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# Beyond Theatres

Department of Surgery Newsletter

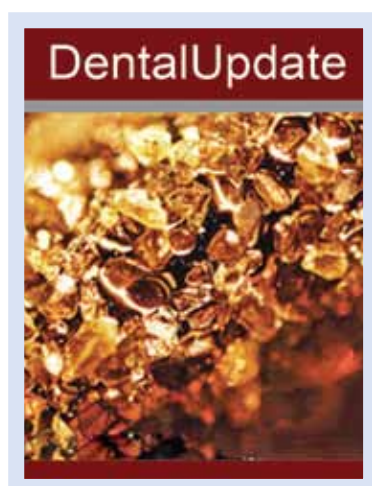
Volume 8, Winter 2012



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## Front Cover

The cover image has been contributed by Dr Samira Adnan, R2, Operative Dentistry. It is a microscopic photograph of a dental instrument, diamond bur. The image was selected as cover page by the British Journal *Dental Update* for its September 2012 issue.

# Editorial

## Physicians and Surgeons

**Dr Saad Shafqat**

Professor and Section Head of Neurology  
Department of Medicine, AKUH



Although we belong to the same profession, physicians and surgeons are as distinct as chalk and cheese. Physicians like to think of themselves as cerebral, contemplative, calm, cautious, and careful – and most of us probably are. Surgeons, in contrast, see themselves as efficient, precise, decisive, demanding, and direct – and most of them certainly are. The nature of their work and the stakes involved are different between physicians and surgeons, and these differences perpetuate and reinforce our respective group identities.

It is probably fair to say that at our institution, physicians and surgeons enjoy a very healthy mutual relationship. This is true not just in the professional arena, but in social interaction as well. At the professional level there is genuine mutual respect, and socially we enjoy each other's company and camaraderie. An important reason for this is that we regularly come across each other in

neutral settings away from the bedside and clinic, such as during lunch and tea, as well as at other odd moments when you just feel like taking a breather during the hectic workday. The typical setting for this is our faculty lounge, which is really quite a melting pot of specialties. Conversation is invariably absorbing and animated. There is a lot of banter and good humour, and of course a fair amount of leg-pulling. Diverse topics are touched, from art and literature, to emotions and ethics, to history and politics, and pretty much everything in between. One always leaves the moment feeling relaxed and refreshed.

I have had non-medical friends ask me if there is any kind of rivalry between physicians and surgeons. They seem to have the impression that physicians would be resentful of the added prestige and higher income associated with the surgical disciplines. To be honest, physicians are indeed conscious of these

advantages enjoyed by our surgical colleagues, but we also appreciate that these laurels are earned through training and clinical endeavors that are substantially more arduous than ours. It does generate a certain amount of envy, but there is no resentment or grudge.

The only misgiving we might sometimes have is that our surgeon friends don't always operate when we think they should. But this is not a complaint: if we all agreed on everything, we'd be robots, not humans. The fact remains that we truly value our surgeons. We do indeed see them as efficient, precise, decisive, demanding, and direct. A good surgeon takes pride in his work, and doesn't let the adulation go to his or her head. I know I speak for many of our physician colleagues when I say that, ultimately, this is really what we admire most in our surgical colleagues at AKU.

# Department of Surgery Newsletter

## Winds of Change

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Over the past few months, the Department of Surgery Newsletter has undergone several changes, as a natural course towards evolving into a bigger, better and more organised publication.

Firstly, the newsletter which was previously published under the title of **Cutting Edge** will now be published under the new title, **Beyond Theatres**.

Furthermore, the publication was previously overseen by the Editorial Board and will now be under a formal Department of Surgery "Newsletter Committee," with its own philosophy, terms of reference, and a transparent process for selection of chair and members.

The change of name was suggested when the newly organised committee decided to change the previously electronic format to print. On the one hand allowing a much greater circulation and readership, but on the other raising the possible issue of copyright breach, since the title "Cutting Edge," is also shared by other international department of surgery newsletters. The committee deliberated certain names and took them to the department for critique, via the Surgical Grand Round.

Suggestions for new names were also sought and in the end, the shortlisted suggestions included: Beyond Theatres, Surgical Edge, Surgical Heights, NewSurg, AKU Surg and Jarrah. After an independent vote of approval, the committee selected the title "Beyond Theatres," which was confirmed by the Public Affairs Department, to have no apparent conflicts of interest. We are thus delighted to inform our readers that the official newsletter of the Department of Surgery will henceforth be called **BEYOND THEATRES**. The committee must thank Dr Shahid Sami, Consultant Cardiac Surgeon, for proposing the previous title, and Dr M Shahzad Shamim, Consultant Neurosurgeon, for coming up with the new one.

### Editorial Committee

## Workshops, Courses and Symposia

### Third Neuroendoscopy Workshop

**Course Coordinator: Dr M Shahzad Shamim, July 18, 2012**

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The Section of Neurosurgery organised the Third Neuroendoscopy Workshop on July 18, 2012 at Khimji Building Conference Room. The workshop was aimed for Neurosurgery Residents, Interns and Operating Room Technicians. The workshop focused on instrument handling, but also touched upon the use of endoscopy for intra ventricular and skull base lesions, as well as the future of neurosurgery in the light of expanding utilisation of minimally invasive equipment. Hands on orientation to instruments was also offered to all attendees.

## Neurosurgery Review Course FCPS II Candidates

**Course Coordinators: Dr Rashid Jooma, Dr M Shahzad Shamim, September 15-16, 2012**

The Section of Neurosurgery organised a two day review course which for the first time, was based entirely on FCPS II exam format. First half of each day was dedicated to exam based, interactive lectures and the second half was dedicated to mock table viva and clinical short cases respectively. There were more than two dozen participants from all corners of Pakistan and guest faculty included a dozen past and present FCPS II examiners including past and current CPSP deans of neurosurgery.



## Neuronavigation Refresher Workshop

**Course Coordinator: Dr M Shahzad Shamim, October 11, 2012**



The Section of Neurosurgery organised the Neuronavigation Refresher Workshop on October 11, 2012 at Khimji Building Conference Room. The workshop was aimed at neurosurgery residents, interns and operating room technicians. This year the workshop was also attended by visiting consultant neurosurgeons and residents from Rawalpindi. The one day course included didactic lectures on fundamental principles of frameless stereotaxy and current indications, which was followed by a hands on session for all attendees.

## Basic Surgical Skills Workshop for Residents

**Course Coordinator: Dr Raza Sayyed, Dr M Shahrukh Effendi September 22, 2012**



A half day workshop was conducted where residents were shown instructional videos followed by hands-on practice. Various techniques of knot placement and suturing were covered and this activity will be followed in the near future by an advanced surgical skills workshop for residents.

## Basic Laparoscopic Skills Workshop for Residents

**Course Coordinator: Dr M Shahrukh Effendi, Dr Raza Sayyed, November 17, 2012**



This was a half-day workshop where faculty delivered lectures covering the basic and clinical sciences of laparoscopy and its application.

The workshop was followed by hands-on skill demonstration and practice for access to peritoneal cavity.

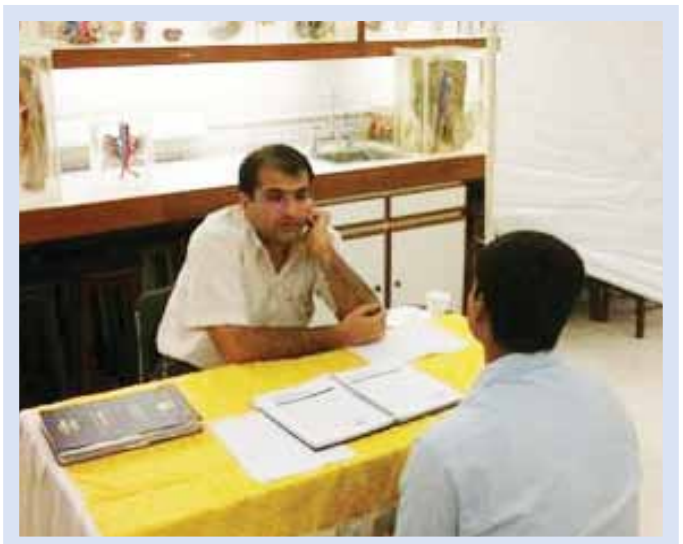
A faculty lecture regarding technique of laparoscopic cholecystectomy was followed by a hands-on training session on simulated caprice models for laparoscopic cholecystectomy and will be followed-up with an advanced laparoscopic skills workshop in the near future.

## Mock OSCE for IM TOACS Candidates

**Course Coordinator: Dr Raza Sayyed, November 22, 2012**

This was an Objective Structural Clinical Examination (OSCE) conducted for candidates appearing in the upcoming Intermediate Module TOACS examination. A total of 36 doctors from various institutions participated in this activity, which was scheduled in two consecutive sessions to accommodate such a high turnover.

The list of participants also included junior residents from our Department of Surgery. This activity was conducted by the section of General Surgery and the same has been held twice yearly for the last few years.



# ORTHOCON 2012

Presentations by the Section of Orthopaedic Surgery

Sheraton Karachi, December 7-9, 2012

S. No	Date	Title	Speaker
1	07-12-12	Hip fracture surgery: does type of anaesthesia matter?	<b>Dr Rizwan Haroon ur Rashid</b> , Dr Shahryar Noordin
2	07-12-12	Bilateral simultaneous THR: save cost without high morbidity	<b>Dr Islam Hussain</b> , Dr Masood Umer, Dr Pervaiz Hashmi
3	08-12-12	Intertrochanteric hip fractures in elderly patients: do we need to rethink fixation strategy?	<b>Dr Idress Shah</b> , Dr Shahryar Noordin, Dr Tashfeen Ahmad
4	08-12-12	Lateral entry compared with medial and lateral entry pin fixation for displaced supracondylar humeral fractures in children.	<b>Dr Waseem Ahmed</b> , Dr Haroon Rashid, Dr Kashif Abbas
5	08-12-12	Hip fragility fractures: Blood management, calcium and vitamin D supplementation	<b>Dr Iqra Khan</b> , Dr Shahryar Noordin
7	09-12-12	Impact of unplanned excision on prognosis of patients with soft tissue sarcoma	<b>Dr Hafiz M Umer</b> , Dr Masood Umer, Dr Irfan Qadir
8	09-12-12	Early experience with use of fresh parental fibular allograft for reconstruction of skeletal defects after limb salvage surgery	<b>Dr Raza Askari</b> , Dr Masood Umer,
9	09-12-12	Are clinic-based biopsies done with a small curette reliable and safe option in extremity tumours?	<b>Dr Waseem Ahmed</b> , Dr Masood Umer
10	09-12-12	Is limb salvage surgery possible in malignant tumours of foot and ankle?	<b>Dr Sherbaz Khan</b> , Dr Masood Umer
11	09-12-12	A single institution experience of combined modality management of Ewing's sarcoma	<b>Dr Islam Hussain</b> , Dr Masood Umer, Nasir-ud-din
12	09-12-12	Management of infected non union of tibia with Ilizarov method.	<b>Dr Muhammad Shahid Khan</b> , Dr Haroon Ur Rashid, Dr Masood Umer
13	08-12-12	Academia in orthopaedics	<b>Dr Tashfeen Ahmad</b>



**Orthopaedic Residents, 2010**



**Orthopaedic Journal Club at Hubco, 2010**



# Conferences Attended by Faculty Members

Name of Presenter / Author	Section	Name of Conference / Workshop	Place or Host Country
DR MASOOD UMER	ORTHOPAEDICS	ASAMI 7TH INTERNATIONAL CONGRESS COMBINED WITH 5TH ASAMI	THESSALONIKI, GREECE
DR HAROON RASHID	ORTHOPAEDICS	ASAMI 7TH INTERNATIONAL CONGRESS COMBINED WITH 5TH ASAMI	THESSALONIKI, GREECE
DR SHABBIR HUSSAIN	PAEDIATRIC SURGERY	EUPSA-BAPS JOINT CONGRESS	ROME, ITALY
DR SAQIB HAMID QAZI	PAEDIATRIC SURGERY	EUPSA-BAPS JOINT CONGRESS	ROME, ITALY
DR AZAM ALI	OPHTHALMOLOGY	16TH AFRO ASIAN CONGRESS & 5TH MEDITERRANEAN RETINA MEETING	ISTANBUL, TURKEY
DR NAZIA RIAZ	BREAST SURGERY	UNIVERSITY OF MICHIGAN	ANN ARBOR, USA
DR TABISH CHAWLA	GENERAL SURGERY	20TH INTERNATIONAL CONGRESS OF THE EUROPEAN ASSOCIATION FOR ENDOSCOPIC SURGERY (EAES)	BRUSSELS, BELGIUM
DR ATTIYA SHAIKH	DENTISTRY	ATTACHMENT AT BUCKINGHAMSHIRE HEALTHCARE	UK
DR HAMMAD ATHER	UROLOGY	GLOBAL CONGRESS ON PROSTATE CANCER	THE EGG, BRUSSELS
DR M RIZWAN KHAN	GENERAL SURGERY	10TH WORLD CONGRESS IHPBA 2012	PARIS, FRANCE
DR TANVEER CHAUDHRY	OPHTHALMOLOGY	LASIK ACCREDITATION COURSE	SINGAPORE
DR SHARMEEN AKRAM	OPHTHALMOLOGY	SINGAPORE NATIONAL EYE CENTRE PRIVATE LIMITED	SINGAPORE
DR HASANAT SHARIFF	CARDIAC SURGERY	St. JUDE MEDICAL COLLEGE	MALAYSIA
DR RASHID BAIG	OPHTHALMOLOGY	APSOPRS OCULOPLASTIC CONGRESS 2012	SINGAPORE
DR KHURRAM M SIDDIQUI	UROLOGY	SMS / ISSM 2012 WORLD MEETING ON SEXUAL MEDICINE	CHICAGO, USA
DR TASHFEEN AHMAD	ORTHOPAEDICS	13TH ASIAN BIOETHICS CONFERENCE	MALAYSIA
DR FARHAN RAZA KHAN	DENTISTRY	4TH INTERNATIONAL COURSE IN NUTRITIONAL EPIDEMIOLOGY 2012	SOUTH KENSINGTON, LONDON
DR SYED SHAHABUDDIN	CARDIAC SURGERY	22ND WORLD CONGRESS OF THE WORLD SOCIETY OF CARDIO-THORACIC CONFERENCE	VANCOUVER, CANADA
DR MASOOD UMER	ORTHOPAEDICS	9TH ASIA PACIFIC MUSCULOSKELETAL TUMOR SOCIETY MEETING 2012	KUALA LUMPUR
DR IFTIKHAR SALAHUDDIN	ENT	AAO-HNSF'S 2012 ANNUAL MEETING & OTO EXPO	WASHINGTON, DC
DR PIR BUX SALIM MAHAR	OPHTHALMOLOGY	XXX CONGRESS OF THE ESCRS	MILAN, ITALY
DR AMIR SHARIFF	GENERAL SURGERY	XVII WORLD CONGRESS INT. FED. FOR SURGERY OF OBESITY & METABOLIC DISORDERS (IFSO)	NEW DELHI, INDIA
DR LUBNA MUSHTAQUE	BREAST SURGERY	32ND. CONGRESS OF THE EUROPEAN SOCIETY OF SURGICAL ONCOLOGY	VALENCIA, SPAIN
DR SHAHID SAMI	CARDIAC SURGERY	BIRMINGHAM REVIEW COURSE IN CARDIOTHORACIC SURGERY	BIRMINGHAM, UK
DR TASHFEEN AHMAD	ORTHOPAEDICS	EORS 2012	AMSTERDAM
DR M EHSAN BARI	NEUROSURGERY	SBNS AUTUMN MEETING	LEEDS, UK
DR RASHID JOOMA	NEUROSURGERY	SBNS AUTUMN MEETING	LEEDS, UK
DR NASIR SULAIMAN	UROLOGY	32ND CONGRESS OF THE SOCIETE INT. D'UROLOGIC	FUKUOKA, JAPAN

