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Spring 3-1-2021

## INSPIRE : Vol 4, Issue 3

Department of Medicine

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THE AGA KHAN UNIVERSITY

# *inspire*

Innovation, Service & Patient -  
Centered Research & Education

*Department of Medicine*

*Volume 4 | Issue 3*

## ***Message from the Chair***

Dear Colleagues,

Spring is around the corner and I am so glad. It is timing well with renewed hope as vaccinations become available in Pakistan. We can now thankfully come out of popcorn eating mode watching videos posted by many friends in western countries getting their shots! I am so glad to also see that frontline workers were prioritized in our vaccination campaign. I realize, as a physician, the enormous privilege of having taken care of patients and loved ones during this past year, and it is an incredible relief to be able to get vaccinated - finally.

I got my first shot. Go get yours!

Speaking of vaccines, we had a highly attended (garnering even err unsolicited attendance) Grand Rounds session with experts Tahaniyat Lalani, Faisal Mahmood, Asad Ali, Fyezah Jehan, Bushra Jamil and Shamim Raza last month. We have been asked for an encore so the show will be renewed and will air again live Monday, March 15. Please tune in to have all your vaccine queries answered!

Stay safe,

Zainab

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## ***Medicine at National and International Forums***

### ***Annual Appreciation event***

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Resident Award  
 Presented to  
**DR. NASEEBULLAH**  
 Section of Internal Medicine  
 In recognition of his performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Resident Award  
 Presented to  
**DR. JAFFAR KHAN**  
 Section of Pulmonology  
 In recognition of his performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Resident Award  
 Presented to  
**DR. INTISAR AHMED**  
 Section of Adult Cardiology  
 In recognition of his performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Resident Award  
 Presented to  
**DR. HAMEED ULLAH**  
 Section of Nephrology  
 In recognition of his performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Resident Award  
 Presented to  
**DR. PALWASHA JALIL**  
 Section of Dermatology  
 In recognition of her performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Resident Award  
 Presented to  
**DR. MAHRUKH ALI**  
 Section of Gastroenterology  
 In recognition of her performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Resident Award  
 Presented to  
**DR. ALI SAJJAD ISHTIAQ**  
 Section of Neurology  
 In recognition of his performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Fellow Award  
 Presented to  
**DR. MOHAMMAD IMRAN**  
 Section of Neurology  
 In recognition of his performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Fellow Award  
 Presented to  
**DR. SABIHA BANU**  
 Section of Endocrinology  
 In recognition of her performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Fellow Award  
 Presented to  
**DR. QURAT-UL-AIN NAEEM**  
 Section of Internal Medicine  
 In recognition of her performance for the Year 2020

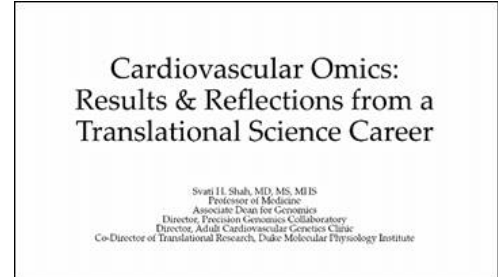
**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Fellow Award  
 Presented to  
**DR. MEMOONA IRSHAD**  
 Section of Adult Infectious Disease  
 In recognition of her performance for the Year 2020

**Department of Medicine**  
 Annual Appreciation Evening  
 February 26, 2021  
 Best Fellow Award  
 Presented to  
**DR. SADAF HANIF**  
 Section of Pulmonology  
 In recognition of her performance for the Year 2020

To recognize and appreciate the tireless efforts of our residents and fellows who worked hard during this past year, Department

of Medicine organized a Virtual Annual Appreciation event on Friday 26th February. The event had quick interesting segments such as interactive quizzes, spontaneous rapid fire round and a few video messages. Tribute was given to graduating residents through a beautiful video collage made by Dr Sadia Masood. Special awards were given to Dr Naseebullah, Dr Intisar Ahmed, Dr Jaffar Khan, Dr Hameedullah, Dr Palwasha Jalil, Dr Ali Sajjad Ishtiaq, Dr Marrukh Ali, Dr Mohammad Imran, Dr Sabiha Banu, Dr Meemona Irshad, Dr Quratul Ain Naeem, Dr Sadaf Hanif, Dr Hasan Shaikh, as Best Residents in their specialty. The combined effort of Dr Faisal Ismail, Dr Sadia Masood, Chief Residents and Admin staffs made this event a great success. We are all so proud of our graduating House-staff!

### ***Outstanding Women In Medicine OWIM 2021 Session***



Outstanding Women in Medicine OWIM 2021 virtual session was held on February 22nd at the Department of Medicine Grand Rounds. The OWIM series was launched to highlight achievements of extraordinary women who have contributed in the field of Medicine and have set examples in their respective domains. Dr Svati H. Shah was the 2021 OWIM speaker for the Department of Medicine. She is a Professor, Physician Scientist, Associate Dean of Genomics & Director of Precision Genomics Collaboratory in the Duke School of Medicine. She also serves as Vice-Chief of Translational Research & Director of the Adult Cardiovascular Genetics Clinic in the Division of Cardiology, Department of Medicine; Co-Director of Translational Research in the Duke Molecular Physiology Institute (DMPI); and a faculty member in the Duke Clinical Research Institute (DCRI).

It was a privilege to listen to Dr Svati Shah, who has clearly excelled and is breaking new barriers in discovering knowledge in a burgeoning area of science in one of the best universities in the world. During her talk she shared many important lessons around career growth especially for women. Starting with Thomas Edison's famous quote, "genius is one percent inspiration and ninety nine percent perspiration" she shared the story of her science as well as her career path. She urged the audience to be curious and not to lose sight when you decide to do something. She also shared examples of her own work, which includes discovering genetic and metabolic markers of cardiovascular disease and her collaboration with multiple universities and even companies such as Google and Verily to map human health. She ended her talk by urging everyone to be amazing, kind, happy and safe.

All in all it was very refreshing and encouraging to hear from a scientist who has work spanning from the bench to the bedside and back again. To view the recording of her session please visit [here](#).

### ***17th Neurology Certificate Course 2021 – Virtual Session***



A Virtual session on 17<sup>th</sup> Neurology Certificate Course 2021 was held recently. The course sessions are conducted every Thursday from 2:00 pm -5:00 pm Pakistan time. Dr. Wasay initiated the lecture series and shared his experiences. This 17<sup>th</sup> Neurology Certificate online Course is coordinated by Mr. Zeeshan Arif with all faculty members and international speakers that includes more than 30 speakers and more than 800 students online. It includes ten online sessions for Neurology Certificate Course. Dr. Sarwar Siddiqui gave a lecture on "The Neuro Exam" & the next "Systemic Disorder Neurologic Complications". Dr. Sajid Hameed Fellow Neurophysiology provided much needed insight on Neurodiagnostics. This session was well delivered and well received by all the participants. This is one of the most well attended and longest running CME courses at AKUMC.

## Welcome to AKU Karachi - Dr Saleem Abdul Karim!




The Section of Gastroenterology welcomed a new fellow, Dr Abdul Karim. Dr Saleem Abdul Karim has done his internal medicine training at AKUH Nairobi and his joining AKU Karachi for GI training represents a milestone for the shared vision by the Departments of Medicine at AKU to have closer academic ties across campuses. We asked Saleem to share a message for *Inspire* – here it is: Hello to everyone at AKU Karachi!

I am Saleem Abdulkarim from Kenya, now a fellow in the Department of Gastroenterology here having recently joined the program. It is a real pleasure and privilege being part of this great institution and I'm really looking forward to a great experience here.

