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## INSPIRE : Vol 7 Issue 1

Department of Medicine

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# *inspire*

Innovation, Service & Patient -  
Centered Research & Education

*Department of Medicine*

*Volume 7 | Issue 1*

## ***Message from the Chair***

Dear Colleagues,

A very happy new year to all of you. I hope and pray that this year brings peace, prosperity, and health to you, your families, and everyone across the Globe.

After a skipped beat last year, our Pulse is returning with a bang, and the Section of Cardiology has developed a great program to highlight heart failure. Heart failure is not only on the rise worldwide but also in Pakistan. The conference will show case collaborative methods to evaluate and treat it and how best to do this cost effectively in our setting. Please do join in to learn next week!

Zainab

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

### ***AKUPI-NCD Symposium "A Dialogue on NCDs"| A Triumph in Health Discourse***

*By Zeerak Jarrar*



On the 4th of December 2023, the annual AKUPI-NCD Symposium unfolded as a beacon of insightful dialogue and collaborative engagement. This transformative event, centred around the theme "A Dialogue on NCDs," brought together luminaries from local and international institutions to delve into crucial aspects of public health to specifically address NCDs.

The symposium orchestrated panel discussions, steering the conversation towards key domains such as cardiovascular diseases, the economic burden of cardiovascular diseases, mental health, cancers, and the built environment as it pertains to health. Renowned experts, each a stalwart in their respective fields, graced the stage, contributing their wealth of knowledge and experience to enrich the discourse.



The AKUPI-NCD research training program fellows and program faculty also got to interact with the panelists of the Symposium in an informal setting at a networking dinner.



*Congratulations!*

*Dr. Aysha Almas*

*on appointment as*

*Badrudin Hasanali Ajanee  
Endowed (Associate) Professor*

### *Department of Medicine Appreciation Evening 2023*





Department of Medicine had been regularly organizing its annual appreciation evenings for the past many years. This time it was held on December 8th at the Sports and Rehabilitation enter AKUH. Dr. Faisal Ismail, Dr. Sadia Masood, and Dr. Zahrah Khan were the chief organizers along with the team of dedicated residents. The event marked a delightful departure from routine. The ambiance, set against the backdrop of the Sports Center, added a touch of charm to the evening. It was a heartwarming celebration of our collective efforts and achievements started with a Welcome address by the Chair Dr Zainab Samad, followed by Dean Dr Adil Haider who appreciated the efforts and milestones the department achieved within the past few years. This year's festivities included hilarious skits, and engaging video clips highlighting the stars who brought laughter and friendship into our department. Residents played a pivotal role, showcasing their talent and creativity, with unique skits portraying their daily life at AKU and the issues they face, in an amusing manner. The event also served as a platform to pay tribute to the graduating class, fostering a sense of connection and nostalgia. In recognition of the hard work, dedication, and resilience displayed by faculty members, residents, and fellows, various awards were distributed across different categories. The department took a moment to acknowledge the invaluable contributions of our esteemed senior faculty, whose efforts have significantly contributed to the department's growth. Lifetime achievement awardees were Prof NajmUl Islam, Prof Bushra Jamil, Prof Wasim Jafri, Prof Hasnain Ali Shah, Dr Abubakr Shaikh and Dr Aziz Sonawala. Everyone thoroughly enjoyed the festivities, creating memorable moments of laughter and connection. The evening was a blend of joy and appreciation, creating lasting memories and strengthening the bonds within our department. Cheers to the organizers!

### *i MEDcon 23*





The Section of Internal Medicine hosted its annual Internal Medicine Conference (iMEDcon 23) from the 10th to 12th of November 2023 at the Aga Khan University in Karachi.

The theme of the conference was "Leading Collaborative Care." This unique event brought together professionals from diverse fields of Medicine to dialogue and explore issues related to the theme, and its impact on patients' outcomes, medical education, medical science, and more. This created an interactive platform that brought together leading experts in the field of Internal Medicine, promoting lively discussions and a vibrant exchange of ideas.

iMedCon'23, far beyond a conventional conference, catalyzed molding the participants into more skilled clinicians over the long run. As key contributors to the monumental success of the conference, the team eagerly anticipates future editions, fully cognizant of its growing potential in the years ahead. The experience with iMedCon'23 has been transformative, leaving an enduring impact on the professional journeys of those privileged to be part of its organizing team.

