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THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 2 | Issue 6

Message From The Chair

Dear Colleagues,

I hope that you all are continuing to enjoy a wonderful Eid holiday. On a personal note, it has been heartening to finally spend *Choti* Eid at home.

We recently bid farewell to our CEO Hans Kedzierski who oversaw massive change in the medical center including an introduction of service lines, and increased access and efficiency in the throughput of the health system.

One of the transformative initiatives undertaken in his tenure, and led by Dr Babar Hasan and team, included the emphasis on an optimal patient experience focusing on compassion in Pediatrics. I remember Dr. Salman Kirmani excitedly sharing the details with me back in January 2018, and I recently had the chance to listen to Babar and his team talk about the massive, coordinated effort that they undertook. This work engaged all stakeholders, patients, ancillary staff, nursing, trainees, physicians, and physician leaders starting back in November 2017.

The transformation focused on providing a vision for patient centricity, increasing employee engagement by addressing their pain points including growth, transparency and stress management. The team then worked closely with the Charter for compassion, an organization headed by Karen Armstrong and now have introduced the 9 principles of compassion into the day-to-day work life of nurses with an eye to rolling out to trainees and physicians over time.

As part of the program, leveraging technology, Dr Zahra Hoodbhoy worked with local engineers at Ephlux to create an AI algorithm that predicts patients satisfaction and prescribes real-time interventions using a smart phone application.

It was wonderful to listen to the team's learnings and their thoughtful and iterative approach to addressing challenges in implementation as they arose. The planning and implementation has taken more than 2000 man-hours which speaks to the dedication that such an effort requires.

I have invited the team to share their learnings with us in Medicine and provide advice on how we as a department across our many service lines can be engaged in such an effort.

Wishing you all compassionate encounters!

Zainab

Larkana HIV outbreak!

In the wake of an HIV outbreak in Sindh's Larkana district, an international team of experts from the World Health Organization (WHO) began investigating the sudden spread of the disease.

AKU has been contributing expertise and other resources to the outbreak investigation from the very beginning. The team includes: Dr Faisal Mahmood, Section head Infectious Diseases whose primary area of interest besides infection control is HIV, Dr Fatima Mir from the department of Pediatrics, Dr. Bushra Jamil who also serves as the President of the MMIDSP, Dr Hani Abdi from BBS and Dr Rehana Siddiqui from CHS. The effort has seen a willing, proactive pooling of resources, time and involvement of many including Dr Anita Zaidi.

Dr Mahmood and Dr Mir have been on the ground several times and are serving on the frontlines. We are glad to report that the response has been swift, coordinated, and trans-departmental.

Scientific Manuscript Writing Workshop hosted by Global Health Delivery- Dubai, Harvard Medical School

In April this year, Dr Adeel Khoja, a research faculty member from the Department of Medicine went to Dubai to attend a "Scientific manuscript writing workshop."

This workshop was hosted by the Harvard Medical School Center for Global Health Delivery–Dubai. This funded opportunity provided Dr Khoja with a protected time to draft a full manuscript related to Hepatitis C Cascade of Care project, implemented in the rural and urban community settings of Malir district which has recently concluded.

The hallmark of this workshop was the mentored training of Harvard scholars and faculty members. After a rigorous 5 days' workshop, Dr Khoja was able to complete an intermediary draft of the manuscript which is currently in very good shape and will soon be sent for publication.

Moreover, Dr Khoja also started to work on a smaller manuscript, highlighting the field implementation lessons learned during the implementation phase of the same study.



Department of Medicine at National and International Forums



Drs. Sara Khan, Saadia Tabassum, Asma Ahmed, Ali Raza Khan, and Faisal Ismail attended the one day workshop on “Empowering Leaders For Changing Lives” by Learning Mind Group, Leadership Academy.