# Conferences Attended by Faculty Members

Name of Presenter / Author	Section	Name of Conference / Workshop	Place or Host Country
DR HAMMAD ATHER	UROLOGY	32ND CONGRESS OF THE SOCIETE INT. D'UROLOGIC	FUKUOKA, JAPAN
DR HASNAIN ZAFAR	GENERAL SURGERY	ACS - CLINICAL CONGRESS	CHICAGO, USA
DR TABISH CHAWLA	GENERAL SURGERY	AMERICAN COLLEGE OF SURGEONS 2012	CHICAGO, USA
DR SOHAIL AWAN	ENT	29TH CLEVELAND INT. HANDS-ON LASER COURSE	ENGLAND, UK
DR NAVEED JUMAN	ORTHOPAEDICS	AOTRAUMA REGIONAL COURSE - ADVANCES IN OPERATIVE FRACTURE MANAGEMENT	DUBAI, UAE
DR RIAZ HUSSAIN LAKDAWALA	ORTHOPAEDICS	35TH ANNUAL SCIENTIFIC MEETING - SINGAPORE ORTH. ASSOC.	SINGAPORE
DR NUZHAT FARUQUI	UROLOGY	42 ANNUAL MEETING OF ICS 2012	BEIJING, CHINA
DR SYED MUHAMMAD NAZIM	UROLOGY	MEDWAY MARITIME HOSPITAL	UK
DR SAULAT FATIMI	CARDIAC SURGERY	26TH EACTS ANNUAL MEETING	BARCELONA, SPAIN
DR SHAISTA M KHAN	BREAST SURGERY	BREAST CANCER IN YOUNG WOMEN CONFERENCE	DUBLIN, IRELAND
DR AHMAD BURQ MAQSOOD	OPHTHALMOLOGY	AAO + APAO 2012 JOINT MEETING	CHICAGO, USA



Dr Haroon Rashid and Dr Masood Umer attended the International ASAMI (Ilizarov) meeting in Thessaloniki, Greece in June 2012. This picture was taken during a visit to the legendary Acropolis in Athens.



Dr M Shahzad Shamim with Professor Mehmet Zilleli (Turkey) and Professor Edward Benzel (USA), during the 3rd International Levantine Forum organized in Turkey. Dr Shamim presented three papers in this course.



Dr Hammad Ather at Experts in Stone Disease Conference, Dubai, December 13-15, 2012.

Dr Shaukat Ali Chhipa at the 8th International Symposium in Ophthalmology, held in Hong Kong from December 14-16, 2012.



Dr Iram Naz at the 39th Annual Vascular and Endovascular Issues, Techniques and Horizons (VEITH) Symposium, held in Newark, USA From November 14-18, 2012.

## Conferences Attended by Faculty Members

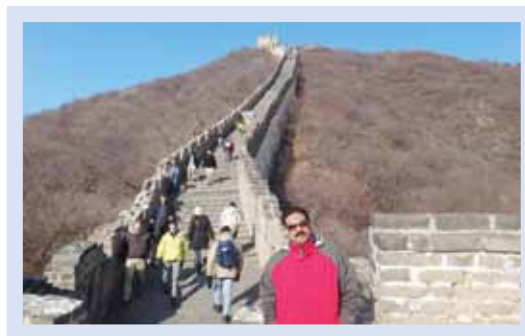
Name of Presenter / Author	Section	Name of Conference / Workshop	Place or Host Country
DR TANVEER CHAUDHRY	OPHTHALMOLOGY	AAO + APAO 2012 JOINT MEETING	CHICAGO, USA
DR FAHAD UMER	DENTISTRY	ESO - COMPREHENSIVE IMPLANTOLOGY COURSE	ALEXANDRIA, EGYPT
DR IRAM NAZ	GENERAL SURGERY	39TH ANNUAL VASCULAR AND ENDOVASCULAR ISSUES, TECHNIQUES AND HORIZONS (VEITH) SYMPOSIUM	NEWARK, USA
DR SHAHZAD SHAMIM	NEUROSURGERY	3RD INTERNATIONAL LEVANTINE FORUM "ADVANCES IN NEUROLOGICAL SURGERY"	IZMIR, TURKEY
DR SYED SHAHABUDDIN	CARDIAC SURGERY	22ND ANNUAL CONGRESS OF ASS. OF THOR. & CARDIO. SURGEONS OF ASIA	MALAYSIA
DR ATTIYA SHAIKH	DENTISTRY		LONDON, UK
DR SHAHRUKH EFFENDI	GENERAL SURGERY	16TH ANNUAL MEETING OF EUROPEAN SOCIETY OF SURGERY	ISTANBUL, TURKEY
DR EHSAN BARI	NEURO SURGERY	16TH ANNUAL MEETING OF EUROPEAN SOCIETY OF SURGERY	ISTANBUL, TURKEY
DR SAMIULLAH KHAN NIAZI	GENERAL SURGERY	22ND WORLD CONGRESS OF THE INT. ASSOC. OF SURGEONS, GASTROENTEROLOGISTS AND ONCOLOGIST (IASGO 2012)	BANGKOK, THAILAND

## Fellowships Received

### Visiting Fellowship in Hand Surgery

**Dr Haroon Rashid, Assistant Professor, Orthopaedics**

I was invited as a visiting fellow for two weeks to the Department of Hand Surgery at Beijing Jishuitan Hospital, which was the first Department of Hand Surgery in China. The Department has become the most prestigious training ground for many outstanding hand surgeons in modern China. Till 2010, more than 3,000 hand surgeons were trained in this department under a national training programme. First successful case of finger replantation in the world was done here and its follow-up paper was published in 1965. Currently, there are 41 hand surgeons. I was honoured with an opportunity to present two research projects about distal radius fracture and coverage of lower extremity.



## New Horizons

### CO<sub>2</sub> Laser Surgery

**Dr Mubasher Ikram, Associate Professor, ENT**



Laser is widely applied in a variety of human surgical procedures due to its unique capabilities in performing ablations of tissue.

Soft tissue lesions both benign and malignant are instantaneously vaporised with greater accuracy and precision, leaving behind a thin necrotic layer of tissue which assures reduced pain and swelling, control of infection, good homeostasis and lesser healing time. All these factors reduced hospitalisation and chance of complications.

AKU Section of Otolaryngology, Head and Neck Surgery, Department of Surgery, now offers CO<sub>2</sub> laser surgery in the field of Otolaryngology, Head and Neck Surgery, in a compact and affordable system.

## Multi disciplinary Tumor Boards (MDTs)

### Orthopaedic Tumor Board

Orthopaedic Tumor Board is the first tumor board to be initiated at the department of surgery. It has continued for more than 15 years now. Management of bone and soft tissue sarcomas have significantly improved since then. Very recently, it is being relayed to East Africa campus as well.



## Neuro-Oncology Tumour Board

The Section of Neurosurgery, in collaboration with the Departments of Oncology, Radiology and Pathology; has started Multi-Disciplinary Tumour Boards. These are the first Neuro-Oncology tumour boards at national level, and paperwork is in progress to make it a regular CME activity. Currently one MDT is held every fortnight, but in lieu of the volumes and citywide interest, the activity will eventually be required on a weekly basis.



## Using Data to Save Lives: Road Injury Surveillance in Karachi

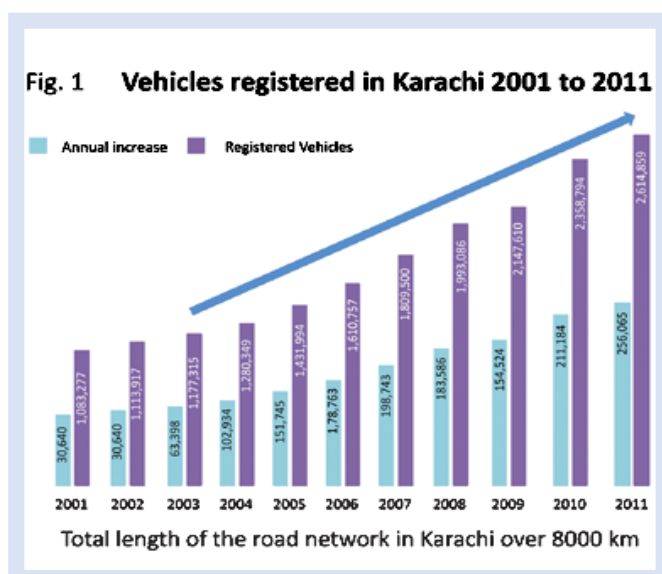
**Professor Rashid Jooma**  
Principal Investigator, Road Injury Research & Prevention Centre, Karachi

Karachi is one the largest urban centers in the world but being bereft of a modern mass transit facility, has a dangerous density and mix of road users on its road network. This makes road injury a major public health problem and over the past decade, there has been a remarkable increase in road injuries reporting to the major medical centres of the city. In 2002, financing for purchase of vehicles had been liberalized and there was a quantum leap in the numbers of commercial and private vehicles on the roads in subsequent years (Fig. 1).



Previous published studies have established that in newly motorizing countries such as Pakistan, increases in vehicular density is paralleled by increase in road crashes. Alarmed by the escalating trends of injury on Karachi's roads and influenced by the WHO's World Report on Road Traffic Injury Prevention issued in 2004, we decided to establish a city wide road injury surveillance project to be able to obtain a more holistic view of the scale and scope of traffic deaths and injuries.

We followed WHO's guidelines to develop the surveillance methodology of a hospital-based system with 35 data collectors present in shifts 24/7 in the emergency rooms of five of the major trauma receiving centres in Karachi. These five medical centres are thought to cater to over 75 per cent of the major injuries of the city. Corporate funding was secured, a project office established and a project manager with a staff for data entry and analysis employed. A data collection form consisting of some 20 items was developed and besides demographic information of crash victims, included details of



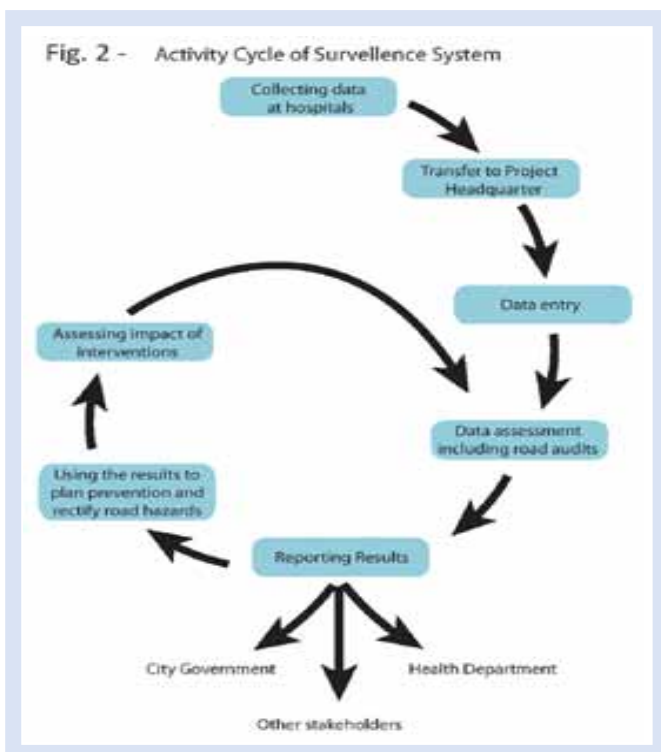
injury mechanism, location and contributory factors in the road environment. The data collectors were trained in use of the data pro forma and this included training in injury severity scoring systems.

The surveillance system was launched as a pilot project in September 2006 and over the next months, various operational issues were addressed. The hospital-based experience drew us to assess the context of our data collection and besides information of the road traffic-injured reporting to the participating hospitals, site visits were made to locations in the road network with high crash frequency or fatalities. The survey of “black spots” was undertaken by transportation engineers from an academic department of the collaborating NED University and was targeted at discovering adverse road environment factors such as dangerous turning angles, slopes with poor road friction, open manholes, oil spillage and others. These “road safety audits” were guided by the objective of identifying road hazards and deriving cost efficient solutions to address the hazards. This information was shared with the concerned civic authorities and plans for commissioning the works on the rectification of hazards identified were made with them. This process was facilitated by engaging with the City Nazim (and subsequently the Commissioner after changes in local government) and the implementation of the rectification and the impact of road improvements on crash frequency were monitored through the surveillance data. The activity cycle is graphically represented in Figure 2.

**The consolidated data of 5 years of injury surveillance has captured 1,63,022 road crash victims. Though 76 per cent of the recorded victims had minor injuries, there were 5,753 fatalities and over 33,000 had serious injuries requiring hospitalisation. The vulnerable road users (those unprotected by a vehicular frame) were overwhelmingly affected with 61 per cent being motorcyclists or their pillion passengers and 23 per cent pedestrians.**

The first thing we established was that the Police record was seriously underreporting injuries and to a lesser extent fatalities compared to our data: thus in 2010 the 2 data sets reflected approximately 1,000 vs 30,000 injuries and 500 vs. 1200 deaths. We were clearly capturing many more injuries albeit minor in nature but if each was to be viewed as a sentinel event reflecting hazards in the road network, we were able to build up a robust profile of black spots, based on crash frequency and many of the 50 or so sites were related to flyovers and signal free corridors that allowed high speeds. Armed with crash data analysis and engineering diagnostics, we have worked with the controlling authorities to reduce road hazards. Subsequent injury surveillance has shown reduction in injury and fatality in almost all spots rectified with the effect being most prominent in the early phase after completion of the works.

One of the early uses of data by the city authorities was the appropriate siting of pedestrian bridges. The road locations with maximum pedestrian injuries were collated and the siting of all proposed bridges was guided by injury data. This led to linkages between pedestrian bridges and bus stops and construction of many new bridges at locations where, according to our data, crossing pedestrians were at most risk. This model was extended over years to major black spots in the road network derived from surveillance data and as these were redressed, declines in injury and fatality numbers were recorded. Three representative examples are displayed in Figures 3-5 and similar road safety enhancing works on many other city roads continues.



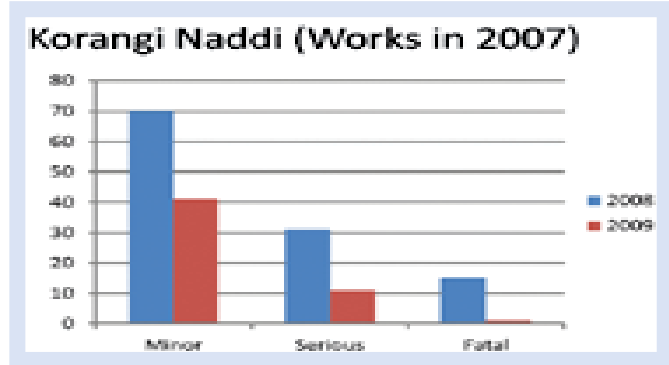
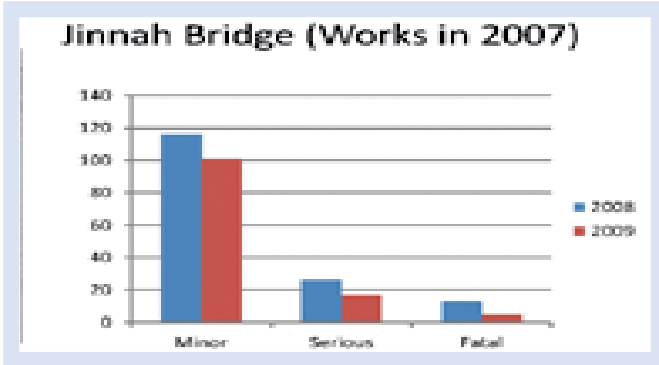


Fig. 3. Jinnah Bridge at Karachi Port was one of the first flyovers in the city and the high density of traffic injuries particularly of motorcyclists drew our attention to its inherent design flaws. In 2007, the surface treatment to enhance friction was done along with installation of speed reduction road furniture, with gratifying reductions of crashes reported over the next two years of observations.

Fig. 5. The Korangi road, as a poorly illuminated, single carriageway, used to take a heavy toll on road users with many head-on collisions. Intensive lobbying based on fatality and injury data catalysed corrective works by the municipal authorities with road widening and installation of reflectors and a jersey barrier median and this has significantly mitigated the dangers of this road corridor.

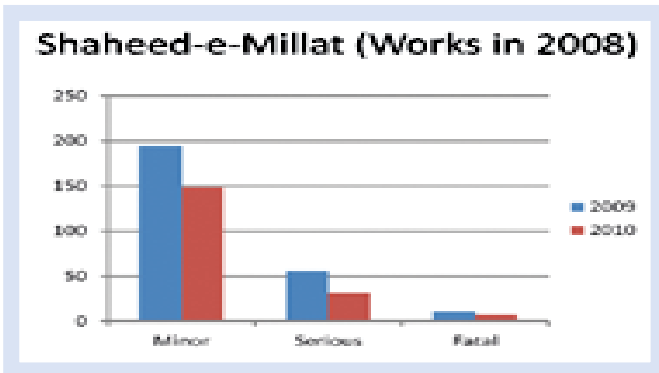


Fig. 4. The expressway leading to Defence Society has been a hazard due to unsafe curves, which users negotiate at high speeds. Speed calming devices such as rumble strips, chevron signage and reflectors have had a beneficial crash-reduction effect.

## Extending Road Injury Surveillance

The surveillance project has thus far focused on utilisation of its data to study and engineer the road environment. We now intend to extend our data collection to allow us to assess and influence some other aspects of the post event stage of Hadclons matrix.

- We intend to collect information of the response times and standards of care of the city's four major ambulance services as reflected by indicators assessed in individual road injury cases. This will allow us to share benchmarking data with the services and thus encourage improvement of first responder performance.
- We intend to extend collection of data to specific clinical indicators in road injury cases in the five hospitals to allow a continuous process of direct quality bench marking by comparison of risk adjusted outcomes. This would allow guidance of injury care quality improvements in individual institutions.

# Travelogue

## Skardu: Well Guarded Secret of the Northern Pakistan

**Dr Riaz Hussain Lakdawala**  
**Associate Professor, Orthopaedics**



Skardu is the main town of Skardu District, one of the districts making up Pakistan's Gilgit-Baltistan region in the north. The town itself is located within the 10 km by 40 km wide Skardu Valley, at the confluence of the Indus River (flowing from Tibet through neighboring Ladakh before reaching Baltistan) and the Shigar River. Skardu is situated at an altitude of nearly 2,500 m (8,200 ft). The town is surrounded by

smokey grey brown mountains which hide the 8,000m peaks of the nearby Karakoram Range.

Places to see: Skardu and Gilgit are the two major tourism, trekking and expedition hubs in Gilgit-Baltistan. The main reason for their popularity among trekkers and mountaineers around the world is the fact that this mountainous terrain includes four of the world's fourteen 8,000 m and above peaks (K2, Gaherbrums, Broad Peak and the Trango Towers). One of the other gems of the region is the Deosai Plains. It is the second highest in the world at 4,100m or 13,500ft after Chang Tang in Tibet. There are three lakes in the vicinity. The Katuhura is 18 kms from Skardu and famous for its deep blue waters. Satpara is the valley's main lake. The Shoesar Lake is in the heart of



Deosai. The Shigar fort is located en route the world's second highest mountain, the K-2. In the local language it is called the "Palace on the Rock". Renovated under the auspices of Sarena Hotel and Resorts this 400-year-old fort has been converted into a fine retreat.

When to visit: The main tourist season is from April to October. During the summer temperatures vary between 27°C to 8°C.





## To the Wall of Wonder

**Dr Samira Adnan**  
**Resident II, Operative Dentistry**



The Great Wall (or the Ten-thousand Mile Wall, as the Chinese like to call it) was always known as the only man-made structure visible from outer space. When life presented me with an opportunity to visit Beijing, China recently, the first thought came into my mind was that here was my chance to see this Wonder of the World.

The Great Wall was an ancient military defence project which was started as far back as 400 BC. There are numerous sections of the Wall which are close to the outskirts of Beijing city. Some are famous for their scenic views and other for their difficult climb. I and my husband decided to visit the most popular section of the Wall known as Badaling, which is closest to Beijing (around 50 miles). Built in the Ming Dynasty, Badaling, literally meaning “reaching eight directions,” got its name because the maze of its ridges stretches in all directions. We took the bus and were there in one and a half hour. There is a small walk from the bus stop to the base of the Wall, and along the way, one can see seven ancient plaques proclaiming in Chinese: “If you never get to the

Great Wall, you’re not truly Chinese” (a famous saying derived from one of Chairman Mao’s poems). After purchasing our tickets, we opted to go on the north-east stretch of the Wall. The whole structure is made of granite slabs and is wide enough to allow five horses to gallop side by side.

At the strategic points, there are wall platforms and watchtowers. Slowly and gradually we made our way up, stopping often to admire the surrounding view and catch our breath (mostly mine; my husband did not seem to be effected by the altitude or the uphill climb)! The weather was beautiful, a little cold but sunny. There were uncountable steps, mostly ascending and at some places descending, following the curves of the mountain. Some of the steps were very steep, almost a vertical climb.

At some places, there were slopes which one had to climb while holding onto adjacent railings. Each and every inch of the Wall was covered with Chinese characters, engraved by the millions of tourists who had visited the Wall over time. Hiking on the Great Wall for about 1,500m, we reached the eighth watchtower. It is the highest point of Badaling, 888m above sea level and 228m higher than the entrance.

And it is the best point to have an overlook of Badaling Great Wall, stretching in every direction on the surrounding mountains. It was an amazing feeling when we reached the twelfth tower, beyond which the entry to the Wall is closed (the area beyond has not been fully repaired). It took us at least three hours to climb to the top but as one can image, the view was spectacular. The descent was quicker but sometimes dangerous on the steep slopes.

It was spellbinding journey and worth every aching muscle. Although we went to other historical places like The Forbidden City and The Temple of Heaven, I found the trip to the Great Wall the most incredible.



# Proud to Announce

## Dr Attiya Shaikh

Senior Instructor, Orthodontics, has been appointed as Faculty of Examiners for the MFDS Examination By The Dental Examinations Committee of **The Royal College of Surgeons of Edinburgh**. July 11, 2012.



## Dr Farhat Abbas

Dean, Medical College and Hussein Cumber Professor, Department of Surgery, has been awarded a **Fellowship of The Pakistan Academy of Science**.

## Dr Lubna Mushtaq Vohra

Instructor, Section of Breast Diseases, has passed her European Board of Breast Surgery Examination on October 1, 2012, becoming the **First Surgeon from Asia** to clear this examination.



## Dr M Arif Mateen Khan

Associate Professor, Paediatric Surgery, received the **"Advance Diploma in Health Professional Education"** at the Aga Khan University Convocation on November 17, 2012.

## Dr Muhammad Rizwan Khan

Associate Professor, General Surgery, received **The Outstanding Teacher Award** – on November 16, 2012.



## Dr Saida Rasul

Senior Lecturer, Section of Dentistry and former chair of various Civil Societies, Health Education Institutions was awarded **The Queen Elizabeth II Diamond Jubilee Medal**. The Queen's Diamond Jubilee Medal was created to celebrate Her Majesty's accession to the Throne 60 years ago. This commemorative medal is a tangible and lasting way to pay tribute to 60,000 Canadians whose achievements have benefited their fellow citizens, their community, their organisation and the country. It provides an opportunity to look back and recognise those who made Canada what it is today, and to look forward and recognize youth who are actively involved in our country's future. This precious Medal was awarded on October 24, 2012.



## Dr Pir Salim Mahar Bux

Senior Lecturer, Section of Ophthalmology, received **Gold Medal Award** by the Ophthalmological Society of Pakistan, Hyderabad Chapter for outstanding services in ophthalmology, post graduate training and teaching, research and publications in November 2012 .

## Dr Saida Rasul

Senior Lecturer, Section of Dentistry and former chair & member of Simon Fraser University board of governors was awarded degree of Doctor of Laws, **Honoris Causa**, at the graduation ceremony of The Simon Fraser University, Burnaby British Columbia, Canada on June 13, 2012.



## Dr Shaista Masood Khan

Professor and Head, Section of Breast Diseases, received the award of **Sitara-e-Imtiaz** from the government of Pakistan on August 14, 2012, in recognition of the exemplary services in Healthcare Sector for the people of Pakistan.

# Promotions

## Section of Cardiothoracic Surgery

**Dr M Muneer Amanullah**  
Associate Professor



## Section of General Surgery

**Dr Abdul Rehman Alvi**  
Associate Professor



## Section of General Surgery

**Dr M Rizwan Khan**  
Associate Professor



# Alumni News

**Professor Syed Kamran Ahmed**  
**MBBS (Dow), FCPS (Orthopaedics)**  
**Alumnus Orthopaedic Surgery, 2003**



Fellowship Hand and Microvascular Surgery (University of Hong Kong)  
Fellowship Ilizarov and Extremity Reconstruction (University of Istanbul)  
Fellowship International College of Surgeons USA ( Orth. and Hand Surg.)

Professor and Head Dept. of Orthopaedic Reconstructive and Hand Surgery  
Jinnah Medical and Dental College / Jinnah Medical College Hospital, Karachi  
Consultant (Orth. and Tr.), Hand & Microvascular Surgeon, Ilizarov specialist

Dr Syed Kamran Ahmed graduated from the orthopaedic residency programme in 2003. He remained with AKU as an instructor for another year. Later, he joined Jinnah Hospital as head of Orthopaedic Department and Indus Hospital as a consultant. He has done fellowships in Ilizarov surgery from Turkey and Hand surgery from Hong Kong. He is the first alumnus from our orthopaedic

programme to have become a Professor of orthopaedic surgery. We congratulate Dr Kamran Ahmed on achieving this well-deserved milestone.

## Life Beyond AKU: Glimpses of a General Surgeon

**Dr Mohammad Tayyeb**  
**Alumnus General Surgery, 2006**



I joined the department of surgery on Thursday, November 1, 2001, in GS III with Dr Shaista Khan. My first case as a resident was an MRM the same day. I was the last, year three (R3) resident to rotate with Professor Mushtaq Ahmad, as in 2004 he moved to East Africa, Nairobi.

During second year of my residency I got married and Histopathology section AKU became my susrali

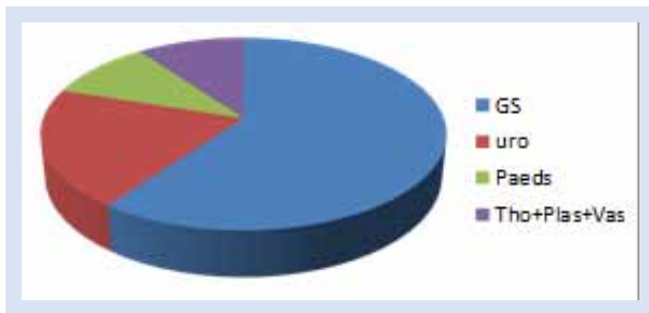
department. After spending five years, I not only achieved residency completion certificate but also got FCPS degree and two children (Ahmad and Hijab). Later, it was an honour to be selected as an instructor in general surgery. In 2007 I got Soudavar Memorial Fellowship and visited Memorial Sloan Kettering Cancer Center (MSKCC), New York, USA. I worked there as a Visiting Investigator, in the Hepatobiliary Surgery for three months. In August 2007, I moved back to Peshawar, and joined Peshawar Medical College as an Assistant Professor. Currently I am working as an Associate Professor at Peshawar Medical College Peshawar, Pakistan and its affiliated teaching hospital, Kuwait Teaching Hospital Peshawar.

When I came out of the Red Fort (AKU) and joined Peshawar Medical College, I soon realised that beside being a surgeon, I have to play multiple roles like a teacher, manager, purchaser, leader and innovator.

There was a need to upgrade and modify it according to my requirements. So I had to take frequent sessions with them on different protocols like scrubbing, sterilisation, patient safety, pre-op and post-op patient care etc. But the main problem was to retain them after they were trained to our requirements. In my experience anyone who is trained at AKU and then gets a chance to work at other institutions in Pakistan will have multiple advantages. He will be more research oriented,

academic, will have an ethical and evidence based practice, will be confident with new procedures and well oriented about multidisciplinary management of cancer. Above all, will be used to extensive working hours and an 8 to 2 job will be a real luxury. People will give you respect, but will also expect a lot from you.

Looking at my workload (as shown in the following pie chart) anyone can see that outside AKU one has to work as a true “general surgeon” not just a GI Surgeon. As in many hospitals of our country no subspecialties are there to support you. Alhamdulillah my General Surgery spectrum is also quite wide like from haemorrhoids and hernia to pancreatobiliary, GI (stomach, colon), spleen, laparoscopic surgery, emergency, breast, thyroid etc.



In the last five and half years while working at Peshawar Medical College, I contributed in the development of a laparoscopic unit, training of residents, sharing new procedures with colleagues, starting image guided procedures with our radiologist, staff training, undergraduate teaching and evaluation. As an institution our progress is quite satisfactory. We have started internship programme which is PMDC recognised, residency programme in general surgery and general medicine, nursing school, postgraduate MPhil programme in all basic sciences.

In the end I have a few suggestions for the residents of AKUH. First one is that speciality rotation for the GS resident preferably be at R-IV, R-V level. The residents should have clear objectives and should be focused on certain procedures which one commonly encounters as a general surgeon, You should also have good orientation about the equipment you are using. The residents must practice new techniques but they should also practice and learn the old fashioned simple alternatives. For example as a general surgery resident you must learn PPH, use of GIA and contour staplers, harmonic, laparoscopic skills but at the same time you should be well

trained in open haemorrhoidectomy, hand sewn anastomosis, suture ties and open procedures so that you are not handicapped while working in a low profile area.

Another thing which I will emphasise is that you should differentiate between “What can be done and what should be done.” Always take in consideration patients pockets and have very careful choice of investigation modality so as to select the one to give maximum help and information with minimal cost.

At the end I have no hesitation in accepting that what I am today is because of AKU and all my teachers. This is the dedication and love of all the teachers at the surgical department of AKU who for the last two and half decades are busy in transforming raw and fresh MBBS graduate into professional and skillful surgeons.

## My Experience at Aga Khan Maternal and Child Care Centre, Hyderabad

**Dr Rajab Ali Ghirano**  
**Alumnus and Instructor Urology**



The Aga Khan Maternal and Child Care Center (AKMCC), Hyderabad, is a secondary care hospital, was commissioned in 1989 and it started as maternal and child care centre and gradually expanded. Currently it is an 85 bed hospital, where it provides care to obs-gynae and paediatric patients. AKUH took over management charge in January 2009 and legal integration in October 2010. Urology services started in form of outpatient clinics

in 1990's on weekly basis; patients were screened and brought to AKUH for further care. We have started regular services at AKMCC from January 2012. We have five clinics in a week, along with on calls. There are number of renowned faculties from AKUH, visiting either weekly or monthly basis which includes Dr Amanullah Memon, Dr Ghaffar Billo, Dr Shahnaz Ibrahim, Dr Khalid, Dr Bhojo Khetlani and Dr Saqib Qazi. Recently Dr Saleem Sadqani has started pediatric cardiology clinic on monthly basis and vision care programme is also started. We all are aware of quality care given in the country; the conditions of Hyderabad are not different from rest of country or even worse. We aimed to provide quality care to patients in this locality, so we started clinics on regular basis. Our average outpatient clinic

visits are 40-50 per week, we do basic evaluation in clinic and those patient who required advanced procedures were brought to AKUH. We did perform some procedures at AKMCC, most commonly performed procedure is circumcision, either performed by plastibell device or open conventional method under general anaesthesia. Couple of patient had suprapubic catheter insertion and are following us regularly for change of catheter, we have four patients who are following up for urethral dilatation. We did few endoscopic procedures like cystoscopy and JJ stent removal. We also performed two hypospadias repair with our paediatric surgeon. Our future planning is to expand, both diagnostic and therapeutic services. Other areas which need expansion is education of staff and community.

## Systematic Review Workshop, December 2012



# A Trip to Enlightenment

**Dr Aurangzeb H Qureshi**  
**Orthopaedic Alumnus, 2011**



From Right - Dr Khai Lam, Dr Aurangzeb Qureshi and research fellow from China, Dr Zhu Feng

The dearth of spine surgery experience in our residency program prompted me to search for further training opportunities in this important field. In my quest, I came across one such clinical fellowship training program with Dr Khai Lam, a Spine Surgeon at Guy's and St. Thomas Hospital in London, UK. This fellowship opportunity was funded by the AO Spine Middle East (Arbeitsgemeinschaft für Osteosynthesefragen) - formed as a Swiss/German Foundation, This fellowship provided a chance to experience spine surgery in a high tech, state of the art facility in the heart of central London at the National Health Services (NHS) Guy's and St. Thomas Hospital. With all the sensory and motor evoked potential monitoring and highly equipped anaesthesia care for the most complex cases, this place provided cutting edge technology training for all students of spine surgery.

The journey started with my travel to London in the first week of January 2012. The fellowship was structured around Dr Khai Lam's clinical schedule, a trained spinal surgeon from Nottingham, UK. He had over sixteen years of experience in the field of spine surgery, particularly paediatric spine, degenerative kyphosis, scoliosis correction and spinal tumors. The training comprised of clinics at Guy's hospital for adult spinal problem and Evelina's Children Hospital (Paediatric hospital for NHS) for pediatric spinal problems. In addition to the busy schedule, surgeries were also conducted in two private hospitals in central London.

I had the opportunity to shadow Dr Lam and assist him in a wide variety of cases including complex revision spine surgeries for failed fusions, severe degenerative kyphosis and scoliosis, minimally invasive Discectomy, MIS TLIF (Minimally Invasive Transforaminal Interbody Fusions), anterior fusions and lots of disc replacements. In addition, I had the opportunity of hands on training of the long percutaneous screws for reduction of Spondylolisthesis. In preparation for every procedure, we had a preoperative planning discussion where we considered different options for our patients. There was a regular Friday meeting with the department of spinal surgery which included five spinal surgeons, three fellows from NHS and physiotherapists.

This three month long fellowship provided me with a better understanding of spinal problems, the mechanics associated and the pathology of degenerative disorders. In my current clinical practice at the Aga Khan Health Services in Tanzania, I managed various types of spinal problems. My time as a fellow in London has helped me tremendously in understanding and treating the different spinal disorders that my patients suffer here in Tanzania.

I am indebted to Dr Khai Lam for providing me this fantastic learning opportunity and to Ms Mary Anne Smith for all her administrative support in making this fellowship possible.



Systematic Review Workshop, December 2012



# Residents' Corner

## Trip to Malaysia

Following residents visited Malaysia in 2012 for Malaysian Dental Association Convention and presented their oral research papers

Dr Huma Farid R4 Operative Dentistry, won third prize for her study titled 'Comparison of Nickel titanium rotary instrument fracture between hybrid and conventional canal preparation techniques.'

Dr Kiran Rehman R3 Operative Dentistry, won a prize for her study titled 'Assessing the perception of smile attractiveness in young adults'.

The image below is a collage of remarkable pictures from trip to Malaysia.



Three Surgery Residents visited Hong Kong from August 29, 2012 to September 1, 2012 for the 100th FDI World Dental Congress.

Dr Saman Faruqui R2 Orthodontics (left), presented a study on 'Comparison of tooth and arch dimensions in dental crowding and spacing'.

Dr Samira Adnan R2 Operative Dentistry (center), presented on 'In-vitro Comparison of Marginal Accuracy in Temporary Crowns'.

Dr Sarwat Memon Instructor Orthodontics (right), presented on 'Association of sagittal and vertical facial patterns with pharyngeal Widths'.

# Monsoon at Lahore: My Experience of Shaukat Khanum Memorial Hospital

**Dr Ghulam Murtaza**  
**Resident, General Surgery**



Three months rotation at Shaukat Khanum Memorial Hospital was full of learning, research activities and enjoyment. I had the opportunity to observe and assist in cases which I never had before such as, minimally invasive esophagectomy, transhiatal esophagectomy, laparoscopic colonic surgery, gynaecological oncology, thyroid surgery and groin dissections. GI and breast conferences were quite brainstorming; although initially I had difficulty in deciding about the cases but gradually I started having some proprioception about different cases.

Overall the environment was quite friendly and candid. No calls, no beeping pagers, no shouting and every one trying to facilitate each other to end the day by 5 pm! Although the fellowship programme is in its infancy, but I can see that it would grow and develop with constant appraisals and evaluations.

The variety and number of cases being managed there, indeed, provide enough raw material to pursue any research project. I had opportunity to analyse a data of breast cancer patients managed for 1996 and transformed it in the form a manuscript, which shall be published online soon. I had enough time to complete about 20 research projects which were pending since ages due to lack of time. Three months of monsoon could have been a torture without my children and old friends i.e. Farrukh

Rizvi, Masooma Zaidi, Abu Bakar and Johar. Every other day, Salika (my daughter) used to enjoy the company of Dania (Masooma's daughter). As soon as the drops of rain would fall, Salika would get ready to go out with me, play and dance. Indeed, three months were memorable for me and my family.

## London to Istanbul

**Dr Sana Nasim**  
**Resident, General Surgery**



I started my trip with a two day conference at London, the BASO Conference at Royal College of Surgeons of England. It

was an average conference with a few interesting discussions on Oncoplastic Surgery. What I found most interesting were the parts of discussion dealing with issues such as patient interaction, informed consent, what does numbers mean etc., offering food for thought for practicing surgeons. I deliberately did not explore much after the conference. I have quite a few reasons to blame. I had too short a time, I never fancied London (anymore!!!) and to top it all, it was always dark, cold, dull and gloomy outside. I was actually looking forward to upcoming trip to Istanbul, Turkey, attending ESSO 2012. The conference at Istanbul not only had some interesting sessions but I had the opportunity to be with two of my colleagues from AKUH (Dr Shahrukh and Dr Hassaan). Time to Samba! Yes it was. We had the most amazing experience together. Be it attending sessions; preparing for our presentations (pre and post); appreciating wide array of exhibition of surgical/laparoscopic instruments; urge to explore beautiful places of Istanbul; or search for the right type of Turkish food which is not only presentable but palatable as well, or be it our effort to learn Turkish and teach English to local people.

The conference was a nice experience over all. Trying to comprehend Turkish-cum-English presentation was pretty hilarious. We got a chance to attend some wonderful and informative sessions on colo-rectal and hepato-biliary disease. It was a very well organized conference at Askeri Museum.

When we enquired about a place to have good Turkish food, one of our hostel staff said: "Madam, go to any place where it's written as 'Kebab', it means good Turkish food". Our tour included visits to few of the finest historical sites of Istanbul such as Dolmabahche Palace, Blue Mosque, Hagia Sophia and Topkapi Palace. The most exquisite experience was a two hour cruise trip across the 'Bosphorus', a strait connecting the Black Sea with the Sea of Marmara. It is where east meets west. 'Grand Bazaar' was a treat for tourists like us. It had beautifully decorated shops with loads of ethnic and cultural stuff, from clothes to jewelry and especially their famous 'flavoured tea' (Apple tea – a must try!!!). Desperate attempts to get perfect discount for 'Turkish delights' (a Turkish sweet) amongst shrewd salesman who were aware of our naivete, was eventually successful. After a lot of homework we were able to find a place with a whole variety of Turkish delights and that too at reasonable prices. Our four and half day trip ended with a walk across the 'Istiklal street', that led us to the famous 'Galata Tower', which vows to show a 360° view of Istanbul,

and surely it does. It's an awesome breath holding sight from its gallery.

Overall the entire trip was a great experience, where not only we got the opportunity to attend an interesting and informative conference with wide spectrum of surgical topics but also to explore one of the most beautiful cities in the world. And perhaps our company together made it all more interesting and memorable.



## Workshops Attended by Orthopaedic Residents in 2012

Participant	Workshop/Course	Location
<b>Dr Idrees shah</b>	Paediatric Orthocon + Ponseti Paediatric	Lahore
	Hip Arthroplasty	CPSP
	Knee Arthroplasty	CPSP
	AO Spine	LNH
	Ponseti JPMC	JPMC
	Hand course	Indus
	Pelvis	LNH
<b>Dr Shahid Khan</b>	Paediatric Orthocon + Ponseti Paediatric	Lahore
	Ilizarov	AKU
	Ponseti JPMC	JPMC
	AO Trauma	Lahore
	AO Spine	LNH
	Hand course	Indus
<b>Dr Rizwan Haroon</b>	AO Spine	LNH
	Hip Arthroplasty	LNH
	Knee Arthroplasty	LNH

Participant	Workshop/Course	Location
<b>Dr Raza Askari</b>	Ilizarov	AKU
	Hip Arthroplasty	LNH
	Knee Arthroplasty	LNH
	AO Spine	LNH
<b>Dr Waseem Ahmad</b>	Ilizarov	AKU
	Knee Arthroplasty	LNH
	AO Spine	LNH
<b>Dr Yasir Mohib</b>	Pelvis	LNH
	Ilizarov	AKU
	Total hip arthroplasty	LNH
<b>Dr Islam Hussain</b>	Total hip arthroplasty	LNH
<b>Dr Islam Hussain</b>	pelvis	LNH
<b>Dr Sher Baz Khan</b>	AO Trauma	LNH
	Arthroscopy	LNH
<b>Dr Irfan Ashraf</b>	Hand	Indus
	AOSpine	LNH
	Arthroscopy	LNH
<b>Dr Santosh Kumar</b>	AO Trauma	LNH

## AO basic Workshop

**Dr Muhammad Shahid Khan,  
Resident Orthopaedic**



Recently opportunity was given to me by my department to attend “AO principles of operative fracture management workshop” in Lahore.

In this workshop I had interaction with national and international faculty. I performed various basic fracture fixation techniques under their direct supervision.

I also had interaction with residents of other institutes and we had discussion regarding management of different trauma cases.

Overall this course was helpful for me with regard to personal and academic grooming.

## 30th World Congress of Endourology and SWL

**Dr Navaid Haroon,  
Chief Resident Urology**

I attended this year’s “30th World Congress of Endourology and SWL” which was held in September at Istanbul, Turkey. This conference is one of the prestigious meetings of Endourology Society and this time round held in magnificent city of Istanbul. It had invited delegates from around the world including all who’s who of endourology fraternity. I presented my paper on “Optimal management of lower pole calyceal stone 15-20 mm” which was well appreciated. This meeting was a memorable and rewarding experience for me.



Systematic Review Workshop, December 2012

# Shaukat Khanum Memorial Cancer Hospital and Research Center Conference 2012 Lahore

**Dr Mehwash Nadeem, Dr M Shahrukh Effendi, Dr Salma Khan and Dr Naveed Haroon**

The annual conference of Shaukat Khanum Memorial Cancer Hospital and Research Center was held this year at Pearl Continental Hotel Lahore. Like every year, it was well attended by national as well as international delegates from different specialties. AKU residents and alumni had significant representation in the conference. We had oral as well as poster presentations which were very well received and generated productive discussion. This experience not only enhanced knowledge but also our confidence to outshine as a researcher and an academic surgeon which is the ultimate goal of AKU training program.



Annual Day, Department of Surgery, December 2012

# Social Events

## Department of Surgery Iftar Dinner 2012



## Neurosurgery Iftar Dinner 2012

### Dr Shahzad Shamim

Keeping with the tradition, faculty members of the Section of Neurosurgery jointly hosted an iftar cum dinner for neurosurgery residents, rotating residents, interns, physiotherapists, operating room staff, clinic and nursing staff as well as administrative staff members associated with the Section. The event was arranged at the male hostel lawn on the last Friday of Ramadan; and as usual, all guests were invited with their families



# Annual Day, Department of Surgery, December 2012



# Annual Day, Department of Surgery, December 2012





# Publications

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