**CONGRATULATIONS TO THE GRANT RECIPIENTS !**

 <p><b>Prof Syed Faisal Mahmood</b> Clinic-Based survey of Acquired HIV drug resistance in Pakistan 2023 &amp; National Survey of drug resistance in HIV in Pakistan using a clinicbased survey methodology <b>World Health Organization (WHO)</b></p>	 <p><b>Prof Aysha Almas</b> Acceptability of Hypertensive Patients and Healthcare Providers on Adopting Ambulatory Blood Pressure Monitoring in Pakistan <b>National University of Singapore</b></p>	 <p><b>Dr Nosheen Nasir</b> A phase 3 Randomized, double blind, placebo - controlled study to evaluate the efficacy and safety and Bemnifosbuvir in high-risk outpatients with COVID-19 <b>IQVIA RDS EAST ASIA PTE. LTD</b></p>
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## *AKU Dermatology on International Fronts*



American Association of Clinical Endocrinology (AACE) is a dynamic organization that continues to lead the way in the endocrine community with clinical knowledge and experience. AACE MENA successfully made its mark in the Middle East and North Africa region and continues to build a vibrant community of endocrinologists and other health care professionals and invite expert faculty across the world. It is a great platform for social networking and enhancing knowledge in the field of endocrinology and metabolic syndromes.

Dr. Sadia Masood was recently invited as a guest speaker and faculty member for the prestigious AACE MENA annual conference in recognition of her clinical work on Hirsutism. Dr. Masood presented on the strong relationship between Hirsutism and Polycystic Ovary Syndrome (PCOS), discussed clinical scenarios and management options. The interactive presentation shed light on crucial aspects of dermatology and endocrinology, identifying the complexities of Hirsutism in patients presenting with PCOS. Dr Najm ul Islam from Endocrinology section also attended this event.



*Congratulations!*

*Dr. Saadia Farooqui*

*on receiving*

*“Distinguished Leadership  
award”*

### ***Developing Healthcare Leaders for Tomorrow***



Dr Sadia Masood, Dr Zahrah Khan, and Dr Haroon Khan successfully completed a programme, “Developing Healthcare Leaders for Tomorrow” (DHLT). The program was facilitated by Nadeem Mustafa Khan, Senior Advisor, office of VP Health Services, in collaboration with HR Learning & Organizational Development. DHLT is an extensive and engaging course designed to elevate leadership acumen of healthcare faculty and staff and also empower them to drive innovation and excellence within the organization. Several of our Departmental leaders have benefited from this comprehensive leadership development program.

**EMPLOYEE OF THE MONTH  
DEPARTMENT OF MEDICINE**



The banner features two portraits on a green background. On the left is Shagufta Nadeem, a woman wearing a pink hijab, identified as a Manager in Cardiorespiratory Services. On the right is Pinin Baig, a man with glasses in a blue shirt and tie, identified as a Specialist in Neurophysiology Services. Each portrait is accompanied by a short bio and a quote from a Senior Manager.

**SHAGUFTA NADEEM**  
MANAGER |  
CARDIOPULMONARY SERVICES

*Resilience & Teamwork*

*Shagufta's acceptance of the new task as a challenge, combined with her hard work and collaborative spirit, leads to efficient management.*

*~Saadia Farooqui – Senior Manager – Clinical Services*

**PININ BAIG**  
SPECIALIST |  
NEUROPHYSIOLOGY SERVICES

*Proactive: & Adaptable*

*He thrives under pressure, consistently exceeding expectations despite limited resources.*

*~Saadia Farooqui – Senior Manager – Clinical Services*

## Poem Section

"Happy New Year" a beautiful poem by John P. Read (1948).

Brush away old heartaches.  
Learn from our mistakes.  
Another year is finally over.  
A new dawn awakes.

Let the old year out.  
Welcome the new one in.  
Bury the bad things of the past  
As a new year now begins.

Make your New Year wishes  
As simple as you can.

Pray for peace and love,  
Not for wealth or fame.

Pray for health and happiness.  
Pray for your fellow man.  
Pray for all the ones you love.  
Pray for those who've lost their way.

As the midnight hour chimes,  
We leave the old and embrace the new.  
I wish the things you wish for yourself,  
And may God's love stay with you.

## What Academics Are Reading?

[Probing artificial intelligence in neurosurgical training: ChatGPT takes a neurosurgical residents written exam](#)

[The Council of Europe's AI Convention \(2023-2024\): Promises and pitfalls for health protection](#)

[Let's Put AI to Really Good Use!](#)

## Publications (November -December 2023)

**Diabetes among Muslims during Ramadan: A narrative review.**

Ochani RK, **Shaikh A**, Batra S, Pikale G, Surani S.  
In **World J Clin Cases**. 2023 Sep 16;11(26):6031-6039.

**Role of microRNA in non-alcoholic fatty liver disease (NAFLD) and non-alcoholic steatohepatitis (NASH): a comprehensive review.**

Kan Changez MI, Mubeen M, Zehra M, Samnani I, **Abdul Rasool A**, Mohan A, Wara UU, Tejwaney U, Kumar V.  
In **J Int Med Res**. 2023 Sep;51(9):3000605231197058.

Role of Digital Health Tools in Improving Maternal and Adolescent Mental Health Services in Pakistan: A Way Forward.



**Farooqui AT, Karim S, Karim N.**

In **J Coll Physicians Surg Pak.** 2023 Sep;33(9):957-958.

**Data on non-communicable diseases: A missed opportunity in Pakistan.**

**Khan SD, Jafar TH, Siddiqi K, Ahmad T, Khan AA, Samad Z.**

In **J Glob Health.** 2023 Sep 1;13:03045.

**Incidence of adverse cardiovascular events in patients with insomnia: A systematic review and meta-analysis of real-world data.**

**Ali E, Shaikh A, Yasmin F, Sughra F, Sheikh A, Owais R, Raheel H, Virk HUH, Mustapha JA.**

In **PLoS One.** 2023 Sep 21;18(9):e0291859.

**Optimizing Antibiotic Duration for Spontaneous Bacterial Peritonitis Prophylaxis: Time to Rethink.**

**Gangwani MK, Aziz A, Priyanka F, Lee Smith W, Aziz M, Hassan M.**

In **Am J Ther.** 2023 Sep-Oct 01;30(5):e492-e494.

**The emergence of mpox in Pakistan: An urgent call for preparedness and response.**

**Mughal S, Javed H, Hasanain M.**

In **Health Sci Rep.** 2023 Sep 10;6(9):e1556.

**Health data ecosystem in Pakistan: a multisectoral qualitative assessment of needs and opportunities.**

**Mahmood S, Noorali AA, Manji A, Afzal N, Abbas S, Qamar JB, Siddiqi S, Hoodbhoy Z, Virani SS, Bhutta ZA, Samad Z.**

In **BMJ Open.** 2023 Sep 21;13(9):e071616.

**Kidney Transplant Clinicians' Perceptions of Palliative Care for Patients With Failing Allografts in the US: A Mixed Methods Study.**

**Murakami N, Reich AJ, He K, Gelfand SL, Leiter RE, Sciacca K, Adler JT, Lu E, Ong SC, Concepcion BP, Singh N, Murad H, Anand P, Ramer SJ, Dadhania DM, Lentine KL, Lakin JR, Alhamad T.**

In **Am J Kidney Dis.** 2023 Sep 17:S0272-6386(23)00805-3.

**Access to Nephrology Care for Pregnancy-Related Acute Kidney Injury in Low- and Lower-Middle-Income Countries: A Perspective.**

**Elrggal ME, Bajpai D, Tannor EK, Azmat R, Bashir AM, Banda J, Victorine B N, Nlandu YM, Waziri B, Baah W, Dahwa R, Shemies RS.**

In **Kidney Med.** 2023 Jul 1;5(9):100695.

**The underutilization of preventive cardiovascular measures in patients with cancer: an analysis of the Behavioural Risk Factor Surveillance System, 2011-22.**

**Sayed A, Munir M, Addison D, Abushouk AI, Dent SF, Neilan TG, Blaes A, Fradley MG, Nohria A, Moustafa K, Virani SS.**

In **Eur J Prev Cardiol.** 2023 Sep 20;30(13):1325-1332.

**Flood in Pakistan and Infectious Diseases - The Way Forward.**

**Khoja A, Ali NA, Kazim F.**

In **J Coll Physicians Surg Pak.** 2023 Sep;33(9):1080-1081.

**Short Versus Long Duration of Dual Antiplatelet Therapy After Second-Generation Drug-Eluting Stents Implantation in Patients with Diabetes.**

**Gangwani MK, Aziz M, Chacko P, Mahmood A, Ali M, Priyanka F, Munir S, Aziz A, Sagheer S, Lee-Smith W, Parkash O, Rai D, Baibhav B, Aronow WS.**

In **Am J Ther.** 2023 Sep-Oct 01;30(5):e416-e425.

**Allergic bronchopulmonary aspergillosis: radiological and microbiological profile of patients presented in an outpatient pulmonary clinic in a developing country.**

**Iqbal N, Irfan M, Bin Ali Zubairi M, Ayub M, Awan S, Jabeen K, Bin Sarwar Zubairi A.**

In **Monaldi Arch Chest Dis.** 2023 Dec 7.

**Disparities in Gender Representation Among First and Senior Authors in High-Impact Nephrology RCTs, 2000-2022.**

**Chander S, Kumari R, Sadarat F, Parkash O, Kumar D, Luhana S.**

In **Am J Kidney Dis.** 2023 Sep 29:S0272-6386(23)00841-7.

**Reply to: "Does currently recommended maternal antiviral prophylaxis against mother-to-child transmission of hepatitis B virus require enhancement?"**

Matthews PC, Ocamo P, Wang S, El-Sayed M, Turkova A, Ford D, Torimiro J, Garcia Ferreira AC, Miranda AE, De La Hoz Restrepo FP, Seremba E, Mbu R, Pan CQ, Razavi H, Dusheiko G, Spearman CW, **Hamid S**.  
In **JHEP Rep**. 2023 Aug 7;5(11):100875.

**Adjusted estimate of the prevalence of hepatitis delta virus in 25 countries and territories.**

**S Hamid, W Jafri**

**Polaris Observatory Collaborators.**

In **J Hepatol**. 2023 Nov 27:S0168-8278(23)05285-6.

**Hyponatremia causing factors and its association with disease severity and length of stay in COVID-19 patients: A retrospective study from tertiary care hospital.**

**Rehman FU, Rehan ST, Rind BJ, Valliani K, Asghar MS, Omair F.**

In **Medicine (Baltimore)**. 2023 Nov 10;102(45):e35920.

**Highlights of Cardiovascular Disease Prevention Studies Presented at the 2023 European Society of Cardiology Congress.**

Gupta K, Hinkamp C, Andrews T, Meloche C, Minhas AMK, Slipczuk L, Vaughan E, Habib FZ, **Sheikh S, Kalra D, Virani SS.**

In **Curr Atheroscler Rep**. 2023 Nov 17.

**Prevalence, Awareness, and Treatment of Elevated LDL Cholesterol in US Adults, 1999-2020.**

Sayed A, Navar AM, Slipczuk L, Ballantyne CM, **Samad Z, Lavie CJ, Virani SS.**

In **JAMA Cardiol**. 2023 Dec 1;8(12):1185-1187.

**Prevalence Of Sunscreen Usage And Perception About Sun Exposure And Sunscreen: A Lower-Middle-Income Country's Perspective.**

**Rukhsar S, Masood S, Ghulam U, Hannan E.**

In **J Pak Med Assoc**. 2023 Oct;73(10):2069-2072.

**PAKistan Study of prEmature coronary atHerosclerosis in young AdulTs (PAK-SEHAT): a prospective longitudinal study protocol investigating the prevalence, severity and determinants of atherosclerotic cardiovascular disease in the young adult Pakistani population.**

Hanif B, **Sheikh S**, Peerwani G, Cainzos-Achirica M, Javed W, Baqar JB, **Samad Z, Bashir F, S Virani S, Nasir K, Aijaz S.**

In **BMJ Open**. 2023 Nov 19;13(11):e076045.

