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THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 5 | Issue 5

Dear Colleagues,

A hearty Eid Mubarak to all of you. This is the first Eid since the beginning of the pandemic where many of us had traditional gatherings of friends and family to breakfast and I am so grateful that we are here to witness it.

I recently attended the Annual Scientific Sessions for the American College of Cardiology in Washington DC. It was the first in-person session in 2 years. The President of ACC remarked in her opening showcase comments that “it was a momentous day because we are here together”. Indeed the pandemic has made us grateful for social interaction, as a necessity that can never, now, be taken for granted.

This week the Pakistan Society of Internal Medicine is hosting its annual Session in Karachi and many of the department of Medicine’s faculty are making presentations, chairing sessions and running workshops as well as learning. I wish all of them great hours of learning in anticipation of our very own Annual Internal Medicine Symposium that is, this year, dedicated to the theme of “transforming teaching and healing through quality in internal medicine”. Dr Mehmood Riaz, Dr Aysha Almas, and their team have put together an excellent program and I very much encourage you all to participate and make it a success.

Wishing you all many more reflective moments and finding meaning in witnessing each other’s lives.

Zainab

Medicine at National and International Forums

ACC22
APRIL 2 - 4 | WASHINGTON, DC

**TRANSFORMING
CARDIOVASCULAR
CARE** FOR YOU. FOR YOUR TEAM.
FOR YOUR PATIENTS.



April 2 – 4 2022, thousands of Cardiovascular professionals from around the globe came together to debate and discuss practice-changing science and innovations. Dr Zainab Samad Co-Chaired a Scientific session entitled “Chaat Masala- The Risk enhancing South Asian Ancestry”. One of the speakers for that session was our very own alumnus Dr Salim Virani. Dr Osman Faheem served as a panelist for the session on Post Implantation Management in mechanical circulatory shock. Over all excellent representation of AKU both from the faculty and alumni with representation now on the Board of Governors of ACC.



Congratulations!

Dr Yawer Saeed

on being appointed to the new role as the

Director

for the

PhD Clinical Stream Program



On Monday April 25th 2022, Department of Medicine Grand rounds, a special guest was invited. Dr Seemi Jamali, presented at AKU auditorium, it was titled “Iron Lady of Medicine”. It was an honor having her among us and share her challenging journey as well as celebrate all the Women in Medicine.

Congratulations!

Dr Sara Khan

on being appointed to the new role of

Supervisorship

for




Neurology
at
**College of Physicians &
Surgeons Pakistan (CPSP)**



Section of Pulmonology celebrated the achievements of Dr Ammara Yasmin and Dr Umama Ameen on receiving Gold Medals in FCPS Pulmonology. Congrats to the entire Section!



Congratulations!
Dr Ainan Arshad
on being appointed to the Honorary post of
Associate Regional Advisor
for
**Royal College of Physicians
Edinburgh (RCPE)**
in
Pakistan


YouTube LIVE
 Health in Focus
Have Chronic Stomach Issues?
 Stomach cramps, bloating, constipation and change in pattern or appearance of bowel movements may indicate Irritable Bowel Syndrome (IBS). Our experts will discuss ways to manage IBS.

Dr Shahab Abid
 Consultant, Gastroenterologist

Dr Rustam Khan
 Consultant, Gastroenterologist
 Tuesday 26 April 2022 | 3:00 PM – 4:00 PM | AKUH YouTube Page
 Subscribe NOW to our YouTube Channel and press the icon to receive the updates
 CAP ACCREDITED | For an appointment: 021-111-011-011 | https://hospitals.aku.edu/Pakistan | AKUH Pakistan | AgaKhanUniversityHospital@Pakistan

A Youtube Live program on “Have Chronic stomach issues?” was organized and Prof. Shahab Abid and Dr Rustam Khan were invited to be the Chief speakers of this session. The live program was well attended by followers.



Healthcare Heroes!

- Dr. Iffat Khanum
- Dr. Muhammed Tariq
- Dr. Kiren Habib

Thank you for your selfless efforts in managing COVID-19 units!



Healthcare Heroes!

- ❖ Dr. Huzefa Jibril
- ❖ Dr. Safia Akhlaq
- ❖ Dr. Habib Feroz Kapadia

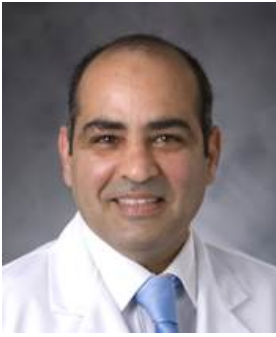
Thank you for your selfless efforts in managing COVID-19 units!

In-depth: featuring– Medical Director of Princess Zahra Pavilion - Dr Haroon Khan

By Maha Inam & Zahra Rahmatullah

Many physicians adopt various roles outside their primary clinical practice to explore different avenues such as academia, research and administration. Dr. Haroon Khan, Medical Director of the Princess Zahra Pavilion (PZP) at the Aga Khan University Hospital (AKUH), has followed a similar path which allows him to put impactful work at the forefront of his endeavours. Describing his journey as “a rollercoaster ride with its fair share of goods and bads,” Dr. Khan recounts the experiences he has had as both a clinician and an

“My goal is to implement hospital medicine in its true sense in Pakistan,” says Dr. Khan. He has seen the sufferings of the population within the rural areas firsthand and is cognizant of the role of a Hospitalist in giving back to the community. “I saw a huge change which I can bring back home as a result of my training and exposure in various settings,” he says, “and I hope to guide our policy makers and experts in implementing these learnings”.



administrator. “In the administrative era, I am still learning,” he says, “but I consider myself as a clinician first and foremost”.

...He aspires to improve systems by staying within the systems and foresees that “the best way to do that is through quality improvement projects”...

Dr. Khan, a graduate of the Khyber Medical College MBBS Class of 1997, completed his internship at the Lady Reading Hospital and went on to pursue his Internal Medicine Residency in the United States. His interest in critical care and acute medicine led him to pursue the role of an in-patient Hospitalist. During his tenure in the US, Dr. Khan practiced in hospitals with different systems, spanning from community to private to academic institutions. He has also been a part of various committees, gaining unique insight into the functioning of institutions at an administrative level. This exposure enabled him to help improve workflows, patient satisfaction and quality and efficiency of care, which are consistent with his ultimate goal of enhancing quality improvement in patient care. He aspires to improve systems by staying within the systems and foresees that “the best way to do that is through quality improvement projects”.

Before his move to Pakistan in 2018, Dr. Khan was serving as an Assistant Professor in the Division of Hospital Medicine at the Duke University Hospital. He joined AKUH as Director of Patient Care and Hospitalist Program in the New Private Wing with the aim of establishing Hospital Medicine in Pakistan. He hopes to improve healthcare systems throughout the country and facilitates this goal with the help of his experiences from the US.

As PZP Medical Director, Dr. Khan works in collaboration with consultants and medical officers to ensure optimal functioning and efficiency of care for the patients on floor. His main role revolves around capacity building, and he is a major proponent of training young physicians and providing them with quality clinical education. He has also developed a close working relationship with the Post Graduate Medical Education department to further these objectives. Along with this, Dr. Khan is the Director of the Electronic Health Records (EHR) Implementation project which will prove to be revolutionary for the healthcare system in Pakistan by supporting evidence-based treatment, whose ultimate beneficiaries will be the patients

Dr. Khan is also a Consultant and Course Facilitator of the COVID Tele ICU initiative at AKUH - A collaborative effort with the Government of Pakistan, the Tele ICU initiative and where the Departments of Medicine and Anesthesia have joined forces and that is aimed at building public sector hospitals' capacity for effective management and treatment of critically ill patients. He has been a part of the Tele ICU project since its inception and led the development of the High Dependency Unit curriculum. The project has been incredibly successful throughout the pandemic and helped provide a thorough understanding of the capacity of our critical care workforce. Dr. Khan particularly appreciates the support of the Government of Pakistan, noting how Provincial Level Healthcare leaders and multiple healthcare organizations were engaged in this project and worked in collaboration towards our common goals. He is hopeful that the trust that has been developed between these bodies will prove to be the kick starter for what he coins as the “Critical Care Development Program”.

Dr. Khan enjoys going to the gym, swimming and playing squash in his free time. He makes use of these opportunities to spend quality moments with his children. He looks forward to travelling with his family and visiting places with historical significance and unique architecture. Dr. Khan has also mentored many students and trainees throughout his journey and thoroughly enjoys his interactions with them.



Featured Faculty – Dr Shaheen Naveed – Lecturer – Dermatology section

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

The first time I saw a professional wearing a lab coat, I was struck. It's a uniform, but it's so much more; it's a guarantee, a mark of confidence and a seal of quality. I knew then that I would wear a lab coat as a uniform of the noblest field – medicine.

What are your hobbies/interests?

I'm a big believer in the restorative power of retail therapy, so I have to say shopping. Pakistani dramas (the good ones) are also a guilty pleasure.

What made you choose AKU?

I greatly appreciate the highly cooperative, academic and research-oriented working environment at AKUH and want my patients to feel secure in the internationally recognized healthcare standards that AKUH upholds.

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

A fashion designer, probably. A lot of my designs would be inspired by the lab coat.

What advice would you like to give to your juniors?

My advice to my juniors would be to seek out someone senior to you as a mentor and learn from them. Be curious, be humble and be kind.

What lessons have you learned from your seniors?

The most valuable lesson I learned from my mentor was how prioritizing your humanity as a doctor can help you not only establish better doctor-patient relationships but also to constantly seek knowledge for the right reasons.

