	Fundamentals in Arthroscopy Course	Chicago, USA
Tashfeen Ahmad	American Academy of Orthopaedic Surgeons	San Diego, USA
Tashfeen Ahmad	Orthopaedic Research Society	San Diego, USA

Faculty	Event	Venue
Otolaryngology		
Moghira Siddiqui	Netherlands Cancer Institute	Netherlands, Amsterdam
Mubasher Ikram	12 th London Head And Neck Dissection Course 2017	London, UK
Mubasher Ikram	Annual Congress RCS, Glasgow	Glasgow, UK
Mubasher Ikram	ENT Summit Conference	Colombo, Sri Lanka
Mubasher Ikram	86th Annual Meeting of The American Thyroid Association	Denver, Colorado
Mumtaz Khan	13th Annual International ENT Master Class (RCS London)	London, UK
Shabbir Akhtar	The Royal Marsden NHS Foundation Trust	Sutton, UK
Sohail Awan	International Conference on Ear, Nose and Throat Disorders	Kuala Lumpur, Malaysia
Sohail Awan	4th South Pacific ORL Forum	Honolulu, Hawaii.

Faculty	Event	Venue
Paediatric Surgery		
Mohammad Arshad	APSA 2017	Florida, USA
Saqib Hamid Qazi	IRCAD / EITS Meeting	Strasbourg, France
Saqib Hamid Qazi	Asian Intussusception Surveillance Network Meeting	Kathmandu, Nepal
Saqib Hamid Qazi	IPEG'S 26th Annual Congress For Endoscopy In Children	London, UK
Shabbir Hussain	BAPS 2017 Meeting	London, UK
Zafar Nazir	65th SPU Annual Meeting	Boston, USA

Faculty	Event	Venue
Research		
SYED ADNAN ALI	2nd International Conference on Bio Science and Biotechnology - 2017	Colombo, Sri Lanka

Faculty	Event	Venue
Urology		
Amanullah Memon	European Association of Urology (EAU) 2017	London, UK
Hammad Ather	3rd Conference Experts in Stone Disease	Dubai, UAE
Hammad Ather	Robotic Training Newcastle Surgical Training	Newcastle Upon Tyne, UK
Nasir Sulaiman	Master Class of Men's Health And Ed Serious Implanters	Dubai, UAE
Nasir Sulaiman	European Association of Urology (EAU) 2017	London, UK
Nuzhat Faruqui	SUFU 2017 Winter Meeting	Arizona, USA
Raziuddin Biyabani	American Urological Association 2017 (AUA) 2017	Boston, USA
Syed Muhammad Nazim	European Association of Urology (EAU) 2017	London, UK
Wajahat Aziz	European Association of Urology (EAU) 2017	London, UK

Faculty Reaching Out



Rizwan Haroon Rashid has successfully completed his clinical fellowship training in Foot and Ankle Surgery from Xian Hong Hui Hospital Xian China



Imran Jalbani has successfully completed his fellowship with title International renal transplant surgery at Urology and Nephrology Center Mansoura, Egypt



Masood Umer & Jamsheer Talati with Prof Luca Tiano at Vita-talk' on Role of Vitamin K2 in Metabolic Bone Disease & Bone Mineralization, AKU



Rehman Alvi, CPSP Lahore for FCPS Examination



Masood Umer attending a meeting of ISOLS in Kanazawa, Japan



Sharmeen Akram at FIMC Afghanistan



Shahzad Shamim at AO Spine Development Course, Dubai, UAE



Shahzad Shamim, Ahmed Ali Shah, Aneela Darbar & Naveed Zaman at Peshawar Congress



Irfan Jeeva at Peshawar National Ophthalmology Congress 2017



Rizwan Haroon Rashid with Prof Thomas Lee (Foot and Ankle Surgery) of Columbia Hospital Ohio



Masood Umer & Haroon ur Rashid
with Ilizarov Workshop Faculty for
SAARC Countries in Islamabad



Muhammad Nazim & Wajahat Aziz
at 32nd Annual EAU Congress London,
UK



Rehman Alvi at American Society for
Parenteral and Enteral Nutrition,
Orlando, Florida



Rizwan Haroon Rashid with Professor Liam
President Chinese Foot and Ankle society and head
of the Foot and Ankle Department at the Xian
Red Cross Hospital



Farhan Raza Khan
at Scottish Dental Conference
at Glasgow, UK



Muneer Amanullah at Alumni Business
meeting in progress with Muneer at helm
of affairs at Birmingham, UK



Rizwan Khan at 12TH Biennial-e-Ahpba Congress 2017, Mainz, Germany



Nasir Sulaiman at 32nd Annual EAU Congress London, UK



Irfan Jeeva at Pakistan Diabetic Retinopathy Expert Group Meeting Islamabad, Pakistan



Naveed Baloch during mini fellowship with **Prof. Stephen Burkhart** at Orthopedic Learning Center, Rosemont, USA



Shahzad Shamim Faculty Education Programme, Prague, Czech Republic



Mujahid Jamil and **Imtiaz Hashmi** attended Hip Instability Course in Lyon, France



Muneer Amanullah at 11th World Congress on Pediatric Cardiology & Congenital Cardiovascular Disease, Hampshire, UK



Imran Jalbani & Rajab Ghiranoat 14th International Invasive Bladder Cancer & Urinary Diversion Course at UNC Mansoura, Egypt



Mubasher Ikram received FRCS and Muhammad Adeex resident received MRCPS from royal college of Glasgow, UK



Sharmeen Akram with **Prof. Pallikaris** Father of Refractive Surgery Meeting at Singapore



Wajahat Aziz & Muhammad Nazim with Prof Mahesh Desai at EAU Congress, London, UK



Saqib Qazi at 2nd BAPS - Hugh Greenwood Pediatric Laparoscopic Surgery Workshop

Academic Visitors - International



Metteo Denti
Orthopaedic Surgeon
Switzerland & Italy



Luca Tiano
Orthopaedic Surgeon
Italy



Umar Mian
Ophthalmologist
USA



Scharukh Jalisi
Otolaryngologist
USA



Qutub Qadri
Orthopaedic Surgeon
UK



Nadeem Khalid
Orthopaedic Surgeon UK



Amir Nisar
Laparoscopic Surgeon
UK



Naveed Alizai
Pediatric Surgeon
UK



Shaukat Esufali
Surgery
Australia



Farooq Shahzad
Plastic Surgeon
USA



Riaz Agha
Executive Editor
International Journal
of Surgery (IJS)

Welcome on Board



Waris Ahmed
Assistant Professor
Cardiothoracic Surgery



Safdar Ali Shaikh
Locum Consultant
Plastic Surgery



Sana Zeeshan
Lecturer
Breast Surgery



Lubna Mushtaque Vohra
Lecturer
Breast Surgery



Wardah Khalid
Senior Instructor
Research



Nida Zahid
Senior Instructor
Research

New Responsibilities



Farhan Raza Khan
Section Head
Dentistry

Visiting Faculty



Riaz Agha
Research



Adnan Siddiqui
Neurosurgery



Alf Giese
Neurosurgery



Asif Hasan
Cardiothoracic Surgery



Aamir Jafarey
General Surgery

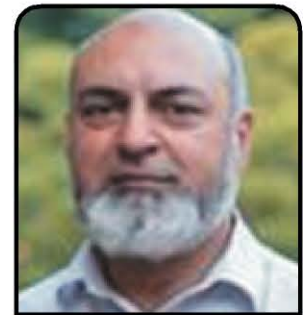
Promotions



Shahryar Noordin
Associate Professor
Orthopaedics



Shabbir Akthar
Associate Professor
Otolaryngology



Khabir Ahmed
Associate Professor
Research



Amber Sultan
Senior Instructor
UGME

Proud to Announce



The University of Alberta has awarded honorary doctor of science degrees to **President Firoz Rasul and Saida Rasul** at its convocation. The honorary degree from the University recognises outstanding Canadian who have strived to raise the standard of living of future generations.

HEC approved

Associate of Science in Dental Hygiene (ASDH) Degree

The Program will induct its first batch in 2018 By

Sabrina Heglund & Saida Rasul



President of Pakistan confers **Sitara-i-Imtiaz** and **Pride of Performance Award** to **Syed Ather Enam** for his work in the field of medicine on March 23, 2017

Honorary Fellowship



ROYAL COLLEGE OF
PHYSICIANS AND
SURGEONS OF GLASGOW



Hammad Ather
Professor
Urology



Mubasher Ikram
Associate Professor
Otolaryngology

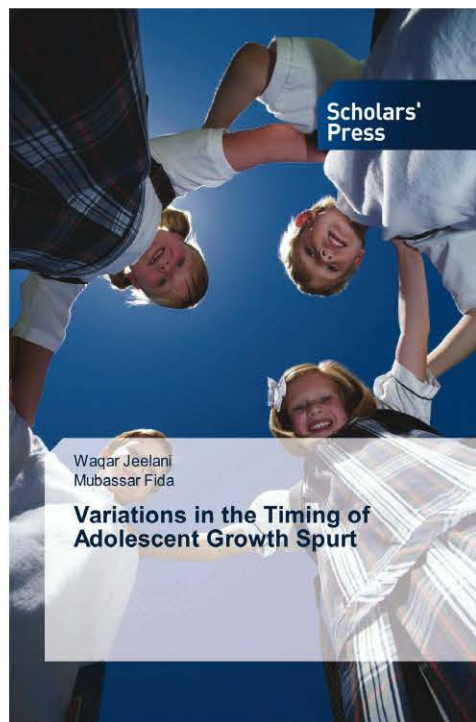


Book launch: Being a Surgeon: The Ten Commandments – lifetime experience and reflection by Asad Jamil Raja, Chairman, Department of Surgery, Aga Khan University, Nairobi, Kenya.

Variations in the Timing of Adolescent Growth Spurt

It is not uncommon to discover startling variations in the timing of pubertal growth spurt in any group of children. Orthodontic treatment involving regulation of facial growth and alteration of three dimensional jaw relationships, either by dentofacial orthopedics or orthognathic surgery, is dependent on the true diagnosis of the timing of pubertal growth spurt. This text provides an evidence based account of all the possible factors which may affect the timing of adolescent growth spurt. In addition, the association between different sagittal and vertical facial patterns and the variations in the timing of adolescent growth spurt has also been presented in the light of recent studies and new observations. This writing is likely to significantly improve the diagnostic abilities of keen clinicians trying to achieve the best results for their patients.

Dr. Waqar Jeelani is working as a consultant orthodontist and head of department at the University of Faisalabad, Pakistan. He keeps a special interest in clinical research and medical writing and has been involves in several single and multi-center research projects.



Book Published: Variations in the Timing of Adolescent Growth Spurt
 Authors: Mubassar Fida and Waqar Jeelani

AKU Leadership Advance 2017 at Uganda, Africa



Alumni Business Meeting at Birmingham, UK



Travelogue

Humanitarian Neurosurgery: Mission Zanzibar

Aneela Darbar

The Mnazi Mmoja Hospital-NED institute embodies the spirit that humanitarian neurosurgery stands for. The opportunity and spirit of offering one's personal time, talent and resources to members of the Global family, who through, no fault of their own, find themselves in a region lacking resources. The innate desire of the human race to comfort and care for others, is demonstrated by every Mission team that travels thousands of miles to a remote Island of Zanzibar, off the East African coast, in the Indian Ocean, offering their services without a hint of any expectation of recognition or reward. To participate in this role as a missionary, is a unique and fulfilling experience.



I visited Zanzibar from 17th to 24th September 2016. Before I arrived, Dr Jose Piquer, a dedicated philanthropist and a neurosurgeon from Spain had set up his base there a month earlier, and had been joined by his anesthesia colleague, Dr Maite, who has a special interest in pain management. Another group of Spanish nurses, and an Intensivist, Dr. Pablo were also there providing dedicated care to patients. During this visit the focus of this team was to address spine pain through interventional techniques.

A special Symposium of “Neuroscience based approach to Pain” was held to update Zanzibar doctors, anesthesiologists and nurses on current approaches to painful spine conditions. Lectures in anatomy, and pathophysiology of spine pain, and approaches to its management were held daily during the week long Mission. The participants then attended, live demonstrations on Pain management techniques in one of two very well equipped operating rooms.



After conducting the series of pain management lectures at the start of the day, I along with members of our team, dedicated ourselves to the neurosurgical procedures. Our team leader, Dr. Mahmood Qureshi (senior neurosurgeon from AKU Nairobi) along with Dr Gilbert Mwaka, our anesthetic colleague, and Morris Githeiya, an experienced and remarkably calm and hard-working, head of OR nursing, had been offering their volunteer services ever since the very first Mission of NED to Mombasa, a coastal East African town in Kenya in November 2001. The

week saw our team operate on three instrumentation spinal fusions, a decompressive laminectomy for neurogenic claudication, endoscopic fenestration and several third ventriculostomies for hydrocephalus, a posterior fossa, tumor, a choroid plexus papilloma. It was gratifying to be able to observe my very first sub-labial approach for transphenoidal excision of a pituitary adenoma. I

have only done endoscopic trans- nasal approaches for such lesions and therefore was absolutely thrilled to receive my first hands-on lesson on this “historical” approach.



Our anesthesiology and pain specialist colleague, Dr. Gilbert Mwaka, demonstrated his skills at cranial blocks to other members of the team. He uses this regularly at the Aga Khan hospital in Nairobi, having learnt these skills from the renowned team of Dr Amin Kassam, when he and I, along with Dr. Ather Enam and Dr. Faraz (from AKU Karachi) had visited him in Milwaukee last year.

So here was Zanzibar’s NED institute, helping us share our experiences and offering it to patients who more than deserve our support; and who make us believe that humanity still has a chance!!!

On Sunday, I had the opportunity to visit the famous “prisoner island” which is a sanctuary for land tortoise. These gorgeous creatures were quite friendly and to least say very hungry. The youngest soul was new born and the oldest one was 192 yrs old.

My next social visit was to check out the birth place of Freddie Mercury (born FarrokhBulsara), who was a British singer, songwriter and record producer, known as the lead vocalist and co-principal songwriter of the rock band Queen.

The week ended with the Minister of health Honorable Mahmoud Kombo inviting the team for a Sea-food Dinner and informing us that His Excellency the President of Zanzibar would like to meet us at State House Zanzibar the following morning. The President was keen to share his vision of using the NED Institute example to encourage other specialists to help develop health care in Zanzibar. He reminisced how, in the early 1950s, Zanzibar was a center where patients came from the region to seek care offered by the British specialists based at the MnaziMmoja Hospital. The president, a medical pathologist by training, and having worked at the hospital in the past, understands the special role NED is playing and has asked that the Institute seek accreditation by the regional College COSECSA to be considered a training site for the regional COSECSA neurosurgery program.



Now, it was time to return home. I was quite reluctant to leave this tiny gem of an island and felt a part of my soul is still floating in the gentle breeze of Stonetown, Zanzibar.

First joint session of the European Association of Urology (EAU) and the Pakistan Association of Urological Surgeons (PAUS) at 32nd EAU Congress London

Syed Muhammad Nazim

This is the largest urology meeting in the world. This year's congress was held at the ExCel Exhibition Centre in London. I had the privilege to moderate a session on prostate cancer where Prof. F Montorsi from Milan, presented the update on management of prostate cancer and Prof. Farhat Abbas discussed the challenges in management of prostate cancer in Pakistan. I also had a presentation on hormone refractory prostate cancer.

Five days of EAU congress were packed with over 300 sessions attended by more than 13,000 participants from 123 countries and around 1463 speakers who covered all areas of urology, from the basic science of urothelial function to the latest technological innovations in cancer diagnosis and surgery. The congress also provided a great opportunity to see friends from all over the world.



Kabul; the Unforgettable Land

Sharmeen Akram



Nostalgia gained victory over my body as I dropped my head on a fluffy, warm pillow and unloaded the toll of a hectic day in a comfortable bed. I was in Kabul once again after a period of eight years. This bed that I lay in, was housed within a large rectangular container that bore a striking resemblance to those found at warehouses and ports. The possibility of it being the same type of container had crossed my mind. It was strange, yet fascinating. A peace insinuated by the darkness and the abstruse comfort of the night consumed me as I lay in bed. Conversely, it was a trigger to my nostalgia; I was immediately transported to memories that were five years old.

Immense joy gripped my heart when I first feasted my eyes upon the city of Kabul that looked so tiny from the aisle window in the small airplane. Yet the contrast when I first set foot in it! It was not so tiny; large and booming and determined to live on no matter

what happened. I felt thrill rush through my veins as I looked around; an ordinary sight it may have been for everyone but not me.

Every moment of the journey was beautiful; the low flying over the mountainous terrain that surrounded the arid parched land where the gigantic mountain peaks stood was majestic. It reminded me of all the illusory images and ideas I had grown up to recognize as one of the Spartan Afghan men who stood with silent pride and watched over the wasteland of their country in the hope for new seedlings to sprout one day.

The city had struggled to survive the impact of civil war and therefore, philanthropic countries had invested in the rehabilitation of the once modern structure of the city. Amongst them was collaboration between the French government and AKUH, for the construction of the FMIC within a hospital that already existed in Kabul. So my wish had been answered; my affiliation with AKU had brought me to the city I had always wanted to see and here I was. I could taste the thrill as I thought of cruising the city to my hotel.

In contrast to my thoughts, shiver ran through me on arrival at the Kabul Airport; it was a sight not to be forgotten! I saw the literal sense of terror; men clad in turbans and guns roamed everywhere. The implicit level of comfort the men had with their guns was enough to terrify anyone; the guns were like their babies. I had sensed that there was an election in process or due to happen from the numerous gigantic posters that clogged the roads of Kabul and the rampant presence of men who held those posters ferociously with not a single female in sight.

Amongst all this chaos, a cheerful host who donned western attire had greeted us upon our arrival at the airport. I remembered how it had taken me a while to process the sudden change in

character and attire of this man against the backdrop of turban clad men and guns, and surges of determination to win an election.



We were ushered into a bombproof car that took us to our destination in Kabul. The tight security and the dramatic emphasis on the necessity of being in a bombproof car was enough to shake me; an unpleasant feeling of sadness mixed with fear had settled within my guts. And it grew with every second as I saw all the structures and architecture that were once a pride of Afghanistan, now in utter ruins. Nothing filled the landscape except dust potholes and bullet riddled buildings and a seemingly permanent voice that echoed the obligation to observe purdah. The intensity of the voice allowed it to be heard even in our heavy bombproof car.

Very few or hardly any women could be made out in the streets and even when they were spotted, they were fully covered in long shuttle burkas as if they did not exist and young Afghan boys, the survivors of war, accompanied them. It was obvious to me what all the newspapers had been saying about this city was true. In a span of eight years, a ceaseless round of wars had ravaged and crippled the city and left it in complete ruins. It was a very depressing reality.

Now as I lull myself to sleep, it is fascinating that how over a span of 5 years the city has totally changed. It was a rollercoaster experience of mixed emotions however it was great and the difference from the last visit was tremendous; there was still life in Kabul, people still lived on regardless of whatever. When I had been driven through the bazaar, my eyes had been granted respite from bullet ridden buildings; instead I saw a lively crowd of mixed genders, and marriage halls that hustled and bustled; it was a business that was in major boom in Kabul. I was reminded once again of that resilient nature that I had sensed in my first visit; it was still there except stronger than before. And it was clear; no one could ever crush it. The container that I lay in was another of the results of the war. A whole hostel building was housed in these containers and they had managed to attain the standard of comfort. The containers were joined together with long corridors, and were fully equipped with kitchens, gyms, and bedrooms with bathrooms attached. There was a common lounge shared by the containers. It seemed so easy to drown in all the luxury but one is brought back to grim reality by the large and long trench of concrete and barbed, live wires that cordoned the whole container hostel to protect against attacks. Only two days back, Taliban had attacked the government hospital and there were massive casualties. Even in the tranquility of the night that allowed me to



escape to my former memories of Kabul, I could not block out horrible thoughts of the inhumane attack on the hospital.

During my stay, I paid visits to the FMIC that was in its infancy stages with overworked staff who struggled to work within the limited resources. I also visited the Ophthalmology department that had been non-existent in our first visit. All that sorrow I felt upon seeing Kabul the way it was now, momentarily disappeared when I saw this department. It was an amazing sight with three consulting rooms that catered to state of the art equipment, a diagnostic area, a small room for minor procedures and a conference room. The theaters were shared with the main hospital but the idea of the eye theaters being shifted to the vicinity of the eye clinic were in the pipeline. What seized my amazement the most was the optic's shop that had been constructed. It was way better than most shops in Dubai not only in aesthetics but also in service!

To make the most of my visit here I was invited to help in the interview for the Vitro retina faculty and to sort out some difficult cases that had been lined up by the local hospital. The team and I were able to discuss it together and also present it in our Ophthalmic Grand Round back in Karachi. We also developed a learning service with the hospital.

I don't know if I will get another chance to visit the country, but I do know that life goes on and though atrocities of war leave marks on generations to come, human life is too resilient to be suppressed and good will always rule in the end.



Around 2000 years old surgical instruments on display at Taxilla Museum.
Photo Courtesy: Shahzad Shamim

Surgery through the Ages

William Halstead of Johns Hopkins -The Professor

Continuing with our theme of brilliant surgeons who did not shy away from trying 'unconventional' methods to achieve their objectives, we must introduce William Stewart Halstead (1852 – 1922).

Halstead as a surgeon and innovator appears nothing short of a phenomenon, and his legacy is carried in all major books on history of surgery. An American surgeon, famous for his time spent as the first Chief of Surgery at Johns Hopkins Hospital, and one of the iconic Big Four at Johns Hopkins, the other three being Osler, Kelly and Welch. Halstead is credited for introducing the first formal surgical residency training program and several landmark procedures including radical mastectomy and hernia repair. He also introduced several fundamental principles of surgery that are still in use, as well as many surgical instruments. More importantly, he is responsible for training a generation of surgeons who later transformed the art and science of not just general surgery, but also the various specialties of surgery. These include the neurosurgeons Harvey Cushing and Walter Dandy; and the urologist Hugh Young. But this is not why we have featured Halstead in Beyond Theatres.

Early in his career, Halstead became interested in the potential advantages of local anesthetics. He avidly experimented with the drug, at times upon himself, to the extent, that he became heavily depended upon cocaine. His cocaine addictions were to influence the rest of his life and despite months in sanatoria, and taking long voyages to gradually wean him off it, he and his physicians were only able to come up with a combination of morphine and cocaine that kept him functional, and he remained addicted to both. Even the important scientific breakthroughs that he managed to make with cocaine were affected by his addiction. In fact the first report on the advantages of local anesthetic that he published in the New York Medical Journal, is so incomprehensible, that it is likely that it was also written under influence of the drug. Obviously, peer review was not such a big deal back then.

Gerald Imber in Halstead's biography "Genius on the Edge", tells the story that once while performing surgery under local anesthesia, upon only the eighth and by far the largest thyroid gland at Johns Hopkins to a large audience of visiting surgeons, he excused himself twice during the surgery on account of a 'headache'. He eventually left the theatre altogether bidding farewell to his assistant, and requesting him to finish by himself. This was to be the assistant's first ever thyroid surgery, and a successful one too. At another instance, he was found to be so 'meticulous' during a surgery that one of the Mayo brothers left the theatre saying, "I have never seen a wound operated at the top while the bottom had already healed".

