



THE AGA KHAN UNIVERSITY

eCommons@AKU

INSPIRE

Publications (Newsletters & Reports)

Summer 8-1-2019

INSPIRE : Vol 2, Issue 8

Department of Medicine
Aga Khan University

Follow this and additional works at: <https://ecommons.aku.edu/inspire>



Part of the [Medicine and Health Sciences Commons](#)

Recommended Citation

Department of Medicine, "INSPIRE : Vol 2, Issue 8" (2019). *INSPIRE*. Book 21.
<https://ecommons.aku.edu/inspire/21>



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 2 | Issue 8

Message From The Chair

Dear Colleagues

It was heartening to see the leadership of AKU faculty in full display at the Hepatitis World Day held in Islamabad this past week. The theme of the conference was “Investing in eliminating hepatitis.” Pakistan has the second highest prevalence of Hepatitis C in the world and together with Hepatitis B, the burden amounts to 12 million infected individuals. It is estimated that another 20 million people are unaware that they have the disease.

I distinctly remember rounding on the GI service as a medical student and learning about hepatitis from Dr. Saeed Hamid and Dr. Wasim Jafri. They pursued this cause doggedly throughout their careers and have been instrumental in creating networks to address this scourge. The conference we heard about last week is a milestone for both and for the disease in our country. This shows how through persistence and focus, collaboration, national impact can be created. With the implementation of the Governments ambitious plan to screen and treat Hepatitis C in Pakistan through its National Hepatitis Strategic Framework (2017-2021), AKU’s research, advocacy and awareness campaigns are bearing fruit on a national and international level.

We have much to be proud of and I hope that just as we saw a cure developed for Hepatitis C in our lifetime, so too we witness its eradication!

Zainab

Inaugural meeting of the multisectoral NCD Think Tank





According to the 2017 WHO progress report, NCDs accounted for 57% of deaths in Pakistan with an average Pakistani between the age of 30-70 carrying a 25% risk of premature death from NCDs. According to the WHO progress indicators report, Pakistan has not achieved its time-bound National NCD targets, has no reliable system to assess mortality, has not achieved recommended unhealthy diet reduction measures, or public education and awareness campaigns on physical activity.

The Pakistani government and academic institutions have begun to prioritize NCDs prevention and management at the public health level though these efforts are hindered by a lack of public, stakeholder awareness, trained healthcare professionals including researchers, physicians, and public health workers. A comprehensive national NCD action plan was developed as a public-private partnership in 2003, however, there are no data regarding its implementation or success.

One of the critical reasons in this failure to respond to the NCD epidemic is the lack of multi-lateral partnerships, coalitions and sustained leadership in the NCD space. This gap has led us to form this NCD think tank so we can galvanize the NCD efforts across three interconnected themes of research, education, and advocacy guided by an NCD framework and the WHO Global Action Plan Objectives.

Department of Medicine hosted the Inaugural meeting of the multisectoral NCD Think Tank on Saturday, July 27 at Aga Khan University. This is a national initiative led by health professionals at AKU, chaired by Dr Zainab Samad and co-chaired by Dr Mohammad Wasay. In the inaugural NCDs think tank meeting, they sought input on prioritizing themes, subjects and charting a way forward for the group that comprises of physicians, experts from finance, insurance, public health professionals, data gurus, National institute of health, Ministry of health and NGOs.

Department of Medicine at National and International Forums

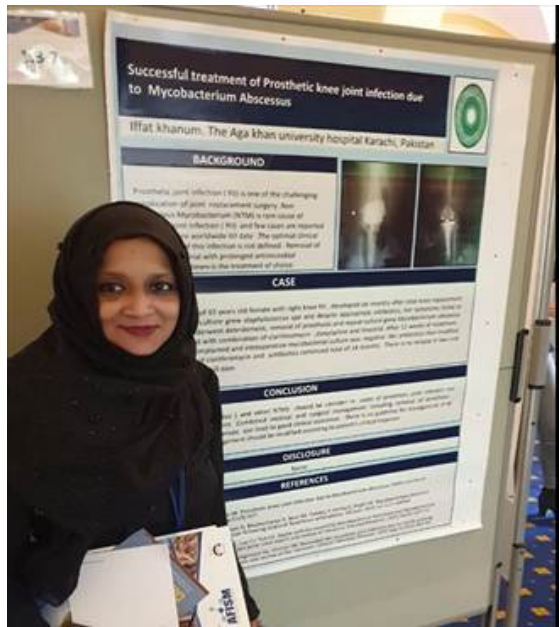
IN THE LADIES' ROOM

WITH *Dr. Donnica*

The Other Side of the Bedpan: When the Doctor Becomes the Patient

On June 19, 2019, Dr. Sarah Nadeem was interviewed by Dr. Donnica Moore for her podcast (click [here](#) to hear the podcast).

Hosted by women's health expert and media commentator Donnica Moore MD, the podcast features conversations with real women. This episode was about the perspective of a doctor as a patient.



Dr. Iffat Khanum presented her research posters at the European NTM and bronchiectasis workshop in Vienna, Austria



Dermatology faculty, Dr. Sadia Masood, Dr. Saadia Tabassum, and Dr. Najamussaher Rizvi attended the 2nd Pakistan Academy of Aesthetic Dermatology Annual conference held in Karachi.



Enabling smoke-free interventions

Dr. Javaid Khan and Dr. Romaina Iqbal from Department of Medicine, AKU in collaboration with the Universities of York, Edinburgh and Leeds; and the ARK Foundation in Bangladesh are currently working on a £1.2m collaborative research project that will explore how school-based 'Smoke-free Intervention' classes could improve the lives of children in Bangladesh and Pakistan at risk of breathing in second-hand cigarette and biri smoke.

The research builds on a successful pilot looking at the concept of encouraging children to raise the matter of restricting smoking in the home with their families, and thus reducing their exposure to second-hand smoke (SHS).

The research, which is to be funded collaboratively by a Joint Health Trials Scheme with the Medical Research Council, the National Institute for Health Research and the Wellcome Trust, will be carried out in 66 schools, totalling 2,636 children aged between nine and 12 years of age.

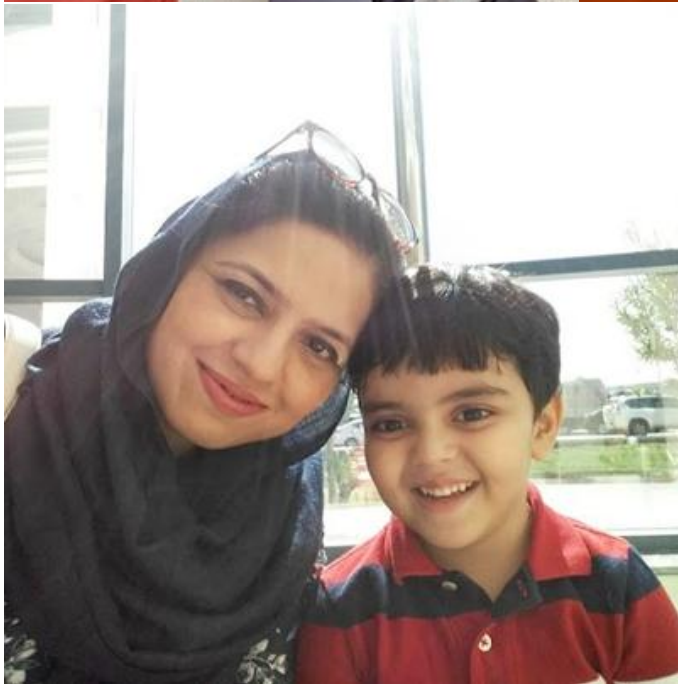


The faculty of Mind and Brain Service Line celebrated World Brain Day that featured talks by Dr. Aziz Sonawalla on Headache, Dr. Altaf Ali Laghari on back and neck pains and Dr. Sana Siddiqui on burnout. There was a Facebook Live Session with Dr. Gohar Javed, Dr. Shahzad Shamim, Dr. Yusra Hanif, Dr. Fowzia Siddiqui, and Dr. Aziz Sonawalla as panelists. The well-attended week-long activities concluded with a theatre show titled, Umeed; Zindagi ka Safar and prize distribution to the winners of the poster competition.



Congrats!
Dr. Bilal Ahmed has been promoted to Assistant Professor Research

Congrats!
Dr. Zainab Samad has been promoted to Professor of Medicine



Featured Faculty Profile
Dr. Sonia Yaqub “We rise by lifting others!”
What made you pick Medicine as your calling in life?

I have had a couple of health issues in my childhood that required frequent hospital visits. Young, energetic female doctors helping ailing children would inspire me very much. Making a career where I get to directly help out other people made me pick medicine as a career. At the end of the day, I wanted to be able to go home and be happy that I made a difference in someone's life that day.

What are your hobbies/interests?

I am very fond of traveling, exploring new things and doing up my house. I love to spend my free time with my family.

Had you not been a doctor, what would you have done?

I would have been a teacher for sure as I truly believe that teaching is one of the most important jobs in this world.

What advice would you like to give to your juniors?

Be yourself and always try to be the best version of yourself. Be grateful! You never know what you aren't happy with today, might have been your biggest blessing, so realize it today before you lose it tomorrow.

What lessons have you learned from your seniors?

I have been fortunate enough to have had very inspiring seniors and mentors in my life. They have taught me that there are no shortcuts in life and there is no fast lane for success. One has to focus one's energy, work hard, and be humble, patient and truthful. And most importantly, "We rise by lifting others!"

What made you choose AKU?

AKU is an institution of academic excellence and a leading source of medical, nursing and teacher education, research and public service in Pakistan. I joined AKU as an internal medicine resident and was impressed by the dynamic learning environment, well-trained faculty and high patient care standards and since then I have been associated with AKU.

What, in your opinion is your biggest accomplishment; 1 personal and 1 professional?

Personal: Being able to look after my family through thick and thin!

Professional: My biggest professional accomplishment is hopefully yet to come; however being a Program Director of the same program I had graduated from as it's very first trainee is my biggest achievement so far.

Tell us about 1 challenge/failure that taught you a lot in life

Failure is an intrinsic part of the medicine game. The best thing we can do is to try to learn from each event and capitalize on it. Experiencing failure has made me more tolerant of others: colleagues, students, and, most importantly, patients. Being aware of my own fallibility makes it easier to accept shortcomings in others.

Who/what do you draw your inspiration from (your muse if you may) and why?

My father was my role model; he was truly a self-made person; He always looked for opportunities to give commendation to help build confidence in his children and motivate us not to give up trying to do what is right. He always encouraged independence of thought and supported my decisions that he might not necessarily agree with.

What are your future goals?

To learn and grow personally as well as professionally and to be a good Muslim.

What Are Academics Around the World Reading This Month?

- Karen Burns: Ten things that I wish I had known as a woman entering academic medicine

To read click; [https://blogs.bmj.com/bmj/2019/07/29/karen-burns-ten-things-that-i-wish-i-had-known-as-a-woman-entering-academic-medicine/?](https://blogs.bmj.com/bmj/2019/07/29/karen-burns-ten-things-that-i-wish-i-had-known-as-a-woman-entering-academic-medicine/?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors)

[utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors](https://blogs.bmj.com/bmj/2019/07/29/karen-burns-ten-things-that-i-wish-i-had-known-as-a-woman-entering-academic-medicine/?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors)

- Ebola: one year anniversary of epidemic in DRC is "unwanted milestone"

To read click; [https://www.bmj.com/content/366/bmj.l5004?](https://www.bmj.com/content/366/bmj.l5004?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors)

[utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors](https://www.bmj.com/content/366/bmj.l5004?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors)

- Angela Merkel: Implementing sustainable development goal 3

To read click; https://blogs.bmj.com/bmj/2019/07/31/angela-merkel-implementing-sustainable-development-goal-3/?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors

[?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors](https://blogs.bmj.com/bmj/2019/07/31/angela-merkel-implementing-sustainable-development-goal-3/?utm_source=twitter&utm_medium=hootsuite&utm_term=&utm_content=SME&utm_campaign=editors)

- Where are all the women in surgery?

To read click; [https://news.aamc.org/diversity/article/where-are-all-the-women-in-surgery/?](https://news.aamc.org/diversity/article/where-are-all-the-women-in-surgery/?fbclid=IwAR1Reb1OiB4F6CzbDRXL3HSswoWySOIfbhcOCQvovxZPbRC8fuEgHaCFZc)

[fbclid=IwAR1Reb1OiB4F6CzbDRXL3HSswoWySOIfbhcOCQvovxZPbRC8fuEgHaCFZc](https://news.aamc.org/diversity/article/where-are-all-the-women-in-surgery/?fbclid=IwAR1Reb1OiB4F6CzbDRXL3HSswoWySOIfbhcOCQvovxZPbRC8fuEgHaCFZc)

Publications

Ralstonia pickettii Bacteremia: An Emerging Infection in a Tertiary Care Hospital Setting

Nosheen Nasir , Muneeba Ahsan Sayeed , Bushra Jamil

In Cureus 11(7): e5084. DOI 10.7759/cureus.5084; July 2019

Hypopituitarism other than sellar and parasellar tumors or traumatic brain injury assessed in a tertiary hospital

Sarwar Malik, Zareen Kiran, Muhammad Owais Rashid, Minaz Mawani, Asma Gulab, Muhammad Qamar Masood, Najmul Islam

In Pak J Med Sci July - August 2019

Asian Study of Cerebral Venous Thrombosis

Mohammad Wasay, Subash Kaul, Bindu Menon, Alper I. Dai, Mohammad Saadatnia, Abdul Malik, Ahmed Khalifa, Afshin Borhani-Haghigi, Manmohan Mehndiratta, Maria Khan, Nimalendu Bikash Bhowmik, and **Safia Awan**

In Journal of Stroke and Cerebrovascular Diseases, July, 2019: 104247

We welcome submissions to “inspire” at bisma.imtiaz@aku.edu and samad.zainab@aku.edu

Karachi 74800, Pakistan
Tel: +92 21 3493 0051
Stadium Road
P. O. Box 3500

Find us on: