



THE AGA KHAN UNIVERSITY

eCommons@AKU

INSPIRE

Publications (Newsletters & Reports)

Winter 12-1-2022

INSPIRE : Vol 5, Issue 12

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 12" (2022). *INSPIRE*. Book 67.
<https://ecommons.aku.edu/inspire/67>



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 5 | Issue 12

Message from the Chair

Dear Colleagues

As the year draws to a close, I want to pay a special tribute to all of you who have dedicated another year to AKU, your patients, your staff and our students. Thank you for all that you do day in and day out. Last night I attended the service award ceremony and it made me reflect on all that AKU means to us – I cherish the collegial interactions; being able to pick up the phone and call when in need; and knowing we have each other's back; knowing that we are together in both the joyful and sorrowful moments; Going the extra length for our patients and our students and each other. It is indeed comforting. For those who have been students and trainees here, this place has been transformative and has unlocked so many opportunities for us. And I am eternally grateful for that.

This December we have some upcoming events that you all should make time to attend. The first event is the AKUPI NCD Research Symposium slated for December 6th. It is featuring talks from national and international speakers and really aims to showcase the NCD research happening in Pakistan. We hope to have this symposium every year and hopefully in different cities of Pakistan. Our collaborator from Duke University and my long-time friend Dr Gerald Bloomfield will be here for the symposium and will be meeting many of you next week.

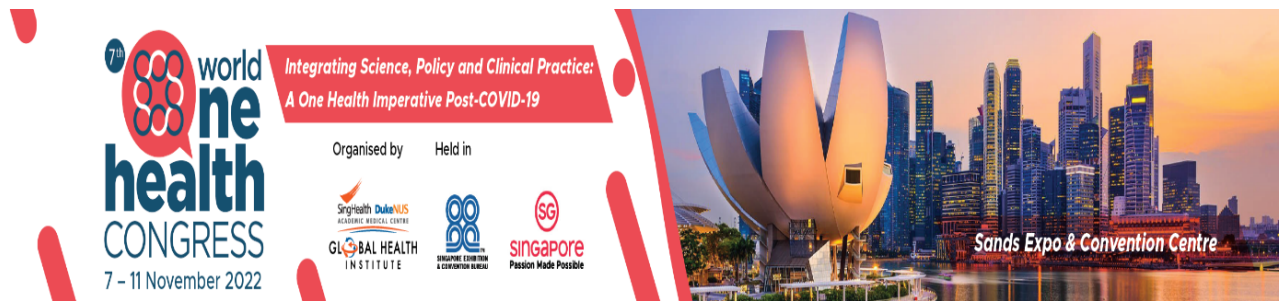
Our appreciation evening is slated for December 9th – Please make time to attend that and say hello to each other outside of work – Drs Faisal Ismail, Sadia Masood and Zahrah Khan have worked hard to put an excellent program together for you.

With much gratitude,

Zainab

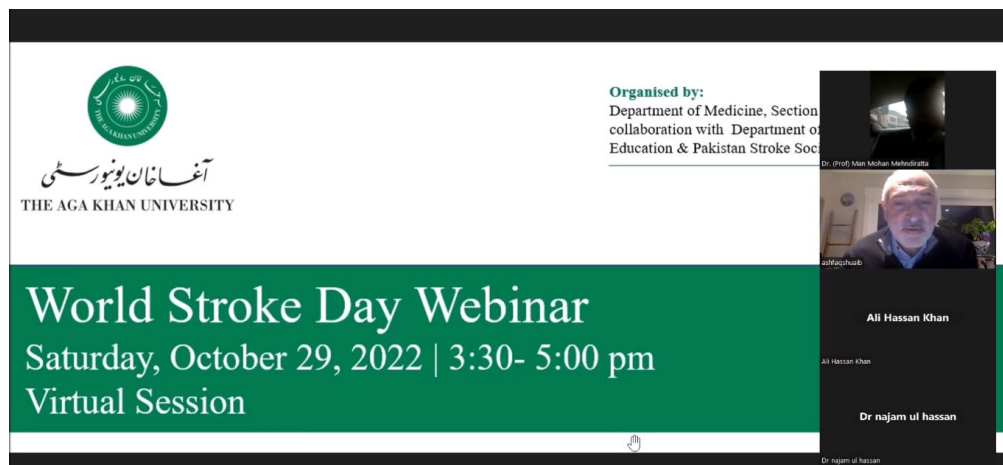
Medicine at National and International Forums