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

My commitment to my daughters' education is my biggest personal accomplishment. My biggest professional accomplishment was when I got to read my first published research paper in the Journal of the College of Physicians and Surgeons.

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

Failing my FCPS exam in my first attempt made me a more resilient academic and doctor. It taught me that we're often stronger, and capable of a lot more than we think.

Any interesting/memorable encounter

I have interesting encounters with patients and students almost every day – it's hard for me to choose!

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

My supervisor in Dermatology at PNS Shifa, Dr. Dar. He was deeply invested in his students, incredibly helpful and an immensely knowledgeable person.

What are your thoughts about the pandemic COVID-19?

The pandemic brought such devastating loss globally that my most concerning thought was that the health care systems in even the most developed countries can and will topple if climate change gets worse.

What are your future goals?

I hope to do more work in, and publish more research on cosmetology and clinical Dermatology, and champion joint clinical services and specialized clinics with other specialties.

Poem section

Excerpts from "Conference of the Birds" by Persian Sufi poet Farid-ud-din Attar (1146-1221). This poem is funny and moving by turn, we may already have some of the very things we set out looking for in life, if only we knew how to discover them.

Download complete poem from [here](#)

Conference of the Birds

How much you thought you knew and saw; but you
Now know that all you trusted was untrue.
Though you traversed the Valley's depths and fought
With all the dangers that the journey brought,
The journey was in Me, the deeds were Mine –
You slept secure in Being's inmost shrine.
And since you came as thirty birds, you see
The Simorgh, Truth's last flawless jewel, the light

In which you will be lost to mortal sight
Dispersed to nothingness until once more
You find me in the selves you were before.'
Then, as they listened to the Simorgh's words,
A trembling dissolution filled the birds –
The substance of their being was undone,
And they were lost like shade before the sun;
Neither the pilgrims nor their guide remained.
The Simorgh ceased to speak, and silenced reigned.

What are Academics Around the World Reading This Month?

[Effect of Sotrovimab on Hospitalization or Death Among High-risk Patients With Mild to Moderate COVID-19](#)

[Efficacy and safety of baricitinib plus standard of care for the treatment of critically ill hospitalised adults with COVID-19 on invasive mechanical ventilation or extracorporeal membrane oxygenation: an exploratory, randomised, placebo-controlled trial](#)

[Postpancreatectomy Acute Pancreatitis \(PPAP\)](#)

[The impact of COVID-19 on cardio-oncology care in Taiwan](#)

[Thoracic transplantation during the COVID-19 pandemic](#)

Publications

A Comparison of AKIN, KDIGO, and RIFLE Definitions to Diagnose Acute Kidney Injury and Predict the Outcomes after Cardiac Surgery in a South Asian Cohort

Sonia Yaqub, Shiraz Hashmi, Muhammad Kashif Kazmi, Arzina Aziz Ali, Tasneem Dawood, Hasanat Sharif
In *Cardiorenal Med* 2022;12:29–37

Strengthening the Feedback Culture in a Postgraduate Residency Program

Muhammad Tariq, Jack Boulet, Afaq Motiwala, Sana Saeed, Safia Awan, Tabassum Zehra, Syeda Kausar Ali
In *Educ Health* 2021;34:96-100.

Healthcare Simulation: A Key to the Future of Medical Education – A Review

Omair Ayaz, Faisal Wasim Ismail
In *Advances in Medical Education and Practice* 2022;13 301–308

Telemedicine for Rheumatology Patients in Covid-19 Pandemic: Perspectives of Patients

Muhammad Mehmood Riaz, Saad Bin Zafar Mahmood and Noreen Nasir
In *J Patient Exp.* 2022 Apr 13;9:23743735221092635.

Air pollution and headache disorders

Divyani Garg, Man Mohan Mehndiratta, Mohammad Wasay, Vasundhara Aggarwal
In *Annals of Indian Academy of Neurology*, 2022 March.

Treatment outcome definitions in chronic pulmonary aspergillosis: a CPAnet consensus statement.

Van Braeckel E, Page I, Davidsen JR, Laursen CB, Agarwal R, Alastruey-Izquierdo A, Barac A, Cadranel J, Chakrabarti A, Cornely OA, Denning DW, Flick H, Gangneux JP, Godet C, Hayashi Y, Hennequin C, Hoenigl M, Irfan M, Izumikawa K, Koh WJ, Kosmidis C, Lange C, Lamprecht B, Laurent F, Munteanu O, Oladele R, Patterson TF, Watanabe A, Salzer HJF; and for CPAnet.
In *Eur Respir J.* 2022 Mar 2;2102950

Latent M. tuberculosis infection is associated with increased inflammatory cytokine and decreased suppressor of cytokine signalling (SOCS)-3 in the diabetic host.

Masood KI, Irfan M, Masood Q, Yameen M, Jamil B, Ram N, Rao S, Rottenberg M, Hasan Z.
In *Scand J Immunol.* 2022 Apr;95(4):e13134

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