Dr Sarah Nadeem and Dr Hunaina Shahab have been invited by UC Davis for their Women in Medicine and Health Sciences (WIMHS) event to give a talk on Challenges and Opportunities at an Academic Medical Center in Pakistan. UC Davis Women in Medicine and Health Sciences (WIMHS) has agreed to partner with Women in Medicine (WIM) AKU as a sister program and this event will be a first of many such exchange opportunities.



Professor Dr Javaid Khan was featured in the Live program on PTV on the occasion of World No Tobacco Day

Dr Amber Sabeen presented an abstract titled “Epidemiology and incidence of sepsis in a tertiary care hospital of Pakistan, a cross-sectional study based on ICD 9 coding” at the Euroasia conference of European Critical Care Society, held at Taipei, Taiwan.

Dr Sarah Nadeem has been invited to serve as a member of the Disease

Dr Aisha Sheikh received her Fellow of the American College of Endocrinology (FACE) at American



State Network (Bone and Parathyroid Disease State Network and Diabetes Disease State Network) for the 2019-2020 year Association of the American Association of Clinical Endocrinology AACE.



Association of Clinical Endocrinologists annual meeting held in Los Angeles last month.



Mind and Brain Service Line Appreciation Evening



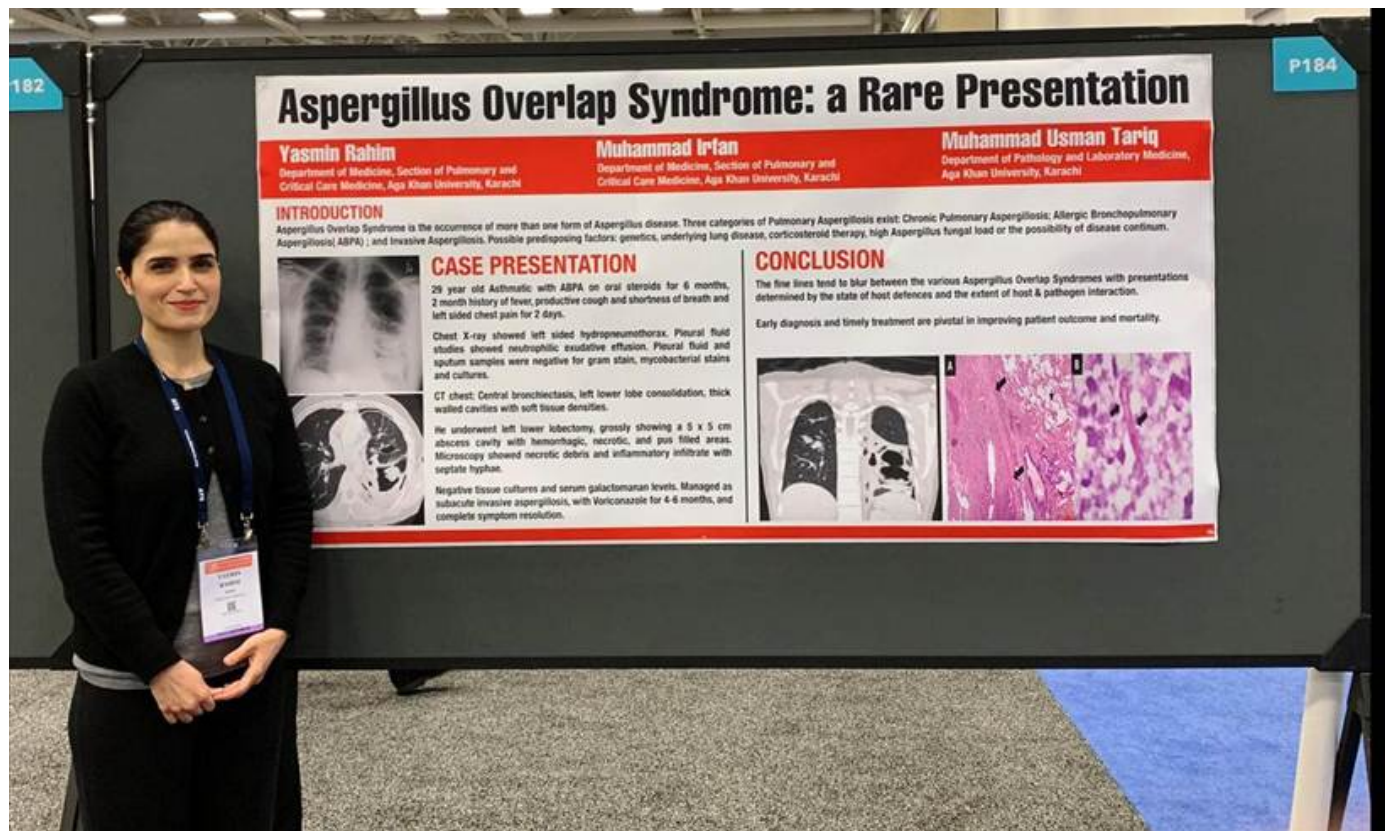
Samana Shah, a year 2 gastroenterology resident, has received UEG International Scholarship for UEG week- October 19-23, 2019. United European Gastroenterology (UEG) awards 30 International Scholarships to young gastroenterologists, aged 40 and below. The aim of these scholarships is to enable the awardees to attend UEG Week, to contribute to training and education of gastroenterology in developing countries and to encourage the exchange and expansion of knowledge among gastroenterologists on a worldwide level.



Dr Mehmoed Riaz and Dr Noreen Nasir presented their posters at the 21st Asia Pacific League of Associations for Rheumatology Congress (APLAR) in Brisbane Australia.



Dr Nosheen Nasir received the Society of Healthcare Epidemiology of America (SHEA) 2019 International Ambassador Award. This year SHEA has elected 18 international healthcare practitioners for this prestigious recognition, based on their demonstrated efforts to advance healthcare epidemiology and infection prevention in their countries and regions, and their potential to make a concrete difference in his or her region. Dr Nosheen Nasir was selected from a large panel of highly qualified candidates from around the world due to her exemplary involvement in the field, and for her work in bringing about safer environments for healthcare practitioners and patients.



Pulmonology fellow Dr Yasmin Rahim presented a paper at American Thoracic Society Annual Congress at Dallas Texas USA May 17-21 2019



Featured Faculty Profile

Dr Nosheen Nasir; “Support and encourage your colleagues; their success is your success. Life is not a competition.”

What made you pick Medicine as your calling in life?

Medicine is one of the noblest professions, and doctors have always been deeply respected in our family. Our family Paediatrician was Dr. Ghaffar Billoo. His empathetic manner and professionalism made a lasting impression on me as a child and one of the reasons that I decided to become a doctor. Moreover, saving of lives is given immense importance by Allah Subhanahu-wa-Ta’ala who says in the Quran (5:32) “whoever saves the life of a person is as if he has saved the life of the whole of humankind”. Hence, I was keen to pursue medicine where we strive to save lives and help others.

What are your hobbies/interests?

Travel, reading detective stories (Sherlock Holmes’s my favorite), playing mystery games.

Had you not been a doctor, what would you have done?

I always had an interest in science. If I had not become a doctor I probably would have become a basic scientist.

What advice would you like to give to your juniors?

There is a time for everything so do not despair when it gets tough or things don't move; keep working hard to achieve your goals. Support and encourage your colleagues; their success is your success. Life is not a competition. Don't make your work your life. Be happy and grateful to Allah Subhanahu-wa-Ta'ala and take advantage of your youth and health and spend your time wisely.

What lessons have you learned from your seniors?

Always honor your commitments, work hard towards your goals, be your best, and you will shine inshaAllah.

What made you choose AKU?

I joined AKU as a medical student, chose this institution because it is the best and most prestigious Medical University in Pakistan and have been associated with AKU since then. Moreover, the quality of its postgraduate and graduate programs led me to pursue my residency, both fellowships, and MSc from AKU.

What in your opinion is your biggest accomplishment; 1 personal and 1 professional?

My biggest personal accomplishment is my family which is my greatest source of pride and joy.

My biggest professional accomplishment is hopefully yet to come. However, completing my MSc in Epidemiology and Biostatistics with honors cGPA while being faculty at AKU and expecting our 3rd child is probably my biggest academic achievement to date.

Tell us about 1 challenge/failure that taught you a lot in life

Building one's career while trying to become an 'exemplary' mother is a challenge which has taught me how to recognize my priorities and the importance of a healthy work-life balance.

As physicians, we do not always succeed in finding a cure for the patients. Such difficult clinical situations teach us to recognize our limitations and serve to strengthen our faith and bring us closer to Allah Subhanahu-wa-Ta'ala.

Who/what do you draw your inspiration from (your muse if you may) and why?

My parents. They have made immense sacrifices for me throughout my education and training. They inculcated in me the basic virtues from our faith like they are doing for my children now. Their selfless devotion, compassion, and hard work are inspirational and I hope to be like them in order to do well in all spheres of life.

What are your future goals?

Produce high quality and impactful research in the field of Adult Infectious Diseases. Become a good mentor for juniors and to become a better Muslim.

What Are Academics Around the World Reading This Month?

- Physician burnout costs US \$4.6bn a year, study finds

To read click; <https://www.bmj.com/content/365/bmj.l2361>

- Association between consumption of ultra-processed foods and all-cause mortality: SUN prospective cohort study

To read click; https://www.bmj.com/content/365/bmj.l1949?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=&utm_campaign=editors

- Tobacco dependence should be recognized as a lethal non-communicable disease

To read click; https://www.bmj.com/content/365/bmj.l2204?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=&utm_campaign=editors

- Rethinking impact factors: better ways to judge a journal

To read click; https://www.nature.com/articles/d41586-019-01643-3?utm_source=twitter&utm_medium=social&utm_content=organic&utm_campaign=NGMT_2_SJH_Nature

- A New Segmented Virus Associated with Human Febrile Illness in China

To read click; <https://www.nejm.org/doi/full/10.1056/NEJMoa1805068>

- Sodium-Intake Reduction and the Food Industry

To read click; <https://www.nejm.org/doi/full/10.1056/NEJMp1905244>

Publications

A new health care model for Pakistan

Mohammad Wasay, Muhammad Ashar Malik

In J Pak Med Assoc Vol. 69, No. 5, May 2019

Migration of Fish Bone Into the Portal Vein Resulting in Pylephlebitis and Pyogenic Liver Abscesses

Kumail Khandwala, Anwar Ahmed, and **Shahab Abid**

In Am J Gastroenterol 2019;00:1.; published online April 15, 2019

Cholestyramine, A Cost-Effective Yet Efficacious Anti-Dote in Digoxin Toxicity

Fazal ur Rehman, Muhammad Zain Mushtaq, Savera Aziz Ali3, Abdul Baqi, Mahreen Muzammil, Sumera Aziz Ali

In International Research Journal of Pharmacy and Medical Sciences Volume 2, Issue 4, pp. 8-10, 2019.

Neuroimaging Findings in Tuberculosis: A Single-Center Experience in 559 Cases

Muhammad Azeemuddin, Amna Alvi, Raza Sayani, Misha Khalid Khan, Salman Farooq, M. Asim Beg, **Safia Awan, Mohammad Wasay**

In J Neuroimaging 2019;0:1-12.

Clinical spectrum and factors impacting outcome of Candida auris: a single center study from Pakistan

Muneeba Ahsan Sayeed, Joveria Farooqi, Kausar Jabeen, **Safia Awan** and **Syed Faisal Mahmood**

In BMC Infectious Diseases (2019) 19:384

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