Popular as 'The Professor', Halstead's brilliance as a surgeon was undeniable. Yet he is also known for several incidents where he may have crossed the fine line between brilliance and madness. This includes performing one of the first cholecystectomies in the United States, when he operated on his own mother...at 2 am for an empyema gall bladder....barehanded...under local anesthesia...in her house...on the kitchen table. She went on to live for two more years. At another instance, when her sister was in shock from a post-partum hemorrhage, he attempted

what could have been the first of such attempts, to transfuse her some of his own blood, drawn through a syringe from one of his veins, and injected directly in to one of her veins. Although it is unlikely to be a large enough volume to be effective, his sister Minnie, survived.

One of his most revered trainees, (arguably) the father of modern neurosurgery, Harvey Cushing in his Pulitzer prize winning biography 'The Life of Sir William Osler', has described Halstead as brilliant but a recluse, who ignored his academic responsibilities and left most of his surgeries to his assistants. Cushing also questioned Halstead's sexuality hinting towards a probable homosexual relationship between him and Welch, another one of the iconic Big Four.

Halstead used to joke that he would die of gallstones. Ironic as it is, he died from pneumonia, a disease that his friend Osler used to call 'an old man's friend', which he acquired as a complication of gallstone surgery.

Further Reading:

Markel, Howard (2012). An Anatomy of Addiction: Sigmund Freud, William Halsted, and the Miracle Drug, Cocaine. New York: Pantheon Books.

Halsted, William S. (1885). ..42: 294–95.

Imber, G (2010). Genius on the Edge: The Bizarre Double Life of Dr. William Stewart Halsted. Kaplan Publishing.



Shahzad Shamim



Shaukat Chhipa & Rashid Baig have received Diploma Superior Specialist in Ophthalmology equivalent to the Certificate of Advanced Studies in Ophthalmology in the Swiss University Continuing Education

A Thousand

Words & More



Sadaf Khan

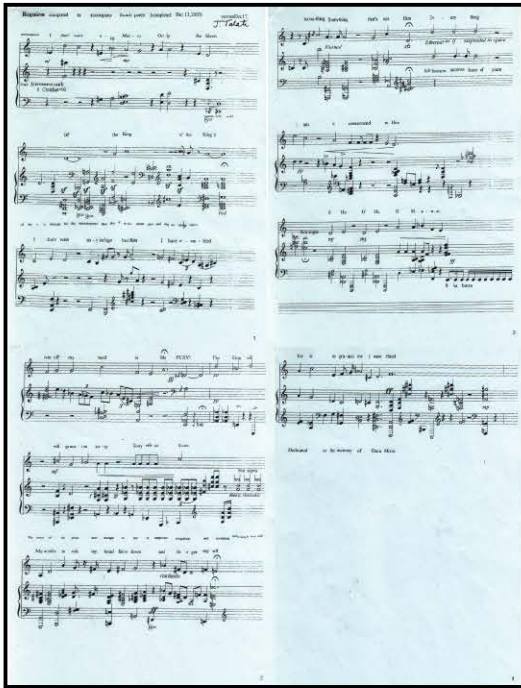
This watercolor is adapted from a photograph of a prosthetic limb designed by Gajitz. The painting portrays the melding of form and function in the human body



Hafiz Taha Mahmood

Flying High, Beyond the Horizons of Dental Clinic

Composer's notes on the Requiem



This is a composition for piano and voice, based on Rumi's poem, kindly sung by Ariella Khan, daughter of a faculty member. It was recorded courtesy of Mustafa Mohsin, a banker by profession, a perfectionist deeply interested in media and film.

The composition is the result of a privileged distance mentorship by one of Karachi's great music personages-- Pervaiz Mirza, who migrated and was then in Aachen.

He opened my mind and freed my compositions by urging me to create (musically) the emotional meaning of poems or situations.

The poem is dedicated to his deceased brother who was murdered in Karachi.

It is therefore titled Requiem. It is a prayer, a reminder for our action in life (do not question, accept the blows); it is a remembrance of Dara; a brief and simple token of a 'celebration' of a great family of benefactors.

Paraphrased, the poem by Rumi when translated reads:

I desired no mercy save the blows of the King
I sought no shelter save the King
If the King had cut off my head he would have given me eternal
life in return for it
My duty is to sacrifice my life; it is His prerogative to give life

Rumi partly owes his immensity of understanding to the terrible cruelty of Mongols. Famed for annihilating populations, Rumi's father migrated out of Balkh (in Afghanistan), and took his son through centers of learning at Nishapur, Damascus,... Ultimately Rumi reached Konya, where the challenging interactions with Shams honed his thought.

Interestingly, Shams one day threw all of Rumi's library books into the pond. When questioned, he told Rumi-- you now do not need them, you have it all in you.

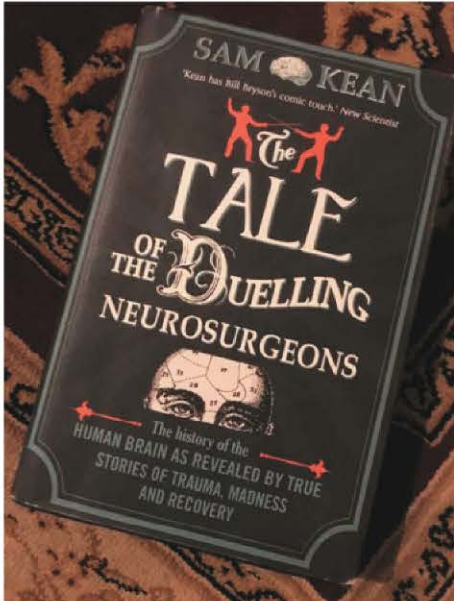
Sadly we live in an era of ever evolving truths. There is no end to discovery. There is no question of delinking from books or internet and fresh proofs, for what is offered is a facet of truth. The truth remains secure and unrevealed, as if at the centre of a well cut diamond. You can never get to see it because the light you use for visualisation is either reflected by the surface or refracted away from you, in ways that distort information.



