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THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 3 | Issue 5

Message From The Chair

Dear Colleagues,

It is hard to think or write of little else but COVID19. And while the disease and the measures taken to prevent it have taken a toll on us, it is important to think of the #silverlinings and what we have learnt that is valuable and should be taken with us to the post-pandemic world.

Lockdown measures have drastically reduced traffic on the roads and with that their adverse consequences; a welcome change has been a reduction in reported road traffic accidents and a massive reduction in pollution. It is nice to not see “smoke” show up as a weather update on our phones. It is also nice to see people engaging in physical activity by walking on the now walkable streets every evening. Money spent on reducing traffic on the roads will be money spent well, for us and for the planet.

In our microcosm of a Department, it has been wonderful to see faculty and house-staff transcend the traditional academic and service siloes and rise to help each other at the drop of a hat.

We have also learned that a lot can be done using technology – whether it is meetings, learning, or delivery of healthcare. All can be handled well with tele-approaches. In our strategic document we, as a department, had made a bid to increase our adoption of digital methods for teaching and learning and increase telemedicine to reach distant geographic locations. This pandemic has hurried the realization of that goal. Our faculty has quickly become facile with delivering educational content online and many seminars now have greater engagement from learners that may have otherwise found it difficult to attend in person. The Cardiology section has been holding seminars weekly that are attended by (>100) resident/faculty participants throughout the city.

Many faculty have moved to tele-medicine and through various other projects we are increasing access to high quality care at AKU. The recently launched Tele-ICU project is an example of one such organic collaboration between Anesthesia and Medicine, championed by our Dean, that leverages tech to provide access to ICU experts while fulfilling a national need.

These are all #silverlinings. There must be more. We should take time to reflect, find them, learn from them and take those learnings with us forward.

Zainab

Medicine at National and International Forums



**PAKISTAN
CHEST SOCIETY**
STRIVING FOR PULMONARY CARE

As COVID-19 began to spread all over the country in March, the Pakistan Chest society (PCS) took a lead in developing the guidelines on Diagnosis and Management of COVID-19. The Department of Medicine is delighted to support the initiative taken under the leadership of Dr. Nisar Rao- President of the PCS, Dr. Ali Bin Sarwar Zubairi- President of the Sindh Chapter of PCS and Dr. Muhammad Irfan- Chair guideline committee of PCS/Joint Secretary of PCS, all three lead consultants in the Section of Pulmonary Medicine at The Aga Khan University Hospital. A team of experts from other leading institutes across Pakistan also participated in formulating this guideline. This guideline is a quick reference tool for use in pulmonary medicine, infectious disease and internal medicine for the evaluation and treatment of suspected or confirmed COVID-19 patients. This guideline helps to standardize pathways and treatment protocols across the nation and is a uniform guiding tool for all the health professionals dealing with COVID 19 patients. This valuable piece of work is available free online and can be accessed by clicking [here](#).



HEALTHCARE CHAMPS OF THE MONTH

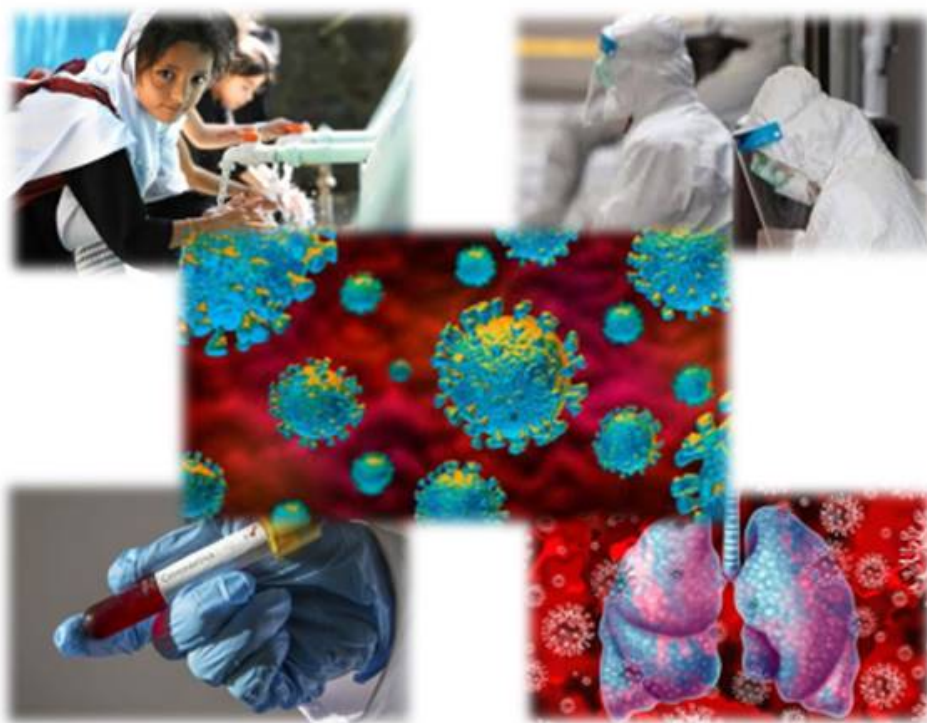
- Dr Samar Fatima
- Dr Adil Aziz
- Dr Masooma Aqeel

**Thank you for your untiring efforts in
managing COVID -19 Critical Care Units**

Date: 2 April 2020
 Document Code: 12-01
 Version: 01

Guidelines

Clinical Management Guidelines for COVID-19 Infections



Dr Nosheen Nasir, Dr Faisal Mahmood & Dr Fyezah Jehan from AKU in collaboration with several ID physicians from all over the country's well known hospitals were invited to prepare national guidelines for Clinical Management of COVID-19. The guideline preparation process was led by Dr. Nosheen Nasir from AKU and Dr. Farheen Ali from NICVD for clinical management according to disease severity and treatment options, Dr. Samreen Sarfaraz of Indus Hospital for screening and testing protocol, and Dr. Faisal Mahmood for overall flow and content review. These were then circulated to a wider group for oversight including national and international infectious diseases and microbiology experts. After finalization by relevant authorities; the Ministry of National Health has published it for public dissemination which can be accessed [here](#).

Dr. Faisal Mahmood and Dr. Nosheen Nasir have also been actively engaged in review of other national guidelines on social distancing and home isolation for COVID-19.



HEALTHCARE CHAMPS OF THE MONTH

- Dr Ramla Ghafoor
- Dr Zain Mushtaq
- Dr Kulsoom Bano Mehdi

**Thank you for your untiring efforts in managing
 COVID -19 Critical Care Units**



A workshop was held on the Management of Patients with Upper Gastrointestinal Bleeding in the first quarter of the year 2020 by the section of Gastroenterology in the CIME. This was a highly interactive workshop with 20 participants drawn from various hospitals throughout the city, who were involved in taking care of patients with GI bleeding. The conference facilitators were Dr. Faisal Ismail and Dr Rustam Khan. Participants were involved in simulated case scenarios where they practiced all aspects of patient management, following which they performed simulated endoscopies. The workshop was very well received, and will be offered later in the year as well.





Featured Faculty: Dr Aamir Hameed

“Success is a fight between you and yourself”

What made you pick Medicine as your calling in life?

I spent my early years with my grandparents and my grandmother was a doctor. I saw her working with the utmost passion and dedication and that served as a strong impetus for my decision to come into medicine.

What are your hobbies/interests?

I am an avid reader and would read topics of interest in great depth. I had a personal library that was a source of knowledge for me and many of my friends. I was lucky to have had a great circle of friends who shared this interest with me. I am also a movie buff and watch movies very regularly. I listen to music, now mostly in my car, ghazals, qawalis, classical music, instrumentals and music of the days when I was growing up, as it works well to relax my mind. Cooking is another passion; I try to cook whenever I get the time as I love to create food. I have not been trained to cook but have learnt through visual assessment and to tingle my taste buds.

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

My family on both sides were teachers, doctors or soldiers. We have a deep love for our country and have always aimed to serve humanity. My father and uncles were in the forces and I loved the discipline, honor, integrity and camaraderie of the forces. So, had I not been a doctor, I would've chosen to serve as a soldier.

What advice would you like to give to your juniors?

- For success in life you need to have personal curiosity, enabling environment and a mentor to guide and facilitate you.
- The strongest principle to adhere to is “perseverance”.
- I believe leadership is a privilege, it is not a right. I was taught and as the famous saying goes, “Obedience alone gives the right to command”.
- Success is a fight between you and yourself.

What lessons have you learned from your seniors?

I was lucky to have worked with many great minds, clinicians, academics and researchers. There are many many lessons, but to mention a few that I was taught:

- First “Do no harm”
- “If anyone can do it I can” (self-belief backed up by training)
- “Better is the enemy of good” (know when to stop)
- “If you put in truth, truth comes out and vice versa” (for research)
- “If data does not support your diagnosis, revisit the case”
- “When egos prevail in medicine, truth becomes the enemy”

What made you choose AKU?

It was my mother's dream to see me here at AKU. She had wanted me to apply for the MBBS program but due to circumstances at the time I chose not to. She was silently disappointed, so I promised her that I will come and work here. She was happy and proud, when I came here in 1996 for my residency. It is one of my greatest achievements that I fulfilled my promise to her and she saw me become a cardiologist and join faculty here in 2002 before she passed away.

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

My biggest personal accomplishment is my family. I would not have been where I am today had it not been for the untiring support of my wife Tanya, she believed in me even when the chips were down. My three daughters, Scheherazade, Maryam and Zaynab have always made me proud; firstly, by being good human beings and then by giving their best to their surroundings, be it home or institutions.

Professionally, I think just being able to practice and teach cardiology and electrophysiology has been a dream come true. Attaining professorship at AKU, which holds one of the most stringent criteria for allowing entry to that august group has been a personal landmark and especially more so because I am a homegrown product.

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

I have had many failures in life but the one that stands out was in F.Sc. (intermediate), where I failed chemistry in the send-up exams due to unforeseen circumstances. Before that I had experienced the thrill of victory and I had never suffered failure and the agony of defeat. That first failure taught me more about life, than many successes I had had before that.

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

My grandparents were my inspiration in life. My grandmother was the most hardworking person I have known. Her patients were her priority and everything else was secondary. My grandfather, a lawyer by training just like Allama Iqbal made us believe that there was a world beyond the stars and for knowledge sky was not the limit. For him curiosity was the essence of life and acquisition of knowledge was supreme. He was reading the newspaper a couple of days before he passed away at age 103.

An interesting/memorable encounter

One interesting encounter happened back in 2008. I had gone to attend a fellow's course in Banff, Alberta, Canada. It had a star-studded faculty. One particular name was Professor George Klein, a pioneer, teacher par excellence and one of the three people to whom we owe our knowledge of accessory pathways. I wanted to meet him. In the morning of the course my senior fellow and I were having breakfast and this tall gentleman came and asked us if he could join us. He sat down and we talked and discussed everything under the sun. I was surprised to find out that he was knowledgeable about Pakistan. When he got up to get seconds, I asked my friend as to who this dynamic gentleman was and to my shocking surprise, I was told it was Professor Klein (the man I had been dying to meet). That encounter has stayed with me and often brings a smile to my face.

What are your future goals?

My future goals are to fulfill my leadership role as service line chief for the heart lung and vascular service line with integrity and equity.

As an academic I want to write a book on ECG.

With the support of leadership and my colleagues, I am also looking forward to establishing a nationally, if not internationally renowned Clinical Cardiac Electrophysiology Fellowship program here at AKU.

I am always receiving simple locally relevant ideas for research, so would like to pursue those in a meaningful manner for both EP and hypertension.

I have interest in crisis resource management and debriefing in simulation, so would like to develop projects around that. The last but not the least and most importantly, I would like to take out more time for my family.

What Are Academics Around the World Reading This Month?

[Official Updates Coronavirus | COVID-19 in Pakistan](#)

[Is it safe for patients with COVID-19 to fast in Ramadan? - CEBM](#)

[Ramadan 2020: 9 water-less ways to stay hydrated](#)

Upcoming Events

Department of Medicine
Virtual Grand Rounds

Bringing Genetics to the Bedside in Adult Medicine

GUEST LECTURE

Please send your questions before or during the session at salima.karani@aku.edu

LEARNING OBJECTIVES

- To demonstrate the understanding of importance of genetic testing and genetic counseling in the management of adult patients with hereditary disorders through the adult genetics clinical program.
- To identify opportunities for trans-disciplinary collaboration in Genomics, Encompassing clinical care, Education and Research.
- To contribute ideas on how to establish a regional center of Genomic Medicine at AKU, with the goal of bringing precision medicine solutions specific to our population.



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THE AGA KHAN UNIVERSITY

SPEAKERS

Dr. Salman Kirmani

Associate Professor & Chair
Consultant Medical Geneticist & Pediatric Endocrinologist
Department of Pediatrics & Child Health
Aga Khan University

Ms. Fizza Akbar

Genetic Counselor & Genomics Research Specialist
Department of Pediatrics & Child Health
Aga Khan University

Monday, May 4, 2020

8:15 am to 9:15 am

Virtual Grand Round

<https://video.ibm.com/channel/HPdUe2sehKg>

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The Accreditation Council for Continuing Medical Education (ACCME)
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with proprietary entities producing, marketing, re-selling or distributing healthcare goods or services consumed or used on
patients



Department of Medicine
Virtual Grand Rounds

Women at the Forefront of the
COVID-19 Pandemic

Life Notes

Please send your questions before or during the session at salima.karani@aku.edu

PANELISTS

Dr. Unab Khan

Associate Professor, Chair & SL Chief
Department of Family Medicine, AKU

Dr. Badar Afzal

Assist. Prof, Program Director & SL Chief
Emergency Medicine, AKU

Dr. Nosheen Nasir

Assistant Professor, Infectious Diseases
Department of Medicine, AKU

Ms. Farzana Irfan

Nurse Manager
Internal Medicine SL, AKU

MODERATOR

Dr. Saad Shafqat

Professor, Neurology
Department of Medicine, AKU

Monday, May 11, 2020
8:15 am to 9:15 am

Virtual Grand Round

<https://video.ibm.com/channel/HPdUe2sehKg>



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financial relationship with proprietary entities, producing, marketing, re-selling or distributing healthcare
goods or services consumed or used on patients.
The activity has been awarded 1.00 of AMA/PRA category 1 credit™



Publications

Lifestyle changes and glycemic control in type 1 diabetes mellitus: a trial protocol with factorial design approach

Sobiya Sawani, Amna Rehana Siddiqui, Syed Iqbal Azam, Khadija Humayun, **Asma Ahmed**, Aysha Habib, Sabahat Naz, Mayera Tufail and **Romaina Iqbal**

In *Trials*. 2020 Apr 20;21(1):346. doi: 10.1186/s13063-020-4205-7.

Potential risk factors of stroke: A community-based, cross-sectional study from Sindh province of Pakistan

Abdul Malik, Muhammad Athar Khan, Fatima Zehra, **Mohammad Wasay**, Rashid Naseem Khan, Aisha

In **KMUJ** 2020, Vol. 12 No. 1

Drug induced liver injury is associated with high mortality—A study from a tertiary care hospital in Pakistan

Adeel Abid, Faryal Subhani, Farhana Kayani, **Safia Awan, Shahab Abid**

In **PLoS One**. 2020 Apr 10;15(4):e0231398. doi: 10.1371/journal.pone.0231398.

We welcome submissions to Inspire. Write to barbara.dacruz@aku.edu, salima.karani@aku.edu or Zahrah.Khan@aku.edu

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