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THE AGA KHAN UNIVERSITY

Newsletter



NOVEMBER 2001

VOL 1. NO.7

Pakistan Needs AKU Qualified Doctors and Nurses for their Competence, Character and Experience Says Chief Justice

"We see you as our future leaders who will steer the country in the right direction, with courage, fortitude and honesty. I am extremely proud, as I see that in the near future decisions that have to be made will be made with your guidance and expertise, and that the oath that you take today will be fulfilled in full measure. Pakistan needs your competence, your character and your experience," said the Chief Justice of Pakistan, Justice Irshad Hasan Khan, who was the chief guest at AKU's 14th Annual Convocation on November 3, 2001.

Held for the first time at AKU Sports and Rehabilitation Centre, the event was unique as the first class of the B.Sc.N. programme graduated. It also included the faculty and students award ceremony that recognised faculty members for their outstanding teaching performances and students for their meritorious achievements.

The elegant gathering of over seventeen hundred guests included the former Chairman of the Board of Trustees, Sahabzada Yaqub-Khan, who was the keynote speaker; the new Chairman of the Board, Ambassador Saidullah Khan Dehlavi and other members of the Board; senior government officials, diplomats, academicians, donors, prominent citizens,

the University faculty and, most importantly, the students and their proud parents. The ceremony began with an academic procession into the gymnasium. Dr. Amir Ali Shoro, Professor of Anatomy, Department of Biological and Biomedical Sciences,

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Chief Justice Irshad Hasan Khan presenting AKU's coveted Gold Medal to Dr. Hammad-Ul-Haq Qureshi of the Medical College. The Gold Medal has been awarded only six times in the previous 13 convocations.

Dehlavi Takes Over from Sahabzada Yaqub-Khan as Board Chairman

After 16 years of exemplary leadership of the Board of Trustees, former Minister for Foreign Affairs of Pakistan, Sahabzada Yaqub-Khan, stepped down as Chairman of the Board, in accordance with his wishes and with the approval of the Chancellor, His Highness the Aga Khan.

At a banquet in his honour, hosted by the Chancellor, on the occasion of the meetings of the Board of Trustees in Paris in July 2001, the Chancellor recalled the vital role Sahabzada Yaqub-Khan played in steering the University through its early days, overcoming numerous challenges with his exceptional qualities of leadership and diplomacy. AKU today is known nationally and internationally for the quality of its teaching, research and service. Sahabzada Yaqub-Khan said that it was an altogether fulfilling experience of supporting the important objective of human resource

development in Pakistan and the region. While announcing Sahabzada Yaqub-Khan's retirement, the Chancellor was pleased to communicate the appointment of Saidullah Khan

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Experts Discuss Challenges and Breakthroughs in Oncology

Worldwide efforts towards battling cancer received an impetus in September 2001, when eminent national and international speakers gathered at AKU's seventh National Symposium in Karachi, to share knowledge and discuss ways to alleviate the suffering of oncology patients.

This two-day symposium on "Current Challenges in Oncology" was attended by world-renowned scientists from Karolinska Institute, Sweden; Christian Medical College Hospital, Vellore, India; Allama Iqbal Medical College, Lahore, Pakistan; Comstech Secretariat, Pakistan; as well as speakers from Nepal and Bangladesh.

At the inaugural session, the chief guest, Dr. Zulfiqar Hussain Gilani, Vice Chancellor of the University of Peshawar, explained, "the moment a person is diagnosed with cancer, the normal shift of attention moves towards the medical side. However, we tend to forget that it is a human being that has been afflicted, and this affliction has tremendous psychological and social costs, both at personal and familial levels, and may be even at a societal level."

Dr. Gilani described how the longevity of a person is affected by his/her psyche. He said one of the factors in children with cancer is "how a family deals with the disease."

Welcoming the guests, Dr. Shamsh Kassim-Lakha, *S.I.*, President, AKU, underlined the importance of research in understanding and improving the care of cancer patients. Stressing the theme of "quality over quantity" Dr. Kassim-Lakha said, "While teaching knowledge is important, generating knowledge is far more important." He also highlighted the significance of research collaborations and other academic linkages AKU has established with leading academic centres within Pakistan and throughout the world.

Initiating the symposium proceedings, Dr. Robert Maudsley, Dean of the Faculty of Health Sciences, AKU, said cancer is a global problem and every year doctors, researchers and scientists come ever closer towards the goal of alleviating the pain and suffering of cancer patients. He said that AKU had organised the current oncology symposium to highlight this work and promote the sharing of knowledge and experience between national and international experts.

Dr. Mohammad Khurshid, Medical Director and Consultant Haematologist and Oncologist, AKU, introduced a remarkable young girl, who was once a cancer patient. She gave a candid account of the ordeal she went through: "When I hear about cases where people have not survived cancer, I really feel very fortunate." She shared with the audience the painful moments she had to face as doctors battled with her disease.

In his keynote address, Dr. Tariq Siddiqui, Professor and Head of Oncology Section, Department of Medicine, AKU, discussed breakthroughs "in our ability to predict axillary lymph node involvement in breast cancer, a crucial element

in the management of breast cancer patients." The inaugural session was followed by scientific sessions in which participants presented original research papers in line with the symposium's central theme.

In the first scientific session on day one, Dr. Olle Söder from Karolinska Institute, spoke on "Long-term endocrine complications after successful cancer treatment in childhood". This was followed by five free papers on the subject of "Solid Tumours". In the second scientific session on "Haematology/ Oncology", there were two invited lectures: one by Dr. Shahid Pervez from AKU on "Lymphomas: Yesterday, today and tomorrow – with a Pakistani perspective"; and the other by Dr. Mammen Chandy from India, on "Bone marrow transplantation for the developing world". These were followed by three free papers on topics related to stem cell transplantation, acute lymphoblastic leukemia in Pakistani adults, and EB virus genomic polymorphism.