Jamsheer Talati

From a Surgeon's Bookshelf

The Tale of the Duelling Neurosurgeons by Sam Kean



This is Sam Kean's third book, after the bestsellers *The Disappearing Spoon* and *The Violinist's Thumb*. New Scientist compares him to Bill Bryson and he seems to have developed a niche for himself as an entertaining science writer. The book features several interesting real life events related to neuroscience, all previously reported, but nonetheless made interesting through readable language free of unnecessary jargon, fine dramatizations and inclusion of recent scientific discoveries that help the readers to better understand these stories.

The title is based on the story of the king of France, Le Roi Henri II who suffered a penetrating injury to his head and two of Europe's top surgeons were brought in to help the ailing royal. Andreas Vesalius and Ambroise Paré spent several weeks trying to treat the king, and even though he succumbed to his injuries, their collaboration, both during and after the king's death, was crucial in the understanding of the human brain and subsequent development of modern neuroscience. Other stories deal with brain injuries secondary to gun shots, facial injuries and reconstruction, the phenomenon of phantom limbs and stories of several Nobel laureates and neuroscientists with ground breaking researches including Golgi, Ramon and Cajal, Hubel and Wiesel, Daniel Gajdusek, Harvey Cushing, Wilder Penfield and Heinrich Kluver, among others. It also includes the story behind the discovery of Beriberi, Capgras syndrome, and fascinating history of other neuroscience related pathologies, all narrated in a simple yet entertaining manner. Of course, like all books on neuroscience, it also includes the storied of the two most famous patients in neuroscience history, H.M and Phineas Gage.

What is common in all of these stories is that they are all very well told, without confusing the reader with confusing data or technical jargon. Sam Kean has also included illustrations, puzzles, jokes and interesting facts at various places, perhaps to spice up the content, or to simplify the text, although I found it superfluous. The book by itself makes for an interesting read.



Shahzad Shamim

Residents' Corner

Cleared FCPS Examination



Jehangir Farmanali
General Surgery



Amyna Shoukat Ali
General Surgery



Delvene Soares
General Surgery



Asad Moosa
General Surgery



Samiullah Abdullah
Plastic Surgery



Sherbaz Khan
Orthopaedics



Waseem Ahmed
Orthopaedics



Irfan Ashraf
Orthopaedics



Badar Uddin Ujjan
Neurosurgery



Batoool Ali
Orthodontics



Waqar Jeelani
Orthodontics



Aisha Khoja
Orthodontics



Sana Ehsan Nagi
Operative Dentistry



Saqib Naeem Siddiqui
Operative Dentistry



Talha Ahmed Qureshi
Otolaryngology

Cleared IMM Examination



Tayyab Siddiqui
General Surgery



Sohaib Khan
General Surgery



Sabah Uddin Saqib
General Surgery



Roshan-e-Shahid Rana
Urology



Ahsan Rafi
Urology



Muhibullah Bangash
Urology



Munawar Hussain
Cardiothoracic Surgery



Arif Ali
Orthopedics



Shah Fahad
Orthopedics



Hamdan Ahmed Pasha
Otolaryngology



Rahim Dhanani
Otolaryngology



Sarah Khan
Plastic Surgery



Noor Malik
Neurosurgery



Saqib Kamran Bakhshi
Neurosurgery



Farheen Fatima
Orthodontics

Cleared IMM Examination



Hafiz Taha Mehmood
Orthodontics



Adeel Tahir Kamal
Orthodontics



M Hasan Hameed
Operative Dentistry



Sheikh Bilal Badar
Operative Dentistry

Karachi to Paris



Talha Ahmed Qureshi attended IFOS World ENT congress 2017 held in Paris from 24-28 June to present an oral and poster presentations. It was one of the biggest IFOS congress with 8500 participants from nearly 135 countries and was an excellent educational and learning opportunity by ENT experts from around the world. The opening ceremony of conference was exceptional with demonstration by artists in ENT aspect of phonation, hearing and balance by displaying singing,

music and dance. Tour in hall with perfumes was to signify the importance of olfaction.

I was accompanied by my wife and since it was our first trip to Paris, it would be sin to just attend conference and not explore the city, so we never missed chance to see around. We were able to visit world's most prestigious art museum-the Louvre which hold Mona Lisa and other extraordinary masterpieces. We also saw other city landmarks and enjoy Parisian food.



Residents Reaching Out

Faculty	Event	Venue
General Surgery		
Delvene Soares	3rd Annual Congress & Medicare Expo on Trauma & Critical Care	London, UK
M Tayyab Siddiqui	12th Annual Academic Surgical Congress (ASC)	Las Vegas, USA
M Sohaib Khan	12th Annual Academic Surgical Congress (ASC)	Las Vegas, USA
M Asad Moosa	12th Academic Surgical Congress (ASC)	Las Vegas, USA
Neurosurgery		
Muhammad Waqas	Global Endovascular Visitors Program	New York, USA
Muhammad Waqas	Goodman Campbell Institute of Neuroscience	Indiana, USA
Bushra Ahmed	3rd CVD Winter Seminar 2017	Nagoya, Japan
Faizuddin Najamuddin	International Basic Neurosurgery Course	Antalya, Turkey
Otolaryngology		
Talha Ahmed Qureshi	World ENT Congress IFOS 2017	Paris, France

Fellow & Instructors

Faculty	Event	Venue
Head & Neck Surgery		
Adnan Yar Muhammed	2017 Arab Health in Head and Neck	Dubai, UAE
General Surgery		
Noman Shahzad	Association of Surgeons of Great Britain & Ireland Congress	Glasgow, UK
Saleema Begum	E-AHPBA Congress 2017	Mainz, Germany
Neurosurgery - Surgical Neuro-Oncology		
Altaf Ali Laghari	6th Annual World Course in Advanced Brain Tumor Surgery	London, UK



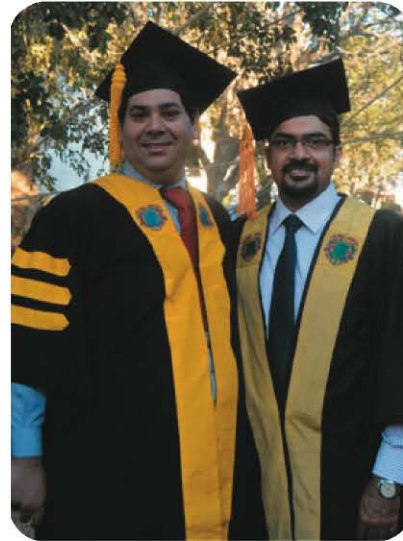
Faizuddin Najmuddin with Neurosurgery resident at Antalya Turkey



Sohaib Khan, Tayyab Siddiqui & Asad Moosa with his wife at 12th Annual Academic Surgical Congress, Las Vegas, USA



Saleema Begum at E-AHPBA Congress 2017 at Mainz, Germany



Saad Akthar Khan & Fazal Wahab Khan AKU Alumnus at CPSP Convocation



Altaf Ali Laghari standing between the pioneers of Neuro Oncology Prof. Mitchell Berger, Roger Stupp & Duffau Huguesat Advance Brain Tumor Surgery Course, London, UK



Faheem Khan & Altaf Ali Laghari with Víctor Hugo Pérez Pérez and IypeCherian at Neurosurgery Workshop in Liaquat National Hospital



ENT team bidding farewell to their fellow Adnan Yar Khan



Rashid Jooma with Neurosurgery Residents at DHA Golf Club



Prof. Adeb Rizvi with Shahid Sami, Tariq Usmani & Cardiothoracic team



Faizuddin Najmuddin at International Basic Neurosurgery Course, Antalya Turkey



Saad Bin Anis, Saad Akhtar Khan & Naveed Zaman Akhonzada at Neuro Trauma Course & Symposium, Peshawar, Pakistan



Muhammad Waqas with Dr Aaron Cohen-Gadol at University of Indiana, USA



Talha Ahmed Qureshi at World ENT Congress IFOS 2017, Paris, France



Saleema Begum at Suspension Hussani Bridge



Altaf Ali Laghari at Westminster bridge, London, UK



Dental Residents at Annual Dental Iftar 2017



Muhammad Waqas at Jacobs Institute Buffalo, New York, USA with Co Fellow Dr Ramos from Peru



Saleema Begum & Rizwan Khan at E-AHPBA Congress 2017 at Mainz, Germany

Surgeon Lives Beyond Theatres

Departmental Iftar & Dinner



Ophthalmology Sectional Dinner



Neurosurgery Iftar & Dinner



Orthopaedic Iftar & Dinner





Rehman Alvi at Hunza & Gilgit



Rizwan Khan at Mainz, Germany



Shahzad Shamim at Peshawar



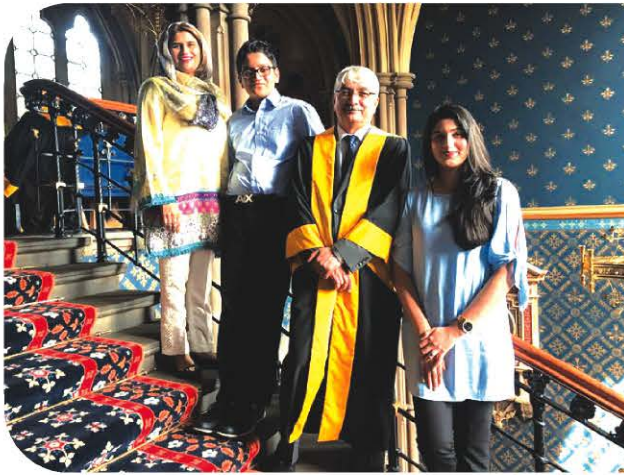
Aamir Jafarey in India



Aneela Darbar at Neurosurgery Conference at Peshawar



Saqib Qazi at Naval Shooting range



Mubasher Ikram with family at Royal College of Glasgow, UK



Farhan Raza Khan with family met Bilal Ansari (AKU operative dentistry alumni of 2010) at Scotland, UK



Shahzad Shamim with family at Nathiagali



Nuzhat Faruqi, Shahzad Shamim, Muneer Amanullah, Aamir Jafarey at Manora Beach



Dinaz Ghandhi at Keukenhof Amsterdam



AKU hosts golf tournament for healing kids' hearts



Dinaz Ghandhi at Warwick Castle, UK



Muneer Amanullah & Amir Jafaery at Hawkesbay, Beach, Karachi



Boat riding at Manora Beach



Sadaf Khan & Aneela Darbar at Ponds Miracle Women Award



Aneela Darbar at Kilimanjaro



Masood Umer at Shirirato National Park, Fiji, Japan



Thailand biking trip with Aneela Darbar and Dinaz Gandhi



Faculty with their family at Hawkesbay, Beach, Karachi

Down the **Memory** Lane



Nadeem Khurshaidi & Raziuddin Biyabani - 1992



General Surgery Residents & Faculty - 2003

From Our Alumni

Don't limit your challenges, challenge your limits

Amber Mehmood -*Graduate of General Surgery Residency Program 2005*



When Shahzad asked me to write something for Beyond Theatres, I thought my work-life couldn't be that exciting for practicing surgeons. But then I learnt that the very reason that I have "crossed over to the other side", makes it all more thrilling for those who have similar aspirations but never really found a way (or courage) to explore. Hopefully my bizarre choices would help the younger generation recognize that after all, lateral career moves are as important as the vertical ones and it is imperative to test your own limits once in a while.

Truth be told, I have crossed over many times. Sometimes it was by switching sides, other times by challenging the so-called norms. The first trace of dissent appeared when I was in my final year of residency and I found myself contemplating on research training in trauma care and injury prevention. I talked to a few people

who were involved in trauma or research, and frankly, nobody encouraged me going down this route. Second time the absurdity came in full bloom was when I said, hey, if they find me unsuitable for a trauma fellowship then I'm going to work in the hospital's garbage dump, i.e. the Emergency Department (back in the days, it was a common sentiment that no surgeon with a shred of self-respect and dignity would care to work in the emergency room). It wasn't an easy decision; we didn't have a great rapport with the ED folks because they didn't like our manners, and how we underestimated their competence (can't blame them). Yet my excitement for being in the front line overcame my anxiety of managing a truckload of nonsurgical patients on a daily basis. It turned out that ED was not for the faint hearted, and certainly not cheap thrills. I knew nothing about dengue shock syndrome, chest pain, heart blocks, and different types of metabolic disorders. But I reminded myself, if this was the price for my constant craving of an adrenaline rush, I better learn it fast. People rolled eyes, laughed at my back, waiting for me to learn a lesson, and return to the core - that didn't happen. In fact, a year later, I got the scholarship for a research fellowship in injury and trauma at the Johns Hopkins University, thanks to the support and faith of my ED folks in my commitment and passion.

