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inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 5 | Issue 4

Dear Colleagues,

What a month! Between marches in March and a flurry of important policy impacting seminars, the academics have been busy generating evidence but also making the extra effort of making sure the findings are disseminated locally and connected to work going at the provincial and federal government level.

Below you will find work on Cervical Cancer that the Department of Medicine undertook in collaboration with the Departments of Obstetrics & Gynecology, Community Health Sciences, Pathology & Laboratory Medicine and the Centre for Women and Child Health. This is the kind of cross departmental effort that should become normal and ordinary and where AKU can really lead in helping policy makers create and implement solutions at scale.

Zainab

Medicine at National and International Forums

'Burden of Cervical Cancer'-Preventable & Treatable- ways forward



A seminar on 'Cervical cancer' was organized by CITRIC Health Data Science center & Center for Women and Child Health on March 9th 2022 in Islamabad. The seminar was initiated with a project overview by Dr Zainab Samad- Director CITRIC and Chair Department of Medicine. A Welcome Note was then given by Dr Farhat Abbas, Professor and Associate Vice Provost AKUH. The Chief Guest Dr Faisal Sultan, Special Advisor to the Prime Minister on Health who shared his insights as CEO of Shaukat Khanum Cancer Centre. Several representatives from the healthcare systems in Pakistan: Dr Anissa Sidibe - Gavi, Dr Fauzia Assad Country Director – JHPiego, Dr Adnan Khan - NHRC were also present to discuss the methods to address cervical cancer elimination at a national level. Speakers included Dr Peter Dull, Dr Mark Jit and Dr Keisha Prem, Dr Rumi Chunara, Dr Uzma Chishti, and Dr Novera Chughtai and covered topics ranging from burden to vaccination effectiveness and cost effectiveness. Key messages included "We need better data sharing and contribution from both

public and private sectors, and more consistent surveillance over time to arrive at estimates of burden that can be then tracked over time for improvement". Cheers to the entire organizing team!

13th Biennial conference of Pakistan Society of Nephrology



The 13th Biennial conference of Pakistan Society of Nephrology was held at Serena Hotel, Quetta from 18th-20th March 2022. The section of Nephrology actively participated in the conference. There were seven posters and two oral free paper presentations from AKUH. Nephrology residents Dr Laraib Asad and Dr Yashooda received travel awards to attend the conference. First prize for best poster presentation and second prize for best oral presentation were awarded to nephrology section, AKUH.



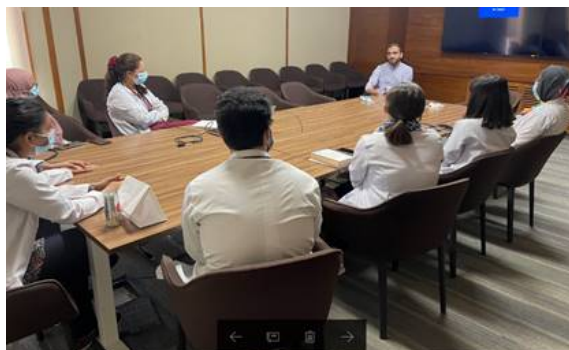
Congratulations!
Dr Abdul Baqi
 on being promoted to the post of
Assistant Professor
 in the section of
Cardiology



Dr. Saadia Tabassum was invited as a faculty speaker in the Allergy Management Certification Program (for general practitioners) which was held on Saturday 19th March 2022 at Movenpick Karachi.

McMaster Faculty visits AKUH Nephrology

By Dr Furrukh Omair Syed



AKUH resident hosted a meet-and-greet for Dr Ali Iqbal, MD, FRCPS one of the youngest Transplanter in Halton region and Assistant Professor at McMaster University Hospital, Hamilton, Canada. Dr Iqbal graduated and completed his residency /fellowship in Nephrology and Transplant from McMaster University Hamilton. He is currently supervising Transplant Ethical committee and committee for fellowship milestone for AFC-Royal College Canada.

Day-1, Meet-greet: He shared his clinical experience with resident during clinical case presentation and appreciated residents' competency in rounds and academic activities.

Day-2 He reviewed format of residency program at AKUH and discussed strategies for resident driven residency program and application of Longitudinal clinics in fee for service structure to improve the out-patients' experience during fellowship. He wishes to initiate a collaboration with McMaster faculty for improvement of Nephrology academic services in Pakistan.



On the occasion of International Women's Day celebrations, Dr Zainab Samad was invited as a Key note speaker at a seminar to discuss the social and mental health impact on female professionals in COVID19. Several female leaders also shared their leadership journeys. The Event was arranged by New World Concepts and the German Consulate.



Dr Saad Shafqat was an invited panelist at Lahore Literature Festival (March 20th) along with Dr Faisal Sultan (Advisor to Prime Minister on Health) and Dr Roopa Farouki (novelist and NHS doctor, far right), moderated by the internationally renowned journalist Saima Mohsin. Topic was 'Doctors and doctors' lives during the pandemic'. It was the 10th annual literature festival. Lahore is designated a UNESCO City of Literature – as the cultural capital of Pakistan. This astounding event acclaimed international and national authors and artists in thought provoking panel discussions. This 3 days event was free and open to public and well attended.



Organised by: Section of Nephrology,
Department of Medicine
in collaboration with Department of
Continuing Professional Education

Registration & Information: Ashraf Fidai
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CME Webinar

Kidney health for all: Bridging the knowledge gaps to better kidney care

The Section of Nephrology organized a CME webinar on Thursday March 10, 2022 in connection with World Kidney Day celebrations. With the ever-growing morbidity and mortality associated with chronic kidney disease, 2022 has been declared to be the year of "Kidney Health for All" by the world kidney day steering committee. They emphasized on the need to work on bridging the gaps in order to provide improvement in the area of kidney care. The webinar focused specifically on a practical approaches to screening, diagnosis and management of chronic kidney disease from a primary care physician's standpoint. Dr Sonia Yaqub, Dr Farah Gul Khan and Dr Syed Furrukh Umair were among the speakers. The event was well attended and appreciated by the participants.

PULSE 2022 video

Department of Medicine - Cardiology section is pleased to announce that Highlights of PULSE 2022 video has been uploaded on Youtube. Kindly watch, like and share the video. Link is provided below. Thanks!

<https://www.youtube.com/watch?v=vas6FJO6Dxk>



آغا خان یونیورسٹی ہسپتال
The Aga Khan University Hospital

LIVE ON AIR

Tune In
HOT FM 105
'Jan Hay Tu Jahan'

Discussion on
Obesity Prevention and Control


 The Aga Khan University Hospital



**WOMEN!
Your Health Matters.**

Our multidisciplinary team will answer your concerns about healthy living, mental health, heart health, diabetes and obstetrics and gynaecological issues.

Tuesday, 8 March 2022
 4:00 PM – 5:00 PM
 Official AKUH Facebook Page

Moderator:

Dr Asma Ahmed
 Consultant,
 Endocrinologist

Panelists:


Dr Lumaan Sheikh
 Consultant,
 Obstetrician


Dr Nargis Asad
 Consultant,
 Clinical Psychologist


Dr Sabeen Shah
 Consultant,
 Family Medicine


Dr Farhala Baloch
 Consultant,
 Cardiologist

Thursday, 3 March 2022
 10:00 AM to 11:00 AM


Dr. Asma Ahmed
 Consultant, Endocrinologist
 The Aga Khan University Hospital

RADIO



A Facebook Live program on “Women Your health matters” was organized and Dr Asma Ahmed was invited to be the Moderator. It was based on a multi-disciplinary team touching various significant health concerns. Dr Farhala Baloch was among the invited panelists. The live program was well attended by followers.

Dr Asma Ahmed from Endocrinology section was invited as a guest speaker on Live Radio FM 105 on the program ‘Jan hai tu Jahan’. Dr Ahmed shared her expertise with the listeners. Diabetes and various other related complications are much controllable with proper diet and exercises recommended by your consultant.



Healthcare Heroes!

- Dr. Syed Ahsan
- Dr. Mehmood Riaz
- Dr. Ainan Arshad

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



Healthcare Heroes!

- ❖ Dr. Rodaba Iqbal
- ❖ Dr. Aisha Fareed
- ❖ Dr. Taqveem Ilyas

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

In-depth: featuring Associate Professor & Section Head Infectious Diseases – Dr Faisal Mahmood

By Maha Inam & Zahra Rahmatullah



Covid-19 rampaged through Pakistan in 2020 and since then has caused over 30,000 deaths—a number that is still increasing. One of the leaders in Pakistan’s fight against Covid-19 has undoubtedly been Dr. Faisal Mahmood. He graduated from the Aga Khan University Hospital (AKUH) in 1997, after which he went to the USA for further training. He completed both his Internal Medicine internship and residency from the University of Illinois in 2000 and 2002, respectively. He further pursued Infectious Disease Fellowship from the University of Rochester in 2004. He came back to Pakistan and worked at the Sindh Institute of Urology and Transplantation (SIUT) from 2005-2007, after which he joined AKUH. Currently, Dr. Mahmood is an Associate Professor and Section Head of Infectious Diseases in the Department of Medicine and Program Director of the Adult Infectious Diseases Fellowship Program.

He is a member of the Federal Health Experts Committee for Covid-19, Sindh Testing Enhancement Committee, Sindh Coronavirus Task Force, and the Federal Covid-19 Core Committee. Not limited to Covid-19, he is also a member of the WHO PrEP simplification Guidelines group, Technical Working Group for development of antimicrobial Guidelines for Pakistan, Task force to oversee national GFTAM funding and the Sindh Infection Prevention and Control Task force among many other esteemed committees. Within AKU, he is the Chair of the Infection Control Committee, a member of COVID Command, Hospital Incident Command for Covid-19, JCIA MFT committee, Occupational Health committee, Antibiotic Subcommittee, and the Critical care committee. Furthermore, he has collected various awards within AKU such as Best Clinician in the section of Internal Medicine and Outstanding Teacher numerous times.

Nothing holds a candle to a patient coming back to him years later and telling him that they’re grateful, he treated them...

Even with his extensive list of achievements, while Dr. Mahmood is grateful and proud of them, he doesn’t consider them to be pivotal in his

Initially, Dr. Mahmood had no intention of heading into Infectious Disease, he was much inclined towards radiology instead, but he couldn't stand pharmacology or microbiology in medical school. However, during his residency, "it just clicked". Dr. Mahmood realized that Infectious Disease was a career path perfectly suited for him. The methodological thinking and organizational skills required due to all organ systems being involved drew him in. He especially appreciated the vast "variety" of cases presented to him ensuring that there is "never a dull moment" which prevents him from getting bored, something he admittedly struggles with. There is always new information and so much more to learn which has become a driving force for him.

...it is incredibly gratifying to view patients walking into his clinic thinking they have a death sentence and leaving with a new hope...

Dr. Mahmood has an impressive range of publications, clinical trials, and has received numerous national and international grants throughout his career. While Dr. Mahmood is widely known all round Pakistan as "Corona wala Doctor" for his monumental work during the pandemic which includes treating the first Covid-19 patient in Pakistan, he has various other research interests he holds close to his heart. Of these, HIV is the "closest". Early on in his career, Dr. Mahmood recognized the mismatch in the Pakistani population's understanding of HIV- it was an underground disease that was taboo to discuss. It was to the extent that a large percentage of the population assumed it wasn't prevalent in the country. Dr. Mahmood has worked tirelessly to spread awareness that HIV now has a simplified treatment that allows a patient to live a completely normal life. He finds that in this field, HIV is one of the only diseases where he has the chance to develop a long-term relationship with a patient and believes it is incredibly gratifying to view patients walking into his clinic thinking they have a death sentence and leaving with a new hope. Other research interests of his include the epidemiology and treatment of antimicrobial resistance along with infection prevention and control, something he believes links all fields of medicine. In 2021, Dr. Mahmood was awarded the **Tamgha-i-Imtiaz** for public service, the third highest honor and civilian award in Pakistan.

life. "Grants, clinical trials- they come and go," says Dr. Mahmood. The small things are more significant to him. Nothing holds a candle to a patient coming back to him years later and telling him that they're grateful, he treated them. Being married to someone who understands him and having a family that supports him is also incredibly important to Dr. Mahmood. However, Dr. Mahmood is convinced that the most important thing he has done in his career has been being involved in the training of several Infectious Disease physicians. This is because coming back to Pakistan, finding a mentor was something he struggled with immensely. In the early 2000's, people didn't understand the importance of Infectious Disease specialists, whereas now, it is normalized and there is a demand for them- something he credits the pioneers of Infectious Disease in Pakistan for.

Other challenges that Dr. Mahmood has faced in his career include drug procurement in Pakistan. While there are constant developing treatments, due to patients' financial limitations, it is difficult getting those medicines to the Pakistani population. This added challenge in patient care only makes the field more interesting to him. In addition, Dr. Mahmood has found balancing his research work with his clinical work testing. As someone who values his research, he often finds that the clinical aspect of his job can often be dictated for him as there are so few Infectious Disease clinicians in the country. However, he states that if he had a change to do it all over, he wouldn't change a thing.

Dr. Mahmood looks forward to continuing to mentor Infectious Disease physicians as he finds that to be the most gratifying, along with exploring his research interests further while balancing his clinical duties. He advises medical students not to shy away from their interests. From his own experiences, he has learnt that paths aren't set in stone and if students have "no idea" what they want to pursue in their career, they shouldn't worry. They should look within and try to find what motivates them as everything is secondary to what excites a person. They shouldn't be scared and should simply enjoy all the experiences in life.



Featured Faculty – Dr Faheem Shaikh – Senior Instructor – Internal Medicine section

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

The practice of medicine is the practice of compassion. Practicing medicine is joyful and a euphoric calling, which a physician adopts as a way of life. My father suffered from Giant Cell Arteritis, I was in medical college during those days, it was quite difficult for us to visit so many doctors for his multiple health issues, at that time my parents sincerely wished that I should be a Physician who could take care of all major/common problems of a patient.

What are your hobbies/interests?

Cricket has been a passion throughout life but now my family is the only interest and I am overjoyed exploring the best of this world; my kids are my favorite hobby.

What made you choose AKU?

Being a part of an esteemed institute of one's profession is everyone's dream. AKU is the John Hopkins and Oxford of Pakistan, it provides the platform to be a best Physician i.e. a clinician, a teacher and a researcher.

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

It would definitely be a businessman.

What advice would you like to give to your juniors?

Be compassionately professional. Maintaining professional norms in every day practice is as important as being compassionate and maintaining dignity.

What lessons have you learned from your seniors?

My mentor, Prof. Fida Hussain Shaikh, taught me the first lesson of practicing Medicine and it was Resilience and Persistence.

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

The only professional accomplishment I seek daily is the billion-dollar smile on my patient's face, it brightens up my day, it gives me adrenaline push to take care of them as much as possible.

Married my love 10 years ago. Alhamdulillah!

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

My research for FCPS took quite long to get accepted for publication. It's not the lack of intelligence, it's the lack of focus that is stopping you.

Any interesting/memorable encounter

In the final year of my MBBS I was stuck in the dilemma of being a Physician Vs Radiologist, one day I met my most inspirational school teacher, when I told him that I will be a Doctor soon, he said "I see a great Physician in you but never lose your compassion". His words at that time gave me the much-needed self-belief.

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

My mother, she is an amazing woman. Despite of so many hardships, she raised me like a prince. She taught me how to remain patient, calm, and tolerant in this roller coaster ride. Her exemplary love for the family, her humble and benevolent nature taught me the love potion of the word 'care' in the phrase "health care delivery system".

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

COVID taught us a lot, it turned the world upside down, but it reminds me of a wonderful saying, "We cannot guarantee cure, but we can guarantee care" – Patch Adams

What are your future goals?

To be a successful Physician: A Clinician – the Ambassador of compassionate care, an exemplary Teacher and a keen Researcher.

Poem section

Khāwje Shams-od-Dīn Moḥammad Ḥāfez-e Shīrāzī (1325 – 1390) known by his pen name Hafez ("Hafiz"), was a Persian poet. This poem explains that earthly happiness can bring joy only on temporary basis and therefore one should seek peace of mind that is worth of all the treasures. [Poem has a background story related to Hafez and King of Deccan Mahmud Shah for complete details click [here](#)].

Not All the Sum of Earthly Happiness

Is worth the bowed head of a moment's pain,
And if I sell for wine my dervish dress,
Worth more than what I sell is what I gain!
Land where my Lady dwells, thou boldest me
Enchained ; else Fars were but a barren soil.
Not worth the journey over land and sea.
Not worth the toil!

Down in the quarter where they sell red wine.
My holy carpet scarce would fetch a cup —

Full easy seemed the sorrow of the sea
Lightened by hope of gain — hope flew too fast!
A hundred pearls were poor indemnity.
Not worth the blast.

The Sultan's crown, with priceless jewels set,
Encircles fear of death and constant dread;
It is a head-dress much desired — and yet
Art sure 'tis worth the danger to the head?
'Twere best for thee to hide thy face from those
That long for thee ; the Conqueror's reward

How brave a pledge of piety is mine,
Which is not worth a goblet foaming up
Mine enemy heaped scorn on me and said:
"Forth from the tavern gate!" Why am I thrust
From off the threshold? is my fallen head
Not worth the dust?

Wash white that travel-stained sad robe of thine
Where word and deed alike one colour bear,
The grape's fair purple garment shall outshine
Thy many-coloured rags and tattered gear.

Is never worth the army's long-drawn woes,
Worth fire and sword.

Ah, seek the treasure of a mind at rest
And store it in the treasury of Ease;
Not worth a loyal heart, a tranquil breast.
Were all the riches of thy lands and seas
Ah, scorn, like Hafiz, the delights of earth,
Ask not one grain of favour from the base.
Two hundred sacks of jewels were not worth
Thy soul's disgrace!

What are Academics Around the World Reading This Month?

[Global trends health science libraries: Part 1](#)

[Global trends health science libraries: Part 2](#)

[Quality and Safety in the Literature: March 2022](#)

[Annals for Hospitalists - March 2022](#)

[Narrative review of prostate cancer grading systems: will the Gleason scores be replaced by the Grade Groups?](#)

Publications

Cryptococcal meningitis and anti NMDA antibodies in an immunocompetent patient

Ayisha Farooq Khan, Tooba Arshad, Zuha Alvi Mohammad Wasay

In *Neuroimmunology Reports* 2 (2022) 100084

Clinicopathological Characteristics of Drug-Induced Acute Interstitial Nephritis and Role of Steroids in Management: A Single-Center Observational Study.

Ayesha Aziz, Sonia Yaqub, Safia Awan, Amna Khalid, Muhammad Raheel Abdul Razzaque

In *World Journal of Nephrology and Urology*, North America, mar. 2022.

A case of paradoxical reaction after treatment of generalized tuberculous lymphadenopathy in a peritoneal dialysis patient

Farah Gul Khan, Stanley Fan

In *SAGE Open Med Case Rep.* 2022 Mar

Ergonomics of gastrointestinal endoscopies: Musculoskeletal injury among endoscopy physicians, nurses, and technicians

Samana Zainab Shah, Syed Tabish Rehman, Aysha Khan, Muhammad Muneeb Hussain, Mohsin Ali, Sonaila Sarwar, Shahab Abid

In *World J Gastrointest Endosc* 2022; 14(3): 142-152

The diagnostic performance of combined conventional cytology with smears and cell block preparation obtained from endoscopic ultrasound-guided fine needle aspiration for intra-abdominal mass lesions.

Pausawasdi N, Hongsisuwan P, Chalermwai WV, Butt AS, Maipang K, Charatchareonwithaya P.

In *PLoS One.* 2022 Mar 23;17(3):e0263982.

Viral Hepatitis - The Road Traveled and the Journey Remaining.

Malik GF, Zakaria N, Majeed MI, Ismail FW.

In *Hepat Med.* 2022 Mar 9;14:13-26.

A retrospective review of antiphospholipid syndrome from a South Asian country

Muhammad Zain Mushtaq, Syed Ahsan Ali, Zaibunnisa Sattar, Saad Bin Zafar Mahmood, Tazein Amber, Mehmood Riaz

In *Arch Rheumatol* 2022;37(1):31-39.

Upcoming Events

Department of Medicine
Virtual Grand Rounds

LECTURE

Kidney Transplant– Broaden the Horizons Kidney Paired Donation

FACULTY L

Please send your questions before or during the session at sanam.bano@aku.edu

LEARNING OBJECTIVES

- To review background & evolution of renal transplant.
- To explore different strategies of transplantation.
- To learn how KPD works, different strategies & modalities available with review of out comes.
- To understand the ethical dilemma in KPD & practices in different programs.



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SPEAKER



Dr Syed Furrugh Omair
Assistant Professor, Nephrology
Department of Medicine
Aga Khan University

Monday, April 4, 2022
8:15 to 9:15 am
For Virtual
<https://video.ibm.com/channel/WBjmZUcG3UN>



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2nd Internal Medicine Symposium
May 14, 2022 | Hybrid

transforming teaching and healing through quality in internal medicine

Highlights

- Keynote speeches by National & International speakers
- Evolving trends in Medical Education and Clinical Practice
- Students and Resident led debate "What do I enjoy the most about IM"
- Pre-Symposium Workshops (May 12-13, 2022)

Register Now!

For more information
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