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inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 4 | Issue 2

Message from the Chair

Dear Colleagues,

One of the most important lessons of COVID19 has been understanding the value of ordinary times. As physicians, teachers and researchers and certainly as family members our day to day activities and the many relationships afforded by them bring us immense enjoyment and fulfillment – but one must reflect and be actively conscious of them to gain happiness from every ordinary day.

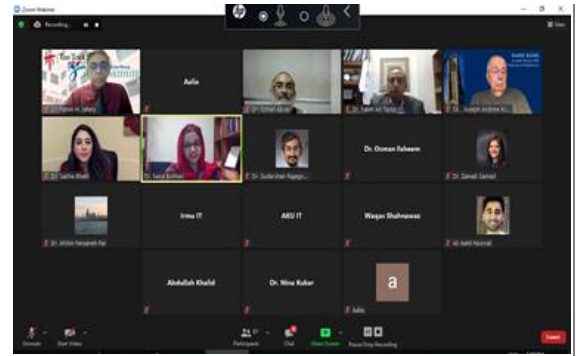
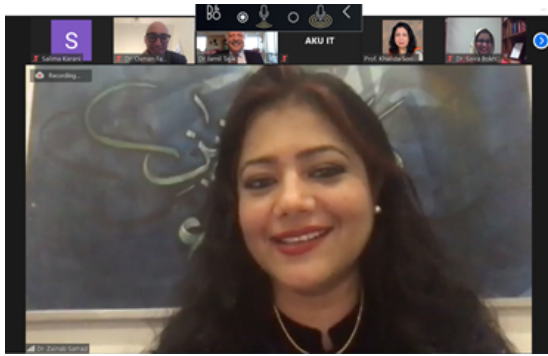
As your Chair, I am continually amazed by the breadth of work you all do in an ordinary day in these extraordinary times. Some of your work and achievements gets captured in these pages but there is so much more that you do that deserve our collective thanks.

These past two weeks I have been a witness and beneficiary of your commitment and clinical prowess and I do wish to take a moment to give a special shoutout. My personal heroes have been Dr. Faisal Mahmood, Dr Adil Haider, Dr Aysha Almas, Dr Natasha Ali, Dr Nosheen Nasir, Dr Kiren Habib, Dr Iffat Khanum, Dr Syed Ahsan, Dr Adil Aziz, RN Ghazala and Ibrahim Mustafa. Thank you for all that you do every day.

Zainab

Medicine at National and International Forums





The Section of Cardiology, Department of Medicine, at The Aga Khan University, hosted the second annual cardiovascular conference, **PULSE 2021**, which was held virtually **21st January to 24th January 2021**. This year's theme for the conference was "Gender Matters in Cardiovascular Disease". True to its theme, the virtual cardiovascular conference touched upon a number of issues that stem from gender differences in presentation of the patient, treatment modalities and outcomes.

The conference was co-convened by Dr. Zainab Samad and Dr Osman Faheem. Dr. Saira Bukhari and Dr. Javed Tai co-chaired the Scientific Committee. The highlight of inaugural ceremony were talks by Chief guest, Dr. Zafar Mirza, Former State Minister of Health in Pakistan & Former Director Health System of WHO, Dr Alexandra Lansky from Yale University, Dr Jamil Tajik from Mayo Clinic and St. Luke's Medical Center, Dr. Javed Butler from University of Mississippi, and Dr. Khalida Soomro from Scientific Council of Women with Heart Diseases in PCS Pakistan. Dr Lansky informed participants on how to build a successful research career as an Interventional Cardiologist. Dr Tajik talked about our evolving understanding of Mitral valve prolapse syndrome, a condition more often seen in women. Dr Butler updated attendees with the latest in the management of heart failure and Dr Soomro gave her insight on CVD in women in Pakistan. Besides keynote talks, the inaugural event also included speeches by the Dean of the Medical College, Dr Adil Haider and the CEO of the Aga Khan University Hospital, Dr Shahid Shafi.

Many prominent national and International speakers shed light on various cardiovascular topics including imaging, building new programs in cardiology, heart failure, structural heart disease, electrophysiology and interventional cardiology. Drs Saira Bokhari, Osman Faheem, Farhala Baloch, Aamir Hameed and Yawer Saeed expertly moderated these sessions. Hands on practice in Electrophysiology and Intervention workshops that were conducted in-person in CIME was also a major component that gave a unique learning exposure to cardiology practitioners while following strict COVID19 SOPs. The last day was energized through innovative Fellows-in-Training (FIT) Jeopardy Competition between three cardiac training hospitals in Karachi which were, the Aga Khan University, National Institute of Cardiovascular Diseases and Tabba Heart Institute.

The overall conference was well put together with speakers and audience applauding the efforts of the organizers in making this event successful. A press release took place in Dawn soon after the event ended which described the efforts of the Aga Khan University in promoting health in this significant domain of gender and cardiovascular disease.

Dawn News article, please [click here](#)

MoU signing ceremony at KP



An MoU signing ceremony was held in partnership between AKU and KhyberPakhtunkhwa (KP) Govt on January 8th 2021 at KP. Secretary Health KP, Sayed Imtiaz Hussain Shah and Dean Aga Khan Medical College, Dr Adil H Haider signed the MoU wherein KP Minister for Health and Finance, Taimur Saleem Jhagra, DG Health Services Dr Niaz Muhammad were present along with Dr Zainab Samad, Prof. and Chair, Department of Medicine, Dr Asad Latif Associate Prof, Chair & SL Chief, Anaesthesiology department, Ms Huba Atiq, Clinical Faculty Member, Anaesthesiology department and Syed Kashif Amin Project Manager, Dean's Office, Medical College from AKU were present to mark the event. As per the MoU, AKU would assess the capacity of COVID-19 ICUs and High Dependency Units at specified hospitals of the province and take steps to enhance its capability and performance abilities. It is a step forward in improving healthcare delivery and the capabilities of critical care staff. For more details click [here](#).

Virtual Seminar Multiple sclerosis and COVID-19 update



A virtual seminar on 'Multiple sclerosis and COVID-19 update' was organized recently by the Neurology section. Dr. Wasay gave a lecture on "Burden of Multiple Sclerosis and disability in Pakistan". Dr. Aziz Sonawalla addressed the issues of Multiple Sclerosis during COVID-19. Dr. Burhan Choudhry from Cleveland Clinic Neurological Institute USA, gave a brief account on COVID -19 & MS Update. It was a well-received session where all participants gained much insight on the important topic.

EUS Webinar: Can EUS Replace ERCP?

EUS Webinar: Can EUS Replace ERCP?
9 January 2021, 6 PM Pakistan Time | 6:30 PM India Time

Chairperson
Dr. Christopher J. Khor
Department of Gastroenterology & Hepatology,
Singapore General Hospital,
Duke-NUS Medical School

Chairperson
Dr. Amol Bapaye
Director, Shivanand Desai Center for Digestive Disorders,
Deenanath Mangeshkar Hospital & Research Center,
Pune, India

Moderator
Dr. Adeel ur Rehman
Alpha Khan University Hospital,
Karachi, Pakistan

Speaker
Dr. Muhammad K. Hasan
Director, Advanced Endoscopy Fellowship,
Center for Interventional Endoscopy,
Advent Health, Orlando, FL USA

Speaker
Dr. Marc G. Giovannini
Chief of Endoscopy Unit,
Paoli-Calmettes Institute,
Marseille, France

Speaker
Dr. Pradermchai Kongkam
Gastrointestinal Endoscopy Excellence Center,
King Chulalongkorn Memorial Hospital, Bangkok, Thailand
President, Thai Association of GI Endoscopy (TAGE)

AGENDA

LIVE ACADEMY **PENTAX MEDICAL**

A webinar was organized recently by Pentax Medical Live Academy. Renowned experts from all over the globe were invited to participate which included Dr Christopher J. Khor, Department of Gastroenterology & Hepatology, Singapore General Hospital, Duke-NUS Medical School, Dr. Amol Bapaye Director, Shivanand Desai Center for Digestive Disorders, Deenanath Mangeshkar Hospital & Research Center, Pune, India, Dr. Muhammad K. Hasan Director, Advanced Endoscopy Fellowship, Center for Interventional Endoscopy, Advent Health, Orlando, FL USA, Chief of Endoscopy Unit Paoli-Calmettes Institute, Marseille, France, Dr. Pradermchai Kongkam, Gastrointestinal Endoscopy Excellence Center, King Chulalongkorn Memorial Hospital, Bangkok, Thailand President, Thai Association of GI Endoscopy (TAGE). Dr Adeel ur Rehman was the moderator for the session. The topics covered enlightened the participants with much needed information and it was appreciated by all.

Tribute to COVID-19 warriors



SL10 under the leadership of Dr Aysha Almas organized a 'Tribute to COVID-19 warriors' which was held on 26th of January 2021 at AKU Auditorium to celebrate the endless efforts of our healthcare heroes who have been the front line warriors in the fight against the coronavirus ever since this pandemic struck the globe. Dr Shahid Shafi, CEO-AKUH, Dr Asim Belgaumi, CMO AKUH, Ms Salma Jaffer, CNO, AKUH and section heads, service line chiefs and faculty members from Internal Medicine, Infectious diseases sections along with Dr Zainab Samad, Chair department of Medicine participated in the event. Certificates were awarded to all the members who have given their best, towards the management of COVID-19 units. On this event we acknowledge with sincere gratitude the outstanding commitment, hard work and work ethic demonstrated by our residents, nurses, and the entire staff. A big salute to all our warriors!



Heartiest Congratulations!

Dr. Ata Khan

On achieving the rank of

Professor Emeritus!



Heartiest Congratulations!

Dr. Ainan Arshad

On achieving the

FDA Award!

Neurology Section meets the new CEO-AKUH!



A Meeting by the Neurology Section from the department of Medicine was organized with AKU CEO Dr. Shahid Shafi on January 28, 2021. Among members present were Section Head Dr. Sara Khan, Prof. Saad Shafqat, Prof. Ayeesha K. Kamal and Prof. Mohammad Wasay, Dr Fowzia Siddiqui, Dr. Dureshahwar Kanwar, Dr. Aziz Sonawalla and Dr. Sarwar Siddiqui. This exclusive meeting was organized to introduce the members of Neurology section to the new CEO Dr Shahid Shafi. During the session the members enthusiastically interacted and explored common healthcare issues, experiences, projects, management challenges, and visions of future trends. The leadership will identify and share tools and resources to help them navigate the transformations occurring within our existing healthcare system.

Warm Welcome to Pulmonology section Residents

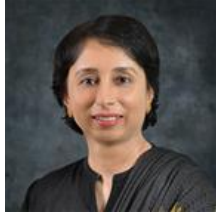
The Pulmonology section organized a warm welcome Lunch for the New Residents in the open air at AKUH. The residents relished the delicious Home cooked food that was served- courtesy by Dr Javaid A Khan's spouse. Following the SOPs, the residents and the faculty members present enjoyed every bit. They were grateful for such a hearty welcome and are looking forward to the great beginning of the exciting journey!

Congrats!

Dr Muhammad Irfan

Selected as a member of

Teacher's Academy - AKU!



Congrats! Dr Saadia Tabassum

Selected as a member of
CPSP Dermatology Faculty from Sindh by College of
Physicians and Surgeons Pakistan!

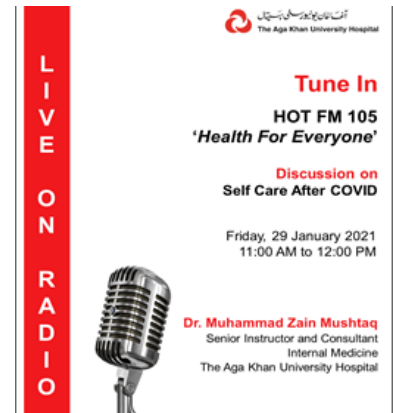


Recently Voice of America Urdu invited Dr Javid A Khan, Professor, Section of Pulmonary and Critical Care Medicine from the Department of Medicine for an interview and enlightened the nation on the topic of pollution. Dr Khan provided his valuable opinions on the drastic atmospheric changes that are occurring, especially in all the large cities of Pakistan. The adverse effects of pollution is creating a great threat to human well-being. Dr Khan also shared feasible plans and suggestions as to how each individual can take care of pollution and play a major role in diminishing the global hazards of pollution.

Dr Nosheen Nasir received acknowledgement from Society of healthcare epidemiology of America for making an invaluable contribution in COVID-19. The presentation entitled, 'Response to Covid-19 Pakistan' was very well received. As these series continue, it is significant to note the great contribution it has been to the international community, and the efficacy it has provided in fighting this global threat.



Dr Rustam Khan, Professor & Consultant Gastroenterologist was invited to speak on live show at FM 107 radio. Dr Rustam shared his much valuable experiences and enlightened the listeners with the information needed on the management of liver health.



Dr Zain Mushtaq, Senior Instructor from Internal Medicine section was invited to speak on live show at FM 105 radio. Dr Mushtaq was delighted to provide his understandings based on hands-on experience and educated the listeners with the information needed on the Self-care after COVID.

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The Aga Khan University Hospital








Dr. Sonia Yaqub
Consultant
Nephrology

Dr. Sobia Ghazali
Consultant
Internal Medicine

Dr. Amir Hameed Khan
Service Line Chief
Heart, Lungs and Vascular

Dr. Asma Ahmed
Consultant
Endocrinology

Dr. Haroon Tayyab
Co-Service Line Chief
Eye and ENT

Dr. Dur Shahwar
Consultant
Obstetrics and Gynaecology

Have Questions About Diabetes and its Complications?

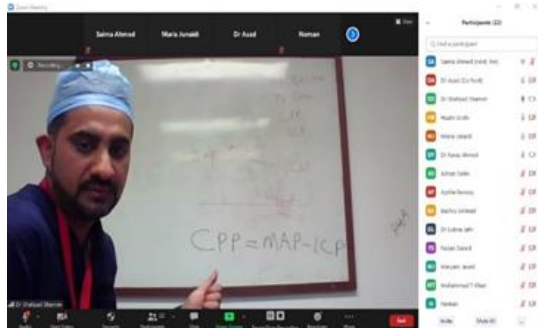
Get answers from our Experts

Monday, 28 December 2020 | 4:00 PM – 5:00 PM

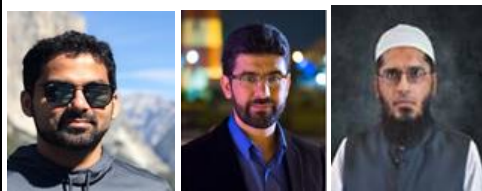
<https://www.facebook.com/AKUHPakistan/>



A Facebook live session on Diabetes and Comorbidities was held on Monday, 28 December 2020. Experts from diverse sections gathered on one platform to share their knowledgeable opinions on the topic. The Panelists included Dr. Amir Hameed Khan - Professor & Service Line Chief, Cardiology section, Dr. Sonia Yaqub – Assistant Professor – Nephrology section and Dr. Sobia Ghazali - Specialist Internal Medicine, it was moderated by Dr. Asma Ahmed - Assistant Professor-Endocrinology. It proved to be a highly interactive and informative session. The panelists shed light on the means of expanding awareness as to how to deal with Diabetes and Comorbidities which is a very common phenomena in our country and worldwide. These sessions are meant to impart much needed details based on facts and experience, so that each individual understands and is able to solve trivial matters before they turn into critical situations.



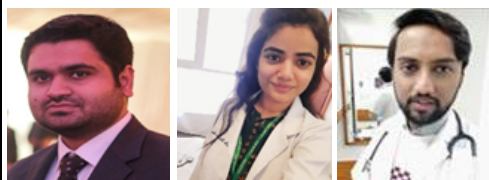
The neurology section organized 'Live sessions' for Neurovascular Lecture Series. These well planned series are held every Friday and moderated by Professor Ayeesha K Kamal from Neurology section. Dr. Shahzad Shamim Neurosurgeon was invited as a speaker which was a live session conducted via FaceBook. The participants through this session benefitted from in-depth educational session with the Expert and discussed real-life, real-time and future issues. This session is being organized since the past two years. Since the emergence of COVID-19 it being held virtually. It includes CME hours as well.



Healthcare Heroes!

- Dr. Ali Aziz
- Dr. Fazal Ur Rehman
- Dr. Syed Ahsan

Thank you for your selfless efforts in managing COVID-19 units!



Healthcare Heroes!

- Dr. Raafe Islam
- Dr. Umama Muhammad Ameen
- Dr. Osaid Muslim

Thank you for your selfless efforts in managing COVID-19 units!

In-depth- featuring Dr Sadia Masood

By Maha Inam

During the era of the pandemic COVID-19, almost all aspects of communication, including education, have undergone a virtual shift. We recently spoke to Dr. Sadia Masood, Assistant Professor and Section Head of Dermatology at the Aga Khan



University Hospital (AKUH), who has a remarkable experience in academia and has dedicated her time and focus towards introducing advanced teaching strategies to innovate education.

After joining, as the first full-time Dermatology faculty at AKUH in 2008, Dr. Masood took up the initiative of revamping the Dermatology section with a keen focus towards academics and training. She played an integral part in the development of the Dermatology residency program, which was established in 2013, and cites the success of her graduating residents as one of her greatest accomplishments thus far. The residency program has progressed exceptionally well, specifically in the quality of teaching, resident training, and professional development.

Dr. Masood completed her Masters in Health Professional Education from AKUH in 2016 and went on to pursue her fellowship from the Foundation for Advancement of International Medical Education and Research (FAIMER, ECFMG) in Philadelphia. She is currently part of a one-year-long distanced learning assessment program at Keel University-UK. She is also actively involved in postgraduate medical education at AKUH and has various positions of leadership with respect to curriculum and examination procedures. She serves as the PGME Committee Chair of the Department of Medicine and Co-Supervisor of Masters in Health Professional Education at AKUH, as well as FCPS Supervisor and Examiner of CPSP.

Speaking about the recent switch to online education, Dr. Masood emphasized on the significance of adopting a blended learning approach to overcome the physical limitations of recent times without compromising on the quality of teaching. Earlier this year, she led two workshops that explored effective techniques for online training, as well as interactive workshops by AKU's Network of Quality, Teaching, and Learning (QTL Net) for conducting online quizzes. She is currently working on a project on simulated and virtual patients which aims to revolutionize hands-on training for the dermatology under and postgraduates students and refine their critical thinking and clinical reasoning skills. During her time at AKUH, Dr. Sadia Masood has successfully transformed the section of Dermatology and her commendable achievements are truly a source of pride for all of us at the Department of Medicine!



Featured Faculty: Dr. Zaigham Abbas

“..strive to excel in a particular field rather than pursuing too many goals so that the world may recognize you as authorities in your field”

What made you pick Medicine as your calling in life? Any experience to be specific.

When I was little, my brother had an unfortunate accident when he fell from the roof of our house. We rushed him to the emergency room. I recall going many times to the hospital with my mother to attend his post-surgery physiotherapy. That incident left a big impression on me. Ever since then, I have wanted to become a doctor.

What are your hobbies/interests?

I enjoy traveling and exploring new countries and locations. I enjoy cooking up experimental dishes in the kitchen and eating out. I also have an interest in water sports.

What made you choose AKU?

When I completed my MBBS, AKUH was in its infancy, and we, fresh graduates, were enthusiastic about joining its ranks. I cleared FCPS 1 and applied for an interview, after which I was selected.

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

I always wished to become a doctor since I was little. It was an inescapable calling, so I would not have done anything else!

What advice would you like to give to your juniors?