7th WOHC Singapore



The 7th World One Health Congress was held in Singapore from November 7-11, 2022. Leading scientists and policy makers came together to share learnings across diverse disciplines including epidemiology and disease surveillance, animal production and trade, food safety, animal science, human health, environmental science/ecology, and global health security. Dr Zainab Samad Co-Chaired one of the sessions and Dr Ayesha Kamal was also invited to speak in the same session in the Congress to represent Pakistan.

World Stroke Day



World Stroke day was celebrated by the section of Neurology. Renowned Neurologists participated and made this a highly interactive session.



Congratulations!

Dr. Mohammad Wasay

on being elected as a

Fellow
of The World Academy
of Sciences (TWAS)

PZP Hospitalist Grand Round



Princess Zahra Pavilion (PZP) Hospitalist Grand Round is a one-hour hybrid session conducted every Wednesday afternoon under the supervision of PZP Director Dr. Haroon Khan and moderated by Dr. Faheem Shaikh from the Section of Internal Medicine.

The team of PZP comprises Medical Officers with a variety of work experiences and interests. Many of them have done their internships at hospitals other than AKUH, which makes them naïve to adopt such a high standard practice of Evidence-based Medicine, particularly in taking care of complex patients with multi-morbidity. Being an academic institute is one of the pillars of maintaining the esteem of AKUH, so to keep pace with the rest of the hospital educating the PZP workforce is a need of time.

Recently Dr. Naveed Haroon Rashid, Dr. Amber Sabeen, Dr. Sadaf Hanif, Dr. Kiren Habib, Dr. Imran-ul-Haq, Dr. Saad Bin Zafar, Dr. Farhala Baloch & Dr. Rabia Azmat conducted very useful sessions. The wholehearted participation of the Faculty of Medicine is commendable and the team of PZP is very grateful to them for giving their valuable time.

PADCON



Dr Saadia Tabassum was invited to the Annual Congress of Dermatology society as the Scientific Chair on the occasion of 41st PADCON (3-6th November at PC hotel). As per theme 'Innovation in dermatology' Dr Saadia introduced several innovative academic activities like "workshop on Psychodermatology" conducted by Prof Jafferany from USA & "Article writing and publication". AKU alumnus Prof Abrar Qureishi was also invited to deliver talks on two themes. His father has been one of the founders of the Dermatology Society.

Another much appreciated activity was "first ever national quiz for dermatology residents (Kahoot)" which was enthusiastically attended by residents across Pakistan. Dr Saadia introduced the competition of best paper, eposter and Best video awards having 3 prizes in each category. A total of 1200 delegates were registered and attended the event from all over Pakistan and the event was first time livestreamed and it was an astounding success.



Congratulations!

Dr Zain Mushtaq

on being promoted to the post of

Assistant Professor

in the section of

Internal Medicine

International Kidney Transplant Symposium



The first 'International Kidney Transplant Symposium' was organized by Dow University of Health Sciences (DUHS) on the 30th of October at Karachi Marriott Hotel. This event was held to mark the completion of 500 kidney transplants at the Dow Hospital. Dr Sonia Yaqub was invited as an expert panelist and co-chaired a scientific session on medical complications of kidney transplant.



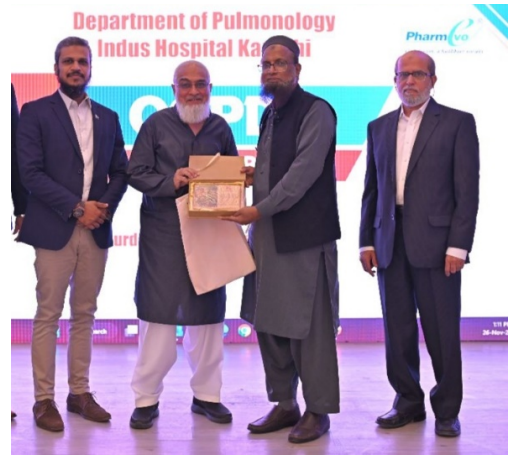
Congratulations!

Muhammad Javeed

on being promoted to the post of

Assistant Head Nurse

UPDATES ON COPD



Dr M Irfan was invited to deliver a Lecture on 'Updates on COPD' in a CME Seminar at Indus Hospital.

آغا خان یونیورسٹی ہسپتال
The Aga Khan University Hospital

YouTube LIVE

Health in Focus

Management of Diabetes and Associated Diseases

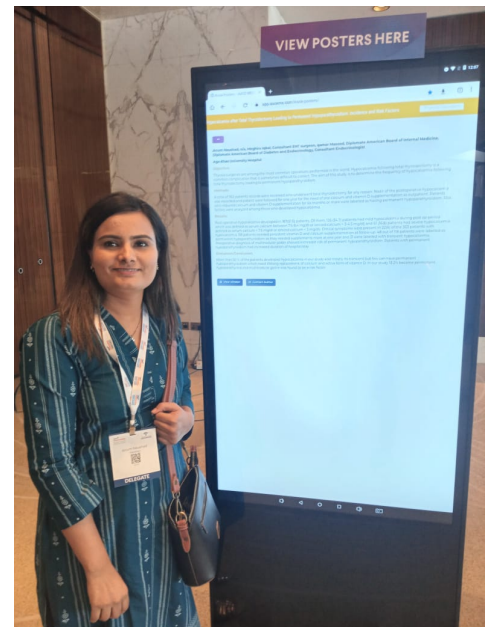
Tune in to hear from our experts on how to manage your diabetes along with its associated diseases to avoid complications.

 Dr Salim Mahar Consultant, Ophthalmologist	 Dr Asma Ahmed Consultant, Endocrinologist	 Dr Haris Farooq Consultant, Nephrologist
 Thursday 10 Nov, 2022	 3:00 PM – 4:00 PM	 AKUH YouTube Page

Subscribe NOW to our YouTube Channel and press the  icon to receive updates


For an appointment: 021-111-011-011
<https://hospitals.aku.edu/Pakistan>
 AKUHPakistan  AgaKhanUniversityHospitalPakistan

Dr Asma Ahmed & Dr Haris Farooq from Department of Medicine delivered a Live Youtube session for the management of Diabetes from the viewpoints of Nephrologist and Ophthalmologist.



Dr Anum Naushad Fellow II in the section of Endocrinology recently attended AACE MENA conference in Dubai from 11th to 13th November where her research article was accepted for an e-poster presentation.

**EMPLOYEE OF THE MONTH
DEPARTMENT OF MEDICINE**



AWAIZIA IMTIAZ ALI
RN

EXCELLENCE

Excellent in handling critical situations. We appreciate her hard work and are grateful for her dedication.

-Farzana Irfan – Head Nurse



RAHILA
HEAD NURSE

TEAMPLAYER

She is very cooperative and goes out of the way to help everyone!

-Farzana Irfan – Head Nurse



KAMRAN NASIR
SENIOR ASSISTANT

PASSIONATE & HARDWORKING

Good Effort and Job well done ! Played a key role in organizing public awareness session on world diabetes day

-Dr Saadia Farooqui – Senior Manager clinical services

In-depth-featuring Assistant Prof. Dr Mehreen Arshad

By Maha Inam



The threat of antimicrobial resistance (AMR) has appeared as a global health crisis that could lead to 10 million deaths every year by 2050. The World Health Organization instituted a global action plan for AMR in the 68th World Health Assembly in 2015. This was endorsed by all countries including

Pakistan and led to the development of the National Strategic Framework for Containment of Antimicrobial Resistance which was translated into the National action plan of Pakistan for AMR. Numerous major challenges and issues have been identified through surveys and analyses, but there is little progress with regards to addressing and containing the crucial issue of AMR in Pakistan.

“...your work can not stay in the lab and it has to translate into actual clinical impact...”

Dr. Mehreen Arshad, Assistant Professor at the Aga Khan University Hospital, has specialized in Pediatrics Infectious Diseases and is a physician-scientist who is passionate about tackling the global public health challenge of AMR.

She stresses on the importance of building the right research team including clinical researches and basic scientists, with the crosstalk between them assisting in understanding the scope of the problem in humans and determining its molecular basis through benchwork. This was emphasized during the COVID pandemic when the distinction between information and misinformation was particularly imperative. The development of effective vaccines was also made possible by applying molecular work findings into the clinical field for impactful results. “As a clinician scientist, I’ve always believed that your work can not stay in the lab and it has to translate into actual clinical impact”, notes Dr. Arshad.

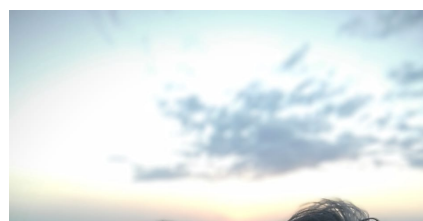
“...Pick your mentor, not your project...”

Dr. Arshad’s move, back to Pakistan was driven by her interest in research, her desire to give back to her country, and her wish to be close to family. She admires AKU’s presence on a national and global platform and hopes to capitalize on these opportunities to form collaborative networks to increase the scope of her work in AMR. Her research team recently received a grant by the Center of Disease Control and Prevention (CDC) which focuses on fungal pathogens and

Dr. Arshad graduated from the Aga Khan University in 2006 and completed her Pediatrics Residency and Infectious Diseases Fellowship from Duke University. During her fellowship, she joined the NIH-funded Pediatric Scientist Development Program which aims to increase the number of basic scientists in Pediatrics. She successfully received additional funding after her third year and spent an additional year dedicated to benchwork and basic sciences research. Dr. Arshad fondly recounts her time spent in the lab and credits her growth as a researcher to this experience as it provided her with the preliminary data she needed to apply for her first grant. She continued at Duke University as a Junior Faculty and went on to join the Northwestern Feinberg School of Medicine as Assistant Professor in 2018. Dr. Arshad's research focus encompasses mechanisms of bacterial pathogenesis and AMR on a global landscape. During her years at AKU, she picked up on the prevalence of AMR in a developing country and was passionate towards addressing the unique challenges it presented from a research perspective. "If I hadn't gotten into medicine, I would've pursued a PhD instead", says Dr. Arshad, noting that she was always destined to go towards the research track. She highlights the significant role physician researchers play in acting as a bridge between clinicians and scientists.

antimicrobial resistance in bacteria. "This is a great example of when you have the right team of collaborators working together", remarks Dr. Arshad, with the multidisciplinary group encompassing researchers from both the US and Pakistan. Discussing the long-standing debate of clinical versus research focused pathways, Dr. Arshad credits her decision as one focused on the big picture. With research experts of various subspecialties taking the forefront in leading guidelines committees, Dr. Arshad hopes to have a lasting and widespread impact on clinical practices as a result of her research findings. She notes that the path of a clinical scientist is very self-driven, requiring motivation and passion throughout the journey. Dr. Arshad credits her success to her mentors who have supported her through her career. "Pick your mentor, not your project", advises Dr. Arshad, as she stresses on the importance of having a mentor who can advocate for you and reinforces your strengths. She appreciates how the outcomes of research can be very rewarding and highlights the need to draw motivation from following one's passion.

Featured Faculty: Hassan Naqvi | Manager | Data Science Team ***"...Never be afraid of failures. Analyze them and learn from them..."***





Please specify your field and what made you pick this field as your calling in life?

I have worked as a software engineer for my entire 20-year career, and critical thinking and focus on the job at hand have been the key to my professional status today. As an experienced team leader with proven abilities, I have led teams of 8 or more developers and worked on 11 or more projects at any given time. I had a passion for new technology from a very early age, even before my professional education started and I have been developing software when COBOL, BASIC and PASCAL were considered cutting edge technologies. More recently, data science and mobile applications have been the focus of my work. Since then and now, there have been many technologies that came and vanished, however, I kept learning and upgrading myself. I am very fortunate to have been working in a field that is my first love.

What are your hobbies/interests?

I love to explore new gadgets, digital cameras, different types of drones and IOT devices, and particularly interested in smart devices that I can interact with at functional level to be able to modify and repurpose them. Also, like to play squash and read about new technologies.

What made you choose AKU?

The name itself is enough for anyone to feel pride in being associated with AKU. In addition to this, the opportunity of working with some of the highly educated and talented people and be a part of an effort to serve humanity with research. And the awesome workplace, of course.

In what profession would you have been if you were not in the current one?

I would have been teaching the younger generation at a university level.

What advice would you like to give to your juniors?

Never be afraid of failures. Analyze them and learn from them so that you can perform better when you are in a similar situation next time.

What lessons have you learned from your seniors?

I have been lucky to have worked with some of the highly trained professional leaders and mentors in various fields, IT and Telecom, Finance and Banking, Electronic Media, Healthcare, and learned a lot from them. However, the greatest lesson I learned from them was humility. Keeping a low profile and excelling when the work demands.

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

There have been several such professional accomplishments in my long career. More recently, I have worked on a project where data was collected in four different languages in four different countries (Pakistan, Afghanistan, Tajikistan, Kazakhstan). Every country had different culture, language, and government policies. I was asked to make a mobile application and database that would ask show questions and record answers in local languages (English, Urdu, Dari, Tajik, Russian). To add to the level of complexity, these languages are written in different scripts (Latin, Nastaleeq, Cyrillic) and on top of that every region had a different set of options for some of the questions. Since research data is considered 'Highly Confidential', data security was also an important requirement. My accomplishment was that I designed the secure system, a mobile application for all foreign languages and a database, that could collect, process,

transmit and store data. Data was highly encrypted from the time of collection until the point it was received on Server inside AKU Data Center using internet.

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

In the words of Elon Musk, "Failure is an option. If things are not failing, you are not innovating." I have learned from every failure and used that acquired knowledge to implement numerous successful projects. One failure, very early in my career, was to try to provide the most economical solution for the client. I learned that timelines are more important than cost. If you deplete the project's scheduled time to find an economical solution than it's not worth it. Besides, the most economical solution is not necessarily the best solution.

Any interesting/memorable encounter

Representing my previous organization in GITEX 2013, at Dubai World Trade Centre as team lead was probably the most memorable encounter in my life. It was interesting in several aspects.

The Gulf Information Technology Exhibition (GITEX) is the world's largest tech exhibition where big tech companies showcase their products. Our organization signed five MOUs and sold two information management systems to clients in Norway and Australia. I received huge appreciation from senior management for this and a handsome reward in recognition of my efforts.

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

The satisfaction of creating something new and productive has always been my inspiration. When a software engineer sits in front of a laptop and writes hundreds and thousands of lines of code with multiple logical paths in his mind, it creates a very dull image in the mind of onlookers. However, the real joy comes when those thousands of lines of code perform the work of 10 employees in a fraction of a time that 10 employees take.

What are your future goals?

Most likely the blueprint for the future, when I have an IT background, interested in Data Science and working in healthcare, must be something related to Machine learning. Not exactly goals but I have plans to build Artificial Intelligence solutions to assist doctors, management, and healthcare staff in taking informed decisions. It will be in the form of smart phone applications that will be powered by Machine Learning models. This smart application will be capable of assisting doctors in diagnosis, able to identify most suitable treatments, assist management in optimized resource allocation and may even be able to suggest actions to patients for health lifestyle.

What are Academics Around the World Reading This Month?

[A cascade eye diseases screening system with interpretability and expandability in ultra-wide field fundus images: A multicentre diagnostic accuracy study.](#)

[Prevention of Deep Vein Thrombosis by Panax Notoginseng Saponins Combined with Low-Molecular-Weight Heparin in Surgical Patients](#)

[Exploring a parent-focused physical literacy intervention for early childhood: a pragmatic controlled trial of the PLAYshop](#)

[FIFA World Cup 2022 in Qatar: Mitigating the risk of imported infections amid the COVID-19 pandemic, monkeypox outbreak and other emerging diseases](#)

Publications

Colchicine and the combination of rivaroxaban and aspirin in patients hospitalised with COVID-19 (ACT): an open-label, factorial, randomised, controlled trial

John W Eikelboom, Sanjit S Jolly, Emilie P Belley-Cote, Richard P Whitlock, Sumathy Rangarajan, Lizhen Xu, Laura Heenan, Shrikant I Bangdiwala,

Maria Luz Diaz, Rafael Diaz, Afzalhussein Yusufali, Sanjib Kumar Sharma, Wadea M Tarhuni, Mohamed Hassany, Alvaro Avezum, William Harper,
Sean Wasserman, **Aysha Almas**, Oxana Drapkina, Camilo Felix, Renato D Lopes, Otavio Berwanger, Patricio Lopez-Jaramillo, Sonia S Anand,
Jackie Bosch, Shurjeel Choudhri, Michael E Farkouh, Mark Loeb, Salim Yusuf
In **Lancet Respir Med.** 2022 Oct 10;S2213-2600(22)00298-3

COVID-19 independently predicts poor outcomes in Acute Ischemic Stroke- Insights from a multicenter study from Pakistan and United Arab Emirates

Maria Khan, Sajid Hameed, Bashir A. Soomro, Samar Mairaj, Abdul Malik, Saba Farooq, Suhail Al Rukn, **Mohammad Wasay**

In **Journal of Stroke and Cerebrovascular Diseases**, Vol. 32, No. 00 (), 2022: 106903

World Health Organization (WHO)'s Intersectoral Global Action Plan (IGAP); implications for Asian and African countries

Mohammad Wasay, Safa Younisa, Augustina Charway-Felli, Hamidon Basri

In **Journal of the Neurological Sciences** VOLUME 444, 120499, JANUARY 15, 2023

Diabetic Myonecrosis: A Vascular Complication

Daniyal Nadeem, **Saira Furqan and Nanik Ram**

In **Journal of the College of Physicians and Surgeons Pakistan** 2022, Vol. 32(12): 1-3

ORAL N-ACETYL CYSTEINE VERSUS RECTAL INDOMETHACIN FOR PREVENTION OF POST ERCP PANCREATITIS: A MULTICENTER MULTINATIONAL RANDOMIZED CONTROLLED TRIAL.

Alavinejad P, Tran NN, Eslami O, Shaarawy OE, Hormati A, Seiedian SS, Parsi A, Ahmed MH, Behl NS, Abravesh AA, Tran QT, Vignesh S, Salman S, Sakr N, Ara TF, Hajiani E, Hashemi SJ, Patai ÁV, **Butt AS**, Lee SH.

In **Arq Gastroenterol.** 2022 Nov 14;S0004-28032022005001207. doi: 10.1590/S0004-2803.202204000-90. Epub ahead of print. PMID: 36383882

We welcome submissions to Inspire. Write to barbara.dacruz@aku.edu

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

Find us on: