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THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 3 | Issue 10

Message From the Chair

Dear Colleagues,

This week we reached a somber milestone of 1 million deaths from COVID19 worldwide. That is a staggering number, but it is important not to forget that each of the individuals that make up that number were loved and cherished by someone and there is grief of unimaginable kind attached to this tragedy. The kind of grief that lingers on in memory and is transmitted through to generations. I pray for those million departed souls and their kin and loved ones.

I keep thinking this was a preventable tragedy - that this *is* a preventable tragedy and that while nations are still in “stamping-the-fire-off-of-my-own-head” mode, seldom before has a reason for collective, united, global action presented itself than in the form of the public health crisis that is COVID19. Might a single leader be able to sleep till this crisis was resolved for all. For only in resolution of the crisis for all will the crisis ever end for all.

We must all have the courage to model good behavior and keep spreading the message of prevention. Thank you to those who have cared for the sick and the dying. Let us renew our commitment to health.

Zainab

Medicine at National and International Forums

NARF CLINICAL NEUROPHYSIOLOGY COURSE

WHO WILL ATTEND THIS COURSE

All participants shall register via **ONLINE LINK FOR REGISTRATION**

September 18, 19 & 19th September 2020
01:30pm-04:30pm
It will be Zoom Meeting

CME CERTIFICATES will be awarded as per ZOOM attendances

NO REGISTRATION FEE

INTRODUCTION:
Clinical Neurophysiology is an essential component of neurological evaluation and constitutes compulsory curriculum requirement for post graduate training programs in Adult and Pediatric Neurology, as well as other sub-specialties, such as Rehabilitation Medicine. Unfortunately, extensive rotations opportunities are not readily available and much needed hands-on experience remains scarce during training rotations. Also, not all practicing neurology colleagues get enough exposure to refreshing courses or workshops in this regard.

COURSE DESCRIPTION:
Three days (Saturday's 18th, 19th & 19th September 2020) comprehensive course with three hours sessions (each) via Zoom. This will cover didactic lectures on EEG technology, normal awake and sleep EEG, EEG normal variants and Abnormal EEG. The rest sessions will include hands-on approach to NCS, Technical aspects of NCS, basic and advanced techniques for Electromyography (EMG).

COURSE DIRECTOR:
Dr. Sajjad Ali
FCPS Neurology, CCT in Clinical Neurophysiology (UK), FCPP (Saudi) Physician Consultant, National Neurosciences Institute (NIN) KMC, Riyadh, KSA.

COURSE COORDINATOR:
Dr. Abdul Malik
Diploma, MSc, MEd, Associate Professor & Consultant Neurologist, Liaquat College of Medicine & Dentistry, Karachi.

ADVANCED NCS/EMG - DAY III - Saturday, 19th September 2020

COURSE FACULTY:

Time	Topic	Speaker
01:30 - 01:55	Electrodiagnostic Approach to Peripheral Neuropathy	Dr. Sara Khan
01:55 - 02:20	Electrodiagnostic Approach to Brachial Plexopathy	Dr. Ehtesham Khalid
02:20 - 02:50	Regenerative Nerve Stimulation (Break 15 minutes)	Dr. Sajjad Ali
03:00 - 03:25	Multi-MUP Analysis & QEMG	Dr. Sajjad Ali
03:25 - 03:50	Electrodiagnostic Approach to Myopathies	Dr. Ehtesham Khalid
03:50 - 04:15	Electrodiagnostic Approach to ALS and Motor Neuronopathies	Dr. Sara Khan
04:15 - 04:30	Q&A	All Speakers

PARTNERS OF EDUCATION: CME ACCREDITED, Jinnah Sports Medical University, Liaquat College of Medicine & Dentistry, DARUL SEHAT HOSPITAL, Getz, info@darulsehat.com, www.pakistan.com, JMAC_2020, info@darulsehat.com

The Section of Neurology in the Department of Medicine helped organize a virtual course on Neurophysiology for the benefit of neurology residents, neurophysiologists, physical medicine and rehab specialists among others. It was a three part comprehensive course occurring on the 5th, 12th and 19th of September 2020. This was the second annual course conducted by the Neurology Awareness and Research Foundation (NARF), intended to cover EEG and nerve conduction studies, clinical applications and basic techniques. The course director was Dr Sajjad Ali from the King Fahad Medical Center in Riyadh, with our colleagues, Dr Sara Khan and Dr Dureshahwar Kanwar contributing as course speakers along with Dr Bhojo Khealani from NMC and Dr Ehtesham Khalid from Multan. There were over 100 National and International participants for this course.

