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THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 2 | Issue 11

Message From the Chair

Dear Colleagues,

Last week the Center for Women and Child Health hosted the 3rd International Conference on Nutrition and Early Human Development. The keynote speakers, including Dr. Francesco Branca and Dr. Zulfiqar Bhutta, highlighted the role of nutrition and how unhealthy diets are now the major risk factor for the global burden of disease.

These discussions underscore “lifespan” approaches to disease understanding and mechanisms. Children struggling with malnutrition and stunting are more likely to become unhealthy adults. Many non-communicable diseases find their roots in childhood and are grounded in initial life experiences. South Asians suffer from very high childhood illness rates and also demonstrate advanced disease phenotypes in adulthood such as premature coronary artery disease etc.

Greater research cross-collaboration between Medicine and Pediatrics is necessary to allow lifespan perspectives to our understanding of the florid disease phenotypes that we find in our part of the world and discover ways to mitigate them with early interventions.

I would encourage you all to participate in such conferences in the future. One such conference of particular interest to Medicine and other specialties is the upcoming Cardio-metabolic health themed First Annual Cardiovascular Conference scheduled for early Jan 2020 #pulse2020. These interdisciplinary conferences provide a great learning experience and serve as valuable networking opportunities to ignite collaborations.

Zainab



AKU Dermatology TOACS Workshop

Dermatology organized a state-of-art simulation-based TOACS workshop as part of the Annual PGME Conference. It was well attended by CPSP examiners, supervisors and residents across the country. The participants and the examiners thoroughly enjoyed this unique innovative learning opportunity. The workshop included a mock drill and slide session followed by a debriefing and feedback session for evaluation of the learning experience. The unique features of the workshop were the use of high fidelity manikins, novel moulage techniques, advanced simulation strategies, competent faculty and passionate participants.



Tawazun

The 23rd annual PGME conference was held on 19th - 22nd September. The theme for this year was “Tawazun” or balance. This conference was more special this year as the AKU trainees took an active part in the organization and execution of this conference along with the faculty of the organizing committee. We had a phenomenal turn out this year. A total of 24 workshops were fully attended. Also new this year, we started our scientific program with the residents “Think Tank” moderated by Dr Tania Nadeem.

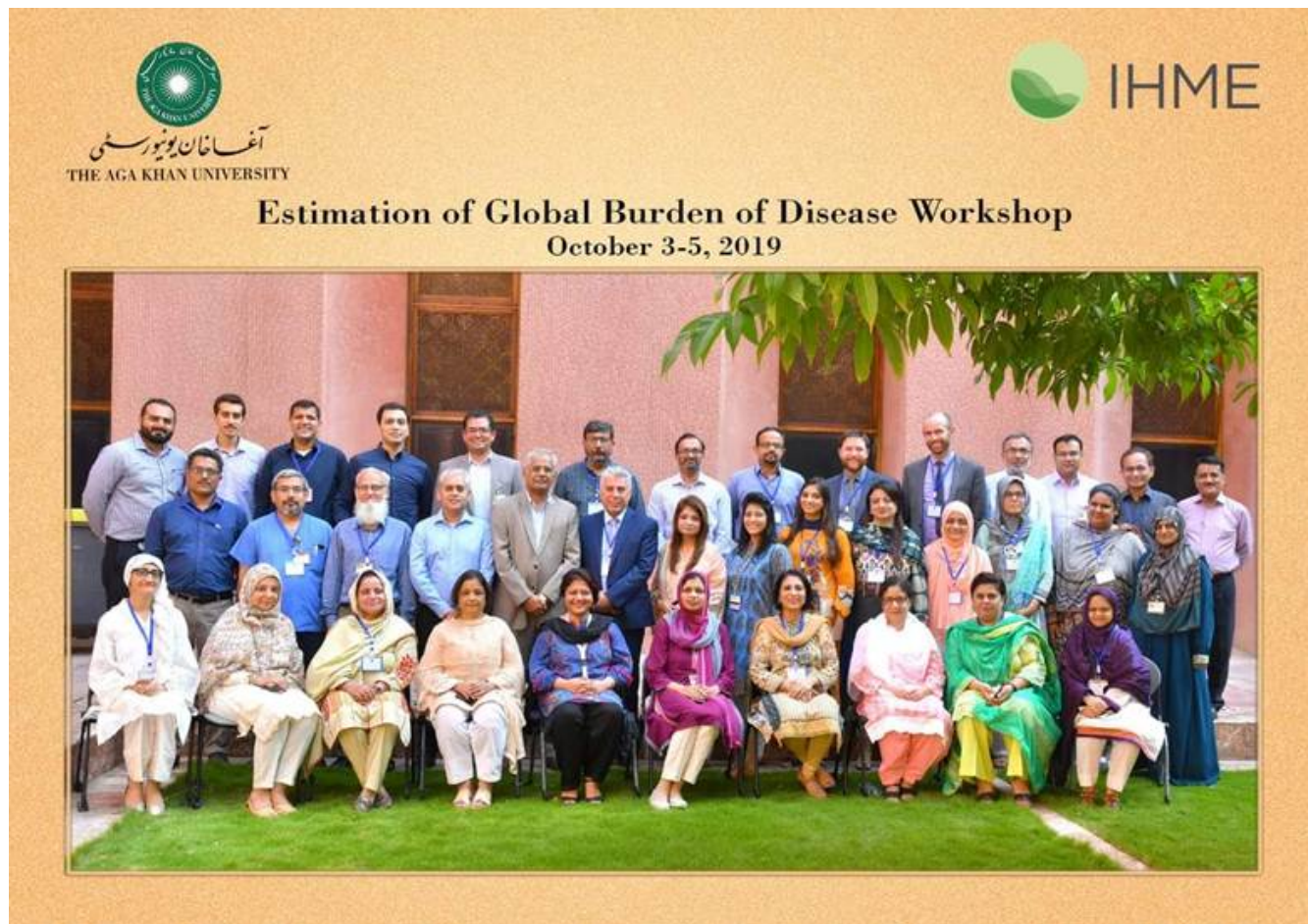
The inaugural talks by Dr Pervez Hoodbhoy and Dr Farhat Moazam followed by national and international speakers talks on Saturday were geared towards advising and teaching the trainees how to embrace life and to deal with its challenges as a

health care professional.

Trainees also got a chance to present their research. Dr Salik ur Rehman Iqbal won best poster presentation and best oral presentation awards. Dr Hunaina Shahab won the best poster presentation award and Dr Mian Shah Yousaf landed 3rd position for best oral presentation.

We ended the day's proceedings with a relaxing and enlightening Tai Chi and Qi Gong session.

A big thank you to all the trainees and faculty who made this event a success!



Estimation of the Global Burden of Disease Workshop

The Departments of Medicine and Community Health Sciences jointly organized a workshop titled 'Estimation of Global Burden of Disease' in collaboration with the Institute for Health Metrics and Evaluation (IHME), University of Washington, USA.

The workshop aimed to build the capacity of health professionals at AKU for estimating Pakistan-specific burden of disease including risk factors so that policymakers can be better informed in their strategies to improve health systems in Pakistan.

Members from IHME, led by Professor Ali H. Mokdad, William Dangel Spencer James, and Scott Glenn conducted the workshop sessions.





Team Gastroenterology, AKU and World Congress of Gastroenterology 2019

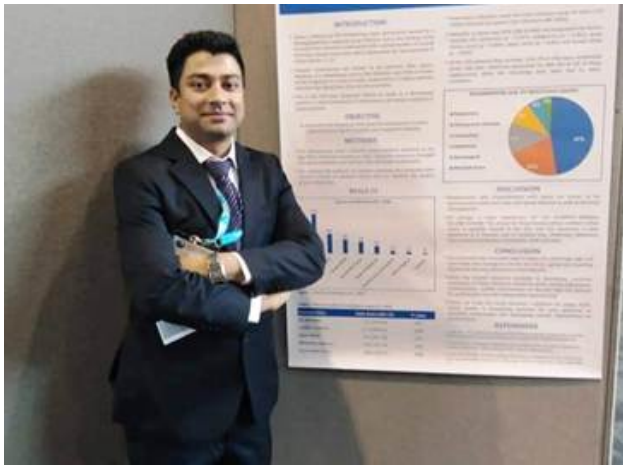
The World Congress of Gastroenterology was organized by World Gastroenterology Organisation in collaboration with Turkish Society of Gastroenterology in Istanbul. Aga Khan University, Pakistan was well represented by both faculty and residents.

As an invited speaker, Professor Saeed Hamid gave a talk on Chronic hepatitis B and presented WGO guidelines on NASH and NAFLD.

Dr Amna Subhan had an oral presentation entitled "Validation and comparison of AARC score in predicting mortality among patients with ACLF due to hepatitis E in Asia Pacific Region"; this work was selected out of 1100 abstract for oral presentation. Dr Rustum Khan and Dr Ajeet Lohana also presented their work as well.

The performance of our GI residents was outstanding; 5 poster presentations, all of which were supported by travel bursaries. Our proud GI trainees who presented their work included Dr Mian Shah Yousaf (PGYIII), Dr Ghulam Fareed (PGYIII), Dr Samana Shah (PGYII), Dr Mahrukh Ali (PGYII) and Dr Masood Kareem (PGYIII).

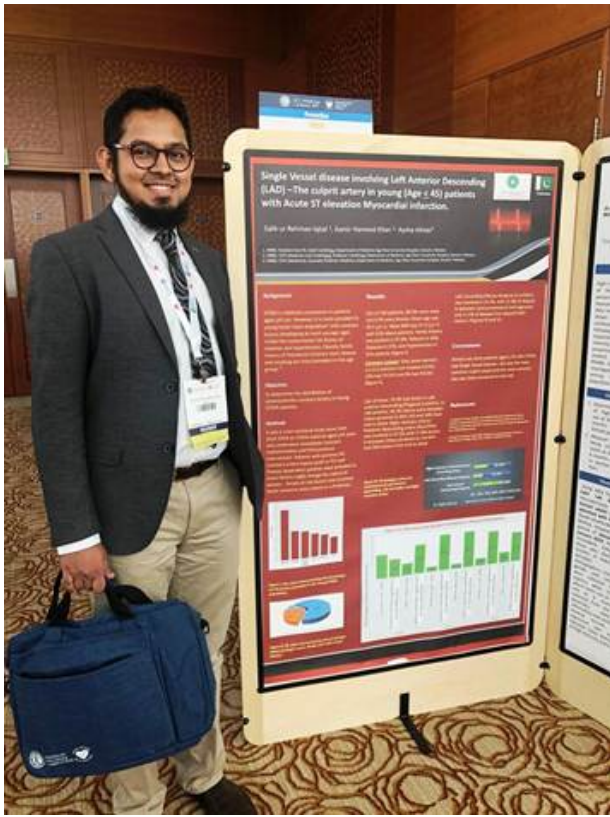
Medicine at National and International Forums



Dr Ainan Arshad presented his poster at the 11th European Congress on Tropical Medicine and International Health, held in Liverpool, United Kingdom and won 1st prize. Congratulations!



Smoke less Tobacco Stakeholders meeting at PC Hotel Karachi, October 11, 2019



Dr Salikur Rehman presented his poster at the American College of Cardiology Middle East Conference 2019



Dr Das Bhagwan presented his poster at the Annual Clinical Congress of the American Association of Clinical Endocrinologists in October 2019



Pulmonology faculty and trainees at the Chest conference in USA



Meeting of AKU team with Campaign for tobacco-free kids USA to start a project on smoke-free Karachi



Team Medicine wearing pink to show support for the Breast Cancer awareness campaign



Dr Saadia Tabassum was invited to be part of the CPSP team for inspection of Jinnah Postgraduate Medical Center for accreditation of their dermatology postgraduate training program.



Dr Naveed Haroon Rashid was presented a spectacularly customized cake by a grateful patient and his family for delivering exceptional care.



Congrats!

Dr Noreen Nasir has been promoted to Assistant Professor, effective October 01, 2019



Featured Faculty: Dr Sadia Masood

“Learn to embrace challenges rather than avoid them because, even when you can’t overcome the challenge, you will still grow as a person.”

What made you pick medicine as your calling in life?

I am not sure exactly but since childhood doctors always inspired me. Although kids are usually scared of them, I always felt happy and comfortable while visiting doctors and hospitals.

In addition, seeing the respect of this profession in our society motivated me to opt for this profession.

What are your hobbies/interests?

Reading, I love to read all kinds of fiction and nonfiction books. I also try to cook different continental dishes whenever I get some free time.

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

I would have been an interior designer - It was my strong desire and I also did some professional courses.

What advice would you like to give to your juniors?

“Learn to embrace challenges rather than avoid them. Choose to see challenges as fun opportunities to learn. Even if you can’t overcome the challenge, you would have still grown as a person.”

What lessons have you learned from your seniors?

Celebrate the successes of others, life is a journey, not competition. Celebrate the accomplishments and successes of your peers, and don’t be a sore loser.

What made you choose AKU?

There is just no better place to grow, teach, train and practice medicine. AKU is the perfect choice.

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

My biggest personal accomplishment is keeping the balance between family and professional life, Alhamdulillah. The good support system enabled me to move forward in life to achieve my goals.

I joined AKU as the first full-time dermatology faculty and tried hard for the establishment and recognition of the section. Accreditation of a successful Dermatology residency program and establishment of section of dermatology are the big milestones. Currently AKU Dermatology has excellent reputation in academics, research and clinical work due to the efforts and hard work of our dedicated and compassionate team.

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

Maintaining a balance between personal and professional life is a constant challenge.

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

I draw my inspiration from my parents, especially my father. He supported and guided me at every step. His selfless devotion, compassion, and hard work are inspirational and I am truly blessed to have him in my life.

What are your future goals?

I want to make an impact in our healthcare system through introduction of various innovative educational strategies leading to improved training opportunities for learners.

What are Academics Around the World Reading This Month?

[Stress related disorders and physical health](#)

[Soccer and Mortality — Good News and Bad News](#)

[Unplugging the Pipeline — A Call for Term Limits in Academic Medicine](#)

Upcoming Events

pulse 2020

cardiometabolic health

call for abstracts

Deadline: November 15, 2019

Conference highlights

- Hands-on workshops
- Opportunities for networking and collaboration
- Lively debates about controversies in clinical care
- Research discussions
- Nurses and technologists symposium
- Oral and Poster presentations

For more information

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Publications

Yield of Muscle Biopsy in Patients with Findings of Myopathy on Electrodiagnostic Testing

Sarah Hasan Siddiqui, Raheel Ahmed, Safia Awan, Ambreen Zain, Sara Khan

In J Neurosci Rural Pract 2019;10:489–493

Longitudinally extensive transverse myelitis with seropositive chikungunya

Sajid Hameed, Mubashar Memon, Hina Imtiaz, Dureshahwar Kanwar

In BMJ Case Rep 2019;12:e231745. doi:10.1136/bcr-2019-231745

Progressive Paraplegia Due to Spinal Dural Arteriovenous Fistula: A Rare but Treatable Diagnosis That Should Not Be Missed

Sajid Hameed, Bushra Taimuri, Marvi Sajid, Farah Siraj, Ayesha Kamal

In Cureus 11(10): e5893. October 2019

The Maverick Disease: Cystic Echinococcosis in Unusual Locations: A Ten Year Experience from an Endemic Region

Ayesha Butt , **Javaid Khan**

In Cureus 11(10): e5939. DOI 10.7759/cureus.5939

Iron III isomaltose induced hypersensitivity reaction

Mahreen Muzammil, Kashif Aziz, Muhammad Ehteram ul Haq, **Nosheen Nasir**

In BMJ Case Rep 2019;12:e228596. doi:10.1136/bcr-2018-228596

We welcome submissions to Inspire. Write

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