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Aga Khan University, cime@aku.edu

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Practice 360° – Training 108 junior doctors from across Pakistan

CIME and faculty of AKU designed a full day's educational programme. Content - accredited by AACME - comprised keynote addresses (one by Prof Charles), but mainly this was practice, practice, practice, through simulation. The event was specially designed to up-skill postgraduate medical officers from all across Pakistan: the concept was initiated by Getz Pharma who had identified, through their network, deficiencies in practice and potential beneficiaries of such a programme. Their educational fund provided transport and expenses related to the event.

The programme achieved its goal of enhancing knowledge and competence through hands-on practice in 6 key clinical situations: endotracheal intubation, central venous catheter insertion, cardiac arrest, acute gastro-intestinal haemorrhage, septic shock and hypoglycemia. The

programme was really appreciated by the participants who demonstrated an appetite for more. Some faculty of AKU who participated have since been motivated to offer similar simulations within their own residency programmes. Getz pharma's educational team, a highly professional unit, could not have been happier with the outcome. Getz's Practice 360 programme and earlier this year their Clinical Leadership Advancement Programme, are examples of a symbiosis whereby CIME design, deliver, and quality assure educational programmes in pursuit of its mandate to be a resource for the entire nation, while reputable local organisations provide the resources, networks and finances to help achieve this aspiration.

Hackers in Action Again!



AKU hosted its third hackathon on the 17th, 18th and 23rd of February 2018. Organised by the departments of UGME and PGME, in consultation with Critical Creative Innovative Thinking (CCIT) Forum, HackMedEd was a two and a half day event where people from various professions such as medicine, nursing, IT, business and engineering came together in cross-sector cooperation for a single cause - to make medical education in Pakistan better.

The event started off with problem pitching, which was followed by friendly lobbying and team formation. Like-minded people who agreed on a certain “problem” joined forces and set down to work. White boards were pulled up, coffee mugs were refilled and intense hacking ensued. Teams broke down their problems to their very basic elements and solutions were built around these.

At the end of two exhausting yet exhilarating days of hard work, punctuated by scrumptious food, friendly banter, invaluable mentor feedback, and the all-famous

pulse-checks, the teams presented their proposed solutions in mock presentations. Constructive criticism was provided by the mentors and the organizing committee as final feedback for the teams to take into consideration.

14 teams presented their solutions to a hand-picked panel of 8 accomplished judges from different walks of life. Judged on 5 independent aspects, the teams’ scores were compiled and the winners announced. While 4 teams may have won that day, everyone walked out a winner - for where new ideas flow so fluidly, progress is bound to follow.

Dr. Narmeen Masood
Teaching Associate

Palliative Care Simulation Workshop

Compassionate care is a core concept in nursing. The difficulties in consoling patients at the end of life and the importance of therapeutic communication at this time can not be underestimated. Communicating with dying patients and their families is not an easy task, but, if student nurses in undergraduate programmes are taught through high fidelity simulation, it helps build self-confidence in creating the supportive environment necessary for patients and their families at this difficult time. Therefore, the Palliative Clinical Stream of SONAM organised simulation based activities with 42 nursing students from the Post RN programme participating in scenarios focusing on 'Loss' as part of their Palliative Care course. At debriefing, students felt this learning opportunity brought positive changes in their attitudes and confidence level in dealing with end of life situations.



Simulation Workshops – Urology Week

Workshops For Nurses, Midwives And Technicians conducted by AKUH Urology and Nephrology Service Line

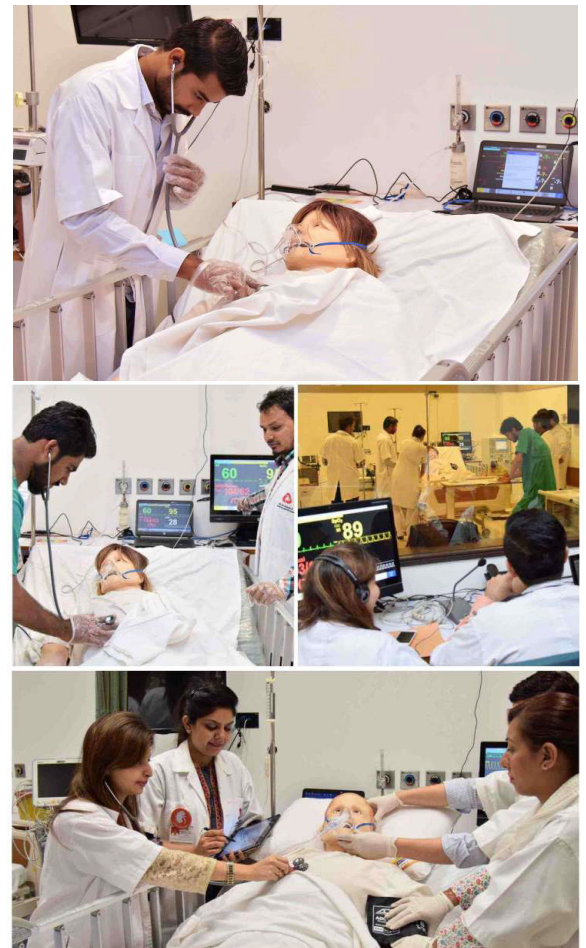
'Happy Kidney, Healthy Life Month' was celebrated by Urology and Nephrology Service Line in March 2018. Simulation workshops were held for capacity building in Nephrology, Urology, and Hemodialysis nurses and technicians. The workshops were designed to teach Evidence Based Practice (EBP) via simulation.

The workshops were opened by Service Line Chief Dr. Nuzhat Faruqi who highlighted the importance of continuous education and its impact on patient care. The workshops were blended with case based scenarios and discussion.

Participants were fascinated by the scenarios, in which participants performed risk and focused assessment of patients having nephrology disorders, urological emergencies and pre-, intra- and post-dialysis complication management brought to life by SimMan 3G.

Debriefing focused on comparing actual performance with desired performance. One participant commented on the outcome for them: "(I) felt better oriented toward dealing with Urological and Nephrology complications and risk management, moreover it has provided a valuable platform that enriches learning in these specialties". These workshops were an outstanding display of collaboration by the service line administrative staff and CIME staff.

Zohra Sutria, Specialist
Nephrology and Urology Service Line



A 'resilience awareness' afternoon at CIME



Remember the old '3Rs'? Reading, Writing and Arithmetic? Hmm, yes, quite. It took me a long time to get my head around that one too. To provide a different slant on this little 'in-joke' with the English language, the Curriculum Committee of the College of Medicine, and others, coined a superb '3 Rs' - Reflection, Resilience and Responsiveness – and devised teaching and learning strategies and a 2-week course for Year 3 MBBS students to build self-awareness in these three attributes, and to strengthen their coping abilities.

CIME happily played its part: a 3-hour long non-stop action-packed activity to test students' resilience was devised and everyone in the CIME team participated. A great team-building event for us too. The students were divided into 9 groups and competed with each other for points: teamwork was the key to success and although everyone was a winner, the group with the most points was declared the next day. For more information and student testimonies please see the short video link on final page.

Thinking ahead, if SONAM, IED, HR, Finance etc want to have a competitive team-building event, there is no need to go to the beach, shoot each other up at paintball or lazer-quest: come to CIME and we'll design something for you and help deliver for your team. Don't forget your budget code! lol

Yet another successful activity by the whole team at CIME, networking with important partners in the university.

“Urinar” – A Webinar on Transurethral Resection of Bladder Tumor (TURBT) and LASER Surgery Workshop

AKU's Section of Urology and Pakistan Association of Urological Surgeons (PAUS), Karachi chapter, held a webinar on TURBT and laser surgery for the prostate gland. The strategic objective of the workshop was to align educational goals with clinical commitments, with the goal of providing comprehensive solutions for patients with treatment options that not only meet, but exceed current international standards of care. During the event the participants acquired cognitive and psychomotor skills, through lectures, small group discussions, and hands-on workshops on high fidelity simulators to achieve these goals.

The workshop was transmitted live to 7 centres around the country and also to centres in Cambodia. The webinar and workshop was attended in person by 40 urologists and urological trainees in Karachi. It was very well evaluated.



World Oral Health Day

Our dental hygiene students celebrated World Oral Health Day...



In Case You Missed!

Critical Care Nursing Simulation Workshop #ToDoOrNotToDo



See what our students have to say about resilience awareness experience.



A New Arrival in CIME

Victoria and her Newborn Baby were finally delivered to CIME this month, following a nine month wait.



The Essex Bird's Story

Unfortunately the Essex bird is unavailable for interview.

