



THE AGA KHAN UNIVERSITY

eCommons@AKU

INSPIRE

Publications (Newsletters, Reports, etc.)

7-3-2023

INSPIRE : Vol 6, Issue 7

Department of Medicine

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



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

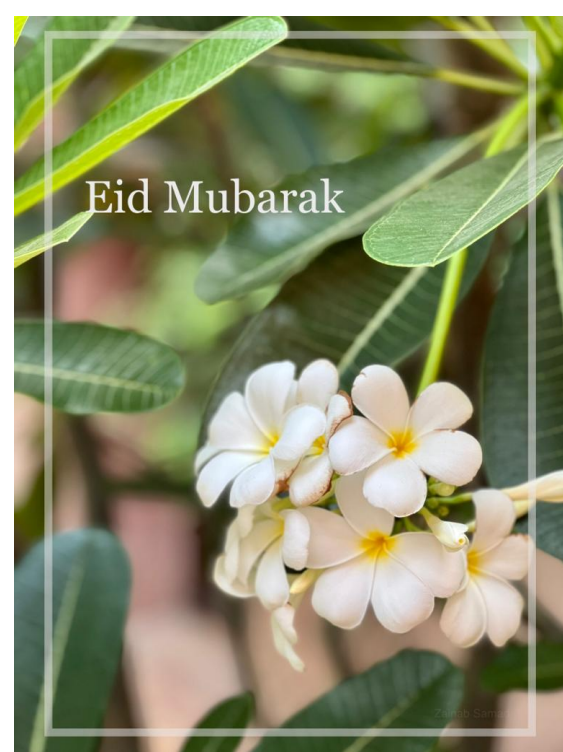


Volume 6 | Issue 7

Message from the Chair

Dear Colleagues,

A very hearty Eid Mubarak! I hope all of you got some time to spend with your families. Hajj Mubarak to those who were privileged to take this special spiritual journey. And finally a huge shout out to all those rounding on Eid and taking care of our patients. See below some pics of Eid Nashtas and rounding by the stellar Neurology, IM and ID teams in Medicine.



With best wishes,

Zainab



A huge shout out to the teams on call!!! Rounding and providing the best care to our patients on Eid day!

Medicine at National and International Forums

Building Disease Models and Intervention Scenarios | Dr Aaron Lim visits AKU

By Syeda Nadia Bokhari



The "Building Disease Models and Intervention Scenarios - A Health Data Science Workshop" organized by the CITRIC - Health Data Science Centre at The Aga Khan University Karachi was held from June 1-3, 2023. The workshop aimed to provide participants with a comprehensive understanding of disease modeling and hands-on experience in utilizing modeling tools.

One of the distinguished speakers and guest lecturers at the workshop was Dr. Aaron Lim, a prominent member of the research team at the University of Bristol Medical School. Dr. Lim specializes in infectious disease modeling, and his expertise contributed greatly to the workshop's goals. During his presentation, Dr. Lim emphasized the importance of disease modeling in uncovering patterns and trends related to infectious diseases, particularly hepatitis C and HIV.

Dr. Lim's presentation shed light on the challenges faced in disease control and highlighted the significance of evidence-based interventions to address complex public health issues. His insights and expertise provided valuable knowledge to the participants, enabling them to understand the intricacies of infectious disease modeling and its applications in public health.

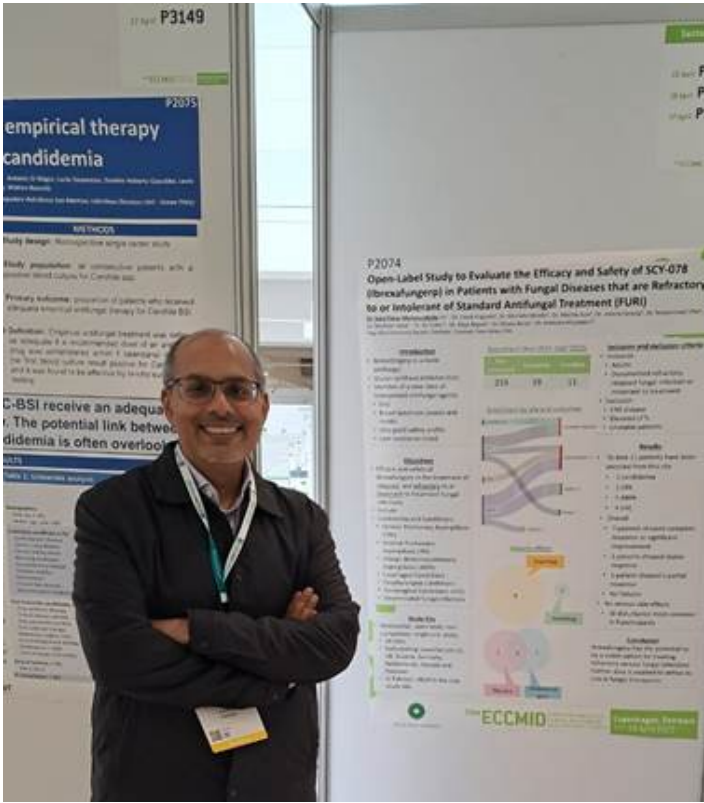
The workshop served as a platform for participants to enhance their understanding of disease modeling and intervention strategies. By gaining extensive experience in utilizing modeling tools, attendees were equipped with the necessary skills to contribute to the field of health data science and make informed decisions regarding disease control and prevention in Pakistan.

