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Publications (Newsletters & Reports)

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Winter 12-1-2019

## INSPIRE : Vol 2, Issue 12

Department of Medicine

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# *inspire*

Innovation, Service & Patient -  
Centered Research & Education

*Department of Medicine*

*Volume 2 | Issue 12*

## ***Message From the Chair***

Dear Colleagues,

All year round our faculty have been engaged in providing clinical care – at the same time they have rigorously pursued scholarship.

The pages of *Inspire* tell the stories of our faculty & staff teaching, leading initiatives, learning at national and international conferences, and our trainees representing AKU and Pakistan at many venues. These stories reflect an unwavering commitment to excellence and life-long learning. So as the year draws to a close, we have much to be thankful for – our colleagues, students, friends, family and the many opportunities that AKU as an institution provides for our growth every day. I wish for our continued success, good choices and the right decisions to guide our daily endeavors for the coming year.

With much thanks,

Zainab





## ***Cardiology at Cardiocon 2019 wins Research Award***

Cardiology had a very strong representation at the Cardiocon 2019 Conference which was held in Serena, Islamabad. This conference is one of the largest academic cardiology conferences to be held in Pakistan.

AKU Cardiology faculty members were invited to talk and moderate multiple sessions on Electrophysiology, Hypertension, Interventional Cardiology, and Cardiac Imaging. Among many, there were special talks by Dr Aamir Hameed Khan, Dr Yawar Saeed, Dr Fateh Ali Tipoo and Dr Syed Bilal Hussain.

Dr Hunaina Shahab and Dr Salik ur Rahman presented their research there. Both presentations were well received and Dr Hunaina Shahab won the Cardiology Research Award which is supported by the Pakistan Cardiac Society.

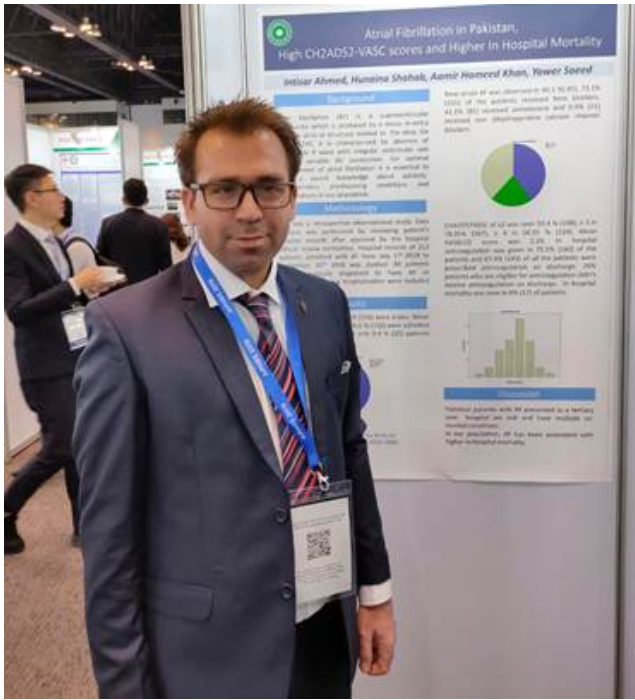
## Medicine at National and International Forums



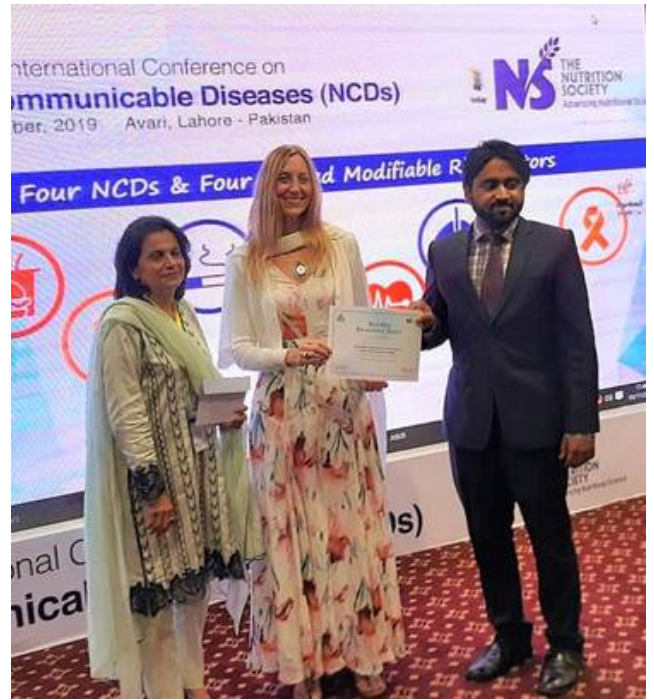
Dr Romaina Iqbal and Dr Javid Khan were invited speakers at the first National Conference on NCD Prevention at Avari, Lahore. Dr Romaina Iqbal was also the Chair of the Scientific Session.



AKU faculty participated in a CME Seminar on Hormonal Imbalances at Munna Bhai Thalassaemia Care Centre, Badin



Dr Intisar Ahmed presented his poster at the Asia Pacific Heart Rhythm Society Conference 2019



Dr Zohaib Akhter secured first place in oral presentation at the 1st International PNDS Conference on Non-Communicable Diseases



Dr Saadia Tabassum and Dr Natasha Ali organized an innovative workshop on “Mastering Dermatology TOACS AND Long Case” which was very well attended.



Dr Bisma Imtiaz was nominated by HR and trained as a Facilitator by Mr Scott Schweyer at the Train the Trainer AKU Way program, November 18-22, 2019



Ms Salima Karani attended the Data Management and Analysis using SPSS Software workshop sponsored by the Department of Medicine



Women in Medicine (WIM) and Women Faculty Forum (WFF) organized a Lunch & Learn session on Friday, November 29, 2019 with Dr Umbereen Sultana Nehal. Dr Nehal is an AKU medical college graduate, healthcare strategist, LinkedIn Top Voice and experienced physician executive. Dr Nehal was a scholar in residence at CCIT and here to attend the launch of the Gender Equity initiative.



### ***Congrats!***

Dr Faisal Wasim Ismail has been appointed Chair, Year 5 Committee of the Medical College UGME program and Vice-Chair Education, Department of Medicine







## ***Featured Faculty: Ms Salma Tajuddin***

### ***“Learn to aim for the journey, not a goal.”***

#### **What made you pick data as your calling in life?**

Data intrigues my curiosity, and interest. Although I would love to look at each pattern and variation myself, there is far too much to play with. Computing gives me minions to tackle that and do more. Medical data sets are richer than other datasets, and so much of it yet to be explored. It calls to me like the ring in Lord of the Rings; My Precious!

#### **What are your hobbies/interests?**

I like learning new things and reviewing already learned skills – just got done with quilting.

#### **Had you not been a data scientist, what would you have done?**

I would have been a speed programmer.

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

“Learn to aim for the journey, not a goal.”

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

Humility! I remember my supervisor telling me that what is the point of Ph.D. if you don't come to appreciate the amount of knowledge that is out there, and how in comparison what we know is as good as nothing.

#### **What made you choose AKU?**

I have always had a deep respect for the institution and what it does for the society, and the country.

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

The first time I failed a quiz, and it taught me how perspective matters and responses need to be catered accordingly.

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

Books! Yes lots people too, but books are ringing in my head more frequently than not.

#### **What are your future goals?**

Work with more data, and develop a greater respect for how tuned the world is: everything is a balance, everything has an equation and even changing equations have an equation of change

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## ***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***

Women in Medicine

WIM

# Speed Mentoring Event

## What is it?

Speed mentoring is a series of short, focused conversations about specific questions.

Have you ever wished you could have ten minutes for advice or conversation with an experienced researcher/colleague/faculty outside your immediate circle of mentors?

## Who should attend?

- **Early career faculty**
- **Residents and fellows**
- **Early career management staff**
- **Medical students**

*Here is your chance!*

## Register Now!

*Click here for registration*

Finalized participants will be informed

Friday, January 17, 2020  
4:30 pm - 5:30 pm  
Tea Garden, Sports and  
Rehabilitation Centre



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# 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

[conf.sect@aku.edu](mailto:conf.sect@aku.edu)

+92 21 3486 4578/4584

[www.aku.edu/pulse](http://www.aku.edu/pulse)



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## ***Publications***

### **Seed Money Grant**

Invasive pulmonary aspergillosis complicating influenza infection in critically ill patients: a prospective, observational study

Principal Investigator: **Dr Syed Ahsan Ali**

The effect of combined oral and topical analgesics to reduce pain perception during electromyography in pediatric population - A randomized controlled trial."

Principal Investigator: **Dr Fazal ur Rehman**

### **Book Chapter**

Evidence-Based Endocrinology 4th Edition, Kindle Edition

**Dr. Sarah Nadeem**

### **Research Article**

Changes in ventricular depolarisation vectors during exercise caused by regional myocardial ischaemia

**Cameruddin W. Vellani**, Satwat Hashmi, Sadia Mahmud, Mohammad Yusuf, **Safia Awan & Khawar Kazmi**

In Sci Rep. 2019 Nov 8;9(1):16365.

Does depressed persons with noncardiovascular morbidity have a higher risk of CVD? A population-based cohort study in Sweden

**Aysha Almas**, Jette Moller, **Romaina Iqbal**, Andreas Lundin and Yvonne Forsell

In BMC Cardiovascular Disorders (2019) 19:260

Current state of knowledge of basic life support in health professionals of the largest city in Pakistan: a cross-sectional study.

Irfan B, Zahid I, Khan MS, Khan OAA, Zaidi S, **Awan S**, Bilal S, Irfan O

In BMC Health Serv Res. 2019 Nov 21;19(1):865

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***We welcome submissions to Inspire. Write***

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