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## INSPIRE : Vol 2, Issue 9

Department of Medicine  
*Aga Khan University*

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THE AGA KHAN UNIVERSITY

# inspire

Innovation, Service & Patient -  
Centered Research & Education

*Department of Medicine*

*Volume 2 | Issue 9*

## ***Message From The Chair***

Dear Colleagues

This past week the cardiology community converged on Paris for the ESC Congress. The audience heard about some amazing science. While I was not physically present in Paris to learn, I was able to follow the congress proceedings through Twitter #ESCCongress. Social media has truly globalized and democratized education.

So here are the highlights from ESC:

1. The DAPA-HF trial showed a reduction in cardiovascular death and heart failure hospitalizations with the SGLT-2 inhibitor Dapagliflozin in 4744 study participants with heart failure across 20 countries. Interestingly the benefit was seen in both diabetic and non-diabetic patients. This data has been touted as paradigm shifting for the care of heart failure patients.
2. The COMPLETE trial showed that among patients with ST elevation myocardial infarction and multi-vessel disease undergoing primary PCI, complete revascularization (of culprit and non-culprit vessels) was superior to culprit artery only revascularization. It was also associated with a reduction in cardiovascular death/MI accomplished without an increase in major bleeding or contrast induced nephropathy.
3. HOPE-4 a large cluster randomized trial was presented and this showed that a comprehensive community package can be successfully implemented using non-physician health workers and lead to meaningful reduction in cardiovascular risk. This is likely the way forward in managing the burden of CVD in LMICs. Here is our editorial on the trial. [https://doi.org/10.1016/S0140-6736\(19\)31995-6](https://doi.org/10.1016/S0140-6736(19)31995-6)
4. Data from the PURE cohort gained media attention and showed that CV deaths have declined in high income countries with cancer now being a major cause of death, *while globally and in middle and low income countries CVD is the leading cause of death.*

In other news, congratulations to the faculty on showing how it's done in the Cricket match last night. I should come and cheer for the students more often.....

Zainab

## Women in Global Health (WGH) Pakistan Chapter



WGH Pakistan Chapter was launched on 20th August 2019 in Islamabad aimed towards promoting gender equality at all levels of healthcare in Pakistan.

Women in Global Health (WGH) itself was launched in 2015 as a global movement with the mission to achieve gender equality in global health leadership. Today WGH has members from over 70 countries and established national chapters in Germany, USA, Sweden, Norway, and Somalia.

WGH Pakistan Chapter is the first to be launched in the region. Dr Roomi Aziz at P2impact led the Secretariat for the chapter, Dr Sania Nishtar was the patron to the 'chapter', as well as the keynote speaker and Zafar Mirza was the chief guest at the launch. We, at Aga Khan University, had prominent representation with Dr. Aneela Darbar, Ayesha Mian and Laila Ladak in attendance. Chair, Department of Medicine, Dr Zainab Samad and Chair Women in Medicine (WIM), Dr Sarah Nadeem were invited speakers. It was a great success where prominent figures like Dr Sania Nishtar, Dr Roomi Aziz, Dr Shabnam Sarfaraz, Dr Fauzia Tariq and Dr Tasleem Akhtar (among many others) discussed the significance of women supporting other women, effective communication, consultation, and collaboration. Dr Sania emphatically stated, "We are not looking at gender disparity at entry-level- It is at the highest echelon that there is a problem. That needs to be changed."

Dr Zainab Samad talked about her journey and our local efforts to support women in medicine. Dr Sarah Nadeem discussed premise of Women in Medicine- Pakistan, its objectives, the importance of advocating for oneself and one's mentees and working together to bring about gender equity in academic medicine.

Kudos to the entire WGH Team on pulling together a successful launch which was attended by 2 ministers, 34 speakers, 205 conversants and 1000 women in Global Health in Pakistan.

## Faculty Development Workshop Series



On August 16, 2019, Dr. Muhammad Tariq and colleagues from Department for Educational Development conducted a three-hour workshop on "Learning in the Clinical Setting: Workplace Clinical Teaching Models". A total of 15 participants attended the interactive workshop which highlighted identification of various methods for improving clinical teaching in outpatient and inpatient settings that are SNAPPS, One-Minute Preceptor, Mini- CEX and MiPLAN. Participants shared their experiences as clinical teachers and engaged in group discussions followed by role play on different models of clinical teaching. The workshop concluded by providing feedback to participants and evaluation of their learning experiences.

## Department of Medicine at National and International Forums



The South Asian Federation of Endocrine Societies (SAFES) biennial summit was held in Colombo, Sri Lanka in August 2019. SAFES is an organization representing Endocrine Societies of Bangladesh, India, Nepal, Pakistan and Sri Lanka. SAFES was conceived to address the challenges of the rising epidemic of diabetes and endocrine disorders faced by societies in South Asia. SAFES has focused on Gestational Diabetes Mellitus (SAFES recommendations and action plan launched in Lahore followed by its publication as a supplement in JPMA) and Diabetes prevention and healthy living (RUN for healthy life campaign, again launched in Lahore). SAFES regional role and efforts have helped define what it is to be an endocrinologist and identified the specialized training, education, and services that are needed in order to diagnose Diabetes and endocrine disorders and care for patients who suffer from them.

This year at SLEENDO, Pakistan Endocrine Society (PES) participated with zeal. Faculty from Aga Khan University as part of PES were invited as speakers and chair-persons and fellows and faculty presented their research work as poster/oral presentations. Following are the highlights:

Invited lectures:

Prof. Najmul Islam: Hashimoto's thyroiditis

Dr. Aisha Sheikh: Challenges in treating hyperthyroidism in pregnancy

Debate:

Dr. Sarah Nadeem: Insulin should be replaced by new drugs.

Poster presentations:

Dr. Bhagwan Das (Endocrine fellow year 2)

1. Nonfunctioning Pituitary adenomas, Presentation, Management and outcomes : 10 years Data
2. Thyroid Cancer in acromegaly: Case Study
3. Brain Metastasis from Papillary Carcinoma of Thyroid: Case Report

Dr. Sumera Batool (Endocrine fellow year 2):

1. Case of Pranglioma presented as Paraplegia
2. Association of Pre-op TSH with thyroid cancer

Dr. Aisha Sheikh:

Comparison of IADPSG and Diabetes in pregnancy study group of India (DIPSI) criteria for diagnosing Gestational Diabetes Mellitus

Authors: Dr. Aisha Sheikh, Dr. Sibtain Ahmed, Dr. Ayesha Malik, Ms. Safia Awan, Dr. Lumaan Sheikh

Oral presentation:

Neonatal outcomes and congenital anomalies in pregnancies affected by hypothyroidism in a tertiary care hospital of Pakistan. (MHPO 3)

Authors: Zareen Kiran, Aisha Sheikh, Khadija Nuzhat Humayun, Najmul Islam

Dr. Zareen Kiran could not travel to SLENDO and Dr. Aisha Sheikh presented the oral paper on her behalf.

BBS (AKUH) participation at SLENDO

DR. Rehana Rehman from BBS presented her oral paper at SLENDO. The title of her research was Male infertility and thyroid dysfunction: a cross-sectional study in Karachi, Pakistan

Authors: Rehana Rehman, Amara Zafar, Syeda Sadia Fatima, Aleena Mohib, Aisha Sheikh

Research award:

Dr. Aisha Sheikh received the best poster award (research category) for her poster on "Comparison of IADPSG and Diabetes in pregnancy study group of India (DIPSI) criteria for diagnosing Gestational Diabetes Mellitus". This was the only award that Pakistan received in research at SLENDO 2019.



CME Seminar on Smokeless Tobacco and Betel Nut use organized by the Section of Pulmonology on Friday, August 23, 2019, in the AKU Auditorium



In the picture you can find, From Left to Right: Prof. Michael fried (President of AASLD), Prof. W. Kay Rim (Stanford University, USA), Prof. Diana A. Payamal (President of APASL), Me (Rajesh Bansari), Prof. Anna S. Lok (University of Michigan, USA) and Prof. Stephen Wong (Past president of Hepatology Society of Philippines)

Dr Rajesh Bansari, Instructor, Dept. of Medicine was selected for oral presentations in 2019 APASL-AASLD Joint Research Workshop, Manila, Philippines and was awarded a travel bursary. He was also one of the three travel award winners among many presenters from all over the globe and received the prestigious winner award along with complimentary registration to attend AASLD- Liver meeting 2019 at Boston, USA.



## Featured Faculty Profile

### Dr. Rabeea Azmat “There is no shortcut to success!”

#### What made you pick Medicine as your calling in life?

I grew up seeing my elder cousins & aunts becoming doctors. The respect they received from the family & society, the level of confidence they had & the way they were able to help others in relieving their medical issues was really inspiring.

#### What are your hobbies/interests?

Travelling, painting, utilizing odds & ends that I may find at home to create new stuff and collecting fancy stationery.

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

I would have either been an artist (I love painting) or would have been associated with media & communications.

#### What advice would you like to give to your juniors?

- Always be honest & humble, regardless of what you are going through.
- Always help & facilitate your colleagues.
- Treasure your family & friends.

#### What lessons have you learned from your seniors?

Compassion, humility & dedication

#### What made you choose AKU?

AKU is the absolute best!

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

Personal: My nephrology fellowship/residency was a real roller coaster ride in terms of parents' health & other family responsibilities. At many occasions, it seemed impossible. Yet, alhamdulillah, with the support of my parents & husband, I was able to successfully complete it. It made me realize the significance of a good work-life balance.

Professional: Yet to come.

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

Challenge: Being a woman, maintaining a healthy work-life balance is a real challenge.

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

My parents. I idealize them and am truly grateful for all the sacrifices they had to make for me and my siblings.

#### What are your future goals?

To become a worthwhile researcher.

## What Are Academics Around the World Reading This Month?

### - Karen Burns: Ten things that I wish I had known as a woman entering academic medicine

To read click; [https://blogs.bmj.com/bmj/2019/07/29/karen-burns-ten-things-that-i-wish-i-had-known-as-a-woman-entering-academic-medicine/?utm\\_source=twitter&utm\\_medium=hootsuite&utm\\_term=&utm\\_content=SME&utm\\_campaign=editors](https://blogs.bmj.com/bmj/2019/07/29/karen-burns-ten-things-that-i-wish-i-had-known-as-a-woman-entering-academic-medicine/?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors)

### - Ebola: one year anniversary of epidemic in DRC is “unwanted milestone”

To read click; [https://www.bmj.com/content/366/bmj.l5004?utm\\_source=twitter&utm\\_medium=hootsuite&utm\\_term=&utm\\_content=SME&utm\\_campaign=editors](https://www.bmj.com/content/366/bmj.l5004?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors)

### - Angela Merkel: Implementing sustainable development goal 3

To read click; [https://blogs.bmj.com/bmj/2019/07/31/angela-merkel-implementing-sustainable-development-goal-3/?utm\\_source=twitter&utm\\_medium=hootsuite&utm\\_term=&utm\\_content=SME&utm\\_campaign=editors](https://blogs.bmj.com/bmj/2019/07/31/angela-merkel-implementing-sustainable-development-goal-3/?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors)

### - Where are all the women in surgery?

To read click; <https://news.aamc.org/diversity/article/where-are-all-the-women-in-surgery/?fbclid=IwAR1Reb1OIB4F6CzbDRXL3HSswoWySOIfbhcOCQvOvzPbRC8fuEgHaCFZc>

## Upcoming Events

**WOMEN IN MEDICINE (WIM), AKU**

*September is Women in Medicine Month!*

Celebrating this month, the Department of Medicine will be highlighting our very own **#womeninmedicine at AKU!**

September-9  
*9 early career faculty, 9 trainees, 9 medical students, 9 Department of Medicine women staff that are an integral part of AKU.*

**We are AKU!**

R

**for Research: An Introduction**

Department of Medicine | Data Science Series

**Learning Objectives**

- Evaluation and appraisal with the assistance of R Studio
- Sampling, general issues of statistics
- Basic dataset handling
- Basics of data merging
- Basics of plotting variables
- Learning of various data structures of R usage in health research

**Who can participate?**

Faculty, Postgraduate Trainees, Students

**Participant Prerequisite:**

A basic knowledge of Excel and basic statistics

**Registration fee:** PK 1000/-

**Workshop requirement:** 1 credit

**Site of workshop:** AKU, Phosphate participants will be notified via email

**Registration:**  
<http://bit.ly/PhosphateWorkshop2019>

**Monday, September 16, 2019**  
9:00 am to 5:00 pm  
CME Learning Studio

**Contact Information:**  
Dr. Huma Imtiaz | 0300-2666000  
Dr. Huma Imtiaz | 0300-2666000

## Publications

Guillain-Barre Syndrome Following a Snakebite: A Case Report and Review of Literature.

Sajid Hameed, Mubashar Memon, **Sara Khan**

In Cureus 11(7): e5278. DOI 10.7759/cureus.5278 (July 30, 2019)

Spectrum of neurological disorders in neurology outpatients clinics in urban and rural Sindh, Pakistan: a cross sectional study

**Safia Awan**, Alam Ibrahim Siddiqi, Ahmed Asif, Naveeduddin Ahmed, **Hazim Brohi**, Sajad Jalbani and **Mohammad Wasay**

In BMC Neurology (2019) 19:192

**We welcome submissions to "inspire" at [bisma.imtiaz@aku.edu](mailto:bisma.imtiaz@aku.edu) and [samad.zainab@aku.edu](mailto:samad.zainab@aku.edu)**

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