WEO International School of EUS (WISE) 2020 Module I

21:00-23:00 (KST)
September 18, 19, 25 & 26, 2020
Video Conference

Organized by: WEO, IGC, IGC, IGC, IGC



Dr Adeel ur Rehman from the section of Gastroenterology represented AKUH at one of the best forums for endoscopic ultrasounds by the World Endoscopy Organization.

Women and Cardiac Diseases

Get your answers from our Experts

Tuesday, 8 September 2020 | 2:00 PM – 3:00 PM

<https://www.facebook.com/AKUHPakistan/>

LIVE



To raise awareness around heart diseases in Women, a live session titled, "Women and Cardiac diseases" was organized via Facebook on September 8th, 2020. Dr Khalida Soomro Professor and Chair, Scientific Council for Women in Cardiology Pakistan Cardiac Society and former President Pakistan Cardiac Society, Dr Zainab Samad – Chair Department of Medicine and Dr Farhala Baloch – Cardiologist and consultant served as panelists while Dr Saira Bukhari- Assistant Professor and Acting Head from Cardiology section, moderated the session. The panel highlighted the

increased risk for cardiac diseases in women of Pakistan, the symptoms of heart diseases particular to women and the challenges of taking care of pregnant women with cardiac diseases. The panelists called for more evidence generation in this area and for approaches that could be tailored for prevention of cardiac diseases in women of Southasian origin. The expert Cardiologists answered many queries that the live audience raised. It was well attended with over 250 participants.



American Association of Clinical Endocrinologists

Dr Sarah Nadeem, Assistant Professor along with Dr. Georgia Davis, MD, Healthgrades and Dr. Javier Morales, MD, FACE provided resources for Diabetes management in hospitalized patients. The contributions was made through AAACE Diabetes Resource center which provides informative resources for clinicians and other healthcare workers. The slide deck focuses on IV insulin for hospitalized patients. For complete details click [here](#).

SPEAKERS (IN ALPHABETICAL RUNNING ORDER)

Dr Arunima Choudhuri Burdwan Medical College Burdwan, India	Prof Forzana Mahdi Era's Lucknow Medical College Lucknow, India
Dr Sadia Masood Aga Khan University Karachi, Pakistan	Dr Tanushree Mondial Calcutta Medical College Kolkata, India
Prof. Doaa A. W. A. El Morsi Mansoura Faculty of Medicine Mansoura, Egypt	Dr. Kokila Selvaraj Meenakshi Medical College & Research Institute Kancheepuram, India
Prof Padmini Venkataramani University of Kuala Lumpur Kuala Lumpur, Malaysia	Dr Ali A. K. Abutiheen University of Kerbala Kerbala, Iraq
Dr Iman Adibi Isfahan University of Medical Sciences Isfahan, Iran	Dr Shital Bhandary Patan Academy of Health Sciences Patan, Nepal
Prof Thomas Chacko Bellevue Church Medical College Hospital Kerala, India	Prof PV Chalam Bhaskar Medical College Hyderabad, India
Prof Ranil Fernando University of Kelaniya Kelaniya, Sri Lanka	Prof Rex Madrigal Philippine Society of General Surgeons Manila, Philippines
Dr Kavulani Mufiso Aga Khan University Hospital Nairobi, Kenya	Prof Daniel Porter Tinghua University Beijing, China
Prof Ehsan Sharifpour Qom University of Medical Sciences Qom, Iran	Mr Mike Silva FRCS(Gen) University of Oxford Oxford, UK
Prof Helen Cameron Aston Medical School Birmingham, UK	Prof Neil Turner University of Edinburgh Medical School Edinburgh, UK
Prof Liz Grant Global Health Academy, UoE Edinburgh, UK	

THE UNIVERSITY of EDINBURGH
Global Health Academy

Hippocratics Webinar Series on Medical Education #5

“CHANGES WE HAVE MADE FOR CLINICAL TEACHING OF MEDICAL STUDENTS DURING COVID-19”

Saturday 29th August 2020 – 1100 UK/1000 GMT

OPEN TO ALL • FREE ENTRY • EARLY REGISTRATION REQUIRED

Register for webinar #5 at www.hippocratics.com to get the Zoom link

Listen to short talks from **selected abstracts** and **invited speakers**

Topics of discussion:

1. "What did we do and why?"
2. "What went well?"
3. "What could have been better?"
4. "What we would advise others?"

