

## Patient Safety and Friendly Healthcare Facilities concept will be promoted

### Provision of Universal Health Coverage to the population is our priority-Dr. Zafar Mirza

218 Health Packages being developed will take care of 90% of the diseases

KARACHI: Dr. Zafar Mirza Advisor to the Prime Minister on Health was one of the invited guest speakers at the second plenary session of ICON 2020 organized by Indus Hospital Karachi from January 17-19, 2020. The topic of his presentation was "National Vision to achieve Universal Health Coverage".

In his introductory remarks he commended the services being

rendered by Indus Health Network and also called Prof. Abdul Bari Khan as the Edhi of Healthcare in Pakistan. During all these years, he said, we have miserably failed to provide proper healthcare to our population for various reasons. However, some people rise above self and work for the greater good of the community. It is a pleasure to know the contributions of Indus Hospital and its Health Network in providing healthcare to the community. What they are doing is unprecedented in Pakistan. There are many people who keep on contributing silently and they also achieve excellence. Some of the crisis we are facing in the field of health is manmade. Some of these diseases are preventable if someone is held responsible and they should be answerable.

Continuing Dr. Zafar Mirza said that we have very high prevalence of Hepatitis-C. We are still confronted with TB, Polio could not be eradicated and Pakistan is one of the two countries still struggling with this. We have high maternal mortality, infant and neonatal mortality. We use almost

95% un-necessary injections. We are also faced with population explosion with 2.5% annual growth and we have the highest fertility rate in Asia i.e. 3.6%. In next thirty years, our population will almost double if we did not control this population explosion. Universal Health Coverage is the answer to all these problems. If someone is suffering with an infectious diseases, no one is safe and

protected. They are endangering the whole society.

Giving details of the proposed National Vision of Universal Health Coverage Dr. Zafar Mirza said that it ensures that everybody gets health care as per their needs. It is a mixture of public and private healthcare system. At present majority of the public is served by private sector. Cost of healthcare is going up in private sector. Those who cannot pay, State will take care of them. We will improve quality of care. We are going to provide much more resources and we will have to take some tough decisions to provide more funding. Health Care Managers

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Prof. Javed Akram VC UHS, Prof. Tahereh Changiz Chancellor IUMS and Mr. Awaiz Rauf Chairman Board of Governors of University of Lahore signing an MOU during the meeting held at UHS on February 10, 2020.

For detailed report see Page 4-5.

## SMDC's 4th International Conference-III

### Punjab has made tremendous progress in children immunization achieving 79.18% coverage-Prof. Zulfiqar Bhutta

We must use GPs, involve community, and mobilize indigenous resources to stand on our own feet

LAHORE: Dr. Asim Yusuf along with Prof. Tahir Masood chaired the session wherein three State of the Art lectures were presented by invited guest speakers during the 4th International Conference of Shalamar Medical & Dental College Lahore held from 1-2nd February 2020. Prof. Zulfiqar A. Bhutta was the first speaker who talked about "Immunizations: Issues in Pakistan and our experience of making a difference".

Prof. Zulfiqar Bhutta pointed out that we were supposed to achieve child mortality of 40/1000

live births which at present stands at 75/1000 live births which is far away. The rate of reduction in mortality has been 1% per annum. Most of the mortality is related to preventable diseases like diarrhoea 23%, Pneumonia 22%, Meningitis 8% and sepsis etc. We did all this without any new vaccines which was not a mean achievement. Immunization coverage stands at 50-60% in all districts and there has been progress as regards full immunization with all vaccines in first year of life. The coverage was good in the province of Punjab which achieved 62% coverage but the province of KPK; Sindh and Baluchistan have remained behind. It Sindh it was 29%, Baluchistan 22.5% and in KPK it was 49%.

Continuing Prof. Bhutta said that after devolution of health as a provincial subject, Punjab has made tremendous progress in child immunization achieving a figure of 79.18% whereas the figures for Sindh were 48%, KPK 54% and Baluchistan 28%. He then discussed the zero dose child figures for Baluchistan, shared the details of community outreach programme, involvement of religious leaders and community leaders. With the availability of injectable polio vaccine we achieved the figure of 88% and reduction in zero immunization was also achieved. In our initiative we targeted the high risk union councils. Since GAVI support will go away, we have to arrange self

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**Chymoral FORTE**  
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## Diabetic Retinopathy Workshop at UHS

### Poor BP, Diabetes control, smoking are known risk factors for Diabetic Retinopathy - Sue Jones

People with T1DM will develop Diabetic Retinopathy in 15-20 years' time  
For treatment Metformin remains the first choice while SGLT2 should be started early

LAHORE: Poor Blood Pressure, Diabetes control, smoking are some of the well-known risk factors for developing diabetic retinopathy. People suffering from Type-1 diabetes mellitus will develop diabetic retinopathy (DR) in 15-20 years' time. For treatment, Metformin remains the drug of first choice but SGLT2 should also be started early. This was stated by Dr. Sue Jones Consultant Physician in Diabetes, Endocrinology at University Hospital of North Tees & Senior Clinical Lecturer at Newcastle University, UK. She was speaking at a workshop on Diabetic Retinopathy organized at University of Health Sciences Lahore on February 11, 2020.

Dr. Sue Jones, it may be mentioned here was visiting Pakistan in connection with the arrangements for starting Final Paces Exam for MRCP which the Royal Colleges are planning to start very soon. During her presentation

she also referred to the complications of diabetes like loss of eye sight, diabetic foot, hypertension and diabetic management at CKD. Hemodialysis, she pointed out is very common with us even today. Other risk factors for DR include aging, family history of diabetic nephropathy, male gender. Low birth babies, tend to develop obesity in adulthood as parents are eager to make them fat considering it healthy, hence start overfeeding them which then develop metabolic syndrome leading to diabetes mellitus. The overall worldwide prevalence of LBW babies is 15.5% but a study done in Rawalpindi Pakistan had reported the prevalence of LBW babies of 27.4% and these do not include those children who died before six months of age. She pointed out that lean LBW will not develop diabetes mellitus.

Continuing Dr. Sue Jones said

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\*MADRS: Montgomery-Åsberg Depression Rating Scale

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# UHS, UOL & Isfahan University of Medical Sciences sign tripartite MOU for academic collaboration

Five Member Delegation from IUMS Iran headed by Prof. Tahereh Changiz hold fruitful discussions with administration, faculty members of these institutions

By Shaukat Ali Jawaid

LAHORE: Health planners, health managers and leadership of the medical profession in Pakistan is slowly and gradually realizing the fact that the solution to our problems in medical education and health services lie in indigenous cost effective solutions and not following the developed world which is too much dependent on new technology which is not only expensive but also has its own problems. Now there is a realization that we need to benefit from the experience of the countries in the region instead of visiting Europe and United States as none of their programmes can be either transplanted in Pakistan or it is affordable for developing resource constrained countries. Islamic Republic of Iran in particular has made tremendous progress in health sector despite sanctions and unfavorable situation and their health indicators are much better, they have one of the best primary health care which is appreciated by the WHO as Iran has drastically reduced its maternal mortality, infant and child mortality and controlled communicable infectious diseases to a great extent. They have also made great progress in the

Pakistani Physicians in UK who was also visiting UHS also attended the meeting. Mr. Awaiz Rauf Chairman Board of Governors of University of Lahore represented the UOL at the meeting.

Prof. Javed Akram in his introductory address said that they are trying to establish collaboration with leading universities in the developed as well as developing countries to benefit from their experience. UHS, he said in the recent past has signed many MOUs with these universities. He emphasized the importance of working with a time plan and follow up because signing of MOUs is of no use if we do not implement the decisions taken. Hence, it is essential that we nominate focal persons for future coordination. We should encourage department to department collaboration among the faculty members, we can have exchange programme of faculty as well as students and we all need to work as a team. UHS, he said, is though responsible for medical and dental colleges in the province of Punjab but we are also helping Azad Kashmir, Gilgit Baltistan and Baluchistan on their request. UHS is transforming itself into a patient centered university. We are interested to find out how to find cost effective treatment.

decided that let us be independent of foreign doctors and provide better health services. Documents on "Health for All", "Community Oriented Medical Education" and "Social Accountability of Medical Schools" were finalized. In 1985, with the Act of Parliament Medical Schools and other health related institutions were separated from

or she can be removed earlier and their tenure can also be extended. They must be faculty member of the university.

Currently there are fifty five medical universities in Iran. About 1.5 million students apply for admission to medical schools out of which about eight thousand are selected through National Entrance Test. There are some

## Delegations from UHS, UOL likely to visit IUMS for finalizing different programmes

private medical schools as well. Currently fourteen medical colleges

class research, outstanding learning and student experience besides fulfilling the social responsibility. Our development approach is through integrated education, research and innovation through service, community health and social responsibility for which we have developed the required infrastructure. We have 475 PhD students, 974 postgraduates, 2741

undergraduate students, 117 international students and we have Alumni of over seventy thousand. Currently we have the following schools:

1. School of Advance Medical Technology
2. School of Allied Medical Sciences
3. School of Health
4. School of Dentistry
5. School of Medicine
6. School of Management and Medical Informatics
7. School of Nursing and Midwifery
8. School of Nutrition and Food Sciences
9. School of Pharmacy and Pharmaceutical Science
10. School of Rehabilitation Sciences

We run regular programme of short courses. We have a

but our emphasis is on Quality and Reliability. Doctors who work in deprived areas are paid better. Remuneration of Physicians is determined on the area in which they work, she remarked. For example a GP working in a deprived area will be getting two to three times more pay as compared to a GP in Isfahan. Replying to a question Prof. Tahereh said that they have a proper referral system though it is not yet fully complete. To benefit from Rural Insurance System, the patients have to follow that referral system. To provide healthcare in rural areas, we trained high school students for two years with hands on experience to manage common diseases and for urban areas we had trained Community Health Workers. Their tests and treatment packages are well defined. Leishmaniasis, she stated, was a major problem in Isfahan. She also gave details of various specialties, sub-specialty programmes. Our efforts have resulted in twenty years increase in our Life Expectancy in Iran as compared to forty years ago Prof. Javed Akram remarked that they will be much interested to set up some Biotechnology plant for which they need help and assistance from Iran. Medical Education Development Centre provides an experimental environment for

**There are 55 medical universities in Iran. About 1.5 million students apply for admission to medical schools out of which about 8000 are selected through National Entrance Test**

field of both undergraduate and postgraduate medical education.

It was in this background that on an invitation from Prof. Javed Akram Vice Chancellor University of Health Sciences Lahore a five member delegation from Isfahan University of Medical Sciences lead by Prof. Tahereh Changiz Chancellor and President of Isfahan University visited Lahore from February 10-12<sup>th</sup> 2020. Members of this delegation for which Dr. Ahmad Reza was the local coordinator were:

1. Prof. Tahereh Changiz President Chancellor IUMS
2. Prof. Behrooz Kelidari Vice Chancellor Treatment IUMS
3. Prof. M. Reza Sabri Vice Chancellor IUMS
4. Prof. Hamid Mir M. Sadeghi Director Int. Affairs IUMS
5. Dr. Marjan Mansourian Gharakozlou Director Int. Medical Education

They had fruitful discussions with administration and faculty members of UHS, University of Lahore and also signed a Tripartite Memorandum of Understanding for academic collaboration. The issues discussed during these discussions included close collaboration in the field of

We can discuss the postgraduate programmes. We wish to produce more PhDs. Iran has one of the best primary health care and we can benefit from their experience. We need to opt for cost effective interventions in rural areas to provide health care. Iran has done a wonderful job by inducting some mid-level health workers. The government of Pakistan is also interested to improve primary and secondary health care in particular that is why he has invited the Punjab Health Secretary in charge of Primary and Secondary Health Care who will be joining us soon. He further stated that it is the

universities and Universities of Medical Sciences were formed under Ministry of Health. The name of MOH was also changed to "Ministry of Health and Medical Education" (MOHME). All hospitals and clinics came under MOHME and it was also decided to use all hospitals and clinics for medical education. The objective of this integration was to improve quality of community oriented medical education, improve quality of healthcare services, decentralize decision making and management processes, utilize the resources of the provinces for enabling new teaching bases, support the newly established universities, increase patient capacity of hospitals besides expanding research activities.

Now after 1993 the MOHME has health services related departments and academic related departments followed by Universities of Medical Sciences and Health Services. Replying to a question Prof. Tahereh Changiz said that now we are responsible for not only

## WFME has recognized Iranian medical schools for a period of ten years

impact of our efforts on society which matters. We at UHS face some hurdles in commercialization of some of the products which we have developed and got them patented.

**History and Functions of Isfahan University of Medical Sciences**

Prof. Tahereh Changiz Chancellor of IUMS then made a detailed presentation highlighting

academic affairs but also for health services. One university in each province has these responsibilities. Replying to yet another question she said that they also look after the drug manufacturing, production of health related products, medical devices in the province. In Isfahan we have eleven pharmaceutical companies and we monitor them. Of course there is some central control as well. We admit from

are affiliated with Islam Azad University. Iran has thirty one provinces and every province has atleast one university. Isfahan has two universities and the catchment area of each university is defined and they are responsible for their area for healthcare. Isfahan has total eight universities of which two are medical universities. These medical universities are



Picture on left shows Mr. Shaukat Ali Jawaid Chief Editor Pakistan Journal of Medical Sciences presenting his latest book on Scientific Writing to Prof. Tahereh Changiz President/Chancellor of IUMS at a reception hosted by Prof. Javed Akram VC UHS on Feb. 10, 2020. On right Prof. Javed Akram is presenting a memento to Mr. Usman Secretary Health in charge of Primary and Secondary Care during the joint meeting held between the visiting delegation from IUMS and UHS faculty members.

responsible for academics as well as health system Governance. We have close collaboration with non-medical universities.

**Avicenna School of Medicine** is the oldest school of academic medicine in Isfahan (Avicenna 980-1037 a.c) who published his textbook of medicine (Canon). Isfahan University of Medical Sciences was established in 1946 as a school of medicine. IUMS has

level. We have one major teaching hospital with eight hundred students and we have facilities of E-learning and E-examination.

**Health Technology Park:** Each university has such a Park which provides facilities for commercial mass production from bench to the market. They work as intermediate link with knowledge based companies, set up small scale factory and then

students to examine and analyze their knowledge. International Education Centre creates a friendly educational environment where students from overseas can broaden their horizon. We also have sports facility available at the university campus, she added.

Punjab Health Secretary for Primary and Secondary Care Mr. Usman then joined the meeting. In his address he said that Iran has utilized the disasters to their advantage and we wish to learn and implement whatever we can benefit from their experience. He also disclosed that a delegation from Punjab had recently visited Iran and they were impressed with their primary and secondary healthcare set up. I wish I could have joined them. We learn from best practices and we need to reduce the patient load at tertiary healthcare facilities while our primary healthcare facilities remain empty. Doctors are also keen to serve in cities and major towns and the public is also more interested to visit tertiary care hospitals. We need to come up with such a plan that senior consultants are willing to serve in small towns and primary healthcare facilities and the people also have confidence in them. Once the consultants are there they will demand funds for expansion and development of services, hence the finance will also flow there. It



Justice (Retd) Tussadaq Hussain Jillani Chairman Board of Governors of UHS Lahore presenting a memento to Prof. Behrooz Kelidari, Prof. M. Reza Sabri, Prof. Hamid Mir M. Sadeghi, Dr. Marjan Mansourian Gharakozlou and Dr. Ahmad Reza members of the visiting IUMS delegation from Iran at the dinner reception hosted by UHS on February 10, 2020.

academics, collaborative research projects, students and faculty exchange programme, faculty development and benefiting from each other's experience.

On Monday February 10, 2020 the delegation was welcomed by Prof. Javed Akram Vice Chancellor of UHS which was followed by detailed interactive discussions with the faculty members. Heads of all the departments at UHS were present in the meeting. Dr. Shakeel Puri President of Association of

the historical background of their university, its responsibilities and their accomplishments so far. Iran, she said, has a population of eighty (80) million, it is a safe and stable country located in a critically sensitive region. Before 1985, Medical schools and other health related institutions were included in universities under ministry of higher education while health services came under the Ministry of Health. We had lot of challenges. Hence after discussions it was

eight to ten thousand medical students in various institutions annually all over the country after a very competitive National Entrance Test. All heads of Hospitals in the province are appointed by the university and we oversee their budget. Chancellors who are professionals and academicians are appointed by a committee after thorough selection which is then submitted to the higher Council of Cultural Revolution. Chancellor is appointed for a four year term, he

eight Vice Chancellors responsible for Education, Research and Technology, Students and Cultural Affairs, Management Development and Resources, Health, Treatment affairs, Food and Drugs. We have 23 health Networks, 38 hospitals including 12 teaching hospitals with 6500 beds. We have more than twenty five thousand non-academic staff. Our Mission is to improve community health through Education, Research and Service. Core goals include world

someone buys those products for mass production. Intermediate standards have been established in our university. So far we have successfully marketed and sold many products.

Most of the students get free medical education but then there are some who pay upto 30% of the fee. World Federation of Medical Education has recognized our medical schools for a period of ten years. We do not concentrate of having more overseas students

is highly important that common man should have confidence and trust in primary healthcare facilities.

Prof. Javed Akram opined that we need to highlight the success stories at primary health care set up. Teaching hospitals should only be restricted to take care of referred cases. On his suggestion a group was constituted to look into detail the areas where we can benefit from the experience of Iran. It will

CONTINUED ON PAGE 5



## Isfahan University of Medical Sciences delegation's visit to Pakistan

CONTINUED FROM PAGE 4

include the following:  
1. Dr. Ajmal Bhatti (Punjab Health Dept.)  
2. Mr. Nadeem Mian  
3. Dr. Nasir from UHS  
4. Prof. Shakeela Zaman  
5. Dr. Shahzad  
6. Dr. Zahid Pervez

The suggestion will be sent to the provincial health department for formal approval. The deliberations concluded with a note that we need to learn from each other's experience. No solutions can be imported and we need to find indigenous solutions to our problems. Each country has its own system which may be different. It is not possible to import curative services and each country needs to develop its own programmes learning from each other. Prof. Tahereh remarked that they will be willing to send their experts here to

over nine thousand students one third of which are postgraduates. It also includes 113 from overseas. IUMS has 950 faculty members. Prof. Shahid Mahmood Malik remarked that Pakistan has acute shortage of PhDs in Nursing.

**IUMS has 475 PhD students, 974 postgraduates, 2741 undergraduate students including 117 from overseas and we have 80 degree programmes**

We also have acute shortage of manpower in other allied health sciences. UOL will be interested to have some PhDs in nursing to come and teach here. We have over two thousand faculty members at the campus. We have some postgraduate students. Faculty members from IUMS can come here for a period of few weeks to three months and UOL can look after their

health centers. Later the delegates were taken on a guided tour of the hospital and they visited the IMBB-CRIM center, Endocrine and Metabolic Diseases section, Plant and Biotechnology, Cell and Tissue Culture section, Dermatology department, Intensive Care Unit, Gymnasium and rehabilitation services offered by UOL.

Prof. Javed Akram VC UHS hosted a dinner in honour of the

are many fields for constructive cooperation between Iranian Medical Universities and Pakistan Universities. Working together for better health and self-sufficiency



Visiting delegation from Isfahan University of Medical Sciences photographed alongwith Prof. Shahid Mahmood Malik Rector Health Sciences University of Lahore and Prof. Farrukh Iqbal Principal UCMD during their visit to UOL on February 10th 2020.

could be considered the main goal for our collaborations. Isfahan University of Medical Sciences and Health services, as a major medical university in Iran will be too glad

## PAME Conference at JSMU from April 11-12, 2020

KARACHI: Pakistan Association of Medical Editors (PAME)

will organize its 5th biennial conference at Jinnah Sindh Medical University Karachi, Pakistan on April 11-12, 2020. It will be pre-

policy makers, regulatory bodies representatives, medical, nursing, public health, medical educationist, social scientists, and allied health field faculty members, postgraduate and undergraduate students.

For details contact the conference secretariat at PMA office, Karachi. Tel: 32226443 between 9:30AM and 4:00PM

## 620 candidates appear in NEB exam conducted by NUMS

RAWALPINDI: NUMS conducted Step III (OSCE) NEB examination for foreign medical and dental graduates. A total of 620 candidates; 618 medical and 02 dental graduates appeared in the exam. An elite panel of 135 examiners selected out of 275 approved clinical faculty from all the disciplines were selected to participate in the two-day OSCE. (PR)



On extreme left Justice (Retd) Tussadaq Hussain Jillani Chairman Board of Governors of UHS Lahore presenting a memento to Prof. Tahereh Changiz President Chancellor of IUMS at dinner reception hosted by UHS in honour of the visiting IUMS delegation from Iran. On left the picture shows Mr. M. A. Rauf founder of UOL presenting mementoes to Prof. Tahereh Changiz.

teach and train the staff once the programme is worked out.

### Meeting at University of Lahore

In the afternoon the delegation visited University of Lahore where they were welcomed by Mr. Awais Rauf. The meeting was attended by many faculty members and departmental heads besides Prof. Kamran Mirza Rector of the university and Prof. Farrukh Iqbal Principal of the medical college. In his introductory remarks Mr. Awais Rauf said that UOL was one of the largest private universities in Pakistan. It was established twenty years ago and has a student population of over forty five thousand.

Prof. Shahid Mahmood Malik Rector Health Sciences at UOL highlighted salient features of different institutions in health sciences including University College of Medicine and Dentistry, Faculty of Allied Health Sciences, CRIM-IMBB, Dept. of Pharmacy etc. UCMD, he said, now admits one hundred fifty medical students and seventy five dental students. Seventeen batches have been taken of which twelve batches have graduated so far. We have a friendly based student's centered learning. For the last four years we are practicing integrated module of education as per guidelines of WFME. We have a Certificate in Medical Education and Masters in Medical Education which was started in 2012 and so far nine batches have qualified and one hundred twenty students have completed their Masters in Medical Education. One hundred students have completed Certificate Course. We hold Int. Conference on Health Professions Education regularly. At present we have 750 medical students, 700 dental students. Our college is recognized for FCPS in Medicine, Ophthalmology and Dentistry. We have two affiliated teaching hospitals with 616 beds.

Faculty of Allied Health Sciences has over eight thousand students and 472 faculty members. We publish three journals. We have 37 PhDs on our faculty. We have started PhD programme in Physiotherapy in collaboration with Iran. We have institute of Molecular Biology and Biotechnology. We have produced 44 PhDs so far.

Prof. Tahereh Changiz Chancellor of Isfahan University of Medical Sciences in her brief presentation stated that they have

stay and accommodation. Dept. of Medical Education has started a joint MSc and PhD programme in medical education. We also run short courses as clinicians are too busy and they cannot afford to spare more time. We can also help in Health Tourism.

Prof. Shahid Mahmood Malik further stated that UOL has PhD programme in Pharmacy. We need to have more collaboration in Biotechnology. Mr. Awais

Medical College and Shaikat Khanum Memorial Hospital Research Center and had fruitful discussions with the faculty there. UHS and UOL hosted a dinner reception for the delegation at Poet Restaurant which provided an opportunity for social networking.

Recording her impressions of their visit to Pakistan, Prof. Tahereh Changiz President, Chancellor of IUMS who lead this delegation said that "it was our first trip to

to have meaningful academic collaboration with the medical universities and other institutes in Pakistan. I hope this can foster a scientific movement for health in the region."

\* March 21-22, 2020: 2nd National Paediatric Critical Care Medicine Conference at Aga Khan University Karachi. For details contact Conference Secretariat: conf.sect@aku.edu Ph: 021 3486 4578/4584



Prof. Mulazim Hussain Bukhari (third from right) explaining the facilities available in the Dept. of Pathology at University of Lahore affiliated teaching Hospital to the visiting delegation from Isfahan University of Medical Sciences which visited UOL on February 10, 2020.

Rauf remarked that since UOL is a private institution, we can implement whatever decisions are taken immediately. UOL will be too glad to offer any reciprocal support from clinical side which is needed. UOL it was further stated has a busy paediatrics cardiac surgery programme funded through donations and we also have facilities for cancer surgery. We can share whatever professional capacity we have at UOL with IUMS. Prof. Shahid Mahmood Malik also offered a visiting Faculty position to Prof. Tahereh Changiz in the Dept. of Medical Education. He also referred to the cardiac rehabilitation center, training of students in community

Pakistan, our team was really impressed by kind hospitality of our sisters and brothers in Lahore, as we felt at home. We are two Muslim nations living peacefully as neighbors for the last many years with more commonalities than differences. Even our national language has many common words. Allama Iqbal is well known in Iran and we remember his great Persian poems. We had the chance to meet respected professors and get familiar with their expectations and good emotions regarding friendly relationships. The mutual positive attitudes has brought us much closer to work for dialogue and collaboration which will be to our mutual benefit. There



King Edward Medical University hosted a farewell reception in honour of Prof. Irshad Hussain Qureshi who retired recently. Picture on left shows Prof. Zafarullah Khan former VC KEMU alongwith Prof. Khalid Masood Gondal, Prof. Asad Aslam presenting him a memento. Also seen in the picture are Prof. Amjad, Prof. Sajid Abaidullah and others. On extreme right Prof. Irshad Hussain Qureshi is photographed alongwith Prof. Khalid Masood Gondal VC KEMU and other senior faculty members on this occasion.

Visiting delegation from IUMS being explained the facilities available at UOL teaching hospital by the Medical Superintendent.

ceded by workshops on 10. April 2020 at the following venues:

- Ziauddin Medical University - Medical Writing - Coordinator Dr. Saeda Ba Baig (PJMD) cell: 0333-2131992
- At PMA House - Publication / Scientific Misconduct - Coordinator Dr. Fatema Jawad (JPMMA) cell: 0334-3251965
- At JSMU 1) Basic Biostatistics 2) Research Methodologies 3) SPSS - Coordinator Dr. Nazeer Khan (AJSMU) Cell: 0334-3471666

### Conference Highlights

- Formal Education of Medical Journal Editors
- Challenges of Smaller Journals - Recognition & Sustainability.
- Measuring the Success of Your Journal - Scientometrics
- Research Integrity / Research Misconduct
- Capacity Building of Journal Administration & Editorial Board
- Conflict of Interest / Institutions Review Boards
- Networking for Special Interest Groups

The conference will be useful for: Medical journal editors, journal administrative group,

## Dr. Ashraf Nizami named Convener of PHCC Technical Committee

LAHORE: President of PMA Lahore Dr. Ashraf Nizami has been appointed convener of Technical Committee of Punjab



PROF. ASHRAF NIZAMI

Health Care Commission. On his suggestion, Prof. Shahida Khawja, Prof. Shahid Mahmood, Dr. Tariq Mian, Col. Ghulam Shabbir from Chakwal and Dr. Kamran Saeed Sheikh have also been made members of this committee.

Vice Chancellor KEMU said that Prof. Irshad Hussain Qureshi served round the clock the ailing humanity and his services were commendable. He was an excellent teacher and above all a good human being. Prof. Shoaib Shafi who represented President of CPSP at the function said that Prof. Irshad Hussain Qureshi lived in the hearts of his students, teachers, friends and professional colleagues. Chief Executive of Mayo Hospital Prof. Asad Aslam said that Prof. Irshad Hussain Qureshi always treated his patients with kindness, paid them full attention and also helped the needy ones. Prof. Bilquis Shabbir termed his era a wonderful time in academic medicine. Others who spoke on the occasion included Dr. Fayyaz Ahmad Ranjha, Dr. Ashraf Nizami and Dr. Azimuiddin Zahid.

Prof. Irshad Hussain Qureshi in his speech thanked the Vice Chancellor and all other friends for arranging this farewell reception and gracing the occasion with their presence. I have no words to express the love and affection which I received during my stay here. My emotional attachment with this institution was part of my life, he remarked.

## KEMU holds farewell reception for Prof. Irshad Qureshi

LAHORE: Speakers paid rich tributes to Prof. Irshad Hussain Qureshi who retired as Prof. of Medicine from King Edward Medical University last week. The farewell reception organized by KEMU was very well attended by faculty members besides present and former Vice Chancellors of the university.

Prof. Irshad Hussain Qureshi remained affiliated with KEMC and later KEMU for almost four decades. He graduated in 1985 from King Edward Medical College. Later he served as a

teacher and Dean of Medicine. He also served as Register of KEMU for quite some time. In his speech on this occasion Prof. Mahmood Ali Malik one of the senior most teachers and former Principal of KEMC said that organizing a farewell was an acknowledgement of the services by his Alma mater. Former Vice Chancellor KEMU Prof. Zafarullah Khan said that participation of a large number distinguished faculty member's show their love and affection for Prof. Irshad Hussain Qureshi.

Prof. Khalid Masood Gondal



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## Medical, Dental Education in Pakistan

# There is disparity in what we intend to produce and what we are doing-Moyn Aly

There is disconnect between the policy makers and Researchers in medical education - Lubna Baig  
Learning is detection and correction of errors-Ayesha Abdullah

LAHORE: Prof. Junaid Sarfraz Registrar at NUMS along with Dr. Saima Chaudhry chaired the session devoted to "What the Experts Say" during the Shalamar Medical & Dental College 4th International Conference held here from February 1-2, 2020. Dr. Syed Moyn Aly from JSMU Karachi was the first speaker who talked about challenges of Change: Bringing the dream of undergraduate medical, dental education closer to reality. He was of the view that there is a disparity in what we intend to produce and what we are doing. We wish most of the medical graduates to settle in general practice but they are all trained

in tertiary care hospitals. We do produce specialists but we do not produce GPs.

Continuing Dr. Syed Moyn Aly said that during the four years of basic sciences, there is overlap of clinical sciences. We are giving too much time to subjects in which the students are not interested, is too much time is being spent on teaching basic sciences in medicine and dentistry while we need to allocate substantial time for Family Medicine. Most of the dental students are being trained general dental practitioners. They are not given enough training on history taking and physical examination. Dental graduates are not happy with their examinations. At present

the dental students learn in one year what the medical students are supposed to learn in three years. We need to train the medical and dental graduates in communication skills, leadership skills, patient safety, professionalism and research. The regulatory bodies and universities need to realign their goals, he remarked.

Prof. Lubna Baig also from JSMU spoke about Whimsicality of Policy makers and incumbent chaos. She pointed out that better patient care will improve our health indicators. Speaking about the current state of affairs as regards PM&DC or PMC, profession, Higher Education Commission, she said at present there is lot of

Keep on continuously talking to the people, inspire them for a change. Change should be evolved and develop leadership allegiance who will change it. If you work on change, it will bring sustainable change, she added.

Dr. Ayesha Abdullah from Peshawar Medical College talked about existential challenges, what medical educators do, change and learning and what is exactly meant by existential challenge. Change, she said, means to become different. She also referred to professional death and pointed out that change is at border of scrutiny and excitement. Learning is detection and correction of errors. If there is no learning, there is no education and no change.

have become clients and health has transformed from a human right to an industry. Health care has changed from life saving to life threatening. Radical change is more difficult while peripheral, change has low resistance and incremental change has moderate resistance. Referring to a change in life, she said if we cut some branches of a tree, they will be replaced by new ones.

Dr. Sadia Shahzad was the next speaker and she shared the findings of her study regarding perception of undergraduate medical students regarding educational environment at a private medical college at Lahore. The problem, she said was more emphasis on training with very little focus on

presentation by emphasizing the importance of regular assessment of educational environment as it keeps on changing. She was of the view that it was time to change our approach.

One of the students of SMDC was the next speaker and she felt that it was the attitude of junior doctors which makes the difference. We professional students should be more careful in our personal life. Findings of the two teaching sessions showed that there was improvement in professional attitude of students after intervention in the Dept. of Obstetrics & Gynaecology. They became better professionals. During the discussion it was pointed out that we need to produce Family Medicine specialists. Summing up the session, Prof. Junaid Sarfraz said that we are facing existential crisis and challenges. Change should be incremental to be sustainable.

## NUMS budget endorsed by its Syndicate

RAWALPINDI: The 6th Syndicate Meeting of National University of Medical Sciences (NUMS) was held at Armed Forces Institute of Cardiology (AFIC) on 10th February 2020 chaired by Vice Chancellor Lt Gen Professor Syed Muhammad Imran Majeed, HI(M) (Retd). All concerned officials were also present.

The Vice Chancellor apprised the house about update of admission of MBBS/ BDS in constituent and affiliated colleges of NUMS in addition to Fazaia Medical



Dr. Shakil Puri President Association of Pakistani Physicians UK receiving a memento from Justice (Retd) Tussadaq Hussain Jilani Chairman Board of Governors of UHS Lahore during a dinner reception hosted by UHS in honour of the visiting delegation from IUMS Iran on February 10, 2020.

No change in behaviour means no learning and no education. Education changes the society and the profession. There is self consciousness and perceptions how others see it i.e. patients, society, teachers. Peers are also

whole educational environment. At present there are gaps. Weaker are indiscipline and these issues are not addressed accordingly. She laid emphasis on regular assessment of educational environment. There were 375 students who participated

## Plenary session of ICON 2020

CONTINUED FROM BACK PAGE

also mentioned about tuberculosis which is quite common. CT MRI he said, is safe during first trimester of pregnancy. Seizure control should be better before pregnancy and it should remain so. Pre partum risk of seizures is higher and poor control is associated with worst outcome. There could be sudden unexplained death in epilepsy.

Poor compliance with drug therapy, lack of sleep can make the situation worse. Seizures do not cause any brain damage. He then talked about the teratogenicity risk of anti-epilepsy drugs and management near delivery. At the time of delivery these patients are taking extra dose of drugs. Women suffering from epilepsy should be encouraged to breast feed their babies. Those patients taking valproate, Lamotrigine should not breast feed. He emphasized on pre pregnancy counselling and use of folic acid. For management of epilepsy monotherapy should be preferred. If seizures are not altered, these patients can have pregnancy. They should also get Vitamin K. Oral contraceptives and anti-epilepsy drugs are safe and they can be taken at the same time, he added.

**Diabetes and Pregnancy**  
Dr. Musarrat Riaz from BIDE was the next speaker who talked about diabetes and pregnancy. She pointed out that almost 84% of hyperglycemia are due to Gestational Diabetes Mellitus. One in sixteen live births suffer some form of hyperglycemia. There are about 21 million pregnancies with hyperglycemia of which just 3-4 million are detected and



Picture on left shows Mr. Shaikat Ali Jawaid Chief Editor Pakistan Journal of Medical Sciences presenting a Memento to Prof. Junaid Sarfraz who chaired the session on "What Experts Say on Medical Education" during the 4th In. Conference of Shalamar Medical & Dental College held on February 1-2, 2020. On right Prof. Junaid Sarfraz is presenting mementoes to the invited guest speakers in this session i.e. Dr. Syed Moyn Aly, Prof. Lubna Baig and Dr. Syeda Kausar Ali. On extreme right is Dr. Saima Chaudhry who co-chaired the session.

treated. It is related with poor outcome. Spontaneous abortion is very common if diabetes is not well controlled and even intra uterine death could occur. Its prevalence is about 3.3-8% but it may be even more. She opined that every pregnant women should be screened for diabetes. Most of them are not aware that they are suffering from diabetes. They should be screened at 24-28 weeks of gestation. One should do early screening on first antenatal visit. Big baby at 34 weeks gestation indicates diabetes. Post natal follow up, planned pregnancy are important. Insulin should be the drug of first choice in pregnancy. Patient safety remains the first priority. Use of Statins, ACEIs and ARBs are not indicated. Metformin and Insulin are good combination. Glibenclamide can also be used. There is no different among various insulin's except the cost. One needs to increase the dose as the pregnancy advances. One also has to be careful as regards renal problems and retinopathy in these patients, she added.

confusion and chaos among the faculty members. She also talked about value of the degree and changes in experience certificate. Previously the students were allowed upto four attempts to clear the exam but now there is no time bar and a student might spend ten to twelve years in a medical school. There is lack of continuity of policies, there is disconnect between the policy makers and researchers particularly in medical education. Policy changes are based on personal preferences. She was of the view that we need evidence based policy and need to involve all the stake holders. We must also ensure that policy is based on principles. At present there appears to be no policy and it will give license to kill. In HEC there is none with a medical background which is a greatest set back, she added.

Syeda Kausar Ali from JSMU discussed facilitating the change. Change, she opined, is always painful. A positive change is always based on principles. Speaking about the changes in higher education she referred to harassment policy in institutions. She also referred to cultural change and emphasized the importance of planning for a culture change. We also need to define complexity and scope, what will be the impact of the proposed change and we need to create an environment for a change. There will always be some resistance to change. One needs to communicate properly how you intend to bring the change. Create competent teams, provide needed support, go for capacity building, strengthen the culture of teaming, decentralize and change management plan in academia.

important players. We will make us change "I". She then referred to organization of profession and how to respond to challenge of change. She also talked about the nature of change what we are currently experiencing. How health is changing and what is being done to help facilitate this change taking place. Now teachers have become facilitators and guide, students have become colleagues, patients

in this study from first to fifth year class. It included 55.5% female and the mean age of the students was 21.4 years. Her findings were that 23.2% needed some more training, 17.8% had more negative aspects, 24.3% felt there were many issues which need to be changed while 28% felt it was not a nice place. Negative aspects need follow up. She concluded her

College Islamabad, PAF Fazaia Ruth Pfau Medical College Karachi and Foundation University Medical College Rawalpindi.

\* April 16-18, 2020: Interventional Cardiology Workshop Pakistan Live 2020 by Pakistan Society of Interventional Cardiology at Karachi. For details visit [www.psic.org.pk](http://www.psic.org.pk) Email: [info@psic.org.pk](mailto:info@psic.org.pk), [Psic786@gmail.com](mailto:Psic786@gmail.com)

## Dr. Inayat Ullah Padhiar

CONTINUED FROM PAGE 2

had bestowed upon him. Many speakers have said lot of good things and good words for me which perhaps I do not deserve. I am glad that one of my mentors Mr. Shaikat Ali Jawaid who taught me and encouraged me to work in the field of medical journalism is present here. Dr. Fatema Jawad Chief Editor of JPMA was the other personality who helped me a lot in this regard. He also thanked his professional colleagues for gracing the occasion with their presence. I consider work as Ibadat and when one thinks so, you are busy in Ibadat the whole day and get adequate rewards from God Almighty. Serving the ailing humanity is the biggest Ibadat. Successful running of the Journal of PDA is due to team work. He specially thanked Dr. Ahmad Shah, Shakir, and others.

Dr. Mahmood Shah in his brief address said that Dr. Inayat is a mentor for many dental surgeons. Later mementoes were presented to Dr. Inayat on behalf of Shield Corporation Ltd, Dental News while representatives of Pakistan Dental Association also presented him mementoes and flower bouquet.

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