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President's Message

I have great pleasure in presenting to you the first issue of the Aga Khan University Newsletter (AKUNL). News of AKU was previously covered by the Aga Khan Health Services International Newsletter. As AKU continues to grow and diversify into different academic disciplines, nationally and internationally, this quarterly publication will focus on its activities and expansion as well as keep you informed of the progress of this young University. I hope you will enjoy this Newsletter and as always my colleagues and I would welcome your comments and suggestions on this as well as other publications of the University.

Chartered in 1983 as Pakistan's first private international university, AKU's objective is the development of human resources that respond to the problems of particular relevance to developing and Muslim countries. AKU occupies a pivotal place in the Aga Khan Development Network (AKDN) and contributes in many ways to social development.

Seventeen years is a short period in the history of any university, but in these few years, AKU has laid the foundation for academic excellence, need-oriented research, and high quality health services. The University has also paved the way for international expansion as it looks beyond its national borders with the objective of sharing its knowledge and educational capacity with others.

The Aga Khan University School of Nursing (AKUSON), the first component of the Faculty of Health Sciences established in 1980, is taking the lead in AKU's international initiative. This year, at the request of East African governments and nursing leaders, the School is initiating an Advanced Nursing Studies Programme in East Africa.

The year 2000 marks the twentieth anniversary of AKUSON. It is the first school in Pakistan to offer a Nursing Baccalaureate degree and is preparing to introduce a Master's programme in Nursing. In recent years, AKU and McMaster University of Canada have collaborated in a programme, the Development of Women Health Professionals (DWHP), to enhance the professional skills of nurses and lady health visitors in the public sector of Pakistan.

AKU provides quality medical education and health services, with a major commitment to community orientation. It is for this reason that its Medical College places great emphasis on preparing future physicians to deal with problems of health relevant to Pakistan and other developing countries, particularly the poor in both urban and rural settlements. Many alumni of our post-graduate training programmes are on the staff and faculty of AKU and other reputable teaching institutions throughout the country.

For both the Medical College and the School of Nursing, the principal site for clinical training is the 500-bed Aga Khan University Hospital, which provides high quality patient care in a broad range of secondary and tertiary care services.



In 1993, AKU established its Institute for Educational Development (AKU-IED) to enhance the quality of education in Pakistan, primarily through professional development of in-service teachers as well as improved management practices in schools. AKU-IED works in partnership with international universities and national public and private educational sectors. Course participants come from all over Pakistan, as well as several countries in South and Central Asia and East Africa.

In 1994, the report of the Chancellor's Commission titled, "The Future of The Aga Khan University: Evolution of a Vision," drew up a road map for AKU's next 25 years. Future developments at AKU envisage the establishment of Institutes of Islamic Civilisations, Human Development, Economic Growth and Society, Planning and Management of Human Settlements, and a College of Arts and Sciences.

In the short history of AKU, its numerous achievements have been made possible by the generous support of the Government of Pakistan for which the University is indeed grateful. The vision of His Highness the Aga Khan, Chancellor and Founder of the University, the governance by the Trustees, the support of the donors, as well as the hard work, dedication and team spirit of the AKU family, have created many milestones during the last 17 years. We enter the new millennium confident that we have laid a strong foundation to meet the challenges that lie ahead.

Shamsh Kassim-Lakha, S.I.

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Second Professional Development Centre in Northern Pakistan Established

The Professional Development Centre (PDC) of the Aga Khan University Institute for Educational Development (AKU-IED) provides courses for practising teachers through field-based teacher training and plays a crucial role in their continuing professional development.



Field-based teacher training in Northern Pakistan.

AKU-IED's first PDC was established at the Sultan Mohammed Shah Aga Khan School complex in Karimabad, Karachi. The 25-acre complex contains pre-primary, primary, secondary and upper secondary schools, which together cater for over 4,000 children.

With funding support from the European Commission, AKU-IED's second PDC commenced operations in Gilgit, Northern Pakistan in early 1999. This PDC is a collaborative venture between the Aga Khan Education Service, Pakistan (AKES, P) and AKU-IED, and targets teachers from the public and private sectors of schools in the Northern Areas and Chitral.

The core function of the PDC is the professional development of teachers who are already in service. Key support functions of the PDC include management training for school heads and middle and senior educational managers, curriculum development and research. The PDC is developing local capacity in laying the foundation for quality education and effective educational management.

The core faculty of the PDCN comprises of M.Ed. graduates of AKU-IED from Northern Areas and Chitral. Additional faculty support is provided by AKU-IED for both research and programmatic activities.

Development of new PDC's represents greater outreach of the methodology developed and tested through AKU-IED's initiatives. Consistent with the principle of responsiveness to the local environment, new PDCs adapt to the local context with possible variations in governance, structure, programme and the relationship with AKU-IED.



Students in the Northern Areas.

AKU GRADUATES AND ENROLMENT 1999-2000

Programme	Currently enrolled	Graduates to date
<u>Faculty of Health Sciences</u>		
School of Nursing		
R. N. Diploma	207	1182
B.Sc.N.	71	207
Generic B.Sc.N.	79	First graduation in 2001
Medical College		
M.B.,B.S.	404	811
M.Sc. Epidemiology	14	11
Ph.D. in Health Sciences	4	First graduation in 2003
Post- Graduate Medical Education	239	704
Total	1018	2915
<u>Institute of Educational Development</u>		
M.Ed. (Teacher Ed.)	29	86
VT Programme	40	789
Balochistan VTP	-	166
School Based VTP	24	40
Advanced Diploma Programmes	36	96
Certified in School Management	-	97
Balochistan Edu. Management Prog.	-	74
Total	129	1348
Total students enrolled at AKU	1147	4263

Innovative Teacher Education Planned for Central Asia

"The Aga Khan University has created a unique enabling environment which allows for mutually beneficial exchanges between teachers from different countries," said Professor Bektemir Murzubraimov, Rector of Osh State University (OSU) in the Central Asian Republic of Kyrgyzstan. Professor Murzubraimov led a delegation from OSU that visited the Aga Khan University Institute of Educational Development (AKU-IED).

Amongst other places, the AKDN is working in Central Asia, where alternatives are being sought to the legacy of conservative Soviet practices. Professor Murzubraimov said, "We need new ways to impart knowledge and train our teachers to improve the quality of education in our country." In addition to Kyrgyz students, AKU-IED has also enrolled 17 students from Tajikistan.

OSU's linkages with AKU-IED were developed by the enrolment of three faculty members in the Master of Education (M.Ed.) programme. The principal purpose of the OSU delegates' visit was to participate, along with other institutional representatives from Pakistan and abroad, in the annual "Re-entry" Module for M.Ed. students who graduate and return to their home countries as "Professional Development Teachers" (PDTs). The participants interacted with students and IED faculty to familiarise themselves with the skills and potential contribution of PDTs and helped prepare professional action plans for these teacher educators on their return to their respective countries. One such graduate remarked that "AKU-IED encourages critical thought combined with a non-traditional approach to thinking and learning, consolidated with field-based training."

Professor Murzubraimov also envisages OSU's growing involvement with AKU not only in the field of education but also medicine.



Professor Bektemir Murzubraimov, Rector of Osh State University, Central Asian Republic of Kyrgyzstan (3rd from left) with Dr. Robert Baker, Director, AKU-IED (extreme left) and faculty members: Dr. Alan Wheeler (2nd from right) and Dr. Sadru Pardhan (extreme right).

New Ph.D. Programme to Promote Research

In fulfilling its mandate for higher education, the Aga Khan University (AKU) has always given high priority to research. Major areas of research at the University include infectious diseases, healthcare delivery systems and the epidemiology of diseases. Recently, the University has identified additional areas for research. These are cardiovascular diseases, cancer, nutrition and human development. To promote research activities in these fields, AKU introduced a new Ph.D. Programme in Health Sciences, which started in October 1999.

The Ph.D. Programme offers advanced courses and research facilities for students not only in the basic medical sciences,

but also in infectious diseases, the cellular and molecular biology of cancer, nutrition, cardiovascular disorders, metabolic diseases, neurosciences and molecular genetics. Currently, there are four students enrolled in the programme.



The recently constructed Juma Research Building.

Dr. Arif Sarwari

Alumni Contribution to AKU



Dr. Arif Sarwari is the first alumnus of the Aga Khan University (AKU) Medical College to join the faculty of his alma mater as Assistant Professor and Consultant of Infectious Diseases. Since then, 19 more alumni have joined faculty ranks.

In his two years at AKU, Dr. Sarwari's major contribution has been in developing an Infectious Diseases Consult Service as well as in the field of hospital infection control. With his Pakistani peers, he is currently involved in establishing an Infectious Diseases Society of Pakistan. He has also published over 15 articles in national and international medical journals.

In this interview, Dr. Sarwari reflects on his past experiences and the challenges of his job at AKU.

Tell us about your experiences as a medical student of the second batch, class of 1989.

The five years of student life and the one-year of internship are the foundations of my strong bond with the University. We saw the commitment and dedication of our teachers, and there was little doubt that we would be at par with medical graduates from other renowned institutions. Thus, now as a teacher, I try to match the interest and enthusiasm with which I was taught in my years as a medical student at AKU.

While you were abroad, what was the prime focus of your study and research?

I did my residency training in Internal Medicine at West Virginia University in USA and followed this up with a year as the Chief Resident. The next three years were spent at the University of Maryland pursuing an Infectious Disease (ID) Fellowship. My interest in ID was sparked during my internship at AKUH, where the vast majority of our hospital admissions are ID related.

My research interest is in the clinical epidemiology of these infections. I was able to combine my Fellowship with an M.Sc. in Preventive Medicine and Epidemiology. This gave me the training to work at the United States Department of Agriculture in the Office of Public Health and Science, where we focused on food borne diseases. I completed my training in June 1997 and joined AKU a month later.

What brought you back to Pakistan and your alma mater?

My commitment to return to AKU was there right through my seven years abroad. My principal interest is in academic medicine, and I do not see myself in private practice. I think in this era, it is imperative to keep up to date with medical literature and there is no better way to do this than by teaching the young inquisitive mind that is ready to challenge you at every step.

The added attraction in returning to AKU was the prospect of contributing to my alma mater as a teacher and interacting with what I believe are some of the best students anywhere. AKU is also the place that held the most promise in launching a clinical research career as well.

What has been your work experience at AKU?

Overall, the return to AKU has been a positive experience. The most rewarding aspect of my work at AKU is the interaction with students and residents. They really want to learn! After teaching sessions with them I often feel like a sponge squeezed dry! I also learn from them because they can think unconventionally, and I believe the fun in medicine disappears once you stop thinking and questioning.

However, my main concern is that the Hospital, which overshadows the University, needs to do a better job of satisfying our patients. The pressure to see more patients has led to an unfortunate shift in the faculty's priority from teaching to clinical work—a prudent balance needs to be maintained, otherwise this will impact the quality of our medical graduates. This would be a shame, for AKU has the potential to become the Harvard or Johns Hopkins of the East.

How do think AKU has influenced the medical profession?

AKU has certainly made a significant impact on the medical profession, not only locally but also internationally. In the USA, an AKU graduate is recognised as coming from an institution of repute. Residency Programmes in the US welcome AKU graduates because they often out perform graduates of other medical schools. Many get to be chief residents. However, I believe it is too early to see the full impact of the Medical School as yet. In terms of the history of institutions, I believe we are still in our infancy. Despite that, it has been an impressive beginning!

Physiology Teaching in the Developing World: Models for Quality Learning



Dr. Arif Siddiqui, General Secretary, Pakistan Physiological Society and Assistant Professor Physiology and Pharmacology at AKU, introducing the panelists to Workshop participants.

Interactive teaching and innovative teaching methodologies were discussed at a four-day international workshop, "Physiology Teaching in the Developing World: Models for Quality Learning," organised by the International Union of Physiological Sciences (IUPS), the Pakistan Physiological Society (PPS), and the Aga Khan University (AKU) in 1999.

The IUPS, Islamic Development Bank, the Third World Academy of Sciences, Islamic Scientific and Cultural Organisation and the Pakistan Science Foundation sponsored this workshop. Introducing the workshop, Dr. Arif Siddiqui, General Secretary, Pakistan Physiological Society and Assistant Professor Physiology and Pharmacology at AKU, said that over 80 physiologists and medical educationists from 19 countries had congregated to discuss innovative ways to improve teaching and learning of science in medical colleges.

The workshop had several objectives. The main one was to analyse problem-based learning as an effective, efficient and innovative way of learning and teaching physiology. Secondly, to explore, experience and learn different strategies for enhancing the understanding of physiology; and finally, to determine strategies that would attract scientists to a teaching career in basic sciences.

In her introductory remarks, Dr. Ann Sefton, Chairperson, Commission on Teaching Physiology and Dean, Curriculum Development, University of Sydney, said that old-fashioned teaching methods are being challenged by a new generation of students. Resources in the world are limited, therefore, necessitating co-operation and sharing of knowledge and practical solutions to new challenges.

The keynote speaker at the inaugural session was Dr. Bashir Hamad, from The University of Gezira, Sudan. Dr Hamad advocated a shift from lecture-based teaching methods towards interactive systems of instruction, which allowed for

the participation of students. He also presented guidelines for the design of modular teaching.

Deliberating on "Developing the Adult Learner", AKU Rector, Dr. Camer W. Vellani, presented thought provoking ideas on adult learning. He discussed the capabilities and capacities to think and reflect, which are connected to the development of the brain in the first three years of life.

"This University has already started implementing some of the newer models and methods of instruction that were discussed in this workshop," said Dr. Joachim W. Herzig, Professor and Chairman, Department of Physiology and Pharmacology, AKU.

In conclusion, four working groups led by Dr Ann Sefton, Dr. R.G.Carroll, East Carolina University, USA, Dr. U. Nayar, Arabian Gulf University, Bahrain, and Dr. Holsgrove, Cambridge Medical Education Consultants, UK, presented recommendations for improving physiology teaching and action plans to develop models for student-centred learning and improved student-teacher interaction in Pakistan and other developing countries of the region.

Malnutrition in South Asia



From left to right: Dr. Camer Vellani, Rector, AKU, Dr. Mushtaq Khan, Chief (Health and Nutrition) Planning and Development Division, Government of Pakistan, Dr. Barbara Underwood, Scholar in Residence NIH, President IUNS, Dr. Roger Shrimpton, UNICEF, Dr. Roger Sutton, Dean, Faculty of Health Sciences, AKU, and Dr. Kenneth Brown, Department of Nutrition, University of California at Davis, USA.

Maternal malnutrition, low birth weight and reproductive health were discussed by eminent speakers and experts from Pakistan and abroad at a two-day workshop on "Maternal and Foetal Malnutrition and Human Development in South Asia" in October 1999. This was followed by a seminar on "Women and Nutrition in South Asia: Issues and Strategies for Change".

The main objective of the workshop and subsequent seminar was to develop a coherent, practical and effective framework to bring about change in the short and long term in South Asia, which has the worst malnutrition levels in the world.

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Convocation Reflects Development of Future Leaders Says Chief Justice Siddiqui

"AKU is a noteworthy example of an indigenous private sector institution that is playing an integral part in this country's future by training young men and women to be healthcare professionals and educators," said Mr. Chief Justice Nazim Hussain Siddiqui of the Sindh High Court and Chief Guest at the twelfth Convocation of the Aga Khan University's (AKU) Medical College, School of Nursing (AKUSON) and Institute for Educational Development (AKU-IED) held in November 1999. In his address, the Chief Justice emphasised the importance of maximising human resource potential for the growth of the nation and stressed that the Convocation reflected this development of future leaders. He lauded the private sector's vital role in complementing government efforts.

The ceremony began with the academic procession into the marquee. Leading the colourful procession was Gulshanara Badruddin, senior most faculty member at the AKUSON, holding proudly aloft the flag of the University, followed by the national and international academia robed in their university gowns. Then came the graduating students, clad in their vibrant green robes and hats.

Welcoming the guests, the Rector, Dr. Camer Vellani, said, "Nation building is no small exercise, it needs the contributions of everyone and the application of myriad special skills." He particularly encouraged the graduates to play their part in contributing the considerable skills they had gained at the University towards the development of their country. Dr. Vellani also acknowledged the continued dynamic leadership of the Chancellor, His Highness the Aga Khan, as well as his generous donation of US\$ 5 million to the unrestricted University wide research fund, which would further promote the University research initiatives.

The keynote speaker, Dr. Peter George, President and Vice-Chancellor of McMaster University, who had specially flown in from Canada to participate in this impressive ceremony, said he was pleased to see that the University had evolved from a Faculty of Health Sciences to include the Institute of Educational Development and was now in the process of designing programmes in the area of liberal arts and science education. He stressed on the importance of a broader educational framework to complement and strengthen professional programmes.

This year's ceremony was unique as it marked the twentieth anniversary of the AKUSON. To commemorate this milestone, the University recognised five nursing leaders for distinguished service, whose dedication to professional advancement and quality in nursing has guided the development of the School and the profession in Pakistan. The Rector presented the recognition awards to Ms. Winifred Warkentin, the first Director of AKUSON; Mrs. Faiz Alamzaib, Principal of the Post-Graduate College of Nursing in the North West Frontier Province and Vice President of the Pakistan Nursing Council; Ms. Ilmiya Mughal, Director General of



Jubilant nursing graduates.

Nursing in Sindh and President, Pakistan Nursing Federation; Dr. Susan French, former Associate Dean, Health Sciences, Nursing, McMaster University, who instituted the collaboration between the two schools of nursing and Dr. Andrea Baumann, Professor and Associate Dean, Health Sciences and Director of the School of Nursing at McMaster University. Dr. Baumann has been instrumental in strengthening the links between the two universities as Project Director for the DWHP programme. The Award of an Emeritus Professorship of the Medical College was conferred at the Convocation on Dr. Cheves Symthe, the founding Dean of the Faculty of Health Sciences.

In 1999, 218 graduates successfully completed their academic programmes. One hundred and eleven graduated from AKUSON, including 86 with the Nursing Diploma and 25 with the Bachelor of Science in Nursing. Seventy-one students graduated from the Medical College and six from the Master of Science Programme in Epidemiology and Biostatistics. Thirty received the Masters of Education from the AKU-IED.

Ms. Diana Briganza from the School of Nursing gave the valedictory speech. The Aga Khan University's coveted gold

medal for the best graduate of the Medical College, which has been awarded only four times in the previous eleven Convocations, was presented to Dr. Irfan Lalani. This medal recognises an outstanding medical graduate who comes first in three of the four certifying examinations including the finals.

The Awards ceremony to recognise the achievements of the Classes of 1999 of the Medical College, School of Nursing and AKU-IED was held at the AKU lakeside on the eve of the Convocation. Senior faculty, Members of the Board of Trustees, the President and Vice-Chancellor of McMaster University, diplomats and other distinguished guests attended the Awards night.

Dr. Shamsh Kassim-Lakha, President of AKU, welcomed the guests and paid tribute to the outstanding academic achievements of the graduating classes. He praised the AKUSON in celebrating its twentieth anniversary and highlighted the vital role of the Government of Pakistan and the national nursing leaders and McMaster University in the development of the nursing programmes at the University, as well as the 20 years of solid partnership with the Canadian International Development Agency.

Dr. J. Robert Buchanan, a Founding Member of the AKU Board of Trustees, gave the keynote address. He believed that AKU, "in pursuing its independent, self-determined course



The keynote speaker, Dr. Peter George (extreme left), President and Vice Chancellor of MacMaster University, and Dr. Yasmin Amarsi (centre), the first Pakistani Director of the AKUSON with the recipients of the Aga Khan University Recognition Awards. From left to right: Dr. Susan French, former Associate Dean, Health Sciences, Nursing, McMaster University; Dr. Andrea Bauman, Professor and Associate Dean, Health Sciences and Director of the School of Nursing at McMaster University; Ms. Ilmiya Mughal, Director General of Nursing in Sindh and President, Pakistan Nursing Federation; Mrs. Faiz Alamzaib, Principal of the Post-Graduate College of Nursing in the North West Frontier Province and Vice-President of the Pakistan Nursing Council and Ms. Winifred Warkentin, the first Director of the AKUSON.



Dr. Irfan Lalani receives the AKU Gold Medal for best graduate of the Medical College from Capt. U.A.G. Isani, Member AKU Board of Trustees and Chairman, University Grants Commission.

dedicated to the pursuit of excellence through application of proven educational strategies," was well on its way to achieving its goals. "Never allowing external circumstances to pervert its direction or purpose, the University continues to be a dedicated and steadfast institution," he added.

Student representatives also reflected on their AKU experience with gratitude. The Awards ceremony culminated with the distribution of numerous awards to graduates in recognition of their outstanding achievements in the fields of health care and education. Faculty members were also recognised for excellence in teaching and Dr. Camer Vellani conferred awards to them.

Two hundred local alumni attended the sixth AKU Annual Alumni Reunion, held during the celebrations leading up to the Convocation. The University now has 3001 alumni, many of them have returned to Pakistan and are on the faculty of AKU and other teaching institutions throughout the country. Dr. Amir Ali Shoro, Director of Alumni Affairs, lauded the impact that these returning Pakistanis are having on the health care delivery systems in Pakistan.

Class of 1989's Gift to Alma Mater

The Class of 1989 of the Medical College of the Aga Khan University (AKU) celebrated their tenth reunion by generously donating US\$33,000 to financially assist medical students to pursue their post-graduate studies. Through this gift, the Class of 1989, which was the second class to graduate from the Medical College, hopes to contribute significantly to the growth and development of their alma mater and set an example for others to emulate.

Dr. Asad Abbas, a graduate of the Class of 1989, now Consultant, Ophthalmologist, Shifa International Hospital in Islamabad, conceived the idea which inspired his peers to mobilise the funds. Dr. Tahseen Mozaffar, Assistant Professor of Neurology, AKU, is also Co-ordinator of the Class of 1989 Tenth Reunion, said, " We wanted to show our gratitude for all that AKU has done for us and establish a tradition of donation by the alumni." Dr. Mozaffar has been instrumental in liaising with class members world wide to make this donation a reality.

The criteria for a medical student receiving the grant will be developed in association with the Student Affairs Office. In principle, the grant will be given to students who were



Dr. Asad Abbas presents the Class of 1989's gift to Dr. Shams Kassim-Lakha, President, AKU.

recipients of financial assistance in their five years at the Medical College and plan to pursue their post-graduate studies in Pakistan. It is hoped that this will also promote the Post-Graduate Medical Education Programme (PGME) at AKU and other universities in the country.

Dr. Asad Abbas officially presented the gift to the President of the University, Dr. Shams Kassim-Lakha, S.I., at the Awards Ceremony on November 12, 1999. Dr. Kassim-Lakha expressed gratitude on behalf of the University for this generous gift and said, "It has set an important example for alumni support to the institution." The Class of 1989 hopes that future classes will continue with this tradition of a commemorative gift to the University to mark major milestones of their reunions.

International Workshops

Contd. from page 5

Seminar findings confirmed that malnutrition in children and adults reduces school performance, labour productivity and general economic growth. Some long-term effects of malnutrition are reduced intellectual capacity, higher risk of chronic diseases and the intergenerational transmission of poor growth. Malnourished mothers are more likely to produce low birth weight babies who, if female, will be predisposed to produce weak infants.

Dr. Zulfikar Ahmad Bhutta, Professor of Paediatrics and Child Health, AKU, presented a situational analysis of low birth weight in South Asia. He stated that at least half a million low birth weight infants are born in Pakistan each year, and a startling 30 million new born babies will be undernourished world-wide in the year 2000.

A shift in thinking has to occur because child nutrition cannot be conquered unless a woman's inherent right to nutrition is assured. It was concluded that a key requirement for the effective implementation of any future programmes was to focus on improving women's nutrition in the life cycle. Dr. Fozia Qureshi, Professor, Community Health Sciences, AKU, described women as the "gatekeepers of the family and community, who need to be educated, empowered and given economic opportunities."

Dr. Barbara Underwood, President of the International Union of Nutritional Sciences, stressed that a holistic approach

towards the issues of maternal malnutrition and low birth weight does not only require empowering women as a turnkey towards sustainable development.

In conclusion, a phased approach for addressing the problem should involve a comprehensive analysis of the situation, a design of the technical programme for intervention with trials in selected sites between 2000-2003, and subsequent policy recommendations and expansion. A detailed national plan including time frame and resource mobilisation is hoped to be in place by summer 2000. Dr. Mustaq A. Khan, Chief (Health and Nutrition) Planning Commission, Government of Pakistan, stated that as such " Strategies formulated at the Workshop would be a part of the next National Health and Development Plan."

UNIVERSITY EVENTS

February-April 2000

Programme	Date
CME Seminar - Update on Refractive Surgery	Feb. 2
2nd SAARC Liver Study Group	Feb. 4
Symposium on Blood Safety & Safe Injections	Feb. 15
CME Seminar - Echo in Context	Feb. 21
Research Fair - 20th Anniversary of AKUSON	Feb. 26
CME Seminar - Update on Family Medicine	Mar. 7 - 9
CME Seminar - Update on Obs & Gynecology	Apr. 11 - 13



The Canadian High Commissioner H. E. Ferry De Kerckhove, accompanied by his wife, Madame Louise Cote, First Secretary and Mr. John Davidson, Second Secretary, Politics, on a visit to AKU. Impressed with the University's operations, facilities, services and management, the High Commissioner remarked that he was "proud of the number of linkages between the University and the Canadian Government," as well as the support his government was providing to this institution.



The Japanese Ambassador, H.E. Mr. Minoru Kubota and Consul and Medical Attache, Dr. Katsunari Yoshida's visit to AKU highlighted areas of future collaboration. His Excellency remarked that they are keen to be associated with organisations that are 'achievers' such as AKU.

A 21-member team of health professionals from the UK and USA visited the Aga Khan University. They came to familiarise themselves with the University and Aga Khan Health Service, Pakistan programmes for further collaboration.



AKU friends from USA...



And from the UK.



Mr. Abdul Latif Sheikh, Director, Pharmacy Services, facilitated by the Queen of Denmark for winning the International Award.

Physician Order Entry System Pharmacy Wins IHF/Arthur Anderson International Award

The Aga University Hospital (AKUH) received international accolade for its Physician Order Entry (POE) System. AKUH was the runner up in the prestigious Arthur Andersen / Dr. Ed Crosby International Award for Managerial Innovation in Healthcare, 1999. Mr. Abdul Latif Sheikh, AKUH's Director of Pharmacy Services, received the Award at an impressive ceremony hosted by the International Hospital Federation (IHF) in Copenhagen, attended by 400 delegates from all over the world.

The IHF is a key international organisation responsible for promoting good practices in hospitals, health services management, training, healthcare policy and planning systems. Arthur Andersen is a global leader in the delivery of professional services and serves as consultant, auditor and financial advisor to some of the world's leading healthcare delivery organisations. The Award for Managerial Innovation in Healthcare honours select international institutions that have demonstrated outstanding managerial innovation in their primary healthcare activities.

The computerised POE System, AKUH's award-winning project, was developed by Pharmacy Services to facilitate the safe prescription and dispensation of medication to patients. AKUH physicians now prescribe drugs for patients by directly entering them into the Hospital computer network. The POE System then checks for any drug interactions, dosage and route of administration, while the pharmacist is reviewing the prescription before dispensing the drug to the patient.

Six Hospital Departments ISO 9002 Certified

Ensuring Compliance to Highest Standards of Patient Care

The Aga Khan University Hospital (AKUH) Nursing Services Division, Clinical Laboratories, Pharmacy, Neurophysiology, Purchase and Bio-Medical Engineering Departments have been ISO 9002 certified. A team of five auditors from AIB Vincotte of Belgium carried out the final two-day audit. The auditors were impressed with AKUH's systems in these specific areas as well as the general level of compliance with all written policies and procedures.

"The ISO journey began in November 1997," said Mr. Nadeem Mustafa Khan, Chief Operating Officer of AKUH, "and culminated with the final audit in February 1999. It was all hard work on the part of the staff. We were also well assisted by Mr. Imran Shariff of the Pakistan Institute of Quality Control (PIQC), who provided on-going guidance."

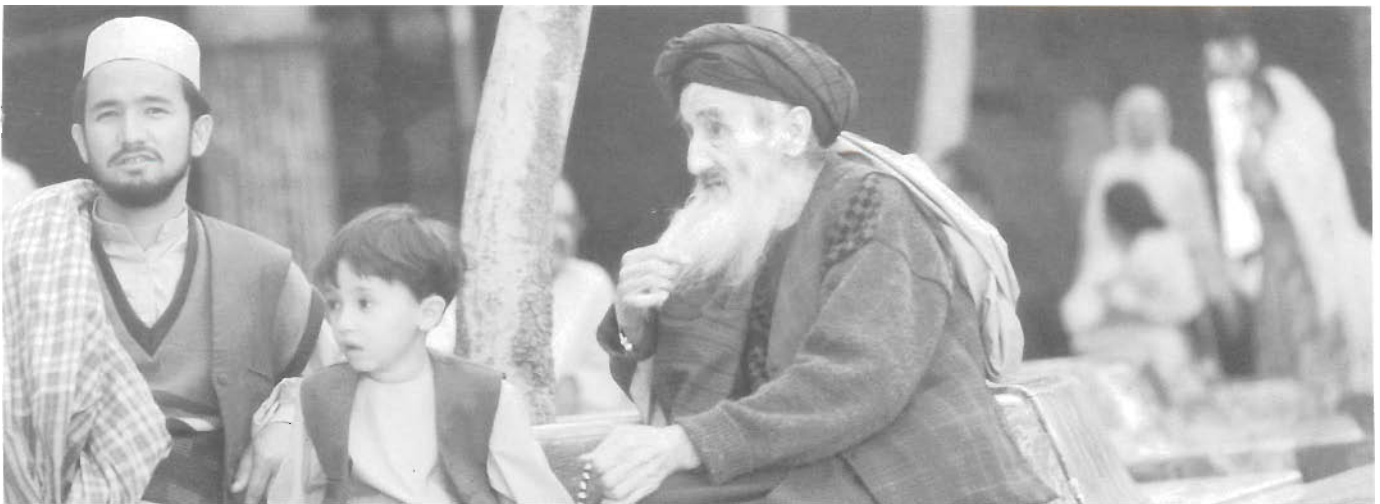


Dr. Shamsh Kassim-Lakha, President, AKU, receiving the ISO 9002 certificate from Ms. Asma Hasan, local representative of M/s AIB Vincotte.

At the certificate presentation ceremony, Dr. Shamsh Kassim-Lakha, President of AKU, said "It is of the utmost importance that we deliver quality care to our patients and the ISO process will be useful in ensuring compliance to the highest standards of care that we have set for ourselves." Mr. John B. Stevens, Director General of the Hospital, stressed that the ISO process was not over, and it is AKUH's intention to prepare the entire Hospital for ISO Certification in the year 2000.

Financial Support for Needy Patients

Providing accessible and high quality medical care is complex in any setting. In a developing country like Pakistan, with a large population, limited number of healthcare facilities and no public health insurance, it is even more challenging. A large and growing number of patients seeking medical care are unable to bear the high cost of treatment often provided at tertiary care teaching hospitals. Therefore, the need to make quality healthcare accessible to all segments of the population is immense.



Patients in the Hospital courtyard.

The Patients Welfare Programme at the Aga Khan University Hospital (AKUH) is committed to addressing this very need. A study of patient utilisation of AKUH services confirmed that 70% of all patients were from low to middle income groups. The programme ensures that Hospital's services are available to these patients through subsidies and direct remission of charges. All subsidies are financed by the Hospital's own revenues. The welfare assistance budget is funded through the generosity of donors, and supplemented by on campus activities such as the volunteer-run gift, flower and snack shops, as well as the sale of AKUH greeting cards.

Samina and Yousuf are just two examples of the many thousands of patients who benefit every year from this programme.

Samina, a 22-year old mother of two was brought to the Section of Emergency Medicine of AKUH suffering from a high temperature and severe abdominal pain. Careful examination by a team of doctors led by Dr. Shaista Masood Khan revealed that Samina had a large liver abscess. She also had a large collection of fluid in the peritoneal cavity.

Samina's liver was badly damaged and she had to be medicated and put on a special diet. As the abscess healed, her liver functions improved. Gradually, her excruciating stomach pains subsided but it took five weeks of careful monitoring

and medication for Samina to be able to eat a normal diet again and on regaining her health, she was discharged.

Samina lives in Korangi, a low income, industrial cum residential area of Karachi. Her husband, a grocery shop hand, barely makes enough to support the family. His savings were not enough to cover the cost of his wife's treatment and hospitalization. He, therefore, appealed for assistance to the AKUH's Patient Welfare Programme. Samina's hospitalization and treatment spread over 38 days and cost Rs. 136,000 (US \$2,518). The Patient Welfare Programme covered 73%, or Rs. 99,000 (US \$1,833), of the total medical cost.

Yousuf, a young boy who lives in one of Karachi's many 'katchi abadis' or squatter settlements, was brought to AKUH Section of Emergency Medicine in a state of shock with his face and body heavily lacerated and bleeding. Like countless

children in the shanty towns, a stray dog in the neighborhood had bitten Yousuf.

Fortunately, Yousuf was brought to AKUH in time. Dr. Zafar Nazir, paediatric surgeon stitched his deeper lacerations. Thanks to timely intervention and a brief hospitalization, Yousuf fully recovered after his painful ordeal and was able to go home.

The complete cost of Yousuf's treatment was Rs. 32,000 (US \$592). There was no way Yousuf's father, on his modest driver's salary of Rs. 2,800 (US \$51) a month, could afford to pay for his son's treatment and six days in hospital. He was able to contribute Rs. 1,400 (US \$25) and pay Rs. 4,600 (US \$85) later. AKUH's Patient Welfare Department paid Rs. 25,000 (US \$462), 78% of the total cost.

AKUH Patient Welfare Programme

In 1999, financial assistance of Rs. 82.5 million (US \$ 1.5 million) was given to 13,500 patients to meet the cost of their medical care.

Since the inception of the Patient Welfare Programme in 1986, a total of Rs. 500 million (US \$9 million) has been disbursed to 138,000 needy patients - thanks to the generosity of donors.

Welfare assisted in-patients constitute 26% of all General Ward admissions.

Nursing School Invited to East Africa

Three governments in East Africa and nursing leadership along with public and private sector health officials have requested the setting up of an Advanced Nursing Studies Programme to improve the quality of patient care throughout the region. To continue on-going dialogue for the establishment of the programme, the Aga Khan University (AKU) invited senior government officials of the ministries of health, education and finance from Kenya, Tanzania and Uganda. They were accompanied by Ms. Margaret Kaseje, Regional Health Programme Officer, Aga Khan Foundation, Kenya.

An AKU Steering Committee had designed the Advanced Nursing Studies Programme with input from government



The Minister for Education and Human Resource Development for Kenya, Hon. Stephen Musyoka (left), visiting a patient from E. Africa, admitted at the Aga Khan University Hospital.



The Minister of State for Higher Education of Uganda, Hon. Abel Rwendeire (extreme right) and Deputy Minister of Health of Tanzania, Hon. Tatu Ntimizi with students in the Nursing Skills Laboratory.

officials and nursing leaders from Kenya, Uganda and Tanzania. The programme will offer continuing and higher education in nursing practice, research and administration.

"We would like to transplant this excellent institution into Kenya," said the Honourable Stephen Kalonzo Musyoka, Minister for Education and Human Resource Development, Government of Kenya, during his visit to the campus. The Honourable Tatu Ntimizi, Deputy Minister of Health of Tanzania, added "AKU should go not only to East Africa but

to the whole of Africa. We have seen AKU working with the local communities in Pakistan and how it has motivated nurses to become committed professionals. The Advanced Nursing Programme's modular curriculum will use a combination of teaching and learning strategies, including distance education, to allow wider access to its professional and educational opportunities in a cost-effective manner. Discussing the Programme, the Honourable Mr. Musyoka said that besides leading to improved nursing practices and healthcare delivery, it reflected greater South to South collaboration.