## Virtual Education Grand Rounds (EGR)





**Virtual Education Grand Rounds (EGR)**  
Title: "Ward Round Teaching during COVID Pandemic"

Wednesday, February 24, 2021  
2:00 pm to 3:00 pm

**Presenter**  
 Dr. Muhammad Tariq  
Interim Associate Dean  
Education & Interim Chair  
Department for Educational  
Development, Professor  
Department of Medicine  
Aga Khan University

**Moderator**  
 Dr. Amber Sultan  
Senior Instructor  
Department of Surgery & DED  
Aga Khan University

**Panelist**

 Dr. Sadaf Khan Associate Professor, Surgery & Associate Dean, GDMC Aga Khan University	 Dr. Faisal Ismail Associate Professor & V-Chair Education, Medicine Aga Khan University	 Dr. Arshatouz Rahman Assistant Professor, Pediatrics and Child Health Aga Khan University	 Dr. Aliya Aziz Associate Professor, Obstetrics and Gynecology Aga Khan University
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**CME WEBINAR**  
**Type 2 Diabetes and  
Kidney Disease**  
Tuesday, February 2, 2021, 2:30 – 4:30 pm

**Learning Objectives**  
Upon completion, participants will be able to

- Facilitate screening, testing and apply appropriate management strategies for management of diabetic kidney disease
- Learn how to manage diabetes in patients with kidney disease
- Know the significance of dietary management in diabetic kidney disease

<b>Speakers and Topics</b>	<b>Moderator</b>
 Dr. Sonia Yaqub, Assistant Professor, Section of Nephrology, Department of Medicine "Detection and Management of Diabetic Kidney Disease"	 Dr. Amna Hamid Instructor, Section of Nephrology, Department of Medicine
 Dr. Nanik Ram, Assistant Professor, Section of Endocrinology, Department of Medicine "Management of Type 2 Diabetes in Kidney Disease"	<b>Session is open to all health care professionals</b>
 Ms. Farah Noor, Senior Dietician, Nutrition "Nutrition in Diabetic Kidney Disease"	<b>Organized by</b> Section of Nephrology, Department of Medicine, Aga Khan University, Karachi
	<b>Register here for free!</b> only registered participants will receive the link to attend the online session. (Fee: \$15 would be charged for E-certification). An email will be sent.

The Section of Nephrology organized a CME Webinar titled Type 2 diabetes and Kidney disease. Dr Sonia Yaqub, Dr Nanik Ram delivered talked and Dr Amna Hamid moderated the session. This

My previous training was in Internal Medicine which I did at the Nairobi AKU campus between 2016 and 2019. I've always had a deep passion for gastroenterology and consider myself fortunate to further my knowledge and training in the field at the same institution, although now on a different continent! At the time of writing, this happens to be just my second week in Karachi and I've really been made to feel home away from home by everyone. The academic and learning environment is great and every day adds new experiences and lessons. I hope to grow professionally as well as personally and I already feel this provides me with the perfect opportunity to do so.

I look forward to interacting with more of everyone with time and I'm certain it will be a great experience of reciprocating knowledge, lessons and experience. Once again, thank you to everyone for being so kind and welcoming!

A session on Virtual Education Grand rounds was held recently. The burning issue was "Ward Round Teaching during COVID Pandemic". Dr M Tariq-Professor was the main presenter. Dr Faisal Ismail participated as an expert panelist in the event. The talk focused on the challenges in continuing to provide good clinical teaching in the current COVID era. Various strategies were discussed and debated, and an interactive Q&A session was conducted at the end.

**Webinar #19**  
**How do I diagnose Fungal  
Infections?**  
Tuesday, February 23, 2021 | 12:00pm – 1:00pm

**Speakers**  
 Dr. Syed Muhammad Zeshan  
Assistant Professor  
Section of Microbiology,  
Department of Pathology and  
Laboratory Medicine

**Moderator**  
 Dr. Kausar Jabeen  
Associate Professor  
Section of Microbiology,  
Department of Pathology and  
Laboratory Medicine

**Dr. Nosheen Nasir**  
Assistant Professor  
Department of Medicine

Recently a pathology webinar series was organized by CIME. Dr Nosheen Nasir was invited as one of the guest speakers. She delivered an excellent talk on

was a much needed session on an important topic with a high burden in our population.

Serological diagnosis of fungal infections. It was well attended by ID physicians and trainees and microbiologists etc. nationally.

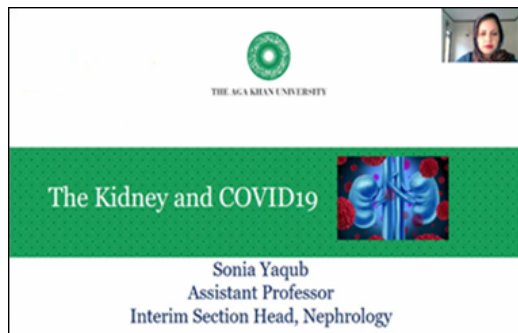


**Heartiest Congratulations!**  
**Dr. Dureshahwar Kanwar**  
*on being appointed*  
**Director**  
*Of Neurophysiology Fellowship!*

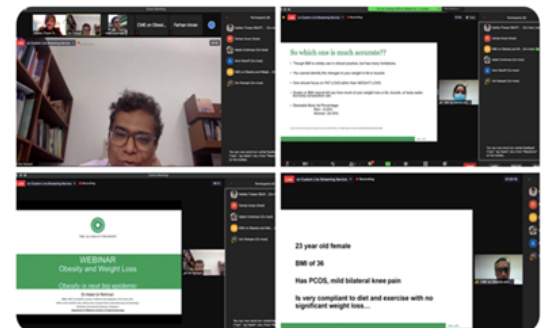
**Heartiest Congratulations!**  
**Dr. Amber Sabeen**  
*on being appointed*  
**Program Director**  
*Critical Care Medicine Fellowship Program!*



Dr Javaid A Khan delivering a talk on COVID vaccines in Hala Sindh on Sunday 28<sup>th</sup> February 2021. Besides the participants' colleagues from AKU-Dr Ali Zubairi & Dr M Irfan also supported this awareness session.



Dr Sonia Yaqub was invited as a speaker to the 23rd National Health Sciences Research Symposium (NHSRS) to give a talk on "The kidney and COVID19" in the session titled COVID-19 in special circumstances on 13th February. The National Health Sciences Research Symposium (NHSRS) is a flagship event of the Aga Khan University's Faculty of Health Sciences addressing topical global health challenges. COVID19 challenges and way forward was the theme.



On Feb 26th 2021, Dr Om Parkash and Dr Adeel Ur Rehman conducted a multidisciplinary Webinar on Obesity and weight loss. Dr Habiba Thawer renowned Physiotherapist also shared her views on the much talked about topic "Obesity". It was a highly interactive session and the topic was well received.



**Dr. Shahab Abid**  
Consultant  
Gastroenterologist



**Dr. Rizwan Khan**  
Consultant  
General Surgeon



**Dr. Sadaf Khan**  
Consultant  
General Surgeon



**Dr. Om Parkash**  
Consultant  
Gastroenterologist



**Samera Punjwani**  
Interim, Nurse Manager  
GI and Surgery

**Trust your Gut feelings! Ask our experts about GUT diseases and treatment options**

**Get answers from our team LIVE**

Monday, 15 February 2021 | 4:00 PM – 5:00 PM

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



A Facebook live session on Gut diseases and treatment options was held on Monday, 15 February 2021. Experts from diverse sections such as Gastro, GI and surgery gathered on one platform to share their knowledgeable opinions on the topic. The Panelists included Dr. Shahab Abid - Consultant, Gastroenterology section, Dr. Om Parkash – Assistant Professor – Gastroenterology section from the department of Medicine. It proved to be a highly interactive and informative session.



**Heartiest Congratulations!**

**Dr. Om Parkash**

*On appointment as*

**Secretary General**

*Of Pakistan Society of Gastroenterology!*



**Healthcare Heroes!**

- Dr. Hina Awat Rai
- Dr. Musaib Alavi
- Dr. Sadaf Abbas

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

**In-depth- featuring Dr Saira Bukhari**

**By Maha Inam**



While women make up almost half of all graduating medical school students and share equal representation in most specialties, they constitute less than 13% of all cardiologists. Dr. Saira Bukhari, Assistant Professor, Program Director and Interim Section Head of Cardiology at the Aga Khan University Hospital (AKUH), is playing her part in breaking the glass ceiling. Dr. Bukhari's tenure with AKUH began in 2004; after completing her Internal Medicine residency, she

She now aims to pursue training in Cardiac Computed Tomography (CT). As a successful recipient of the Commonwealth Scholarship in collaboration with AKUH, Dr. Bukhari has also pursued an MSc in Epidemiology from the University of London, one of the top three programs in the world.

Dr. Bukhari is part of the organizing team of PULSE, an annual Cardiovascular Conference held by the Department of Cardiology at AKUH. Despite facing numerous logistical obstacles due to the restrictions brought about by the COVID-19 pandemic, all team members redirected their focus towards conducting a virtual event in 2021. The conference brought together national and international leaders with a shared goal to reduce the burden of cardiovascular diseases in our population. With the help of dedicated teamwork and support, PULSE was a resounding success and represents the triumph of the Cardiology Section. "The most rewarding events are those where everyone pitches in," says Dr. Bukhari, taking great pride in the group effort displayed by all.

pursued a Fellowship in Cardiology and was subsequently inducted as a Faculty Member in 2013.

With an inclination towards academic medicine, Dr. Bukhari mainly focuses her practice towards clinical cardiology and disease diagnosis and prevention. Having a more measured approach towards clinical practice has allowed her to develop an interest towards prevention of cardiac diseases and cardiac imaging during her training. Her primary research interests are the biochemical, clinical and imaging aspects of cardiomyopathy, valvular heart disease and heart failure - she aims to make use of pre-existing databases and echo archives to streamline her findings and generate useful evidence for cardiac disease prevention.

Dr. Bukhari believes that "Imaging is the key stone of cardiac medicine." In order to fulfil her goal of becoming a Multimodality Imaging Expert, she has specialized in the cardiac imaging modalities of Echocardiography and Cardiac MRI.

As one of the first few female cardiologists at AKUH, Dr. Bukhari credits her success to the brilliant support system at AKUH as well as her passion for the specialty. She has persevered to overcome the challenges in her path and makes sure to maximize on all opportunities presented her way. "My senior colleagues are all my teachers," she stated, as she emphasized on the privilege she felt at being a part of the renowned Cardiology Section at AKUH. She encourages her junior colleagues and medical students to adopt a more performance oriented approach and value the growth that comes from the journey as opposed to solely focusing on the outcome. She also highlights the significance of adopting a well-rounded approach to patient care and practicing kindness and empathy towards all. Dr. Bukhari has successfully made her mark at AKUH and we are so excited to see her career soar!



### **Featured Faculty: Dr. Sarwar Siddiqui**

*"...You do not need to be an extraordinary genius to achieve scholastic success. Dream big..."*

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

I had no choice. I was born into a family of doctors. After my Intermediate science examination result I wanted to get admission into BSc (Agriculture) at either Faisalabad or at Jamshoro. But my mother gave me no choice.

**What are your hobbies/interests?**

Music. Actually I sing ghazals and film songs. Reading books especially Urdu literature. I am also a big fan of Ibn-e-Safi.

**What made you choose AKU?**

My one liner reply would be: Dr Saad Shafqat - One of my dearest friends.

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

I had a passion for botany. I wanted to become an agriculturist, (like one of my elder brothers) but my mother had other plans for me.

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

Resolve, hard work and perseverance are key to success. You do not need to be an extraordinary genius to achieve scholastic success. Dream big.

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

Again, hard work and attention to detail.



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

Personal: I would call it a God's gift rather than an accomplishment and that is "contentment".

Professional: The immense respect given to me by my students.

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

Not able to learn playing harmonium.

**Any interesting/memorable encounter:**

Many years ago I was called to see a patient who was having seizures in Postnatal ward in a famous Women's Hospital in Karachi. My brother in law was the Medical Superintendent of that Hospital. At 7.30am I arrived at the Medical Superintendent's Office, gave my visiting card to his secretary. He did not look at it or couldn't read it I don't know but I was asked to sit and wait outside the office in a chair. About 15 minutes passed and I was still waiting to be called in. I was becoming restless since I was getting late for my work. When I got fed up I asked the secretary if he had given my card to his saheb. He tersely asked me to wait, saying "inside a high level meeting is underway and saheb is busy". Another 10 minutes later I saw my visiting card still in his palm in a crumbled form. Then I nearly lost my cool and asked him to ask his saheb if he wanted to see me or not. Then suddenly his "saheb" came out of the office, looked at me and said, "Sarwar Saheb, you are late and we were waiting for you". Now the secretary was flabbergasted, opened his palm looked at the crumbled visiting card and then looked at me, petrified. Later I asked him why he did not give my card to his sahib. He said, "Sir, when I saw the brown bag in your hand I assumed you had come from a pharmaceutical company". That day and today... I never carried a briefcase or a bag.

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

Dream big and persevere - I learned from my mother. She never went to a school herself but she made sure that all her children were well educated.

Contentment - I learned from my father.

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

Like everything else, it too will pass.

**What are your future goals?**

To continue to teach students and to treat patients as long as I am fit to do so.

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**What are Academics Around the World Reading This Month?**

[Social Media Engagement and Influenza Vaccination: a Survey during the COVID-19 Pandemic](#)

[Correlation between polio immunization coverage and overall morbidity and mortality for COVID-19: an epidemiological study](#)

[International Collaboration to Ensure Equitable Access to Vaccines for COVID-19: The ACT-Accelerator and the COVAX Facility](#)

[COVID-19 vaccine acceptance among pregnant women and mothers of young children: results of a survey in 16 countries](#)

[S-Trimer, a COVID-19 subunit vaccine candidate, induces protective immunity in nonhuman primates](#)

[Safety of new mRNA Vaccines Against COVID-19 in Severe Allergic Patients](#)

[Knowledge, socio-cognitive perceptions and the practice of hand hygiene and social distancing during the COVID-19 pandemic: a cross-sectional study of UK university students](#)

[Severe allergic reactions after COVID-19 vaccination with the Pfizer/BioNTech vaccine in Great Britain and USA](#)

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**Publications****Evaluation of serum ferritin for prediction of severity and mortality in COVID-19- A cross sectional study**

Sibtain Ahmed, Zeeshan Ansar Ahmed, Imran Siddiqui, **Naveed Haroon Rashid**, Maheen Mansoor, Lena Jafri  
In *Annals of Medicine and Surgery* 63 (2021) 102163

**Recreational substance use among patients with premature atherosclerotic cardiovascular disease**

Mahtta D, Ramsey D, Krittanawong C, Al Rifai M, Khurram N, **Samad Z**, Jneid H, Ballantyne C, Petersen LA, Virani SS.  
In *Heart*. 2021 Feb 15;heartjnl-2020-318119. doi: 10.1136/heartjnl-2020-318119

**Supporting front-line postgraduate medical trainees during the COVID-19 pandemic: a checklist for organisations**

Khan MR, **Samad Z**, Haider AH.

In *Postgrad Med J*. 2021 Feb 9;postgradmedj-2020-139441. doi: 10.1136/postgradmedj-2020-139441.

**Clinical characteristics and mortality after acute myocardial infarction-related hospitalization among Asians from a national population-based cohort study**

Krittanawong C, Mahtta D, Narasimhan B, Wang Z, Bandyopadhyay D, Hanif B, **Samad Z**, Kitai T, Alam M, Sharma SK, Jneid H, Virani SS.

In *Prog Cardiovasc Dis*. 2021 Feb 3;S0033-0620(21)00015-3. doi: 10.1016/j.pcad.2021.02.001

**Heart Disease and Stroke Statistics-2021 Update: A Report From the American Heart Association**

Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, Carson AP, Chamberlain AM, Cheng S, Delling FN, Elkind MSV, Evenson KR, Ferguson JF, Gupta DK, Khan SS, Kissela BM, Knutson KL, Lee CD, Lewis TT, Liu J, Loop MS, Lutsey PL, Ma J, Mackey J, Martin SS, Matchar DB, Mussolino ME, Navaneethan SD, Perak AM, Roth GA, **Samad Z**, Satou GM, Schroeder EB, Shah SH, Shay CM, Stokes A, VanWagner LB, Wang NY, Tsao CW; American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee.

In *Circulation*. 2021 Feb 23;143(8):e254-e743. doi: 10.1161/CIR.0000000000000950.

**Rising Trend of Women in Gastroenterology: A Paradigm Shift**

**Kamani L**, Hooft JEV.

In *J Coll Physicians Surg Pak*. 2021 Feb;31(2):121-122. doi: 10.29271/jcpsp.2021.02.121.

**Drug-induced liver injury: Asia Pacific Association of Study of Liver consensus guidelines**

Devarbhavi H, Aithal G, Treeprasertsuk S, Takikawa H, Mao Y, Shashtry SM, **Hamid S**, Tan SS, Philips CA, George J, **Jafri W**, Sarin SK; Asia Pacific Association of Study of Liver.

In *Hepato Int*. 2021 Feb 27. doi: 10.1007/s12072-021-10144-3.

**Impact of Intermittent Fasting on Lipid Profile-A Quasi-Randomized Clinical Trial**

Ahmed N, Farooq J, Siddiqi HS, Meo SA, Kulsoom B, **Laghari AH**, Jamshed H, Pasha F.

In *Front Nutr*. 2021 Feb 1;7:596787. doi: 10.3389/fnut.2020.596787.

**Sarcoidosis Presenting as Fatigue and Weakness**

Zubair SM, **Rashid NH**.

In *J Coll Physicians Surg Pak*. 2021 Feb 31;2:218-220. doi: 10.29271/jcpsp.2021.02.218. PMID: 33645194


## Upcoming Events


Department of Medicine  
Virtual Grand Rounds

**Efficacy of Nutrition Assessment among Patients on Enteral Feeds**


**GUEST LECTURE**

Please send your questions before or during the session at [aalia.amin@aku.edu](mailto:aalia.amin@aku.edu)

<p style="text-align: center; background-color: #008000; color: white; padding: 5px;"><b>LEARNING OBJECTIVES</b></p> <ul style="list-style-type: none"><li>➤ To see the compliance of target caloric goals met after nutrition intervention.</li><li>➤ To understand the importance of nutrition intervention among patients on enteral feeds.</li><li>➤ To learn best possible practices to be followed by HCPs for the patients on enteral feeds during hospital stay.</li></ul>	<p style="text-align: center; background-color: #008000; color: white; padding: 5px;"><b>SPEAKER</b></p> <div style="text-align: center;"></div> <p><b>Ms. Moti Khan</b> Assistant Manager Nutrition Section NFSD, AKU</p> <hr/> <p>Monday, March 8, 2021 8:15 am to 9:15 am <b>Virtual Grand Round</b> <a href="https://video.ibm.com/channel/HPdUe2sehKg">https://video.ibm.com/channel/HPdUe2sehKg</a></p>
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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 Reza**  
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, March 15, 2021  
8:15 am to 9:15 am PKT  
**Virtual Grand Round**  
<https://video.ibm.com/channel/HPdUe2sehKg>



Aga Khan University is accredited by the Accreditation Council for Continuing Medical Education (ACCME). The ACCME designates this live educational activity for a maximum of 1.00 credit hours of AMA PRA category 1 credit.

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