In general, I would advise my juniors to be perseverant and work hard to achieve their goals. Concretely, I would advise them to take an interest in research, which is important for building their career and try to publish papers in reputable journals. Additionally, they should strive to excel in a particular field rather than pursuing too many goals, so that the world may recognize them as authorities in their field.

What lessons have you learned from your seniors?

I am blessed to have had good mentors throughout my career who have imparted perseverance and patience in the face of adversity. They have inspired me to convey it forward to my juniors.

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

My personal accomplishment is my family; my caring wife, and my children who have received a world-class education from reputable institutions, MashaAllah. My professional accomplishment is my presidency at the Pakistan Society for the Study of Liver Diseases (PSSLD). Last month, we hosted a successful conference with 35 leading, international experts who presented their papers.

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

Many years ago, we endeavoured to start liver transplants at AKU. I was part of the committee to evaluate its feasibility but we, unfortunately, did not embark on this program. However, I was part of the team that conducted Pakistan's first liver transplant at SIUT.

Any interesting/memorable encounter

As doctors, we are surprised by our patients constantly. In our country of many social taboos, it is amusing and paradoxical to see patients flouting them openly. Recently I met a patient on my rounds who was recovering from acute chronic liver failure. His first question was to ask when he could resume drinking.

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

I am inspired by bright, young residents. When I teach them, I am always struck by their curiosity and feel as if I am learning from them as well.

What are your thoughts about the current pandemic COVID-19?

The pandemic has affected millions of people and resulted in hundreds of thousands of deaths. It is a sad situation. The pandemic provides us an opportunity to reflect on new means of sanitization, socialization, and communication that can help drive our work forward while keeping everyone safe. It has also resulted in a sea-change in our societal customs; for instance with many restaurants resorting to outdoor seating, who would've imagined that Karachiites would be dining out like the Europeans!

What are your future goals?

I have a special interest in Fatty Liver Disease and wish to establish a centre for its study. The goal is to conduct advanced

translational research not conducted anywhere else in the country. Secondly, though a few centres are now performing occasional liver transplants in Karachi, it is not as routine as in few other centres of the country. My wish is to help establish a liver transplant program on a firm footing in Karachi.

What are Academics Around the World Reading This Month?

[Development of SARS-CoV-2 IgM and IgG antibodies in a relapsing multiple sclerosis patient on ofatumumab](#)

[Willingness to obtain COVID-19 vaccination in adults with multiple sclerosis in the United States](#)

[Regulatory approval of COVID-19 vaccine for restricted use in clinical trial mode](#)

[Anti-science kills: From Soviet embrace of pseudoscience to accelerated attacks on US biomedicine](#)

[Allergic Reactions Including Anaphylaxis After Receipt of the First Dose of Moderna COVID-19 Vaccine - United States, December 21, 2020-January 10, 2021](#)

[siRNA Therapeutics against Respiratory Viral Infections-What Have We Learned for Potential COVID-19 Therapies?](#)

[Mutational sensitivity of D614G in spike protein of SARS-CoV-2 in Jordan](#)

[Utilization of extracorporeal membrane oxygenation during the COVID-19 pandemic](#)

Publications

Cerebral phaeohyphomycosis due to *Rhinoctadiella mackenziei* in an immunocompetent patient: A case report and review of literature

Muhammad Zain Mushtaq, Saad Bin Zafar Mahmood, Nosheen Nasir, Malik Saad Rashid, Memoona Irshad, Kiren Habib, Iffat Khanum

In A case report and review of literature. **Curr Med Mycol.** 2020; 6(3): 65-68.

Knowledge, attitude and perception of Pakistanis towards COVID-19; a large cross-sectional survey.

Zoya Fatima Rizwan Ladiwala, Rubaid Azhar Dhillon, Ibrahim Zahid, Omar Irfan, Muhammad Sharjeel Khan, **Safia Awan & Javaid Ahmad Khan**

In **BMC Public Health** 21, 21 (2021). <https://doi.org/10.1186/s12889-020-10083-y>

Efficacy and safety of a new insulin infusion protocol adapted for the target glycemic range of 140–180 mg/dl in adult critical care units: a tertiary care centre experience

Muhammad Qamar Masood & Sumera Batool & Sabiha Banu & Erfan Hussain

In **International Journal of Diabetes in Developing Countries** (2021).

<https://doi.org/10.1007/s13410-020-00915-3>

Low performance of internal medicine senior residents in in-service examinations.

Syed Ahsan Ali, Qamar Riaz, Zain Muhammad Mushtaq, Safia Awan, Muhammad Tariq

In **Postgrad Med J.** 2021 Jan 15:postgradmedj-2020-138476.

doi: 10.1136/postgradmedj-2020-138476. Epub ahead of print. PMID: 33452159.

The medical impact of hepatitis D virus infection in Asia and Africa; time for a reappraisal

Mario Rizzetto, **Saeed Hamid**

In **Liver International.** 2021;41: 16–19.

Identifying the lower age limit for hepatitis C screening in large elimination programmes in highly endemic areas

Saeed Hamid, Adeel Abid, Gregory J Dore

In **Lancet Gastroenterol Hepatol.** 2021 Feb; 6(2):89-90. doi: 10.1016/S2468-1253(20)30371-X.

Outcomes of tunneled cuffed hemodialysis catheters: An experience from a tertiary care center in Karachi, Pakistan

Sonia Yaqub, Muhammad Raheel Abdul Razzaque, Azib Aftab and Nadeem Ahmed Siddiqu

In **The Journal of Vascular Access** 1–5, 2021 Jan 23; 1129729821989904.

Upcoming Events

Department of Medicine
Virtual Grand Rounds

COVID-19 Vaccines

PANEL DISCUSSION

MODERATOR

Dr. Zainab Samad
Professor, Cardiology
Chair, Department of Medicine, AKU

PANELISTS

Dr Asad Ali
Professor & Associate Dean
Department of Pediatrics & Child Health, AKU

Dr Bushra Jamil
Professor, Infectious Diseases
Department of Medicine, AKU

Dr Faisal Mahmood
Assoc. Prof. & Sec. Head Infectious Diseases
Department of Medicine, AKU

Dr Fyezah Jehan
Assoc. Prof. & Sec. Head Pediatric Infectious Diseases
Chair, Immunization Subcommittee, AKUH

Mr Syed Shamim Raza
Director & Service Line Chief
Pharmacy, AKU

SPEAKER PROFILE



Dr Tahaniyat Lalani
Vaccine & Therapeutics
Committee, AKDN

Dr Lalani graduated from the AKUMC Karachi in 2000 and completed her internship & residency in Internal Medicine and Infectious Disease fellowship training at Duke University in the US. Her expertise is in infectious disease clinical trials and translational research. She also serves on the Vaccine and Therapeutics Committee for the AKDN International Task Force for COVID-19 and provides strategic guidance to the AKHB USA regarding the COVID-19 pandemic.

Hobbies include reading, running and eating biryani with Zainab (long overdue!)

Monday, February 8, 2021
8:15 am to 9:15 am PKT
Virtual Grand Round
zoom link <https://zoom.us/j/990972228>



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CME WEBINAR SEMINAR

Obesity and Weight Loss

Friday, February 26, 2021 | 2:00 - 4:00 pm

Speakers

Dr Om Parkash

Dr Adeel-Ur-Rehman

Dr Habiba Thawar

Dr Amir Shariff

Ms Sana Azfar

- Registration is free but mandatory for CME hours.
- Video link will be shared once you register.
- Evaluation is mandatory to get CME credit hours (E-Certificate)
- Online certificate course is open for all healthcare professionals.

Topics

- Obesity is next big epidemic
- Food and Obesity
- Physical activity and Obesity
- Role of endoscopy in Obesity
- When to recommend Bariatric Surgery

Organised by

GI and Surgery Service Line

in collaboration with

Department of Continuing Professional Education

[Click here](#) to register for Seminar

We welcome submissions to Inspire. Write

to Zahrah.khan@aku.edu or salima.karani@aku.edu or barbara.dacruz@aku.edu

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