Please complete this survey: forms.gle/sixsDfS7gpqqh1t6
The results will be discussed during the session

Join this series to discuss the potential implications of COVID-19 on the future of medical education

For further information contact **Mr Ali Mehdi FRCSed(Tr & Orth)**: office@hippocratics.com

Zoom link will be provided on registration. Certificate of attendance will be awarded by the Global Health Academy, University of Edinburgh on completion of the feedback questionnaire during the webinar

Sponsored by Hippocratics
UK Registered Learning Provider

The University of Edinburgh- Global Health Academy held a webinar series on, “Changes we have made for Clinical teaching of Medical students during COVID-19”. Dr Sadia Masood, Assistant Professor and section head Dermatology, was invited as one of the speakers for the Hippocratics Webinar Series on Medical education. Renowned speakers from across the globe contributed to this series. Abstracts such as “Teaching clinical skills to first MBBS students in the Dept of Physiology in Covid-19 Pandemic: A Challenge,” “What we are doing on Clinical Skills placement and Skills,” as well as “Though we were not familiar with online teaching learning, the pandemic forced us to explore it” were discussed by the panel of experts.



Dr Syed Muhammad Zubair, Resident year IV for Pulmonary medicine, recently got selected for an e-poster presentation in the first ever Virtual European Respiratory Society Congress. The abstract was entitled “Radiological sequelae in post-tuberculosis patients treated at a tertiary care center in Pakistan: A retrospective study”. This conference was held from 7th-9th September 2020.

Centre for Innovation in Medical Education “COVID-19 and pulmonary infections: Adapting to the new normal”

September 24, 2020 | 3:00 pm – 4:30 pm

Introduction and Aims

The pandemic has impacted healthcare practices worldwide. Transition to the ‘new normal’ beyond COVID-19 is an inevitable reality, and presents fresh challenges moving forward. This webinar will provide updated guidelines on managing COVID-19 and other pulmonary infections, particularly relevant as the influenza season is fast approaching which will confound diagnosis on clinical presentation.

Who should attend?

Pulmonologists, general physicians, medical officers and residents

Information & Registration

Mr Rehman Baloch
021 3486 3732 / 3705 / 3733
Rehman.baloch@aku.edu

Dr Faisal Mahmood, Section Head of Infectious Diseases and Dr Masooma Aqeel, Assistant Professor, facilitated the session on “COVID-19 and Pulmonary Infections: Adapting to the new normal”. This session discussed challenges in moving forward and presented guidelines on managing Covid-19 infections in the face of the upcoming Influenza season.

EUS Webinar: New Horizons for EUS

Chair of Session: Dr. Christopher J. Khor, Senior Consultant / Department of Gastroenterology and Hepatology, Singapore General Hospital, Clinical Associate Professor, Duke-NUS Medical School

Expert Speaker: Dr. Malay Sharma, Interventional Gastroenterologist and Director, Aryavart Hospital, Mumbai, U.P. India

Expert Speaker: Dr. Yung Ka Chin, Consultant / Department of Gastroenterology and Hepatology, Singapore General Hospital, Clinical Associate Professor, Duke-NUS Medical School

Moderator: Dr. Adeel ur Rehman, Gastroenterologist and Interventional Endoscopist, Agha Khan University Hospital, Karachi, Pakistan

Agenda:

1. EUS Guided Vascular Therapies - Dr. Malay Sharma, India
2. Overview of Endo-Hepatology - Dr. Yung Ka Chin, Singapore

Dr Adeel ur Rehman from Gastroenterology was given the chance to be moderator for “EUS Webinar: New Horizons for EUS”. Some relevant topics covered were ‘EUS guided vascular therapies’ and ‘overview of Endo- Hepatology’. The panelists consisted of leading experts from Singapore and India.



A picture of Kumrat valley- Upper Dir- KPK, clicked and shared by Dr Javaid A Khan on his well-deserved vacation!



Congrats!

Dr. Muhammad Irfan has achieved the status of Fellow in Higher Education Academy (FHEA), UK.



Healthcare heroes !

- Dr. Mir Musaib Alavi
- Dr. Rodaba Iqbal
- Dr. Lokesh Kumar



Healthcare heroes!

- Dr Aisha Ilyas
- Dr Faheem Sheikh
- Dr Akefah Hashmi

In Depth- Section- featuring Dr Mohammad Wasay

by Fatima Farrukh

“For every one million people in Pakistan, there is one neurologist.” We are fortunate to have some of the brightest and most renowned neurologists of Pakistan right here at AKU. Dr Mohammad Wasay, a Professor of Neurology at the Aga Khan University, and one of the leading neurologists of Pakistan has dedicated two decades of his career promoting neurology awareness, research and training in the country. His untiring work has been lauded nationally and internationally - he has been a recipient of several awards for his educational, research and advocacy work including the Advocacy Leader of the Year Award from the American Academy of Neurology.



Dr Wasay's journey began at Dow Medical College, Karachi. During medical school he realized that Pakistan had a huge burden of neurological diseases but there was hope and patients could

live normal lives with the right treatment. So he committed to neurology as a career and completed his residency in neurology, and fellowships in neuroimaging and neurophysiology, both at University of Texas Southwestern Medical Centre, United States. Soon after the completion of his training in 1999, Dr Wasay returned to Pakistan with a passionate commitment to promote neurology in Pakistan. His efforts have focused on recruiting and training neurologists, spreading awareness of neurological diseases and promoting neurological research.

His own research has focused on stroke, CNS infections, and multiple sclerosis. With over 50 papers on cerebral venous thrombosis, he is considered a world authority on this subject. Dr Wasay is the first-ever neurologist to be named a 'Fellow' of the prestigious Pakistan Academy of Sciences (PAS) and was awarded a gold medal for his research insights on stroke and tuberculosis of the central nervous system. He has published more than 136 scientific papers in peer-reviewed medical journals.

Leveraging digital technology, Dr Wasay has recently completed development of first of its kind national neurology database consisting of 55,000 patients with neurological diseases in Pakistan. He has created a mobile app based Pakistan stroke registry-the first of its kind for collecting data from 37 centers in Pakistan. Currently, an app for a multiple sclerosis registry is underway. In April 2019, Dr Wasay was appointed to the Pakistani Prime Minister Imran Khan's 13 Member National Taskforce on Science and Technology. He is the editor of the Pakistan Journal of Neurological Sciences magazine & Jahaan e Ahsab, an awareness magazine of neurological illnesses in Urdu.

Dr Wasay believes in developing the next generation of leaders in neurology for Pakistan – he has constantly steered young doctors and medical students towards neurology and enhanced postgraduate education in neurology to fill the specialty human resource gap. But he laments brain drain - of the 40 neurologists he has trained, 15 have remained in Pakistan to fulfill local needs. He hopes to convince PMDC to prioritize neurology and create opportunities in medical colleges and hospitals to motivate trained neurologists to stay in Pakistan. Dr Wasay emphasizes the importance of having a goal beyond making money and attaining a good position. “Work for your country and people - success and wealth will follow!”



Featured Faculty: Dr. **Naveed Haroon Rashid**

“...Honesty, dedication and tireless efforts are keys to success...”

What made you pick Medicine as your calling in life? Any experience to be specific?

My parents named me after a renowned physician hoping I would achieve the same in life but I realized my calling when a loved one fell really sick and was saved miraculously by this profession. That's when I decided to be a doctor.

What are your hobbies/interests?

My area of interest is world history and religion.

What made you choose AKU?

AKU has an International standard of training and it comprises of world class faculty. I feel privileged to be working with so many well experienced members and to be a part of AKU family.

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

I am much interested in history, since childhood I had the curiosity to know about the background of places, people culture, civilization etc. thus if I had not been a doctor I would definitely have been a historian.

What advice would you like to give to your juniors?

Education is worth it and hard work pays off!

What lessons have you learned from your seniors?

Honesty, dedication and tireless efforts are keys to success.

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

Professional: Doing my fellowship in critical care

Personal: after years of constant struggling, juggling between work and family; I now believe that I have maintained a healthy work-life balance (or so I like to believe!)

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

With COVID-19 pandemic, we are living through a world crisis, the similarities of which haven't been seen in the past 100 years! The level of the crisis and the impact it's having on us, is creating a lot of panic, fear, uncertainty and anxiety across the globe. The situation of COVID-19 is particularly stressful because it's hard to predict how things will develop, leaving us feeling powerless, like we're no longer in control of our own lives.

Being a critical care physician, working with COVID-19 patients' day in and day out, feeling at risk all the time and especially the concern of putting my family at risk because of my profession was the biggest challenge. But what I have learnt through, is that, with great support from each other at both personal and at professional levels, we can achieve the impossible. We have been able to remain safe and create a mutual feeling of being safe around us, which seemed quite an impossible task at first. The reality is, we have learnt the greatest lessons of life, that even during trying times, we have the power, over a lot of things in our lives and 'together we can and we will'.

Any interesting/memorable encounter?

I am a BVS graduate and Mrs. Mistry, our Principal was a marvelous and a strict, dynamic lady. I was a frequent attendee in her office (perhaps you can guess why!) but when I met her during her last days at AKUH, she remembered me and told me she knew I had the potential to be a good doctor! (even after all the warnings and punishments!!!)

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

I draw my inspiration from my father who despite his struggles in life managed to give us the best education, morals and was always there for us whenever we needed help and guidance.

What are your future goals?

I plan to do Interventional Pulmonology and bring it to AKUH.

What are Academics Around the World Reading This Month?

[Potent neutralizing antibodies against multiple epitopes on SARS-CoV-2 spike](#)

[The Complement System in the Pathophysiology of Pregnancy and in Systemic Autoimmune Rheumatic Diseases During Pregnancy](#)

[SARS-CoV-2 antibody performances: we need better criteria](#)

[Static Ultrasound Guidance VS. Anatomical Landmarks for Subclavian Vein Puncture in the Intensive Care Unit: A Pilot Randomized Controlled Study](#)

[Physician factors associated with increased risk for complaints in primary care emergency services: a case - control study](#)

[Covid-19: from structure to therapeutic targeting in studying approved drugs and local DNA vaccination](#)

Publications

Evaluation of Aspirin and Statin Therapy Use and Adherence in Patients With Premature Atherosclerotic Cardiovascular Disease

Dhruv Mahtta, David J Ramsey, Mahmoud Al Rifai, Khurram Nasir, **Zainab Samad**, David Aguilar, Hani Jneid, Christie M Ballantyne, Laura A Petersen, Salim S Virani

In [JAMA Netw Open 2020;3\(8\):e2011051. doi:10.1001/jamanetworkopen.2020.11051](#)

Types and risk factors of violence experienced by people living with HIV, Pakistan: a cross-sectional study

Safia Awan, Nukhba Zia, Fatima Sharif, Syed Shah and **Bushra Jamil**

In EMHJ – Vol. 26 No. 10 – 2020

Invasive pulmonary infection by Syncephalastrum species: Two case reports and review of literature

Memoona Irshad, **Nosheen Nasir**, Urooj Haider Hashmi, Joveria Farooqi, **Syed Faisal Mahmood**

In IDCases 21 (2020) e00913

Progression of Acute Kidney Injury to Chronic Kidney Disease in Sepsis Survivors: 1-Year Follow-Up Study

Ainan Arshad, Ahmed Ayaz, Sarah Rehman, Ronika Devi Ukrani,

Inaara Akbar

In J Intensive Care Med. 2020 Sep 3; 885066620956621

Increasing Use of Electronic Cigarettes: An Alarming Trend

Ayesha Butt, **Javaid Ahmed Khan**

In PJCM 2020; 26 (1)

Management of COVID-19: Review of Literature

Syed Muhammad Zubair, Aqusa Zahid, Jaffar Khan and **Muhammad Irfan**

In EC Pulmonology and Respiratory Medicine 9.9 (2020):04-11.

Post-COVID sequelae: an emerging problem of pandemic

Syed Muhammad Zubair, **Muhammad Irfan**

In Pak J Chest Med 2020; 26(02): 54-56

Post-COVID-19 Pulmonary Fibrosis: Increasingly Recognized

Complication of the Pandemic

Syed Muhammad Zubair, **Ali Bin Sarwar Zubairi** and **Muhammad Irfan**

In EC Pulmonology and Respiratory Medicine 9.10 (2020): 39-42.

Upcoming Events

Department of Medicine
Virtual Grand Rounds

Data Journeys at AKU - Developing a Learning Health System

STATE OF THE ART LECTURE

LEARNING OBJECTIVES

- To understand the value of clinical data at AKU.
- To understand how to use this data to enhance clinical care - a learning health system.
- To evaluate the case of acute myocardial infarction (MI) at AKU

SPEAKER



Dr. Zainab Samad
Professor, Cardiology
Chair, Department of Medicine
Aga Khan University

Monday, October 5, 2020
8:15 am to 9:15 am
Virtual Grand Round
zoom link <https://zoom.us/j/990972228>



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We welcome submissions to Inspire. Write to zahrah.khan@aku.edu or barbara.dacruz@aku.edu or salima.karani@aku.edu

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