

ICPS Conference & Workshop

Umrah Draw

Free Camp

Nurses Day

Liver Day

Compassion | Wellness | Expertise

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Newsletter is available on website now!

7th International Conference on Patient Safety (ICPS), 2024 was held on 11th May at Jinnah Convention Centre Islamabad & the **Pre-Conference Workshop** held on 9th May at the IPS - Institute of Policy Studies, Islamabad. Ali Medical has always been deeply committed and dedicated to ensuring patient safety. Our focus is on providing the highest standards of care to protect the well-being of our patients. This commitment was further demonstrated by our active participation in the International Conference on Patient Safety, where we shared our practices and learned from global leaders in healthcare.

The Pre-Conference Workshop on **CUSP (Comprehensive Unit Based Safety Programs)**, organized by Ali Medical in collaboration with the **RIHIS-Riphah Institute of Healthcare Improvement & Safety**, promised to be a game-changer for healthcare professionals. The workshop was attended by healthcare professionals, Medical Students & Quality Managers. Attendees gained a deeper understanding of how to deliver better care and ensure the safety of their patients. Some of the esteemed speakers at the workshop were: **Dr. Seval Akgun** (Chief Quality Officer, Baskent University Hospitals Network, Turkey), **Dr. Bilal Arshed Butt** (Chief Executive Officer, Ali Medical Centre, Islamabad), **Dr. Saima Aslam** (Training Consultant, RIHIS Riphah International University, Islamabad) and **Dr. Nabeel Qamar** (Manager Quality Management Department, Ali Medical Centre, Islamabad).

The International Conference on Patient Safety (ICPS) is a pivotal global gathering that brings together healthcare professionals, researchers, policymakers, and industry leaders to address critical issues and advancements in patient safety. At ICPS workshops, participants engage in focused sessions and activities led by expert facilitators to explore key topics such as medication safety, infection control, surgical practices, and patient-centered care. ICPS workshops and conferences play a crucial role in advancing patient safety standards globally, ultimately enhancing healthcare delivery and patient outcomes.



The Umrah draw at Ali Medical Centre is an annual event that brings joy and spiritual fulfillment to its winners. Held once a year, this highly anticipated draw provides a unique opportunity for individuals to perform Umrah. On 4th April, 2024, the latest draw took place, and the fortunate winners were **Mr. Shahbaz Ahmed (FNSD)**, **Mr. Saqib Rasalat (FNSD)**, **Mr. Raja Rizwan Alam (Safety & Security)**, and **Mr. Karamat Hussain (Support Services)**. These winners were blessed with the chance to embark on this sacred journey, marking a significant milestone in their spiritual lives. The *Managing Director* of Ali Medical Centre takes out the names of the winners through the draw, highlighting the centre's dedication to supporting the spiritual aspirations of its community and ensuring a transparent and heartfelt selection process.



Free Camp at Chirah Valley

Ali Medical successfully conducted a Free Medical Camp in **Chirah Valley, Islamabad**. Our team of dedicated healthcare professionals provided essential medical services, including consultations, check-ups, and medicine distribution, to over 100 beneficiaries.

The staff guided residents on preventing *gastro diseases, heat strokes, and other summer-related health issues*, ensuring our community received the necessary care.

Thank you to our team, partners, and supporters for making this camp a success!



Ali Medical Centre recently hosted a significant event commemorating World Liver Day, featuring insightful contributions from healthcare experts **Dr. Hyder Abbasi** and **Dr. Arslan Shehzad**. This event aimed to raise awareness about liver health, offering attendees valuable information on prevention, early detection, and treatment of liver-related conditions. Participants benefited from informative sessions, health screenings, and interactive discussions led by distinguished speakers, emphasizing the importance of maintaining liver wellness through lifestyle choices and regular check-ups. Ali Medical Centre's commitment to community health was evident throughout the event, fostering a proactive approach towards liver care among attendees.

Productive discussion on the significance of prioritizing liver wellness & learning about taking preventative measures against prevalent liver diseases like *Hepatitis B & C*, and *Fatty Liver Disease* were the salient topics. It was called upon how the healthcare sector & the masses can take proactive steps towards a healthier tomorrow by creating awareness about liver health.



Ward Inauguration

Ali Medical Centre recently inaugurated the ward on the 3rd floor of hospital building, significantly increasing the capacity to serve a larger number of patients. This expansion is part of the ongoing commitment to improving healthcare access and quality within the community. By adding this new facility,

Ali Medical Centre aims to enhance patient comfort and provide comprehensive medical services in a modern and efficient environment. The inauguration ceremony celebrated this milestone, highlighting the centre's dedication to meeting the healthcare needs of their growing patient population.



The Nurses Day celebration event took place at Ali Medical Centre, it was led by our **Mr. Asghar Ali** (Nursing Manager). The event also featured internal speaker **Dr. Sana Malik** (Asst. Medical Director), providing a comprehensive and enriching experience for all attendees.

The Nurses Day event was held in collaboration with distinguished external speakers, including **Mr. Muhammad Umar Farooq** (Chief Nursing Officer, Shifa International Hospital), **Mr. Mohammad Basharat Ullah** (GM Operating Rooms, Shifa International Hospital), **Mr. Rana Wajid Ali** (Manager Nursing, Kulsum International Hospital), and **Ms. Fuldisia Dilawar Butt** (Vice Principal/Assistant Professor in NCS & STMU). Their insights allowed us to learn from their perspectives. All nursing staff actively participated and celebrated the occasion together.



The event concluded with an appreciation note from the **Dr. Bilal Arshed Butt** (CEO, Ali Medical Centre) for all nursing staff. We acknowledge the tireless efforts of our incredible nurses who go above and beyond to provide exceptional care. Their selflessness, compassion, and dedication are the backbone of our healthcare system.

6th Employee of the Quarter (Jan, Feb, Mar)

Every quarter, we enthusiastically unveil our Employee of the Quarter recipients chosen from our exceptional staff across all departments. These individuals consistently demonstrate exceptional dedication, teamwork, and a steadfast commitment to our core values. Their impactful efforts resonate across their teams and the organization, contributing significantly to our ongoing success. We deeply appreciate their contributions, which play a crucial role in advancing our mission.



Overview:

Viral hepatitis is an infection that inflames and damages liver cells. The liver is vital for detoxifying blood, storing vitamins, and producing hormones. The main types of viral hepatitis are A, B, C, D, and E, each with unique transmission methods and symptoms.

Types of Viral Hepatitis

Hepatitis A:

Transmission: Contaminated food or water.

Symptoms: Jaundice, fever, diarrhea, dark urine, malaise, abdominal pain, nausea, low appetite. Often asymptomatic in children under six.

Risk Groups: Travelers, those with poor sanitation.

Prevention: Vaccination, good hygiene, safe food and water practices.

Treatment: Supportive treatment; symptoms manageable. Most recover with immunity.

Hepatitis B:

Transmission: Blood transfusions, sharing needles and unprotected sex.

Symptoms: Fever, rash, joint pain, jaundice, fatigue, abdominal pain, nausea, anorexia. Often asymptomatic.

Risk Groups: Sharing needles, healthcare workers, infants of infected mothers.

Prevention: Vaccination, needle practices.

Treatment: Anti-viral treatment (Interferon/ Oral medicine)

Hepatitis C:

Transmission: Blood transfusions, sharing needles and unprotected sex.

Symptoms: Often asymptomatic. When present: nausea, malaise, right upper quadrant pain, dark urine, jaundice.

Risk Groups: Drug users, healthcare workers, infants of infected mothers.

Prevention: Safe needle practices, regular screenings.

Treatment: Anti-viral treatment (Interferon/ Oral medicine)

Hepatitis D:

Transmission: Requires existing hepatitis B infection.

Symptoms: Similar to other hepatitis types; often asymptomatic.

Prevention: Hepatitis B vaccination.

Treatment: Anti-viral (Interferon/ Oral Medicines); severe cases may need a liver transplant.

Hepatitis E:

Transmission: Contaminated food or water.

Symptoms: Often asymptomatic. When present: stomach pain, nausea, vomiting, jaundice, malaise, anorexia.

Risk Groups: Areas with poor sanitation.

Prevention: Good hygiene, safe food and water practices.

Treatment: Supportive Treatment; usually resolves on its own.

Prevention and Outlook:

Prevention includes vaccination for hepatitis A and B and proper needle use. Regular screenings are advised for at-risk individuals. The prognosis varies by hepatitis type, with some resolving on their own and others requiring long-term management. Early medical consultation can help manage symptoms and prevent complications.