The year that I spent at Hopkins changed my perspective in a profound manner. In our



clinical training, we focus on single patients, acquire dexterity, and excel in latest surgical knowledge and skills. We enter the professional realm as healers, managers, and educators. By contrast, public health gives you tools to think in terms of population, the power of systems strengthening, prevention, and equitable health care delivery — no matter which problem we are studying. The focus is health, not disease. It was a paradigm change, from our tiny little domain of patients admitted in our service, to finding solutions for the improved care even before they land in the hospitals. After returning to AKU, I joined the Department of Emergency Medicine as a faculty and continued my clinical job, with public health on the side. The more involved I was in providing care to the emergency patients, the more I became aware of the flaws and the gaps of the health system in Pakistan and similar other countries. I was very fortunate to have worked with amazing public health professionals from whom I learnt a lot, but my side business was suffering. AKU does have a research culture but I found it rudimentary, and the most challenging part is the lack of protected time for research, if your primary appointment is as a clinician.

So, this frustration made me cross over to yet another territory. I accepted a faculty position at the Johns Hopkins Bloomberg School of Public Health in the fall of 2013, and boy, I had my own version of withdrawal syndrome because I terribly missed patients and residents in the first few days. Here I am affiliated with the Johns Hopkins International Injury Research Unit, where we use injury as a lens to study health systems. Most of my work is based in East Africa, Middle East, and South East Asia on emergency and trauma care, m-health and injury surveillance. I teach courses, mentor students, and supervise their research projects and theses. Our research model involves collaboration with

different government institutions and NGOs, which makes it an enriching experience. Besides, I am also a representative at the WHO Global Alliance for the Care of the Injured, as well as member of their Quality Improvement Working Group.



You can tell by my trajectory, that I never paid much heed to career prescriptions or pre-set expectations. I am not one of those people who could tell you where I'd see myself in ten years; only thing that I am certain about is, that I'd follow my heart and make the most of my abilities to further the goal of improved system of trauma care, especially where the system cannot cope with the burden.

Nevertheless, here is my plea to all of my surgical colleagues: after much neglect, surgery is now gaining recognition as an integral component of global health. Global Surgery though still not well defined, is the umbrella for individuals and groups committed to tackling global inequity in access to surgery and improving the status of surgical care within global health. What I am concerned about is a lack of interest and desire from our AKU based surgeons in becoming a part of this movement. It is about time that we start looking outwards and come out of self-serving silos. We need surgeons who can think beyond theaters, learn the vernacular, and position themselves as leaders in synthesis of population-based approaches, not just individual level clinical care.

Mansoor Ali Khan – *Orthopaedic Residency Program 1996*



Consultant Orthopaedic Surgeon at South City Hospital, Karachi

Mehboob Alam – *Neurosurgery Alumnus*



Consultant Neurosurgeon, POF Hospital, Wah Cantt - Pakistan



ULPHAT
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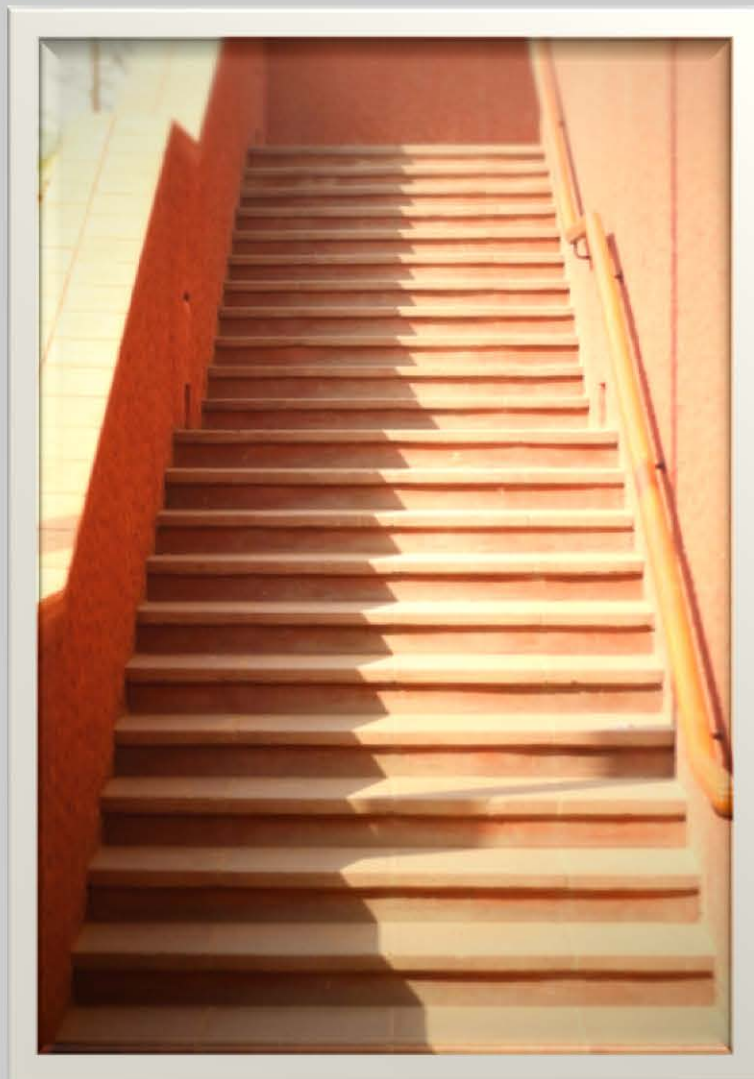
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