Dr. Tariq Siddiqui, Professor and Head of Oncology Section, AKU, presents the breakthroughs in the fight against breast cancer at the National Symposium.

On the second day, there was an invited lecture on "Current surgical management of renal cell carcinoma" by Dr. Farhat Abbas of AKU, and a lecture by Dr. Mammen Chandy, on "Treating acute leukaemia in the developing world". Other lectures included one by Dr. Anwar Nasim, from COMSTECH Secretariat, Islamabad, on "Oncogenes studies with yeast: Lessons to be learnt", and the other by Dr. Günter Weber from Karolinska Institute, on "Multiple endocrine neoplasia type 1, the next ten years". Dr. Zeba Aziz of Allama Iqbal Medical College, Lahore, spoke on "Non-Hodgkin's lymphoma in Pakistan".

The final scientific session was dedicated to the Students' Symposium in which students from AKU and other universities presented seven free papers. In addition to these oral presentations, posters remained on display for two days. While the sessions progressed, participants exchanged ideas and discussed different topics on cancer. An exhibition of medical and scientific products was also held during the symposium.

Bioethics Workshop Proposes National Ethical Guidelines for Human Research

The Ethical Review Committee and the Bioethics Group of AKU organised an international workshop on 'Ethical Issues of Health Research in Developing Countries' in July 2001.

Over 100 participants from Pakistan, India, Bangladesh and Thailand attended this week-long international workshop, which was conducted in collaboration with Harvard School of Public Health, Pakistan Medical Research Council (PMRC) and Indian Council for Medical Research.

This was the first workshop of its kind in Pakistan and it marked a very important national and regional initiative towards the development, improvement and strengthening of the capacity and quality of ethical review process for research involving human subjects in the country and the region. The workshop specifically addressed the growing issues about the exploitation of research subjects in third world corporations and multinational concerns based in developed countries.

The participants discussed and deliberated on all aspects of ethical issues pertaining to health research with a special focus on informed consent, standards of care and reproductive health research – all contentious issues in the developing world. The workshop included a special session on Islam, ethics and culture, where Islamic scholars, ethicists, sociologists and scientists discussed the integrated relationships between these basic tenets of Muslim society.

The final day was devoted to a joint workshop between PMRC and the national delegates for the development of a draft document on national ethical guidelines. The primary

organisers of this workshop were Dr. Zulfiqar Bhutta from AKU and Dr. Tasleem Akhtar of PMRC. The workshop consisted of detailed discussions on several aspects of development of national guidelines for ethical conduct of research.

The plan envisaged further discussion of draft guidelines and recommendations at national and provincial levels amongst all stakeholders by a process of consultation and eventual adoption as National Ethical Guidelines for Research.

The participants recommended the development of a National Bioethics Commission, constituting both national and provincial ethical review committees, which was accepted by the delegates of PMRC. There was also consensus on sustaining this effort at different forums across the country with the aim of developing a national and regional bioethics network.

The primary organisers of the workshop were Dr. Aasim Ahmed, Associate Professor of Medicine and Chairman of AKU's Bioethics Group; and Dr. Asad Jamil Raja, Associate Professor Surgery and Chairman of AKU's Ethical Review Committee.

Commenting on the achievement of the workshop, Dr. Aasim Ahmed said, "AKU has been a leader in promoting formal ethical review of medical research in Pakistan and the region. The ultimate purpose of this workshop was to raise awareness of this process in our environment and based on the endorsement of PMRC, I am satisfied that this objective has been achieved."



Participants from Pakistan, India, Bangladesh and Thailand at the international workshop on Ethical Issues of Health Research in Developing Countries.

Collaboration with University of Alabama for Study on Maternal and Child Survival in Pakistan

The Department of Community Health Sciences (CHS), AKU, in partnership with University of Alabama (UAB), USA, is launching a series of studies aimed at improving maternal and child survival in Pakistan.

This is part of the recently established Global Network for Research on Maternal and Child Health, which is being funded by the National Institute of Health, (NIH) and Fogarty International, both in USA. Of the \$2.5 million granted by NIH, \$1.6 million will be utilised by AKU. The Research Triangle Institute (North Carolina) will serve as the data management partner for the entire Global Network. This global initiative will contribute significantly to further strengthening the research capacity of CHS in particular and AKU in general.

The initiative starts with a two-year study on "identifying the determinants of adverse pregnancy outcomes in rural and urban Pakistan." AKU will work in partnership with the Aga Khan Health Service, Pakistan (AKHS, P) and the Ministry of Health, Government of Sindh. The prime study sites will be Hyderabad and Karachi (Rehri Goth and surrounding

villages) in the province of Sindh. The determinants being studied include reproductive tract infections of different kinds, as well as physical, dental, nutritional, psycho-social and behavioural factors. Approximately 3,000 pregnant women will form the study subjects.

Based on the findings of this study, appropriate interventions to address Reproductive Tract Infections will be developed and field-tested in Pakistan over the next three years. It is expected that these interventions, once successfully field-tested, could be widely used for improving maternal and child survival in Pakistan and other developing countries. Given the critical state of maternal and child health in Pakistan, the study is extremely relevant, timely and has the potential to contribute significantly towards improving reproductive health in the country.

A team of experts from various departments of AKU, under the guidance of CHS is engaged in designing the study and developing all necessary tools. The study is expected to begin in January 2002.

Stroke Unit Becomes Operational

Responding to research studies suggesting that the presence of stroke units in hospitals reduce deaths and improve the care of stroke patients, AKUH started a new stroke unit in September 2001 as part of a comprehensive stroke programme for providing timely care to stroke patients.

The facility aims to provide up-to-date neurological care and treatment at par with international standards. The Stroke Unit is equipped with state-of-the-art equipment, and medical and nursing staff with special training to cope with stroke-related emergencies. Dedicated stroke clinics and a systematic stroke rehabilitation programme are also being introduced as part of the hospital-wide stroke initiative.

The AKUH Stroke Unit was the result of a proposal from the Medical Director's office, spearheaded by Khurshid Khowaja, Director of Nursing Services, and Dr. Nadir Ali Syed, Consultant Neurologist. Dr. Saad Shafiq, Consultant Neurologist, is the physician-in-charge of the Stroke Unit. A landmark achievement for AKUH, the Stroke Unit will contribute towards uplifting the standard of tertiary care provided to stroke patients in Karachi.

An important focus of the Unit's activities will be medical research into the diagnosis, treatment and long-term outlook associated with stroke. Stroke is common throughout the world, but very little is known about the nature of stroke in Pakistan.



A stroke patient inaugurating the new five-bed stroke unit at AKUH. The Unit is part of a comprehensive stroke programme for providing timely care to stroke patients.

A meticulous database of all AKUH stroke inpatients is being maintained which will be intermittently analysed to advance the knowledge of this condition. In addition, a research study on stroke recovery has been initiated in collaboration with Harvard Medical School, USA, which will investigate ways to enhance functional recovery following stroke in the population in Pakistan.

Worldwide, stroke is recognised as the second commonest cause of death and the leading cause of physical disability. In Pakistan, stroke is the primary reason for admission to a neurology ward. Based on a national health survey, there are between one to four million stroke victims in Pakistan.

Faculty Receives Prestigious Civil Awards for Research

Dr. Sheikh Arshad Saeed, the Abdulaziz Hussainali Shariff Professor of Pharmacology, Department of Biological and Biomedical Sciences, received the most prestigious and highest civil award, Hilal-e-Imtiaz. Dr. Saeed joined AKU in 1984, and has since been actively involved in breakthrough discoveries and contributions to knowledge in inflammation, anti-inflammatory drugs, reproductive biology and molecular mechanisms of human platelet aggregation.



Dr. Saeed has an active teaching experience of over two decades and his supervisory role has led to the award of six Ph.D.s and three M.Phils from eminent national and international universities. He holds the rare distinction of discovering nine patented medical procedures, techniques and instruments from Europe and North America. Dr. Saeed is also the first Pakistani to be elected Fellow of Royal Institute of Biology, London in 1980. His volume of cutting edge, research work in the area of Biological Sciences at AKU was recognized by the Government of Pakistan when he was conferred the Hilal-e-Imtiaz in August 2001.

Dr. Saeed acknowledges the role of AKU in providing the infrastructure and motivation for his research work. "The three of us in pharmacology: Dr. Amin Suria, Dr. Anwar Gilani and myself worked together as a team with a positive attitude and a disciplined approach to work. When the University has done so much for us, it also becomes our duty to work with devotion and fervour towards its development and growth."

Dr. Mohammad Perwaiz Iqbal, Professor in the Department of Biological and Biomedical Sciences at AKU, was decorated with one of the highest civilian awards, the Sitara-e-Imtiaz, by the Government of Pakistan this year.

A Ph.D. from New York University, Dr. Iqbal, joined AKU in 1983. Today, he considers himself one of the few fortunate ones who joined AKU in its early formative years and have seen it grow to excellence in just a short stretch of time.

An accomplished biological scientist, Dr. Iqbal's subject speciality is biochemistry. He is a recognised authority in the field of protein chemistry and folate metabolism and his research interests include role of various antimetabolites in cancer, pharmacokinetics of antifolate drugs, role of glutathione in imparting drug resistance in cancer cells, and mechanism by which cytokines (G-CSF and GM-CSF) induce white cell proliferation in cancer patients.



Dr. Iqbal gives due credit to the University that has enabled him to make meaningful contribution to teaching and research. "AKU is a unique and premier institution in this part of the world. It has provided an extremely supportive and conducive environment to its faculty members to perform to their true potential," notes Dr. Iqbal as he cherishes his 18 years of productive association with the University.

Kazakhstan Delegation Visits AKU

A high-level parliamentary delegation of the Republic of Kazakhstan visited AKU in August 2001, as part of a three-day visit to Pakistan at the invitation of the Aga Khan Development Network (AKDN).

The eight-member delegation headed by Sharip Omarov, Chairman of the Committee on International Affairs, Defence and Security, visited AKDN to get acquainted with the Network and its programmes. This also included a tour of AKU where the delegation met with the President of the University, Dr. Shamsh Kassim-Lakha, S.I., and senior faculty and management, and discussed various topics including the establishment of the University of Central Asia (UCA).



Sharip Omarov, Chairman of the Committee on International Affairs, Defence and Security (2nd from left), on a tour of the Laboratory in the Juma Building, with Dr. Anwar Siddiqui, Coordinator Research and Assistant Professor Biochemistry, AKU (extreme right).

Pakistan Needs Graduating Doctors and Nurses for their Competence, Character and Experience Says Chief Justice

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who is also Director Alumni Affairs, led the impressive faculty procession, proudly holding the University flag. Then came the academia, followed by the graduating students, in their elegant robes and headwear.

This year, the University honoured 193 graduates who successfully completed their academic programmes. Eighty-one completed their M.B., B.S. programme and four their Masters in Epidemiology and Biostatistics. One hundred and eight graduated from the School of Nursing, including 27 with post R.N. B.Sc.N.; 16 with Bachelor of Science in Nursing; and 65 with nursing diplomas. Welcoming the guests and felicitating the graduates, the President of AKU,

Alumni to Help Raise Education Standard

Lauding the efforts of the students, Chief Justice Irshad Hasan Khan acknowledged the role of AKU alumni in uplifting the standard of education in the country, and said that it was heartening to learn that an increasing number of AKU alumni were returning to Pakistan to serve their nation.

AKU Confers Honorary Degree on Sahabzada Yaqub-Khan

It was a momentous occasion for the Institution when the University awarded its honorary degree of Doctor of Letters



Chairman Board of Trustees, Saidullah Khan Dehlavi (standing), declaring the Convocation open. (L to R) Rector Dr. C.W. Vellani; Justice Sabihuddin Ahmed; Dr. Shamsh Kassim-Lakha, President, AKU; Chief Justice Irshad Hasan Khan; Sahabzada Yaqub-Khan, keynote speaker; Dr. S.M.Rab; Munawwar Hamid and Aziz Currimbhoy.



Faculty Awards (L to R): Asho Ali, AKUSON, recipient of Medicine; Dr. Naila Kayani, Department of Pathology; Outstanding Teacher Awards. Perviz Husain, Centre for Health Services Research and Development.



The graduates of the post R.N. B.Sc.N. programme taking the international pledge of nursing.

Dr. Shamsh Kassim-Lakha, said: "Today we honour the achievements of 193 men and women who, through hard work, dedication, perseverance and calling, now find themselves on the threshold of their chosen careers. They are about to embark on a lifetime of learning and personal growth that will be limited only by their desire to serve, their will to succeed, their need to excel, and their courage to face all obstacles."

(D. Litt.) *Honoris Causa* to Sahabzada Yaqub-Khan, for his outstanding contribution as Chairman of the Board of Trustees of AKU for the past 16 years. President Shamsh Kassim-Lakha read out the citation and Chairman Dehlavi delivered a message from the Chancellor, His Highness the Aga Khan, prior to conferring the honorary degree on Sahabzada Yaqub-Khan. The audience responded with a standing ovation. In the message, His Highness said, "An honorary doctorate is the highest level of recognition that the Aga Khan University can bestow upon any individual. For this reason, AKU has awarded such degrees with great respect, but also care and circumspection. Indeed, AKU has only awarded three such degrees in the past 18 years." The previous awardees were Dr. Halfdan T. Mahler, Director General WHO, who received the honour for his relentless service to health care worldwide, and Professor David Elliot Bell, an eminent academician who served as a founding trustee on the Board of the University for 15 years.

To commemorate Sahabzada Yaqub-Khan's outstanding contribution as the founding chairman, the Chancellor announced the establishment of the Sahabzada Yaqub-Khan Professorship in Philosophy. This position will be in AKU's new College of Arts and Sciences, that is currently being

developed. Sahabzada Yaqub-Khan's keynote address was a message of hope, not just for the students but also for all those who listened to his words of counsel: "In these sombre and fateful days, it seemed to me to be right and proper to mention some of the challenges that face us all and face your noble profession in a poignant manner. Human ingenuity has again and again proved its mettle and its capacity to pursue vigorously the discovery of antidotes to meet future contingencies, however dire and intractable they may appear to be, because the spirit of the human species and especially of men and women such as those I have the honour to address - that spirit is surely unconquerable."

Graduates Go Down Memory Lane...

As the ceremony progressed, it was the graduates' turn to share memories on this long-awaited day. Dr. Afsheen Siddiqui was the valedictorian for the Medical College, while Shabana Mohammad Ali Damji represented the School of Nursing.



AKUSON, receiving the Teacher of the Year Award; Dr. Nadir Ali Syed (M.B., B.S.'90), Department of Pathology; and Dr. Riaz Hussain Lakdawala, Department of Surgery, receiving the Excellence in Classroom Teaching Award.

Awards for Outstanding Graduates

AKU's coveted Gold Medal went to Dr. Hammad-ul-Haq Qureshi. This medal, awarded only six times in the previous 13 convocations, recognises an outstanding medical graduate who tops three of the four certifying examinations, including the finals. In this case, the student topped all four certifying examinations. Mahajabeen Rahmatali Ismaili was conferred the Outstanding Graduate Award for the R.N. Diploma programme, while Yasmin Pyarali Parpio and Roshan Jan Muhammad Manasia, received the Outstanding Graduate Awards in Generic B.Sc.N. and post R.N. B.Sc.N. respectively.

Outstanding Teacher Awards

One of the memorable moments was the award ceremony for teachers who were honoured for their noteworthy performances in guiding the students and providing them an environment conducive to learning. Amidst standing ovation from the graduating students, Dr. Naila Kayani, Department of Pathology; Dr. Nadir Ali Syed, Department of Medicine (Neurology); and Dr. Riaz Hussain Lakdawala, Department of Surgery (Orthopaedics), received the Outstanding Teacher

Awards. The award recognises outstanding teaching performance by the Medical College faculty in various constituencies of the University. The Student's Award, for the outstanding teacher, was presented to Dr. Bushra Jamil. From AKUSON, Ann Castellino and Syeda Naghma Rizvi received the awards for Excellence in Classroom Teaching, while Aliya Saifullah received the award for Excellence in Clinical Teaching. Asho Ali was the recipient of the Teacher of the Year Award, selected by the AKUSON student body. Perviz Husain, from the Centre of English Language, received the Excellence in Classroom Teaching Award.

For more pictures and speeches visit 'News & Events' at www.aku.edu

Dehlavi Takes Over from Sahabzada Yaqub-Khan as Board Chairman

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Dehlavi as the new Chairman of the Board of Trustees. The Chancellor said the new Chairman would bring the leadership needed to carry out the objectives of the University as it expands programmatically and geographically.

Dehlavi, who served as a Trustee of the University during the past year, holds an M.A. degree in philosophy, politics and economics from Oxford University, and is a member of Lincoln's Inn, London. As a senior member of the Pakistan Foreign Service, which he joined in 1964, he recently retired as Ambassador of Pakistan to Belgium, Luxembourg and the European Communities. Earlier, he had served as Ambassador to France and Ireland, as well as Switzerland, the Vatican, Yugoslavia and Albania. During his posting in Paris, he was also the Permanent Delegate to UNESCO. Dehlavi is fluent in French, Italian, Turkish, English and Urdu, and the recipient of several international decorations and honours.

SCHEDULE OF EVENTS November 2001 - April 2002

Programme	Date
CME	
- Workshop: Clinical Nutrition	Nov 1 - 2, 01
- Diabetes Mellitus: World Diabetes Day	Nov 15, 01
- Workshop: Interpretation of ECG	Dec 26 - 28, 01
- Seminar: Paediatrics	Jan 27 - 29, 02
'Signs, Symptoms and Care' - Public Health Awareness Programme	
- Renal Problems and Neonatal blood	Nov 10, 01
- Ophthalmology (Hyderabad)	Nov 16, 01
- Hepatitis	Dec 29, 01
- Dentistry	Jan 5, 02
- Psychiatry	Feb 2, 02
- Family Medicine	April 6, 02
Symposium	
- Two-day Symposium on Liver Diseases	Jan 30 - 31, 02
- Fifth International Symposium on Typhoid Fever and other Salmonellosis	Feb 8, 02

Dr. Mushtaq Ahmed: Professor of Surgery

Dr. Mushtaq Ahmed joined AKU in 1984 as Associate Professor of Surgery, becoming a Professor in 1989. Since 1995, he has been appointed the Hassanali Sajan Professor and Chairman of the Department of Surgery. A renowned surgeon, teacher, academic administrator and clinical scientist, he is one of those gifted individuals who are able to excel in all areas of modern academic medicine.

Dr. Mushtaq obtained his M.B., B.S. from Karachi's Dow Medical College with academic honours in 1966. He then proceeded for postgraduate surgical training to the UK, obtaining his F.R.C.S. in 1971. From 1971 through 1984, he served on the surgical faculty at Dow Medical College, rising to the rank of Associate Professor. At the affiliated Civil Hospital, he was part of the famous Surgical Unit One that became known as a surgical centre of excellence throughout Pakistan.

At AKU, legions of medical students and house officers speak of his brilliance as a clinical teacher. His surgical ward rounds are considered by many a rite of passage. In 1996, he received the University's coveted award for 'Excellence in Teaching'. A highly astute clinician, Dr. Mushtaq continues to devote himself to patient care at the bedside and in the operating room, despite his many administrative obligations. Dr. Mushtaq is the author of many national and international research papers in the areas of surgical care delivery, hepatobiliary function and invasive amebiasis. He has also been involved in international consultancies with WHO on providing rural surgical services.

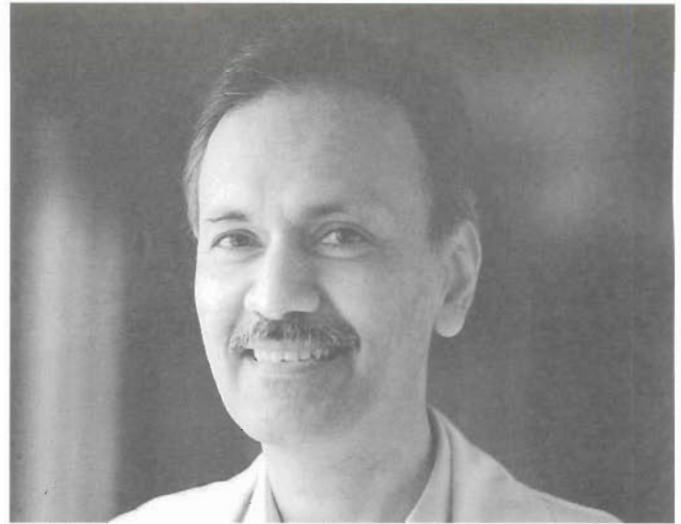
What is it about academic surgery that stimulates you?

Academic surgery is about seeking and disseminating knowledge. In Pakistan, very few receive higher education of a quality that prepares them for this role. If one is fortunate enough to be among the select few, there is a moral obligation to pay back to society. Stimulation comes from being effective, and is very dependent on institutional support. It is hard to imagine another institution in the region that is as supportive as AKU.

What makes you an effective clinical teacher?

I have a keen interest in education. Teaching clinical reasoning, for example, is quite interesting. It is fun to enable medical students to develop testable hypothesis from the patient's clinical presentation and engage in the process of seeking further evidence to confirm or refute the hypothesis. One has to be patient and persevering.

I do strive to build an overall learning environment, an essential component of which is teamwork. People learn during the course of their daily work in the context of the problems they face, especially when they are encouraged to take decisions within the limits of their competence. They are keen to know about the effectiveness of their work and their



strengths and weaknesses. They do not mind having others, including team members, evaluate them, provided it is for their improvement and fair opportunities are offered for improvement. Although there has been a measure of success in encouraging teamwork within the speciality, much remains to be done to achieve multi-speciality and interdisciplinary teamwork involving nurses and other health care personnel.

What are the achievements of the Department of Surgery and of AKU?

This question can be framed another way: have we responded to society's needs? One of the main reasons for my joining AKU was the potential of the University to meet the needs of society in Pakistan and other developing countries. AKU has met that challenge partially by producing well-educated and well-trained individuals. The consistently high calibre of our graduates from the M.B., B.S. and postgraduate programmes bears testimony to this. However, our inability to retain the majority of our graduates in Pakistan is a challenge. In this respect AKU has not quite met society's needs, yet.

What is the solution for the brain drain?

Preparation of students for higher education is important. There are many areas of preparation including critical thinking, communication skills and social and environmental awareness. The last is most important for creating a desire to serve in the community, even though it may be under privileged. Social awareness can be developed through courses in the humanities including Islam, but more importantly, by actual experience of working in society. In this respect, I look forward to AKU's proposed contributions from the College of Arts and Sciences and the Institute for the Study of Muslim Civilisations. It is also important to provide career opportunities. Our graduates are seeking opportunities for personal and professional development and social and economic security. To some extent, AKU responds to these wants. Consequently, a third of our Medical College faculty

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New Zealand ODA Provides Rs. 2.6 m Scholarships to AKUSON Students

The New Zealand Overseas Development Assistance (NZODA) has provided the Aga Khan University School of Nursing (AKUSON) sponsorships worth Rs. 2.6 million for 11 nursing students from the preparatory Track I programme leading to Diploma in Nursing. During his visit to AKUSON, Moin Fudda, Honorary Consul General of New Zealand for Pakistan, presented the cheque to Dr. Yasmin Amarsi, Associate Dean of Nursing.

The Track I programme aims to help students from underprivileged areas by improving their proficiency in English, mathematics and basic sciences, so that after successful completion of this one-semester programme, these students are able to join the R.N. diploma programme. The beneficiaries of this generous donation are students from the underprivileged regions of the country. The scholarships will cover the full cost

for the five-month preparatory period and the three-year diploma programme. Speaking on the occasion, Moin Fudda said, "For this project, I had three criteria in mind – quality education, health and women's development. I knew AKUSON would attract the interest of the New Zealand government – they view AKUH as one of the outstanding institutions of the world ... and because of AKU's credibility, this case was well received by the New Zealand government."

Appreciating the generous support by the New Zealand government, AKUSON students said that this gesture would go a long way in helping them achieve their objectives of enhancing the quality of life of their families and the community at large. They also thanked AKU for providing an opportunity for their professional and personal development.

Dr. Mushtaq Ahmed

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is comprised of our graduates. We should however, be looking more and more for opportunities outside AKU to attract our graduates. The University should seek out institutions for collaboration on a sustainable basis, where the advantage to AKU is in academic terms and employment of its graduates, and to the collaborating institutions in terms of improvement of service quality and efficiency. We have had success in this area with the Aga Khan Health Service, Pakistan. I believe it is important to earmark resources for developing collaborative ventures of this kind.

It is important also to develop leadership qualities in our graduates. Exceptional individuals should be selected for leadership development to enable them to succeed in improving conditions in our public and private sectors in Pakistan. No doubt, success will motivate them to stay on.

How does one develop leadership traits?

Good role models play a crucial role. That is one reason why faculty development for leadership roles is necessary. We are currently working on making the faculty development process much more systematic.

How else can AKU influence society constructively?

By setting an example. Unethical medical practice is so common in Pakistan. The Aga Khan University Hospital (AKUH) is not perfect, but it has resolved to put in place self-regulation, and to meet internationally accepted quality of care standards. It is not easy to achieve these objectives. Many things may have to change: organisational values as reflected in personnel policies, extent of faculty involvement and sense of ownership as reflected in the governance structure of the hospital, approach to work as reflected in the formation of interdisciplinary teams. When we finally get

there, AKUH is likely to have a positive impact on other providers. However, we must take care that the standards we set can be replicated. To be effective, we must also establish an effective dialogue with the Government, professional organisations, and the public. Headway with the Government has been made in some areas, e.g. the Task Force for Improvement of Higher Education in Pakistan, in which the AKU President and the Rector are playing vital roles. Certainly, AKU Institute for Educational Development and the School of Nursing have had significant impact on teacher and nursing education respectively.

The acceptance of Family Medicine by the College of Physicians and Surgeons, Pakistan, is a significant achievement. We may also have influenced Pakistan Medical and Dental Council in some ways. We could almost certainly play a role in guiding the development of the country's health services. We must work harder at influencing our physician colleagues by more active participation in professional organisations. Likewise, public education should receive more attention. The proper use of modern media of instruction is a huge challenge and should be explored.

What does the future hold?

The object is to evolve a culture that supports higher education. Fortunately, humans have the ability to control their evolution, not in the biological sense, but in the sense of consciously evolving their culture. According to the Stanford biologist, Paul Ehrlich, we are biologically equipped for 'quick reflexes' and can respond well to hunger, sexual desire and imminent danger; we ought to equip ourselves through our culture with 'slow reflexes' to deal with the challenges of society and environment.

As the University moves relentlessly from one programme to another, in response to society's multiple needs, it must pause to see how effective it is in meeting those needs: are its graduates doing what they are meant to? Are its standards replicable? Is the dialogue with policy-makers, colleagues and the public sufficiently intense and persuasive?

Caring for the Heart: Cardiac Care Services Surpass Expectations

The World Health Organization recognises heart disease as the leading cause of death worldwide. Over the last half-century, the medical profession has responded to this enormous global burden by making great strides in the care and treatment of heart patients.

Expectations from cardiac care services at AKUH have been far surpassed, with the Cardiology and Cardiothoracic Surgery programmes emerging as a leading referral centre for patients throughout Pakistan. The Khimji Building for Cardiac Services, rising on the Stadium Road campus behind the Private Wing building, will significantly enhance the Hospital's cardiac care capabilities and is testimony to its commitment to the care and treatment of heart patients.

Section of Cardiology

Organised as a section within the Department of Medicine, the Cardiology Section comprises six full-time faculty members who oversee the full range of modern cardiac clinical services, in addition to fulfilling the academic mandate of a university clinical programme, including research and specialist training.

"We are providing state-of-the-art service in an academic set-up that the institution can be duly proud of," notes Dr. Khawar Kazmi, Associate Professor and Head of the Cardiology Section. Other members of the cardiology faculty include Assistant Professors Drs. Fahim H. Jafary, Azam Shafquat, Ata-ur-Rehman Quraishi and Sajid Dhakam, and Senior Instructor Dr. Najaf Nadeem.

The Section manages busy inpatient and consultation services, supplemented by world-class technological capacity in diagnostic angiography, echocardiography, interventional cardiology and cardiac electrophysiology. In addition, nuclear cardiology services have recently been launched in conjunction with the Department of Radiology.



Section of Cardiology (L to R): Dr. Azam Shafquat, Assistant Professor; Dr. Khawar Kazmi, Associate Professor and Head of the Section; Dr. Ata-ur-Rehman Quraishi, Assistant Professor; Dr. Fahim H. Jafary, Assistant Professor; Dr. Najaf Nadeem, Senior Instructor; and Dr. Sajid Dhakam, Assistant Professor.

Comprehensive cardiac rehabilitation is also in place in collaboration with the Department of Physiotherapy. The Cardiology Section maintains a high academic profile through research output and fellowship training. Major research initiatives include large database projects on coronary angiography and angioplasty, in addition to prospective epidemiological studies on cardiac risk factors and outcomes. The three-year cardiology fellowship programme uses the Section's rigorous clinical and research resources to produce cardiology leaders of tomorrow.

Section of Cardiothoracic Surgery

Few other medical and surgical specialities are as closely allied as cardiology and cardiac surgery. The alliance is based on the unquestioned value of surgery for many cardiac conditions, including structural anomalies of the heart and diseases of the heart valves, and on the dramatic efficacy of coronary bypass surgery in coronary artery disease, the most prevalent form of heart disease.



Section of Cardiothoracic Surgery (L to R): Dr. Ghufanullah Khan, Senior Instructor; Dr. Shahid Sami, Associate Professor and Head of the Section; Dr. Saulat Fatimi, Assistant Professor; and Dr. Hasnat Sharif, Assistant Professor.

The skill of cardiac surgeons in operating within the chest cavity also makes them experts in surgery of thoracic organs other than the heart, such as the lungs and the oesophagus, hence the encompassing appellation 'cardiothoracic surgery'. "We are handling large patient volumes using surgical and supportive surgical systems that meet international standards and enable us to perform cardiac surgical procedures with excellent outcomes," says Associate Professor Dr. Shahid Sami, who heads the Section. Other members of the Section include Assistant Professors Dr. Saulat Fatimi and Dr. Hasnat Sharif, and Senior Instructor Dr. Ghufanullah Khan.

Coronary artery bypass grafting comprises up to 70-80% of the Section's clinical volumes, about one-third of which are done on an emergency basis. Valvular heart disease, paediatric and thoracic cases make the remainder of the Section's surgical procedures. Major research initiatives include development of large clinical databases and research into cardiac surgical outcomes.

Advanced Diploma in School Management Award Ceremony

Trained Headteachers are 'Levers of Change' in Schools

Twenty-six teachers and headteachers from public, private and the Aga Khan Development Network (AKDN) school systems were awarded Advanced Diploma in School Management (ADISM) at a certificate distribution ceremony held at AKU in August 2001.

This was the fourth ADISM Award Ceremony organised by AKU Institute for Educational Development (AKU-IED). The programme aims to develop headteachers as 'pedagogical leaders' to critically reflect on their management practices and develop the required attitude, competence, and knowledge to manage change effectively in their schools. To date the Institute has graduated 103 headteachers.



Successful course participants of the ADISM programme equipped with new skills and competencies for better and effective management of their schools. In the middle row are Dr. Shamsh Kassim-Lakha, President, AKU (8th from left), Chief Guest, Nazar Hussain Mahar, Secretary of Education, Government of Sindh (centre), and on his left is Dr. Gordon Macleod, Director AKU-IED

Congratulating the diploma recipients, Dr. Shamsh Kassim-Lakha, President, AKU, said, "These diploma-holders are now the 'levers of change' in their schools, and are involved in improving the quality of education and developing effective leadership to enhance educational standards." Speaking on the professional development of headteachers, Dr. Kassim-Lakha added, "It is unfortunate that our schools continue to be managed by untrained headteachers who are unable to introduce positive changes for maintaining better standards in their schools." He said the educational policies of the government should focus on the development of managerial competence, skills and leadership qualities in headteachers, as "only then can headteachers lead their schools more effectively."

Dr. Gordon MacLeod, Director, AKU-IED, speaking on the standard of education in Pakistan, said, "The course is not only about teaching technical skills, it is also about inculcating the right attitude, morality and conscientiousness."

Commending the role of AKU, the chief guest, Nazar Hussain Mahar, Secretary of Education, Government of Sindh, said, "We are indebted to His Highness the Aga Khan for creating such a notable institution in Pakistan." He suggested that AKU and Sindh Government work closely to develop a mechanism to give the people in Sindh an opportunity to benefit from the University's educational programmes. Mahar distributed the

certificates to the headteachers and the ceremony concluded with a vote of thanks by Dr. Muhammad Memon, Associate Professor and Head Professional Programmes, AKU-IED.

Sharing her experience with the audience, a course participant, Shaheena Ali Raza, said: "Today, ADISM has succeeded in not only making us knowledgeable, but also in teaching us skills, attitudes and values. It has transformed us to a great extent in many ways – today we know our path and our vision. This course has helped us in reconceptualising our roles as pedagogical leaders of effective schools. Thus it has given us direction".

Patient Welfare Programme

Amjad Treated for Ascending Paralysis

Amjad lives with his eight children, in a joint family of 24, in Mangopir, a suburb of Karachi. A milkman by profession, he and his brother together earn about Rs. 10,000 (US \$162) per month to support their families.



When Amjad was diagnosed with periodic hypokalemic paralysis, he was left with very little hope of recovery, as he knew that his limited income would not allow him to go for treatment. His condition was such that if left untreated, it could affect his respiratory system and prove fatal.

All Amjad could do was visit the general practitioners and hakims (herbal/traditional practitioners) in his neighbourhood. As his condition grew serious, Amjad was brought to AKUH by his family, who

informed the doctors of their financial hardships. An AKUH welfare officer came to their aid and assured them of all possible help.

Amjad was immediately diagnosed and given timely treatment by the doctors. His condition stopped deteriorating, and within a few days began to improve.

The overall cost of his treatment was Rs. 26,446 (US \$430), out of which approximately 50% was contributed by the AKUH Patient Welfare Programme. Today, Amjad is back at work, delivering milk and supporting his large family.

French Government Honours AKU President for Contribution to Pakistan and Education

President Jacques Chirac of France honoured the President of AKU, Dr. Shamsh Kassim-Lakha, by conferring the title of Officier de l'Ordre National du Mérite (Officer of the National Order of Merit). One of the highest civil awards of France, the title recognised Dr. Kassim-Lakha's "extraordinary eminent and meritorious services to the cause of education and improvement of mankind."

At a formal ceremony at his official residence in Islamabad, the French Ambassador, His Excellency Yannick Gerard, presented the award on behalf of President Chirac, stating that it was a prestigious honour granted very occasionally to citizens of Pakistan. Dr. Kassim-Lakha is only the fourth recipient of the award since 1968. Referring to his accomplishments, Ambassador Gerard recognised Dr. Kassim-Lakha's "selfless services which have been nationally and internationally recognised. Symbol of hope, relief and life for the suffering humanity, the Aga Khan University Hospital in Karachi is testimony to the vision, the determination and the dedication to mankind of His Highness the Aga Khan and all those who work under his direction for social welfare."

Addressing an audience of federal and provincial ministers, diplomats and leading academics, industrialists and opinion makers, Dr. Kassim-Lakha acknowledged the award as an honour to the people of Pakistan. He said, "It is an honour for my country that France, with its strong tradition of culture

and heritage, and its important and central position in Europe, should recognise the efforts of those who strive to enhance the quality of life in Pakistan, often under trying conditions."

In 1998, the President of the Islamic Republic of Pakistan awarded Dr. Kassim-Lakha the Sitara-i-Imtiaz, one of the country's highest civil awards, in recognition of his sustained and eminent services in the fields of education and health care. Earlier, Canada's McMaster University recognised his contributions to health education with the conferment of an honorary Doctor of Laws degree.



The French Ambassador, His Excellency Yannick Gerard, with Dr. Shamsh Kassim-Lakha, S.I., President, AKU, and Khadijah Kassim-Lakha, during the French award investiture ceremony in Islamabad.

Pakistan's First M.Sc.N. Programme Promises Greater Roles for Nurses

While nursing in Pakistan, Asia and East Africa has developed gradually over the decades, at AKU School of Nursing (AKUSON) it is fast emerging as a profession requiring expanded roles, ever increasing knowledge and continuous research.

AKUSON has been a trendsetter of nursing education in Pakistan. It was the first to provide the post R.N., B.Sc.N. and four-year B.Sc.N. degree programmes. Today, the School is continuing its leadership role by initiating Pakistan's first Master of Science in Nursing (M.Sc.N.) programme in October 2001.

In the M.Sc.N. programme, a high level of leadership and decision-making skills in the areas of clinical practice, education, administration, and research will be emphasised. The courses will also reflect the cultural concepts relevant to the region, which is often missing when nurses go to the West



Dr. Rozina Karmaliani, Assistant Professor, AKUSON, with students of M.Sc.N. programme, which is designed to equip nurses with the skills to meet the challenges in health care management in the country and the region.

to pursue higher education in nursing. Students will have the opportunity to take elective course work and clinical practice in Pakistan or abroad, depending on their practice speciality.

Five candidates have begun the first M.Sc.N. class. Coming from a variety of institutions in the country, government and private, these students will be prepared to face the challenges and complexities of the current health care situation in the country and the region.