



THE AGA KHAN UNIVERSITY

eCommons@AKU

---

INSPIRE

Publications (Newsletters & Reports)

---

Spring 4-4-2021

## INSPIRE : Vol 5, Issue 4

Department of Medicine  
*Aga Khan University*

Follow this and additional works at: <https://ecommons.aku.edu/inspire>



Part of the [Medicine and Health Sciences Commons](#)

---

### Recommended Citation

Department of Medicine, "INSPIRE : Vol 5, Issue 4" (2021). *INSPIRE*. Book 58.  
<https://ecommons.aku.edu/inspire/58>



آغا خان یونیورسٹی  
THE AGA KHAN UNIVERSITY

*inspire*

Innovation, Service & Patient -  
Centered Research & Education

*Department of Medicine*

*Volume 3 | Issue 4*

### ***Message From the Chair***

Dear Colleagues,

As I write this message, the COVID-19 pandemic continues to sweep the world. Pakistan sits at 2450 cases and has reported 35 deaths (<http://covid.gov.pk/stats/pakistan>). Early last month, we made decisions to ensure physical distancing in the department of medicine. We quickly moved learning content and meetings to online platforms (I hear Zoom stocks have gone up) including Medicine Grand Rounds (and attendance there has risen exponentially :). As COVID-19 cases started rolling into AKU, our Medicine faculty stepped up in all kinds of ways to handle the crisis – Front and center have been the sections of Infectious Disease and Internal Medicine and our Medicine service line. Dr. Faisal Mehmood has been advising the government at both provincial and national levels; Dr Bushra Jamil has been leading from the front as the President of the Medical Microbiology and Infectious Disease Society of Pakistan; Dr Nosheen Nasir is spearheading efforts to start trials on COVID-19 prevention (please watch that front and help with enrollment), Dr Kiren Habib and Dr Iffat Khanum have been managing the clinical services and fielding questions/allaying anxiety 24/7. Dr Ali Zubairi and Dr Muhammad Irfan have led COVID-19 guidelines development from the Pakistan Chest Society. The medicine teams under the leadership of Dr Aysha Almas and Dr Mehmood Riaz have been managing workflow and ensuring operations run smoothly, all the while working hard to protect faculty and housestaff from exposures. As I attend the Hospital incident command center meetings every morning and every evening, it is heartening to note that our institution is walking the talk – placing patients and health care professionals protection front and center in all that we do and displaying great agility in decisions and action.

I want to give a shout out to our outstanding housestaff, nurses, technicians, and faculty on the frontlines who are doing exemplary work - we are very grateful for all that you do. I hope everyone is practicing physical distancing – every bit counts towards alleviating stress from our health care system.

Finally, I do hope when we are done stamping this fire that there is national discourse and action on a re-imagined health care system, one that is well financed, cohesive and cooperative in its approach to both its resources and needs.

Stay safe,  
Zainab

Department of Medicine  
Virtual Grand Round

Pulmonary Clinical Grand Round

FACULTY LECTURE

LEARNING OBJECTIVES

- > To learn the importance of good history in clinical diagnosis.
- > To understand how to interpret physical signs in line with clinical history.
- > To interpret interesting X rays and CT scans.
- > To understand the fascinating field of pulmonology.

SPEAKER



**Dr. Javaid Ahmed Khan**  
Professor, Pulmonology  
Department of Medicine  
Aga Khan University

Monday, March 16, 2020  
8:15 am to 9:15 am  
**Virtual Grand Round**  
<https://video.aku.com/channel/vrPDUe2zshk4>



The Aga Khan University Department of Continuing Professional Education is accredited by the Pakistan Medical & Dental Council (PMDC) and the American Association of Colleges of Nursing (AACN) to provide continuing medical education. The AACN's approval has been obtained solely for a maximum of 2.00 CME/ACM/CE credits. The faculty and staff involved in this activity certify that this activity has earned the stated educational credit. The faculty and staff involved in this activity certify that this activity has earned the stated educational credit.



## COVID-19: Crisis Inspiring Virtual Innovations

Challenges and ingenuity can yield innovative results which is a proven fact. The current crisis is no exception. This unfolding crisis has already hampered both the community and health care professionals. However, healthcare workers as a group of highly skilled professionals are capable of finding interesting ways to overcome obstacles, often bouncing back even stronger when faced with seemingly insurmountable challenges. The DOM used new innovations including virtual grand rounds, virtual faculty meetings, tele-health clinics and online academic sessions to help to maintain the safety of their teams while keeping them engaged in academic and clinical activities.



## Nephrology and Urology Simulation-based Workshops

The kidney and bladder (nephrology and urology) service line has been offering simulation-based workshops on a quarterly basis over the past three years. The workshops include topics such as care of hemodialysis patients and hands-on training for interventional nephrology. It was a great opportunity for collaborative learning engaging both nurses and residents. The nurse specialists worked closely with the CIME team to bring innovation in teaching and learning. One of the examples is converting IV hand into mid fidelity fistula arm for customized fistula pricks. All the participants which included residents and

nurses were supervised by the dialysis master trainer nurses and got an opportunity for skills sign off on the mid fidelity Fistula arm. The CIME team acknowledged the efforts of the nursing team by entitling them as Champions in CIME. This was a great activity for competency building aimed at better patient care outcomes. Another milestone achieved in the service line was simulation-based workshop on care of renal transplant patients which now carries CME credit hours. This was conducted in the month of March to mark The World Kidney Day. The nursing team in collaboration with renal transplant team led this activity to acquire CME credit hours for this workshop. It was planned and executed by multidisciplinary team including transplant nephrologist, transplant surgeon, pharmacist and dietitian to make this a comprehensive learning experience. Nursing staffs and residents who participated were enriched with hands-on skills in managing transplant patients on high fidelity Simmon-3 G.

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



Dr. Javaid Ahmed Khan was invited by the renowned Radio Station FM 100 team in a live program on 28th March 2020 to contribute his knowledge and experience on the Covid-19 pandemic. The program created much needed awareness across the nation.



Department's Annual Research Day Pre-event workshops were organized from 17<sup>th</sup> February to 19<sup>th</sup> March 2020. The workshops included four weeks of short courses on grant writing, nuts and bolts of responsible research, data revolution and manuscript challenge. The workshops were extremely well attended. Kudos to Dr Ayesha Kamal and the rest of the Department of Medicine Research Committee team in delivering a fantastic research-capacity building program. Stay tuned for the Annual Research Day later in the year.



### ***Congrats!***

Dr Zahrah Khan has been appointed as Manager, Department of Medicine



In March 2020, Section of Endocrinology in collaboration with CIME conducted the first in a series of sessions, to train endocrine fellows on the subjects of thyroid ultrasound technique, method and thyroid nodule imaging and FNA. The first session was led by Dr. Sarah Nadeem.



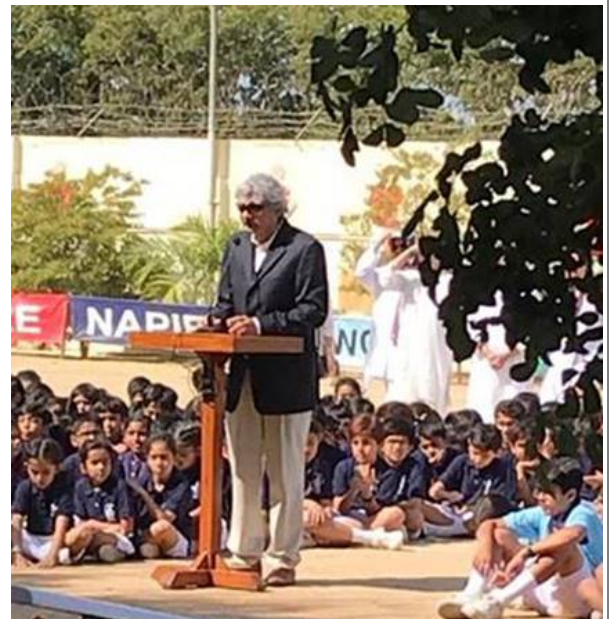
CME Seminar on Cutaneous Allergies and Clinical Immunology was organized by Dr. Najam-us-Saheer on behalf of the 'Section of Dermatology' in collaboration with 'Pakistan Association of Dermatology'. Dr. Shahid Abbas, 'President of Pakistan Allergy, Asthma & Immunology Society' and his team from Islamabad, shared their expertise on cutaneous patch and prick tests and gave a practical demonstration of the procedures, along with various speakers from Karachi. Professor Dr. Zainab Samad and Brigadier Dr. Ajmal Rashid presided the session. The Section of Dermatology is determined to start these services at the Aga Khan University Hospital. It was well attended and appreciated by dermatologists, residents, immunologists and family physicians.



### **Congrats!**

Ms Salma Tajuddin has been promoted to Senior Instructor Research, Department of Medicine

Dr Lubna Kamani was invited as a panelist in a session titled **World Wonder Women in Gastroenterology** held in March at ENDO 2020, Brazil. This session was part of WIGNAP (Women In Gastroenterology Network Asia Pacific) created in 2014 and Dr Kamani is representative from Pakistan in this group.



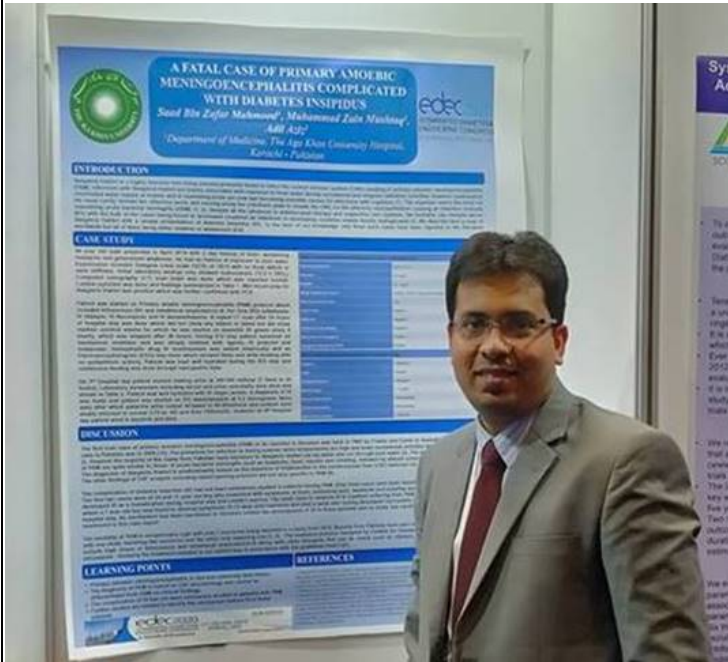
Dr. Saad Shafqat was invited as a chief guest to Karachi Grammar School's annual sports day for the junior section. The event was held on Wednesday Feb 26, 2020.



### ***Congrats!***

Dr Saadia Sattar has been promoted to Senior Instructor Research, Department of Medicine

Dr Sadia Masood was invited as a speaker for the conference on Reframe Rare in Pakistan: Breaking Silos and Bringing Synergies. It was organized by the Department of Pathology & Laboratory Medicine in collaboration with Division of Women & Child Health at the Aga Khan University, Karachi from 4<sup>th</sup> to 7<sup>th</sup> March 2020.



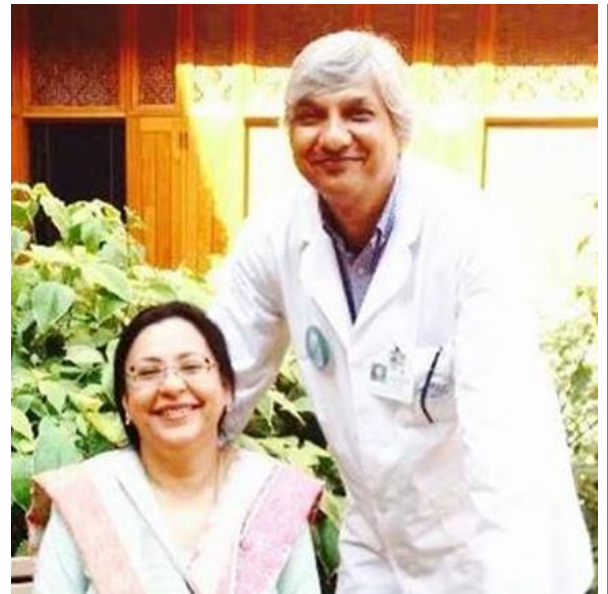
Dr Saad Bin Zafar attended the 10th Emirates Diabetes and Endocrine Congress 2020 (EDEC 2020) held from 27th to 29th February. He contributed comprehensive poster presentations on the following topics: 1) A fatal case of primary ameobic meningoencephalitis complicated with diabetes insipidus. 2) A rare case of ectopic parathyroid carcinoma presenting as recurrent fractures.



**Congrats!**

Ms Barbara D'Cruz has been appointed as Senior Secretary, Department of Medicine





### **Featured Faculty: Dr Saad Shafqat**

***“Take exemplary care of your patients. If you do that with honesty and ability, all good things will follow”***

#### **What made you pick Medicine as your calling in life?**

I was born into a medical family and was initially inspired by my father (a cardiology professor who has spent his career at Karachi’s JPMC). I remember one consequential event clearly. I was perhaps 13 or 14 years old. It had rained heavily in Karachi, leaving the city paralyzed. My father’s clinic staff had failed to show up, so he made me a stand-in receptionist and gave me a quick tutorial in how to perform an ECG. We received just a handful of patients that evening but I was thrilled! I started dreaming of becoming a clinician myself. It soon became clear to me that medicine combines intellectual fulfilment, service to society, and professional rewards in a way that no other vocation can really match.

#### **What are your hobbies/interests?**

I love reading and writing - both fiction and nonfiction. I’ve published a novel (*Breath of Death*) and another (*Rivals*) is on the way. And cricket is something I can never tire of; I used to play for AKU during college, and to this day follow the game closely. I’ve also co-written a cricket book (*Javed Miandad’s autobiography, Cutting Edge*) and have been a cricket columnist for DAWN and the popular website ESPNcricinfo. I adore crosswords too. The New York Times crossword is a daily addiction.

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

My alter ego is very much that of a journalist. I have this insatiable natural curiosity. I want to figure things out, identify patterns, discern connections and causes. These traits, along with an inclination towards writing and scholarship, would’ve naturally pulled me into journalism, I’m pretty certain.

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

Above all else, take exemplary care of your patients. If you do that with honesty and ability, all good things will follow.

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

I have been fortunate to graduate in AKU’s inaugural medical college batch, the Class of 1988. This enabled close and personalized interaction with a number of remarkable teachers and role models. These giants of the medical profession taught us bedrock values of sincerity, discipline, compassion, competence, and the need to keep pushing one’s intellectual boundaries.

#### **What made you choose AKU?**

In the early 1980s, medical education was only available in the public sector in Pakistan. It was a turbulent era under martial law; medical college campuses had become highly politicized and kept irregular schedules. In these circumstances when AKU offered a fresh credible option, everyone flocked to it and so did I. The Stadium Road campus had begun to take shape, and you just had to drive past to appreciate that it was exceptional. It symbolized tremendous hope, rigor, and excellence - and it has more than lived up to that promise.

**What in your opinion is your biggest accomplishment ?**

- Personal - getting my AKU classmate Dr. Anita Zaidi (former chair of AKU pediatrics and now a director at the Bill & Melinda Gates Foundation) to accept me as her life partner.
- Professional - Making it to professor at AKU! Our institution's standards are very exacting. It's a hard-won honor.

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

In 2005, I applied for section head of neurology but lost the position to a worthy competitor. It seems a trifling matter now, but at the time that was a bitter pill to swallow. My wife and a handful of close friends saw me through that trying episode. It taught me the value of friendship and the importance of continuing to communicate with others no matter how dark your mood.

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

Without question, from wife dearest Anita Zaidi. Why? Because she always know what to do and when exactly to do it.

**What are your future goals?**

I would like to keep doing my part in attracting top medical talent to faculty and leadership ranks at AKU. I would also like to write another couple of novels - one involving cricket in some way, and one about the unpredictable ups and downs, the uniquely twisted pathos, of life in Karachi. And I would like to continue my professional practice as a clinical neurologist for as long as Allah permits.

---

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

[Global Research on Coronavirus Disease \(COVID-19\)](#)

[COVID-19 Resource Centre](#)

[New Studies Investigate How COVID-19 May Impact Breast Milk and Pregnancy](#)

---

***Use of Personal Protective Equipment***

# Recommendations for clinical areas

Areas where COVID-19 suspected  
and positive patients admitted:

**For general care of patients who are NOT undergoing aerosol generating procedures, such as nasopharyngeal sample collection, oropharyngeal suctioning or assisted ventilation:**



**For aerosol generating procedures such as nasopharyngeal sample collection, oropharyngeal suctioning or assisted ventilation:**



# Recommendations for clinical areas

At the entry to all inpatient care areas  
in all the wards:



Gloves



Full sleeved impervious Gowns



Surgical Mask

- Gloves must be changed between patients.
- Gowns need to be changed if they are soiled or wet.
- All PPEs should be changed as per TBP policy for all infected patients for e.g. MDRO (CRE, VRE, MRSA etc.).
- PPE should be removed when leaving the patient care areas, e.g. when going to the lounge or leaving the unit.

## **Publications**

Impact of Enteral Feeding on Vasoactive Support in Septic Shock: A Retrospective Observational Study.

Matthew Ewy, **Masooma Aqeel**, Michelle Kozeniecki, Kadam Patel, Anjishnu Banerjee, Daren K. Heyland, and Jayshil J. Patel  
In Nutrition in Clinical Practice. March 5, 2020

Leaving no one behind: Towards equitable global elimination of hepatitis C

Elin Hoffmann Dahl, Hassaan Zahid, Khawar Aslam, **Wasim Jafri**

In Journal of Global Health. 2020

ATS Quick Hits: "Hiding in Plain Sight"

**Masooma Aqeel**, Jayshil J. Patel

American Thoracic Society: Assembly on Clinical Problems/ Professionals/ Clinical Resources/ATS Quick Hits. March 26, 2020

Peripherally inserted central catheters (PICC) use in patients with chronic kidney disease (CKD)

**Sonia Yaqub**, Muhammad Raheel Abdul Razzaque

In Journal of Pakistan Medical Association. 2020

**We welcome submissions to Inspire. Write to [salima.karani@aku.edu](mailto:salima.karani@aku.edu) or [barbara.drcuz@aku.edu](mailto:barbara.drcuz@aku.edu)**

Karachi 74800, Pakistan  
Tel: +92 21 3493 0051  
Stadium Road  
P. O. Box 3500

Find us on: