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Summer 6-1-2021

INSPIRE : Vol 4, Issue 6

Department of Medicine
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Recommended Citation

Department of Medicine, "INSPIRE : Vol 4, Issue 6" (2021). *INSPIRE*. Book 48.
<https://ecommons.aku.edu/inspire/48>



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THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 4 | Issue 6

Message from the Chair

Dear Colleagues,

Someone once told me, the only constant is change. Change is a necessary feature of growth not only for us as individuals but also the systems and processes that form the fabric of our institution. We have had several leadership changes and transitions within the Department of Medicine. In the last few months, we have welcomed new leaders for the sections of Neurology, Dr Sara Khan; Nephrology, Dr Sonia Yaqub; Gastroenterology Dr Om Parkash; and Departmental Research, Dr Nosheen Nasir. All these leaders will build on the work and experience of their highly successful predecessors.

Shahid Shafi in his “updates” address to the leaders in AKUH this morning reminded me of a conversation I had with Dr Camer Vellani a while back – though the context was very different, Dr Vellani pointed out a fundamental question that we must all ask ourselves (especially as leaders) – “Why am I here?” And turns out the question is a little more nuanced and here are the variations you might consider “**Why** am I here?” “Why **am** I here?” “Why am **I** here?” and “Why am I **here**” So here is a pause for reflection before embarking on new journeys or continuing old ones.

But while you all ponder on this fundamental question, I would like to point out that I am so glad *You all are here* - with me, with us, and with this institution! Indeed, no better team than you to weather these times with.

All my best to you and yours,

Zainab

Medicine at National and International Forums

CONGRATULATIONS!

#AKUConvocation

						
DR MOHAMMED ATAULLAH KHAN ata.khan@aku.edu	DR MUHAMMED TARIQ muhammed.tariq@aku.edu	DR SARA KHAN sara.khan@aku.edu	DR FAZAL UR REHMAN fazal.rehman@aku.edu	DR OM PARKASH om.parkash@aku.edu	DR KIREN HABIB kiren.habib@aku.edu	DR IFFAT KHANUM iffat.khanum@aku.edu
Professor Emeritus	Award of Excellence in Teaching & Teaching Leadership	Award for Excellence in Clinical Teaching	Early Career in Teaching Award	Collaborative Award for Teaching		

The Department of Medicine would like to congratulate its faculty members **Dr Mohammed Attaullah Khan, Dr Muhammed Tariq, Dr Sara Khan, Dr Fazal Ur Rehman, Dr Om Parkash, Dr Kiren Habib and Dr Iffat Khanum** on receiving distinguished recognition during the **AKU Global Convocation** held on May 22, 2021.



'No Tobacco Day' is observed around the world every year on the 31st of May. Tobacco kills 166,000 people every year in Pakistan. On 18th May 2021, AKUH arranged a live session with Prof. Javaid Khan (Consultant Pulmonologist, AKUH and Chair National Alliance for Tobacco Control). Prof. Khan discussed hazards of tobacco intake and how it can claim your life. Also various methods of quitting tobacco were discussed in this session. It was aired live on 'Meri Sehat Facebook page' and YouTube channel on Tuesday, 18 May at 04:00 PM.

Prof Javaid A. Khan was invited as an esteemed speaker

Thorax is one of the world's foremost respiratory

on the occasion of 'World No tobacco day'. The webinar was organized in collaboration with the Government of Pakistan and WHO. Prof Khan enlightened the participants with the most effective ways to quit smoking and how to stay committed.

medicine journals, publishing clinical and experimental research articles on respiratory critical care, medicine, immunology, paediatrics, pathology, pharmacology, and surgery. *Thorax* strives to publish imperative progresses in scientific understanding. Prof. Javaid Ahmed Khan's Article was published as Article 1 in the recent issue.

A Facebook live session was organized by the Aga Khan Hospital on 21st of May 2021 to answer general public questions about “Vaccination concerns and care for the elderly during the pandemic”. A panel of multidisciplinary experts from different departments were invited. The event was moderated by Infectious Disease consultant Dr. Faisal Mehmood. Other experts involved were: Dr. Mehmood Riaz-Medicine & Rheumatology, Dr. Saniya Sabzwari- Family Medicine & Geriatrics, Dr. Marium Mansoor-Psychiatry, Dr. Samad Jehangir- Oncology and Ms. Huma Nazir-Physiotherapy and rehabilitation. The experts talked about chronic diseases as risk factors for having COVID – 19 illness, how prevention can be done in the elderly population and choice of vaccinations with comorbid conditions. Dr Mehmood Riaz answered questions with regard to multi-morbidity and risk of having corona illness as well as questions with regard to vaccination for those who are suffering from autoimmune & inflammatory rheumatic conditions. All experts emphasized that every individual particularly those having comorbid conditions like autoimmune rheumatic diseases, diabetes, hypertension, heart failure and malignancy must have COVID -19 vaccination. It's preferred that any such patient should speak to his/her treating physician before getting the COVID Vaccine.

Dr Fateh Ali Tipoo was requested to speak as a guest

Dr Noreen Nasir was invited as a guest speaker on live

speaker on live program 'Health for everyone' broadcast by FM 105 to educate our listeners on the 'Impact of Tobacco Consumption on the heart'. The session was well received and all the queries of the listeners were addressed.



Dr Talha Shahzad was invited as a guest speaker on live program 'Mukammal Sehat' aired live by FM 107. This program aims to provide current updates on complete healthcare.



program 'Health for everyone' broadcast by FM 105. Dr Nasir discussed an important theme, 'Hypertension in Adults'.



Grant received by Dr Nosheen Nasir titled, "Multicenter, Seamless, Randomized, Third-Party-Blind, clinical trial to evaluate the safety and efficacy of Meplazumab in addition to standard of care for the treatment of COVID-19 in hospitalized adults" by IQVIA RDS EAST ASIA PTE. LTD. Congrats!

Healthcare Heroes!

- Dr Huzefa Jibril
- Dr Aneeqa Ejaz
- Dr Zain Khan

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

Healthcare Heroes!

- Dr Fazal Ur Rehman
- Dr Aysha Almas
- Dr Zain Mushtaq

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

AKU-Medicine PGME Alumni Around the Globe

Dr. Hunaina Shahab a graduate of the MBBS programme 2011 and PGME programme 2019 is currently pursuing a cardiac imaging fellowship at Mount Sinai in New York. She is a highly engaged alumna who had been previously actively involved in multiple departmental initiatives such as WIM, PULSE 2020 conference etc. We are so proud to hear that she recently received the 2021 House Staff Excellence in Teaching Award by the Icahn School of Medicine Institute of Medical Education. Many congratulations to Dr Hunaina!



In-depth- feature Visiting Faculty Dr Ghazala Sadiq

By Maha Inam



Artificial Intelligence (AI) and its accompanying technological advancements are set to transform the world as we know it. AI has proven to be a strategic imperative for any business and is quickly becoming a competitive advantage for many organizations.

Slowly but surely, Pakistan has begun incorporating AI within many of its industries in order to rise to the dynamic demands of the booming global tech landscape.

As a Data Analyst with a background in Statistics, Operations Research and Data Analytics, Dr. Ghazala Sadiq (MSc, PhD) has played an integral role within this sector. She has obtained two Masters and a PhD from the Massachusetts Institute of Technology (MIT) as well as a Masters in Advanced Analytics from North Carolina State University. Dr. Sadiq has been a fundamental part of leading corporations in the USA for over the last four decades, and her experiences with companies such as AT&T, Alcatel, Deloitte and Allscripts have allowed her to earn remarkable achievements during her incredible career path. Along with her high-achieving academic and professional goals, Dr. Sadiq is also an avid adventure-seeking individual. She has travelled to over 40 countries, climbed Mt. Kilimanjaro (2011) and Mt. Everest BC (2017), run the 10K Lahore International Marathons (2005-2007), and 3 full 42K marathons in the United States.

A constant theme throughout Dr. Sadiq's journey has been her father's unwavering support and encouragement. As a child, Dr. Sadiq was deeply fascinated by scientists. She once asked her father, "How intelligent are scientists who invent things?", and he very matter-of-factly answered, "As intelligent as you". She has since incorporated this token

Dr. Sadiq's interest in Operations Research was also a result of her father's advice to explore the subject during her Masters. She discovered a perfect fit for herself within this specialty, utilizing her love for mathematics for finding optimal solutions for real-life problems.

Dr. Sadiq is currently serving as a Visiting Faculty Member at the Aga Khan University. In the spirit of giving back, she is bringing her invaluable expertise to her home country with the aims of transferring key knowledge and skills within Pakistan to help develop and analyze our expansive health-system data sets. "I came here (USA) and I stayed here", says Dr. Sadiq, "but my heart and spirit are still in Pakistan". She is also a co-founder of Khuddar Pakistan and a leadership council member with Startup Pakistan to help encourage young Pakistani entrepreneurs bring their ideas to fruition.

At AKU, Dr. Sadiq is helping guide work on projects revolving around the different ways our existing datasets can be utilized for efficient healthcare research. The current topics of research interest include the study of comorbidities and mortalities of all kinds of diseases within our population. Dr. Sadiq is also advising the group led by Dr. Zainab Samad, Chair of the Department of Medicine at AKUH, to establish a Nationwide Data Bank for Disease burden estimation for Pakistan. While this project may take a few years to make substantial progress towards development, it will surely revolutionize Pakistan's healthcare system for all stakeholders involved.

Dr. Sadiq recognizes the tremendous talent within Pakistan and urges us to be proactive and focused towards aggressively pursuing technological advancements, especially in global research and AI. She notes that taking initiatives is the key to prosperity and growth and believes that with the right

of assurance in her approach throughout her entire career, which has been one of great resilience, ambition and success. Dr. Sadiq filed her first patent on an improved method for finding bandwidth in a telecom network in 1994, which she dedicated to her father, highlighting it as a culmination of all the lessons he taught her at every stage of life.

infrastructure and expertise, Pakistan can successfully prove to be a force to be reckoned with in the international market. Here at AKUH, Dr. Sadiq has become a key member of our team and we are excited to leverage her expertise as we embark on our data initiatives.



Featured Faculty: Dr. Talha Shahzad

“...Be empathetic to your patients, work hard with honesty and maintain appropriate balance between your professional and family life...”

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

In early life one is looking for role models and mine was my uncle who was a renowned cardiologist working in UK. He often visited home and used to share his stories and experiences. So in early life I and few of my brothers developed the vision to pursue this career where you can achieve both professional rewards and service to humanity simultaneously.

What are your hobbies/interests?

Cricket of course! I used to play almost on a daily basis with my brothers on the roof terrace, open grounds and I was a member of my school's cricket team as well. Now it is very much confined to viewing only. I also love to do gardening and plantation; it's very soothing to see the leaves and flowers blossoming with your own hands.

What made you choose AKU?

AKU is the best medical institution in Pakistan and is the ultimate goal for every medical graduate to work here. What I like most is the commitment, dedication and hard work put in, patient's care is of utmost importance for everyone which is often missing in other institutes. Also the teaching and research culture of the university is something to be proud of.

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

I feel most comfortable with teaching so I guess my alternate profession if I wasn't a physician I would have been a teacher

What advice would you like to give to your juniors?

Be empathetic to your patients, work hard with honesty and maintain appropriate balance between your professional and family life.

What lessons have you learned from your seniors?

Be honest to your profession with dedication and overcome difficult circumstances with team work.

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

Personal – Getting married to my wife Ayesha and blessed with 3 cute children, always find it relaxing when I go home and see them playing and growing up.

Professional – Working at AKUH as faculty is a proud thing for me and then promoted to Assistant Professor two years ago.

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

It was initially in a ward at AKU when I joined as pulmonary resident in 2011, encountered and eventually got through some tough times with hard work. I learnt how to face challenges with honesty and dedication. Difficult times always come and with those experiences you become mentally stronger.

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

Personally from my mother as she had to take care of me and my 4 siblings alone most of the times as my father was mostly offshores to fulfill his professional duties, her resilience is what I admire most.

Professionally from my mentors Dr Muhammad Irfan, Dr Ali Zubairi and Dr Javaid Khan who taught us how to maintain a perfect balance between professional and family life.

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

It's been a massive challenge for all of us, both professionally and personally. But it has also given us opportunity to show our character and serve with the best of our potential. It has been rewarding on many occasions but you sometimes feel mentally exhausted. We have gone through almost a year facing the COVID pandemic and now we are getting used to the new norms and hope will continue to remain strong and succeed in future as well.

What are your future goals?

I would like to continue my work at AKU and excel in patient care, interventional pulmonology and research and want to be recognized at national and international levels. I am also looking forward to expand my academic and leadership endeavors by becoming CPSP supervisor of postgraduate education and program director of pulmonary residency program.

What are Academics Around the World Reading This Month?

[Trajectories of frailty, physical function, and physical activity levels in elderly patients with heart failure: impacts of interruption and resumption of outpatient cardiac rehabilitation due to COVID-19](#)

[Effects of a pandemic on child and adolescent psychiatry emergency admissions: Early experiences during the COVID-19 outbreak](#)

[Third trimester stillbirth during the first wave of the SARS-CoV-2 pandemic: Similar rates with increase in placental vasculopathic pathology](#)

[Sulforaphane inhibits the expression of interleukin-6 and interleukin-8 induced in bronchial epithelial IB3-1 cells by exposure to the SARS-CoV-2 Spike protein](#)

[Association between neutrophils and renal impairment of rheumatoid arthritis: A retrospective cross-sectional study](#)
[Nonsurgical management of dynamic pneumatocele via endobronchial administration of fibrin sealant](#)

[A scoping review—Missed nursing care in community healthcare contexts and how it is measured](#)
[Too far to fall: Exploring the relationship between playground equipment and paediatric upper limb fractures](#)
[Effect of electro-acupuncture at ST 36 on maternal food restriction-induced lung phenotype in rat offspring](#)
[Silent RSV in infants with SARS-CoV-2 infection: A case series](#)

Publications

Performance and Determinants of Serum Creatinine and Cystatin C-Based GFR Estimating Equations in South Asians.

Wang Y, Levey AS, Inker LA, Jessani S, Bux R, **Samad Z**, Khan AR, Karger AB, Allen JC, Jafar TH.
In *Kidney Int Rep*. 2021 Jan 16;6(4):962-975.

Sex-Related Disparities in Cardiovascular Health Care Among Patients With Premature Atherosclerotic Cardiovascular Disease.

Lee MT, Mahtta D, Ramsey DJ, Liu J, Misra A, Nasir K, **Samad Z**, Itchhaporia D, Khan SU, Schofield RS, Ballantyne CM, Petersen LA, Virani SS.
In *JAMA Cardiol*. 2021 Apr 21.

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 Apr;107(8):650-656.

African American-Caucasian American differences in aortic valve replacement in patients with severe aortic stenosis.

Yankey GS Jr, Jackson LR 2nd, Marts C, Chiswell K, Wu A, Ugowe F, Wilson J, Vemulapalli S, **Samad Z**, Thomas KL.
In *Am Heart J*. 2021 Apr;234:111-121.

Cerebral Venous Thrombosis Associated with COVID-19 Infection: An Observational, Multicenter Study

Sajid Hameed, Mohammad Wasay, Bashir A. Soomro, Ossama Mansour, Foad Abd-allah, Tianming Tu, Raja Farhat, Naila Shahbaz, Husnain Hashim, Wasim Alamgir, Athar Iqbal, Maria Khan
In *Cerebrovasc Dis Extra* 2021;11:55–60

Exploring the Relationship Between Air Quality and Ischemic Stroke Admissions During the COVID-19 Pandemic

Sajid Hameed, Maria Khan, Zafar Fatmi, **Mohammad Wasay**
In *Journal of Stroke and Cerebrovascular Diseases*, Vol. 30, No. 8 (August), 2021: 105860

Acuity level of care as a predictor of case fatality and prolonged hospital stay in patients with COVID-19: a hospital-based observational follow-up study from Pakistan

Aysha Almas, Zain Mushtaq, Jette Moller
In *BMJ Open*. 2021 May 28;11(5):e045414.

Respiratory pathogens in patients with acute exacerbation of non-cystic fibrosis bronchiectasis from a developing country.

Shahid S, Jabeen K, **Iqbal N**, Farooqi J, **Irfan M**.
In *Monaldi Arch Chest Dis*. 2021 Apr 22

Role of interferon gamma release assay in the diagnosis and management of Mycobacterium tuberculosis-associated uveitis: a review

Samra Rahman, **Muhammad Irfan**, Rehman Siddiqui
In *BMJ Open Ophthalmology* 2021;6:e000663

Clinical characteristics and outcomes of COVID-19: Experience at a major tertiary care center in Pakistan

Nosheen Nasir, Kiren Habib, Iffat Khanum, Naveera Khan, Zehra Abdul Muhammad, **Syed Faisal Mahmood**
In *J Infect Dev Ctries*. 2021 Apr 30;15(4):480-489.

Upcoming Event

Department of Medicine
Virtual Grand Rounds

Integrating Machine Learning Into Routine Health Care Delivery

GUEST LECTURE

Please send your questions before or during the session at aalia.amin@aku.edu

LEARNING OBJECTIVES

- To describe processes and best practices utilized by an operational innovation team to align senior leaders and front-line clinicians around real-world problems.
- To share learnings from the design, development, and integration of the first deep learning system into routine clinical care in the United States at Duke Health hospitals.
- To highlight key steps and phases along the path to translation of machine learning into health care.

Monday June 7, 2021
8:15 am to 9:15 am

Virtual Grand Round

<https://video.ibm.com/channel/WBjmZUcG3UN>

SPEAKERS



Suresh Balu
MS, MBA

Assoc. Dean, Innovation & Partnership for School of Medicine
Prog. Director, Duke Institute for Health Innovation (DIHI)



Mark Sendak
MD, MPP

Clinical Data Scientist
Duke Institute for Health Innovation (DIHI)



William Ratliff
MBA

Innovation Program Manager
Duke Institute for Health Innovation (DIHI)



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