**Outcomes of patients with elevated pulmonary artery systolic pressure on echocardiography due to chronic lung diseases.**

**Salahuddin M, Shahid S, Tariq U, Aqeel M, Arif AU, Aslam M, Sattar S.**

In **Respir Investig**. 2023 Nov 10;62(1):69-74.

**Frequency of dysnatremia in patients admitted with COVID-19 infection and its prognostic implication.**

**Gul Khan F, Sattar S, Yaqoob MM, Vallani N, Asad M.**

In **J Int Med Res**. 2023 Nov;51(11):3000605231202180.

**Enhancing Diabetes Care in LMICs: Insights from a Multinational Consensus.**

Miranda JC, Raza SA, Kolawole B, Khan JK, Alvi A, Ali FS, Chukwudi EE, **Ram N, Oluwatoyin A.**

In **Pak J Med Sci**. 2023 Nov-Dec;39(6):1899-1906.

**Evaluating Glycemic Control Efficacy and Safety of the Oral Small Molecule Glucagon-Like Peptide 1 Receptor Agonist Danuglipron in Type 2 Diabetes Patients: A Systemic Review and Meta-Analysis.**

Fatima H, Rangwala HS, Mustafa MS, Shafique MA, Abbas SR, **Rizwan A, Fadlalla Ahmed TK, Arshad A.**

In **Diabetes Metab Syndr Obes**. 2023 Nov 7;16:3567-3578.

**Acute myocardial infarction from a lower-middle income country-A comprehensive report on performance measures and quality metrics using National Cardiovascular Data Registry.**

**Baloch F, Arshad A, Sethi SM, Tai JM.**

In **PLoS One**. 2023 Nov 15;18(11):e0294396.

**Efficacy and Tolerability of Semaglutide in Patients With Type-2 Diabetes Mellitus: Experience of a Tertiary Care Hospital, Pakistan.**

Wajid M, Sattar S, Khalid F, Masood MQ.

In *Clin Med Insights Endocrinol Diabetes*. 2023 Nov 24;

16:11795514231213568.

**Association between long COVID and vaccination: A 12-month follow-up study in a low- to middle-income country.**

Fatima S, Ismail M, Ejaz T, Shah Z, Fatima S, Shahzaib M, Jafri HM

In *PLoS One*. 2023 Nov 22;18(11):e0294780

**Environmental factors and stroke: Risk and prevention.**

Ranta A, Ozturk S, Wasay M, Giroud M, Béjot Y, Reis J.

In *J Neurol Sci*. 2023 Nov 15;454:120860.

**Ambulatory ECG Monitoring**

Daniel Fabian; Intisar Ahmed.

2023 Nov 2. In: *StatPearls [Internet]*. Treasure Island (FL): StatPearls Publishing; 2023 Jan

**Fungal empyema thoracis, a rare but an emerging entity: a retrospective case series from Pakistan**

Nousheen Iqbal , Akbar Shoukat Ali, Aqusa Zahid, Kausar Jabeen and Muhammad Irfan

In *Ther Adv Infect Dis* 2024, Vol. 11: 1–8

**Surgical Management of Epilepsy and Outcomes in a Comprehensive Epilepsy Center in Pakistan: A 20-year Retrospective Analysis.**

Imtiaz H, Farooq Khan A, Kanwar D, Siddiqui F, Wasay M.

In *SciBase Neurol*. 2023; 1(1): 1005.

**Renal cortical necrosis - a rare manifestation of dengue fever: A case report.**

Rehman FU, Rehan ST, Yousaf F, Rathore N, Rind BJ, Mahmood Fadelallah Eljack M, Asghar MS, Omair F.

In *Medicine (Baltimore)*. 2023 Oct 27;102(43):e35719.

**Cardiac autonomic plexus neuromodulation for decompensated heart failure: An updated review on the positive inotropic technique based on the DRI2P2S classification.**

Karamat RI, Fatima E, Rehman OU, Nadeem ZA, Kayani TS.