Centre for Impact | Way forward

The Centre for Impact - "NIHR Global Health Centre for Improving mental and physical health and building Research Capacities", is a newly launched Global Health Centre funded by the National Institute for Health Research, UK. It is aimed at improving mental and physical health together across Afghanistan and Pakistan. This Centre is led jointly by the Aga Khan University, Pakistan and the University of York, UK and includes several collaborating partner institutions. Dr Najma Siddiqi - a Professor of Psychiatry at the University of York, in a joint appointment with the Department of Health Sciences and the Hull York Medical School (HYMS) where she is a member of the Centre for Health and Population Sciences. Her research is

focused on physical and mental illness comorbidity. As the lead of the mental health theme within the Centre **Dr Siddiqi visited Karachi** recently and discussed way forward with the members from AKU as well as BIDE, SINA & PILL institutions. This collaboration will address the challenges of mental and physical multimorbidity that affects some of the most vulnerable people in low and middle income countries.

3rd European Congress of Clinical Microbiology & Infectious Diseases (ECCMID)

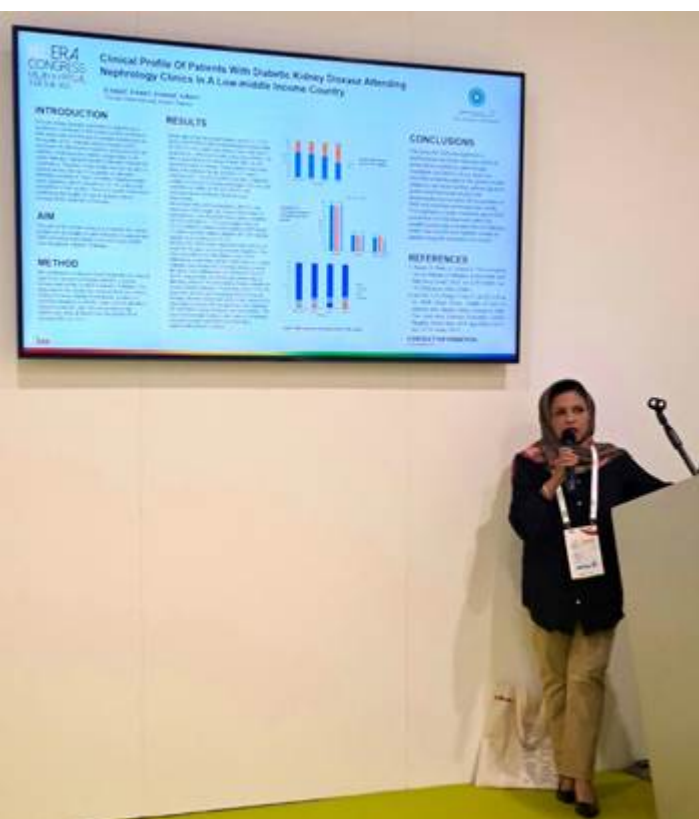




The Section of Infectious Diseases presented 7 papers at the 3rd European Congress of Clinical Microbiology & Infectious Diseases (ECCMID), held in Copenhagen, Denmark on 15 - 18 April 2023. ECCMID has become one of the most comprehensive and influential congresses in the field of infection bringing together over 15,000 delegates from all over the world. Posters presented included 4 by Dr. Faisal Mahmood, 2 by Dr. Nosheen Nasir, and 1 Poster by Dr. Iffat Khanum which highlighted the sections work in Infection Prevention and Control, Antimicrobial Stewardship, Clinical trials, and Capacity Building. Dr. Nosheen Nasir was also the recipient of the ECCMID 2023 Outreach Grant.

60th annual European Renal Association (ERA) Congress

60 ERA CONGRESS MILAN VIRTUAL 15-18 JUN 2023		Focussed Oral Room 4
17:00 - 18:15 Hypertension & diabetes		
17:00	Margareta Fistrek Prlc	HEPATOCTYE GROWTH FACTOR CORRELATES WITH SERUM GLUCOSE LEVELS IN HYPERTENSIVE SUBJECTS
17:04	Dano Egamberdieva	DIAGNOSTIC SIGNIFICANCE MAGNETIC RESONANCE IMAGING IN CHRONIC HEART FAILURE OF VARIOUS GENESIS
17:08	Jian Lu	ACSS2 AGGRAVATES RENAL TUBULAR INFLAMMATION BY INDUCING THE DYSREGULATION OF FATTY ACID METABOLISM AND MITOCHONDRIAL OXIDATIV...
17:12	Thaoe Aung	COMPLIANCE OF DIABETIC MONITORING IN PATIENTS WITH END-STAGE RENAL DISEASE ON MAINTENANCE HAEMODIALYSIS
17:16	Elizabeth Ralston	PREVALENCE OF CHRONIC KIDNEY DISEASE IN PREGNANCY: A UK POPULATION STUDY
17:20	Sonia Yaqub	CLINICAL PROFILE OF PATIENTS WITH DIABETIC KIDNEY DISEASE ATTENDING NEPHROLOGY CLINICS IN A LOW-MIDDLE INCOME COUNTRY
17:24	Natacha Rodrigues	NEPHROTIC SYNDROME IN PREGNANT DIABETIC WOMEN: MATERNAL AND PERINATAL OUTCOMES AT A TERTIARY CENTER
17:28	Iroda Ruzmetova	ENDOTHELIAL DYSFUNCTION IN PATIENTS WITH COVID-19 DURING ANTIOXIDANT THERAPY
Chair : Francesco Trevisani		



The 60th annual European Renal association (ERA) Congress took place on June 15-18, 2023, in Milan, Italy. Dr Sonia Yaqub attended the congress and had a focused oral presentation of her work titled “Clinical Profile Of Patients With Diabetic Kidney Disease Attending Nephrology Clinics In A Low-middle Income Country”. This was the only oral presentation from Pakistan in the Congress. It was a proud moment for the country and AKUH. Congrats Dr Sonia!



Dr Adeel ur Rehman presented an E poster entitled “Endoscopy Ultrasound EUS-S guided Splenic Lesion Biopsy: Non-invasive Modality as an Alternative to Splenectomy” at the International Digestive Disease Forum 2023. Congrats!

A tribute was paid to the CHS department for their untiring efforts since the inception of AKUH. Prof Zainab Samad was invited as one of the esteemed speakers and AKUMC Dean Dr Adil Haider moderated the session. It was a highly informative and well received session.

CPSP Provincial Faculty Member



Dr Saadia Tabassum has been selected by the CPSP President and Council as the Faculty member Dermatology from the province of Sindh for the next term. In Dermatology, provinces of KPK, Balochistan and Sindh have only one member.

This selection is based on Dr Tabassum’s academic contributions for the CPSP Q-bank coding and exam system in the past tenure as a faculty member and she also is the Lead in Q-bank task. The group photo (above) with the CPSP President and the Council was clicked after oath taking ceremony. Congrats Dr Saadia!

Smoking cessation skills building workshop



A **Smoking cessation skills building workshop** was arranged by the section of Pulmonology. Several physicians across Karachi participated and it was a well-attended session.

World No-Tobacco Day



A Seminar on ‘World NoTobacco Day’ was held at Patel Hospital Karachi. Prof Javaid Khan was invited as an esteemed Guest speaker; he delivered a talk on the topic, “Tobacco Control and the role of Health Professional”.



Dr Adeel Ur Rehman was invited to a Eid ul Uzha Program to create awareness among viewers regarding enjoying food but with moderation.

**EMPLOYEE OF THE MONTH
DEPARTMENT OF MEDICINE**



**SHAHZAD VASAYA
ASSISTANT MANAGER**

Dedicated & Hardworking

I wanted to take a moment to express my sincere appreciation for his unwavering dedication and hard work. We are fortunate to have someone as committed as him on board.

Thank you for your continuous support to our Department.

*~Dr Saadia Farooqui - Senior Manager
Clinical Services~*

Featured Faculty – Dr Sana Sheikh– Faculty member – Data Science Team

“If you are comfortable at what you are doing, you are not doing enough!”



**Please specify your field and what made you pick this field as your calling in life?
Any experience to be specific.**

I am a public health scientist. After my medical school, I joined AKU in 2007 as a Research Associate in Department of Pediatrics and was deployed at their peri-urban sites. It was my first exposure to the impact of research in the community and possibility of an unconventional career path. I was fortunate to have a great mentor and guidance to start my research career. I got Fogarty Scholarship for MSc in Epidemiology and Biostatistics in 2008 and started this exciting journey.

What are your hobbies/interests?

I enjoy reading and it is not restricted to any specific genre. I equally enjoy non-fiction and fiction and I almost always have an e-book or a paper back with me.

What made you choose AKU?

Research is relatively a new career in healthcare, and it is difficult for many to understand its importance in progress of an institution or a country. I have worked in other organizations as well, and I have to admit that no other institution values research and researchers more than AKU.

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

Pediatrics. I would have not been anything other than a doctor!

What advice would you like to give to your juniors?

I always tell my juniors to learn how the field works. It is essential to go to the communities and interact with the individuals who spare their time for the sake of your studies. No book can teach you to execute the research methods the way you will learn it is from the field work. I feel alive when I am at the field, it is highly gratifying!

What lessons have you learned from your seniors?

If you are comfortable at what you are doing, you are not doing enough!

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

I have not yet achieved my biggest personal goal. It is to develop a habit of regular physical activity/exercise ☐

Professionally, I think I have miles to go for 'biggest accomplishment'.

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

I had many failures. One of it was to flunk the FCPS part 1. It was a shock for me and my family, however I landed into the research job after that. This failure taught me that things can go unplanned but if you work hard and honestly, keep your faith strong, you can turn tides in your favor.

Any interesting/memorable encounter

The question made me realize my life is not that interesting ☐

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

There are many people who inspire me every day, both in my personal and professional life. But out of all the people, my mother is the one person who has inspired me the most. The values she instilled in me and my brothers, supported her husband and kids through all the tough times, survived her cancer, and despite being a housewife guided us for professional and personal lives is something extraordinary. I wish I can be the same for my kids.

What are your future goals?

I want to create an impact on adolescents' health. I truly believe that to bring positive change in the status of the country, adolescent boys and girls should be the target of multisectoral interventions to improve their health, literacy, and general well-being.

Poem Section

‘Look Into Yourself’

Syed Abdullah Shah Qadri (1680 – 1758), known popularly as Baba Bulleh Shah and Bulleya, was a 17th-century Punjabi revolutionary philosopher, reformist and Sufi poet, universally regarded as the "Father of Punjabi Enlightenment". ‘Look into Yourself’ is a self-explanatory poem – read and ponder!

You have learnt so much
And read a thousand books.
Have you ever read your Self?
You have gone to mosque and temple.
skies,
Have you ever visited your soul?
heart!

You are busy fighting Satan.
Have you ever fought your
Ill intentions?
You have reached into the

What's in your

What Academics are Reading?

Open Science Practices in Gambling Research Publications (2016–2019): A Scoping Review

How data science and AI-based technologies impact genomics

Remote Monitoring of Positive Airway Pressure Data: Challenges, Pitfalls, and Strategies to Consider for Optimal Data Science Applications

Potential Use of Chat GPT in Global Warming

Publications

The Pandemic of Coronary Heart Disease in South Asia: What Clinicians Need to Know.

Gupta K, Baloch F, Kakar TS, Agarwal H, Rawlley B, Khan UI, Iqbal R, Barolia R, Virani SS.
In *Curr Atheroscler Rep*. 2023 Jul;25(7):359-372.

Cardiovascular Diseases in Pakistan: Imagining a Postpandemic, Postconflict Future.

Samad Z, Hanif B

In *Circulation*. 2023 Apr 25;147(17):1261-1263.

Elimination of HDV: Epidemiologic implications and public health perspectives.

Tharwani A, Hamid S.

In *Liver Int*. 2023 Apr 21.

Highlights of Cardiovascular Disease Prevention Studies Presented at the 2023 American College of Cardiology Conference.

Gupta K, Balachandran I, Foy J, Hermel M, Latif A, Krittanawong C, Slipczuk L, Baloch F, Samad Z, Virani SS.

In *Curr Atheroscler Rep*. 2023 Jun;25(6):309-321.

Association between hearing aid use and all-cause and cause-specific dementia: an analysis of the UK Biobank cohort.

Jiang F, Mishra SR, Shrestha N, Ozaki A, Virani SS, Bright T, Kuper H, Zhou C, Zhu D.

In *Lancet Public Health*. 2023 May;8(5):e329-e338.

GRADE-ADOLOPMENT of clinical practice guidelines and creation of clinical pathways for the primary care management of chronic respiratory conditions in Pakistan.

Martins RS, Hussain H, Chaudry M, Rizvi NA, Mustafa MA, Ayub B, Aamdani SS, Rehman AA, Pervez A, Nadeem S, Khalid R, Ali AS, Shahid S, Zubairi ABS, Haider AH, Irfan M.

In *BMC Pulm Med*. 2023 Apr 17;23(1):123.

Frequency and Risk Factors of Permanent Hypoparathyroidism After Total Thyroidectomy: An Experience at a Tertiary Care Hospital in Pakistan.

Naushad A, Sattar S, Salik M, Wajid M, Khalid F, Hussain A, Siddiqui MIU, Masood MQ.
In *Ear Nose Throat J.* 2023 Apr 26:1455613231173455.

Factors Associated With Sex Disparities in Leisure-Time Physical Activity: An Analysis of the Behavioral Risk Factor Surveillance System, 2011 to 2021.

Sayed A, Munir M, Manson JE, Al Rifai M, Gulati M, Lavie CJ, Virani SS.
In *Mayo Clin Proc.* 2023 Apr 18:S0025-6196(23)00028-9.

Quality of Life Index in Patients with Vitiligo.

Tabassum S, Rahman A, Ghafoor R, Khan Q, Ahmed N, Amber T, Iftikhar N, Musharraf B, Azfar NA, Bashir U, Arshad Z, Awan S.
In *J Coll Physicians Surg Pak.* 2023 May;33(5):521-526.

Factors associated with Diabetes Empowerment among patients with type 2 diabetes, at OPD setting, Karachi, Pakistan.

Khowaja MA, Rozi S, Sawani S, Ahmed A.
In *Sci Rep.* 2023 May 3;13(1):7165.

Challenges of managing hypertension in Pakistan - a review.

Elahi A, Ali AA, Khan AH, Samad Z, Shahab H, Aziz N, Almas A.
In *Clinical Hypertension.* 2023 Jun 15;29(1):17.

The third Intensive Care Bundle with Blood Pressure Reduction in Acute Cerebral Haemorrhage Trial (INTERACT3): an international, stepped wedge cluster randomised controlled trial.

Ma L, Hu X, Song L, Chen X, Ouyang M, Billot L, Li Q, Malavera A, Li X, Muñoz-Venturelli P, de Silva A, Thang NH, Wahab KW, Pandian JD, Wasay M, Pontes-Neto OM, Abanto C, Arauz A, Shi H, Tang G, Zhu S, She X, Liu L, Sakamoto Y, You S, Han Q, Crutzen B, Cheung E, Li Y, Wang X,

Chen C, Liu F, Zhao Y, Li H, Liu Y, Jiang Y, Chen L, Wu B, Liu M, Xu J, You C, Anderson CS; INTERACT3 Investigators.
In *Lancet*. 2023 May 24:S0140-6736(23)00806-1.

Knowledge, attitudes, practices, and prevalence of nicotine pouches in Pakistan: where do we stand?

Nawaz, M. T., Hameed , A. N., Yasin, F., Angez, M., Gul, K., Irfan, O., & Khan, J. A.
In *International Journal Of Community Medicine And Public Health*, 10(6), 2037-2046.

Invasive Aspergillosis and Pseudomembranous Tracheitis in Uncontrolled Diabetes.

Salahuddin M, Alavi M, Nasir S.
In *Arch Bronconeumol*. 2023 May 5:S0300-2896(23)00155-2. English, Spanish.

COVID-19 and early puberty-An unintended consequence of COVID-19 lockdown?

Sheikh A, Owais R, Ali E, Shaikh A.
In *Dev Psychobiol*. 2023 May;65(4):e22384.

A common presentation of uncommon disease - Biliary Fasciola Hepatica.

Yousaf MS, Kamani L, Fareed G, Khan AMK.
In *Trop Doct*. 2023 May 10:494755231174264.

INASL-SAASL Consensus Statements on NAFLD Name Change to MAFLD.

Singh SP, Duseja A, Mahtab MA, Anirvan P, Acharya SK, Akbar SMF, Butt AS, Dassanayake A, De A, Dhakal GP, Hamid S, Madan K, Panigrahi MK, Rao PN, Saigal S, Satapathy SK, Shalimar, Shrestha A, Shukla A, Sudhamshu KC, Wijewantha H.
In *J Clin Exp Hepatol*. 2023 May-Jun;13(3):518-522.

Nonalcoholic Fatty Liver Disease in Asia, Africa, and Middle East Region.

Ong J, Alswat K, Hamid S, El-Kassas M.

In *Clin Liver Dis.* 2023 May;27(2):287-299.

An international multidisciplinary consensus statement on MAFLD and the risk of CVD.

Saeed Hamid

In *Hepatol Int.* 2023 May 19:1-19.

Predictors of Non-Obstructive Coronary Artery Disease in Patients Undergoing Elective Coronary Angiography.

Peerwani G, Aijaz S, Sheikh S, Virani SS, Pathan A.

In *Glob Heart.* 2023 May 11;18(1):26.

Bilateral pneumothorax in a patient with angiosarcoma of the scalp: a case report.

Vaqaar M, Sharif A, Iqbal N, Irfan M.

In *J Med Case Rep.* 2023 May 1;17(1):173.

Risk Factors for Stroke in the Young (18-45 Years): A Case-Control Analysis of INTERSTROKE Data from 32 Countries.

Khan M, Wasay M, O'Donnell MJ, Iqbal R, Langhorne P, Rosengren A, Damasceno A, Oguz A, Lanas F, Pogossova N, Alhussain F, Oveisgharan S, Czlonkowska A, Ryglewicz D, Yusuf S

In *Neuroepidemiology.* 2023 May 17:1.

National cervical cancer burden estimation through systematic review and analysis of publicly available data in Pakistan.

Chughtai N, Perveen K, Gillani SR, Abbas A, Chunara R, Manji AA, Karani S, Noorali AA, Zakaria M, Shamsi U, Chishti U, Khan AA, Soofi S, Pervez S, Samad Z.

In *BMC Public Health.* 2023 May 5;23(1):834.

Dysfunctional schema modes as determinants of psychiatric comorbidities: a study in a cohort of people with epilepsy.

Shafique N, Arafat SMY, Siddiqui F, Malik WT, Hallahan B, Khalily MT.

In *Ir J Psychol Med*. 2023 May 31:1-8.

Assessing the potential cost-effectiveness of centralised versus point-of-care testing for hepatitis C virus in Pakistan: a model-based comparison.

Babigumira JB, Karichu JK, Clark S, Cheng MM, Garrison LP, Maniecki MB, Hamid SS.

In *BMJ Open*. 2023 May 4;13(5):e066770.

Cluster Randomized Trial of a Personalized Clinical Decision Support Intervention to Improve Statin Prescribing in Patients With Atherosclerotic Cardiovascular Disease.

Virani SS, Ramsey DJ, Westerman D, Kuebeler MK, Chen L, Akeroyd JM, Gobbel GT, Ballantyne CM, Petersen LA, Turchin A, Matheny ME.

In *Circulation*. 2023 May 2;147(18):1411-1413.

Upcoming event



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY



Nuts and Bolts of Research Administration

August 31 – September 1, 2023 | Serena Hotel, Islamabad

This certification is part of The Aga Khan University Pakistan Initiative for Non-Communicable Diseases (AKUPI-NCDs) Research Training Program and is funded by the Fogarty International Center (D43 5D43TW011625)

About the Program

- ❖ Interactive research capacity building course on grants administration and research management
- ❖ Modules cover: Grant lifecycle, Financial Management (including budgeting), Data Management and integrity, Research Ethics, Leadership, and Project Management
- ❖ Delivered by experienced AKU research administrators and faculty

Course Director

Mustafa Hassan

Office of Shared Research Services

Click [HERE](#) to register

Who should apply?

- ❖ Candidates from across Pakistan with commitment to grants administration and research management for healthcare.

** Funded by the Fogarty International Center, National Institutes of Health, USA.*

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

Department of Medicine
AKUH
Stadium Road
Karachi 74800, Pakistan

Find us on:

