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Winter 1-1-2022

## INSPIRE : Vol 5, Issue 1

Department of Medicine

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THE AGA KHAN UNIVERSITY

# *inspire*

Innovation, Service & Patient -  
Centered Research & Education

*Department of Medicine*

## *Volume 5 | Issue 1*

Dear Colleagues,

A very happy new Year to all of you! May this year be filled for us with much health, happiness, and wise decisions. We make millions of tiny decisions every day and how one person's life turns out versus another has a lot to do with their decisions (those thought through as well those not thought through). The trouble is that there are no controls to life, no parallel universes, against which a decision's soundness could be judged. It is only in retrospect that one can tell how good a decision was based on the outcome. But good decisions can be made using multiple inputs: wise counsel, prior experience, and data. And some may argue, regardless, you must work to make your approach a good one!

And on that subject I think our prior experience with COVID19 waves would suggest that social distancing, wearing masks and getting vaccinated are good steps to take as responsible citizens in the start of a wave here in Pakistan. Although the illness is purportedly milder than previous variants, with its increased infectious potential and consequently much higher case burden, the really sick, even though smaller in proportion would translate in bigger absolute numbers and overwhelm our capacity. Something we are seeing playing out in the US currently. For those who have not had their booster vaccinations please get them at the CHC.

Pulse, our annual Cardiovascular Conference is happening next week. This year's theme is 'Conquering heart failure' and apart from a few limited participant workshops it is pretty much virtual. The Inaugural session planned for Jan 13 features some heavy weights in the field of Cardiology especially in the area of heart failure. Please register and tune in to listen.

Zainab

## *Medicine at National and International Forums*



## ***Health Data Science Bootcamp and Stakeholder Meetings***

On December 10 & 11, The Aga Khan University's CITRIC Health Data Science Center conducted stakeholder meetings in Islamabad with AKDN partners, engineering universities and health data organizations such as Pakistan Bureau of Statistics, Gallup Pakistan, and Akhtar Hameed Khan Foundation. Supported by a grant from the Bill & Melinda Gates Foundation, these stakeholder meetings disseminated information about The Aga Khan University's health data science initiative and explored opportunities for collaboration in the areas of data analytics and capacity building. As part of this project, the first capacity building workshop on Health Data Science was also conducted in Islamabad on December 11. This one-day boot-camp gave foundational training to people who regularly work with health-related data. It provided a broad introduction to data science and its applications in healthcare. The workshop was conducted by a team of public health researchers, data scientists and IT experts in the CITRIC Health Data Science Center. It featured visiting faculty Dr Salim Virani and Dr Rumi Chunara and combined lectures with demonstrations to put theory into practice. A total of 37 participants were selected for this workshop from a list of 100 registrants. Representatives from various health organizations and government health institutions from Islamabad, Rawalpindi, Peshawar, and Karachi came to attend the sessions. This bootcamp received overwhelming appreciation from the attendees who will remain connected with us for future trainings in health data analytics. Please note masks were taken off temporarily for pictures. To learn more about the Health Data Science Center please [click here](#).



***Congratulations!***  
***Dr Fateh Ali Tipoo***  
*On being promoted to*  
***Professor***  
*in the section of*  
***Cardiology***



## ***Annual Research Day- Department of Medicine***

Department of medicine (DOM) celebrated the Annual Research Day 2021 (virtual event) which was held on November 4th, 2021. The theme of the Annual research day was "Research and Innovation: Making ideas happen". Pre-Annual Research Day workshops included some on Grant Writing conducted by Saadia Sattar (Senior Instructor Research), and Data Science Workshop (Potential, scope, and examples) conducted by Salma Tajuddin. The event launched with a welcome address by the Chair of the Department Dr. Zainab Samad and by the Chair, Departmental research committee and Vice Chair, Research, Dr. Nosheen Nasir highlighting the Department's Research Achievements. This was followed by 2 keynote addresses: Dr. Ayeesha Kamal talked about Fundamentals of a successful clinical research career and Dr. David B. Resnik, a Bioethicist and Senior Ethics Specialist at the NIH talked about Scientific Integrity and the COVID-19 pandemic. There were three best faculty paper presentations and three best paper presentations by fellows, residents, and research associates. A panel discussion on the Challenges of conducting clinical trials in Pakistan with Dr. Saeed Hamid, Dr. Mohammad Wasay, Dr. Ayeesha Kamal, Dr. Faisal Mahmood, Dr. Shahab Abid was moderated by Dr. Sara Khan. The event concluded with award distribution by Dr. Nosheen Nasir. Pulmonology, Cardiology and Internal Medicine sections were the highlight of the day with the highest number of research submissions. The winners from faculty included Dr Ali Zubairi, Dr Amber Sabeen and Dr Sonia Yaqub. Among housestaff the Fellow winner was Dr M. Saleem, among residents Dr Pirbhat Shams, and among Research Associates Aaliya Hasnain. Congrats to All the organizers, participants and winners! Please note masks were temporarily removed for pictures only.



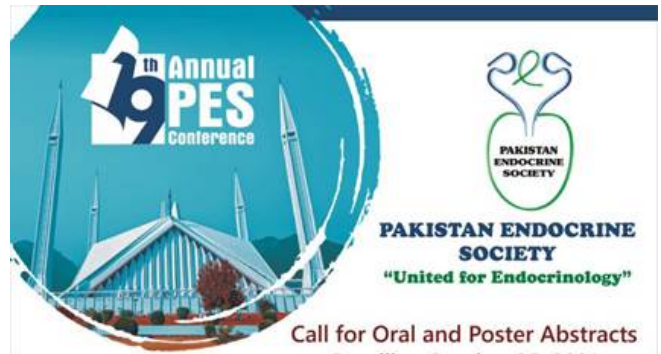
***Congratulations!***  
***Dr Nosheen Nasir***  
*On receiving the*  
***'Excellence in Research Award'***  
*at the 2021 Health Sciences Research Assembly - AKUH*



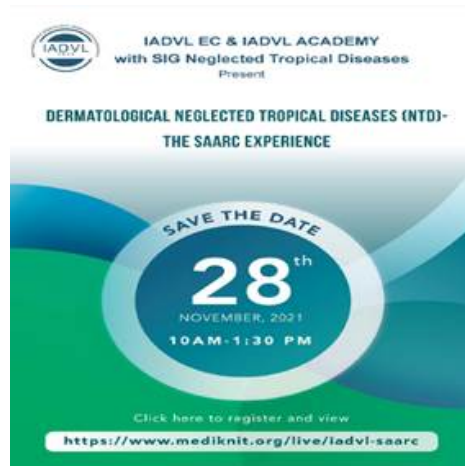
The Neurology Section marked their presence at the Annual Pakistan Society of Neurology update conference held in Lahore from 4th to 5th December 2021. The AKUH Neurology trainees that included residents and fellows were selected for 5 oral presentations in all. AKUH had a strong representation at the conference with the Neurology faculty giving talks and chairing sessions.



Dr Ali Zubairi from the section of Pulmonology was invited at 14th Biennial conference on Chest Diseases to give a talk on CHEST Challenge which was held during December 3-5, 2021 at Hotel Moven Pick Karachi. Dr Zubairi shed light on the much-needed areas of the topic keeping all the participants all ears throughout the session.



On the occasion of Pakistan Endocrine Society's 19th Annual Symposium, several renowned Faculty from the section of Endocrinology AKUH were invited to give talks. Dr Kaleem Badini (Endocrine Fellow) won First Position Award for Oral Presentation Competition and also won First Position Award for Poster Presentation Competition.



Dr Saadia Tabassum was invited as an esteemed speaker to represent Pakistan at the SAARC association of dermatology (SARAD) webinar. The theme was based on WHO initiative "Neglected Tropical Diseases". The topic was "Superficial Fungal infections in Pakistan: Emerging Challenges". Experts from SAARC countries gave talks on neglected diseases in our region and how to address via collaborative efforts.

PGME Silver Jubilee Celebrations 2021  
SECTION OF DERMATOLOGY

An online webinar  
**Dermatology postgraduate training in Pakistan  
Past, Present & Future**  
Panel discussions with leaders of Dermatology in Pakistan

**Learning Objectives:**

- To discuss the advancements in Dermatology residency programs across Pakistan.
- To identify the issues in current residency program.
- To look into what shaped our panelists' career path.
- To guide the trainees about the career opportunities in dermatology.

**Who should attend:**

- Medical Students
- Interns
- Medical Officers
- Postgraduate Trainees
- Dermatology Supervisors
- Dermatology Faculty

**Registration:**  
Click [here](#) to register  
Register by December 1, 2021.  
Limited slots are available.  
E-certificate will be available for registered candidates.

**Friday, December 3, 2021  
2:00 to 3:30 am (Pakistan time: GMT+5)  
DON'T MISS THIS IMPORTANT LEARNING OPPORTUNITY**

**Moderator:**  
Dr. Saadia Masood  
Section Head, Dermatology  
Aga Khan University

**Co-moderator:**  
Dr. Saadia Tabassum  
Program Director, Dermatology  
Aga Khan University

**Eminent Panelists:**

Prof. Tariq Raheem  
Allama Iqbal Medical College  
Lahore

Prof. Sara Inayat  
Sandeman Provincial Hospital  
& BMC Quetta

Prof. Nadia Wajid  
Military Hospital, Rawalpindi

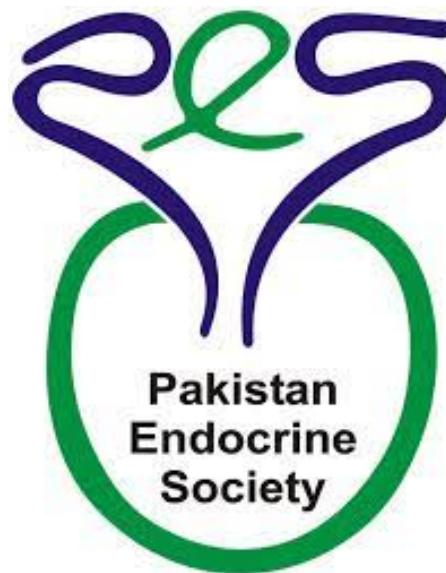
Prof. Sahbaz Muhammad Nisar  
Lady Reading Hospital, Pakistan

Prof. Arfan Sheikh  
Shaheed Mohtarma Benazir Bhutto Medical College  
Sargodha

The Section of Dermatology organized a webinar titled, "Dermatology post-graduate training in Pakistan, Past, present and future". Eminent panelists from different prestigious institutes across the country were invited to discuss their success stories. They also guided the residents on the subject of their career path in dermatology. The objectives of the webinar were to identify the major challenges in the current residency programs with some practical solutions faced by faculty and residents. The program was well attended by participants throughout numerous regions of the country, and they appreciated the efforts of Dermatology Team AKUH and suggested to continue such academic activities in the future.



A Workshop on Management of hyperglycemia in inpatients was organized by the Endocrinology section. The presenters were Dr Abdul Aziz and Dr Kaleem Badini, with Dr Muhammad Qamar Masood as the panelist.



Faculty of Endocrinology section conducted the following activities at PES Forum:

**Talk Show on Type 1 Diabetes:** (PES Forum)

By Dr Qamar Masood, Dr Sarah Nadeem & Dr Nanik Ram

**Talk Show on Type 2 Diabetes:** (PES Forum)

By Prof Najmul Islam, Dr Azra Rizwan.

**PES Sindh FM 105 Diabetes Awareness session:**

By Dr Sarah Nadeem.

**World Diabetes Day AKU Marketing Activities:**

Facebook Live | Diabetes | 12 November

By Dr. Qamar Masood, Dr Saira Furqan & Dr. Asma Ahmed

**Public Awareness Talk FM 105: Prevention of Obesity:**

By Dr Azra Rizwan

**Diabetes and Eye Disease public health message**

**(video recording):**

By Dr Azra Rizwan



**Weill Cornell  
Medicine-Qatar**

Dr Sarah Nadeem was invited at Weill Cornell Qatar & PES IDEAS21 conference as a speaker to talk about "Insulin initiation and management".



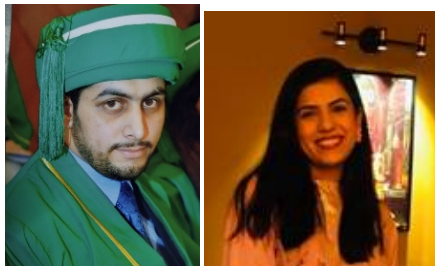
Dr Faisal Ismail conducted a workshop with CIME at the 5<sup>th</sup> International conference on Health Professionals Education organized by the University of Lahore in November. The workshop was well attended.



### ***Healthcare Heroes!***

- ❖ Dr. Saad bin Zafar
- ❖ Dr. Noreen Nasir
- ❖ Dr. Ali Aziz

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



### ***Healthcare Heroes!***

- ❖ Dr. Sher Sethi
- ❖ Dr. Hina Awat Rai
- ❖ Dr. M Azhar

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

## ***In-depth: featuring Assistant Professor Dr Ainan Arshad***

By Maha Inam & Zahra Rahmatullah



An estimated 60-80% of deaths in developing countries like Pakistan occur due to sepsis. Low standards of living, poor hygiene, malnutrition, limited access to healthcare facilities and vulnerable health systems contribute to the disproportionately high morbidity and mortality from sepsis in our region. Dr. Ainan Arshad, an Assistant Professor, in the Section of Internal Medicine, Department of Medicine at the Aga Khan University Hospital (AKUH), recognizes this and strongly believes that reducing the mortality associated

Dr. Ainan has been consistently involved in clinical research back from his residency days. While much of his work revolves around sepsis and mortality, being an internist has led to exposure to various interesting cases. Hence, he has many papers on various topics such as infective endocarditis, kidney diseases, diabetes and its co-morbid. He mainly credits his students at AKU for pushing him and helping him learn the ropes, along with multiple courses throughout his career. He routinely attends workshops, conferences, and completes courses, constantly open to learning and developing his skills as he considers the quality of his papers to be of utmost importance.

One of the most difficult times of Dr. Ainan's career was going through the examinations needed to be where he is

with sepsis is key to improving the healthcare system in Pakistan.

*“...and never forget that caring for patients is a primary responsibility...”*

Dr. Ainan completed his MBBS from Liaquat University of medical and health sciences, Jamshoro, Pakistan, in 2010 and went on to complete his Diploma in Hospital and health service management, Dow University of Health Sciences, Karachi, Pakistan, in 2012. Drawn to internal medicine due to the broad spectrum of patients and problems faced, he joined AKU in 2013 for his residency, earning the 'Best Resident' Award in his final year. Furthermore, he completed his MRCP in 2021 and is currently pursuing a Masters in Science in Epidemiology and Biostatistics at AKU along with holding the position of Secretary General Karachi Chapter, Pakistan Society of Internal Medicine.

today. While he passed in his first attempt, he recognizes that the examination system of Pakistan is flawed and one of his goals is to work in the College of Physicians and Surgeons, Pakistan and standardize the system.

To truly be a doctor, Dr. Ainan strongly believes that everything else must be secondary to his clinical practice and care for patients. He speaks very highly of his chair, Dr. Zainab Samad, for not only motivating and guiding him, but for being incredibly accommodating to his schedule so Dr. Ainan can go about completing his Masters' and continuing with clinics simultaneously. Furthermore, he credits his senior colleagues as being his mentors and emphasizes how grateful he is to be working at AKU, an institute where he has constantly been supported and given the opportunities to flourish. Medicine is a long journey and while students must have faith in themselves, they need to constantly put forth a concerted effort and be diligent. His advice to medical students would be to follow through with whatever field they find the most rewarding and never forget that caring for patients is a primary responsibility.



***Featured Faculty – Dr. Saad Bin Zafar Mahmood***



*... Prioritize! Life is continuously throwing new challenges that are to be attended and we need to decide which one to encounter first...*

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

Profession of Medicine used to inspire me since childhood. For me empathy and compassion can heal the unseen wounds of people around us. Sometimes solace and comfort are what people need and not the prescribed medicine. What could be a better profession than Medicine where you could offer such services indiscriminately.

**What are your hobbies/interests?**

Basically, I am a travel enthusiast and a foodie, I love discovering new places and trying different cuisines. Besides this, sports especially football interests me a lot.

**What made you choose AKU?**

AKU is one of the premium institutes in Pakistan practicing state of the art and evidence-based management and offering some of the best research opportunities for a research devotee like me. Also, it not only polishes a person skillfully but brings discipline and resilience in a personality which is much needed for being a successful doctor.

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

A researcher for sure! I am always into studying and inquiring about new practices and technologies in the field of science.

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

Choose medicine only if you are compassionate. A person who has been forced into medicine cannot be tolerant enough to endure all the hardships this job offers.

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

Prioritize things! Life is continuously throwing new challenges that are to be attended and we need to decide which one to encounter first. Plus, hard work and never-failing devotion are the two things that my seniors have taught me.

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

Personal accomplishment: My biggest personal accomplishment was when I saw tears of joy in my father's eyes when I became a consultant. Also being able to maintain a balance between my work and home life is an achievement.

Professional accomplishment: It is too early to decide. For me, there is a world of opportunities open to achieve; so for now it is just the beginning as sky is the limit.

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

I got a severe ligament tear during a football match just before my exams in final year of MBBS. I remained bed-bound for a whole month. All the thoughts were spiraled downward at that time but then I decided to cope up with the situation and control all the negative insights. That incident taught me to be optimistic and to remain persistent in face of whatever challenges life brings you.

**Any interesting/memorable encounter**

Few days back a young lady got admitted in my service with a suicidal attempt. On inquiring the reason for this bold attempt, I found that she deliberately harmed herself to warn her husband for his unfair behavior and callous activities. I was astonished that does life means only a commodity to some people?

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

My biggest inspiration is my father who raised me and my sibling to be a successful doctor. Even though he faced a lot of adversities in his life, he continued to be optimistic and balance life and work efficiently. I never saw him complaining about fate and any incoming situation. I seriously desire to be as patient, calm, and tolerant as him.

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

Amid all the chaos, this pandemic has taught me that we are all humans in the end and are fragile. We need to understand, that above all the discriminations based on custom, religion, and power, humanity is the biggest cause that unites us all and we as doctors should learn this at the earliest to set an inspiration for coming generations.

**What are your future goals?**

I want to pursue a fellowship in Rheumatology and become a renowned researcher.

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**Poem section**

Longley has 30 years of experience in municipal government and urban planning. The poem 'Serenity' teaches us to stay

calm, accept the things we cannot change, have courage to modify the things we can, and the understanding to be aware of the difference.

**Serenity – By Robert Longley**

Peaceful in the moment  
Tranquil in your soul  
To reach a state of balance  
Seems to be the goal  
A point where cares are absent  
Or maybe put on hold  
Often redefining  
The many rules were told

There is no need to journey  
No need to get away  
Just carve out a moment  
And enjoy it every day  
The moment will embrace you  
Take time to give it care  
Finding the serenity  
Of just being there

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

[Omicron emerges](#)

[OMICRON \(B.1.1.529\): A new SARS-CoV-2 variant of concern mounting worldwide fear](#)

[Omicron variant genome evolution and phylogenetics](#)

[Omicron SARS-CoV-2 variant: What we know and what we don't](#)

[Science Brief: Omicron \(B.1.1.529\) Variant](#)

[Omicron: A Speculation on Its Potential Superpowers](#)

[Mind the “worry fatigue” amid Omicron scares](#)

[Where did ‘weird’ Omicron come from?](#)

## ***Publications***

**Acquired autoimmune Bartter syndrome in a patient with primary hypothyroidism.**

**Nasir N**, Mohanty D, Pande AK, Khanna D, Vishvakarma K, Gupta L.

In **Rheumatol Int.** 2021 Nov 20.

**Endobronchial carcinoid presenting as Focal bronchiectasis in a young woman with systemic lupus erythematosus.**

**Nasir N, Akhlaq S, Shehzad T**, Fatimi S.

In **Clin Case Rep.** 2021 Oct 28;9(10):e04840.

**The environmental impact of inhaled therapy: making informed treatment choices**

Ashley Woodcock, Kai M. Beeh, Hironori Sagara, Simon Aumônier, Emmanuel Addo-Yobo, **Javaid Khan**, Jørgen Vestbo, Helen Tope

In **European Respiratory Journal** 2021

**Lessons learned in stroke care during COVID-19 pandemic and preparing for future pandemics in the MENA+ region: A consensus statement from the MENA+-SINO.**

I Hashmi A, von Bandemer S, Shuaib A, Mansour OY, **Wassy M**, Ozdemir AO, Farhoudi M, Al Jehani H, Khan A, John S, Saqqur M; On the behalf of MENA-SINO Organization.

In **J Neurol Sci.** 2021 Nov 27;432:120060

**Digging deeper on the neurophysiological assessment in COVID-19 patients**

**Sajid Hameed, Sara Khan**

In **Clinical Neurophysiology**; Available online 7 December 2021

**Practical needs and considerations for refugees and other forcibly displaced persons with neurological disorders: Recommendations using a modified Delphi approach**

Shawheen Rezaei, Foksouna Sakadi, Fu-Liong Hiew, Ildefonso Rodriguez-Leyva, Jera Kruja, **Mohammad Wasay**, Osheik AbuAsha Seidi, Saad Abdel-Aziz, Shahriar Nafissi, Farrah Mateen, Global Working Group for Refugees with Neurological

Needs

In **Gates Open Res** 2021, 5:178

**Stroke at Moderate and High Altitude.**

Syed MJ, Khatri IA, Alamgir W, **Wasay M.**

In **High Alt Med Biol.** 2021 Oct 11

**Pesticides Use and Impaired Lung Function Among Male Agricultural Farmers in Rural Sindh, Pakistan.**

Wadani ZH, Azam I, **Irfan M**, Fatmi Z.

In **Asia Pac J Public Health.** 2021 Dec 15:10105395211065647

**Allergic bronchopulmonary aspergillosis misdiagnosed as smear negative pulmonary tuberculosis; a retrospective study from Pakistan**

**Nousheen Iqbal**, Muhammad Dawood Amir Sheikh, Kauser Jabeen, **Safia Awan**, **Muhammad Irfan**

In **Ann Med Surg** (Lond). 2021 Nov

**Intensive care bundle with blood pressure reduction in acute cerebral hemorrhage trial (INTERACT3): study protocol for a pragmatic stepped-wedge cluster-randomized controlled trial.**

Song L, Hu X, Ma L, Chen X, Ouyang M, Billot L, Li Q, Muñoz-Venturelli P, Abanto C, Pontes-Neto OM, Antonio A, **Wasay M**, Silva A, Thang NH, Pandian JD, Wahab KW, You C, Anderson CS; INTERACT3 investigators.

In **Trials.** 2021 Dec 20;22(1):943

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## ***Upcoming Events***

virtual

# pulse 2022

Conquering heart failure

## Conference highlights

- Online sessions
- Hands-on workshops
- Opportunities for networking and collaboration
- Lively debates about controversies in clinical care
- Research discussions

## save the date!

January 13-16, 2022

For queries

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