In *Curr Probl Cardiol*. 2024 Jan;49(1 Pt C):102186.

**Macrolides for better resolution of community-acquired pneumonia: A global meta-analysis of clinical outcomes with focus on microbial aetiology.**

Kyprianou M, Dakou K, Aktar A, Aouina H, Behbehani N, Dheda K, Juvelekian G, Khattab A, Mahboub B, Nyale G, Oraby S, Sayiner A, Shibl A, El Deen MAT, Unal S, Zubairi ABS, Davidson R, Giamarellos-Bourboulis EJ.

In *Int J Antimicrob Agents*. 2023 Oct;62(4):106942.

**Dengue-induced Guillain–Barre syndrome: a case series.**

Imtiaz, H., Khan, A.F. & Khan, S.

In *Egypt J Neurol Psychiatry Neurosurg* 59, 149 (2023).

**Hearing health and dementia - Authors' reply.**

Zhu D, Mishra SR, Virani SS, Shrestha N, Jiang F.

In *Lancet Public Health*. 2023 Oct;8(10):e753

**Pathophysiologic Insights into the Transition from Asymptomatic Bacteriuria to Urinary Tract Infection.**

Ljubetic BM, Mohammad A, Durrani B, Dobberfuhr AD.

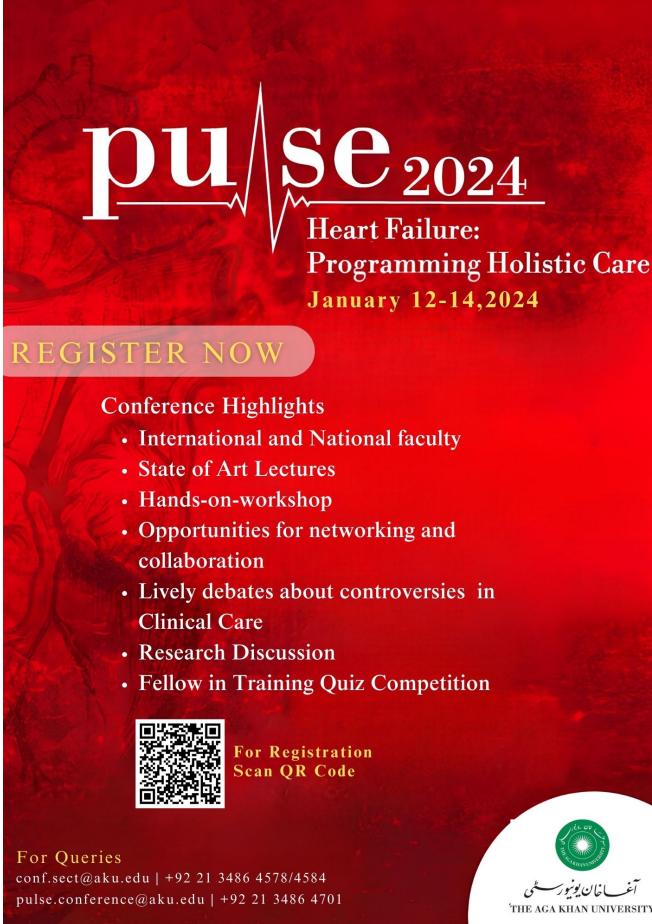
In *Curr Urol Rep*. 2023 Nov;24(11):533-540.

**Clinical manifestations and outcome of patients with primary amoebic meningoencephalitis in Pakistan. A single-center experience.**

Rehman SU, Farooq S, Tariq MB, Nasir N, Wasay M, Masood S, Karim M.

In *PLoS One*. 2023 Nov 8;18(11):e0290394.

## Upcoming Events




**pulse 2024**  
Heart Failure:  
Programming Holistic Care  
January 12-14, 2024


**REGISTER NOW**

Conference Highlights

- International and National faculty
- State of Art Lectures
- Hands-on-workshop
- Opportunities for networking and collaboration
- Lively debates about controversies in Clinical Care
- Research Discussion
- Fellow in Training Quiz Competition

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