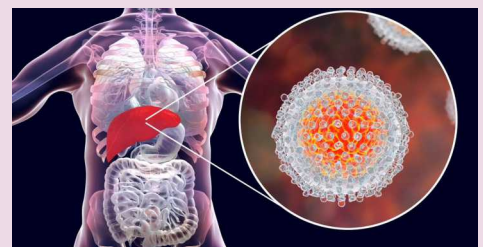
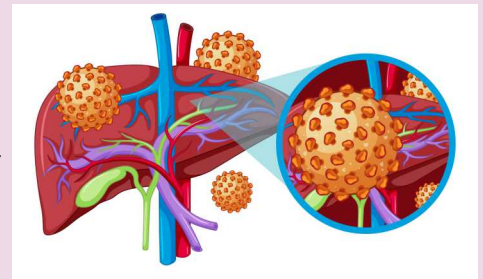


Dr. Arslan Shahzad

MRCP(UK), MRCP(S)(Glasgow), FCP(S)(Gastro),

ESEGH(SCE)(UK)

Consultant Gastroenterologist



Skeletal Pain Due to Air-Conditioner Use in summers: A Physiotherapeutic Perspective.

In the scorching summer heat of Islamabad, air conditioners (ACs) become indispensable. While they provide much-needed relief, there has been growing concern about the impact of prolonged AC use on musculoskeletal health. This article delves into the phenomenon of skeletal pain associated with air conditioner use, considering the environmental and lifestyle factors prevalent in Pakistan.

The Environmental Context of Pakistan: Pakistan experiences extreme weather variations, with summers often reaching temperatures above 40°C (104°F). The reliance on air conditioning to cope with the heat is widespread, especially in urban areas like Islamabad. However, the abrupt transition from outdoor heat to cold indoor environments can have unintended health consequences.



Dr. Jahanzaib Zafar
DPT(RIU), MPPTA, DIP in Dry Needling
Consultant Physiotherapist

Prevention and Management

To manage bone and joint health in air-conditioned environments:



Temperature Adjustment

Keep indoor temperatures between 24°C to 26°C.



Ergonomic Furniture

Use good posture and avoid sitting on beds or sofas all day.



Hydration and Nutrition

Stay hydrated and eat a diet rich in calcium and magnesium.



Appropriate Clothing

Wear layers & protect the neck, head, knees and lower back from direct AC exposure.



Regular Exercise

Do stretching exercises or yoga to keep muscles and joints flexible.

Role of Physiotherapy:

It is crucial to educate patients on the potential risks of prolonged AC use and provide strategies to mitigate these risks. Physiotherapy can offer targeted treatments such as:

- **Manual Therapy:**

Techniques to relieve muscle stiffness and improve joint mobility.

- **Therapeutic Exercises:**

Custom exercise programs to strengthen muscles and improve posture.

- **Stretching Exercises:**

To relax muscles and joints, beneficial for patients with chronic and acute pain.

- **Patient Education:**

Informing patients about the importance of ergonomics, hydration, and regular physical activity to prevent musculoskeletal issues.

Conclusion while air conditioners are essential for comfort during Pakistan's hot summers, it is important to be mindful of their impact on skeletal health. By understanding the mechanisms behind AC-induced skeletal pain and adopting preventive measures, individuals can enjoy the benefits of air conditioning without compromising their musculoskeletal well-being. As healthcare professionals, we must continue to educate and support our community in maintaining a balance between comfort and health.

This article aims to raise awareness about the potential musculoskeletal issues associated with air conditioning use in Pakistan and provide practical solutions to mitigate these problems. By promoting healthy practices, we can help our community enjoy a pain-free and comfortable summer.

Patients' Feedback



We came to ER with migraine pain/Nausea. At ER reception we were immediately attended and directed to an available bed. Without any delay the Medical Officer and duty nurse took history, checked vitals and prescribed treatment. Within a minute or two, **RN Zaka** brought the IV medication and administered canula, pain killers etc. with utmost care and empathy and professionalism. I was very impressed. I would rate all these services as 10/10.

Sabeen

Dr. Shumaila Mubashir is one of the most talented and experienced gynecologists as she treated me extremely well and expertly. She just saw me and knew what problem I had, just by a single sight. Because of her, for the first time in years I was able to get checked up and get away from stress permanently.

Rania Ahmad

From the first day that my son got admitted in Ali Medical, staff treated my son very well, especially **Dr. Abdul Hamid Paracha**. Thanks **Anchal, Rashid and Waqar** for caring too much that I can't even explain.

Sammar Ali

I have been attending the **Emergency Unit** of Ali Medical for the last four days for IV administration of antibodies and is satisfied with the quality, staff conduct and attitude. **Mr. Zahid Bangash** treated very professionally. I appreciated his performance. The other members of medical and paramedical team have also been helpful and cooperative.

Prof. Dr. M Irfan Khan.

Impressive services provided by all staff of **Emergency**. I really appreciated and wish them best of luck. Doctors and Nursing staff are brilliant in their professional duty. Salute to them!

Saima

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