



Women Workplace Safety & Anti-Harassment

Independence Day

Hepatitis Day

World Patient Safety Day

Free Cholesterol Testing

Compassion | Wellness | Expertise

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Women Workplace Safety & Anti-Harassment Training

The Human Resource & Development Department of Ali Medical Centre organized a training programme by “Rozan” NGO on “Women Workplace Safety & Anti-Harassment” on July 23 & 25, 2024 to promote a safe and inclusive work environment and focussed on workplace safety for women.

The training program was designed to equip participants with essential knowledge and skills to navigate potential workplace hazards effectively. It included comprehensive discussions on safety regulations, emergency procedures, and the critical importance of reporting unsafe conditions. By raising awareness about these topics, the program sought to create a proactive approach to workplace safety for women. Participants engaged in practical sessions that provided valuable advice on personal safety. Topics covered included situational awareness and self-defense strategies, enabling attendees to better protect themselves in various situations. Additionally, the training highlighted the available support systems within the organization, such as HR contacts and counseling services, ensuring that employees knew where to turn for help, if needed.



The program also featured engaging activities and group discussions, which encouraged participants to share their experiences and best practices. This collaborative environment fostered a sense of community and support among the attendees, reinforcing the idea that they are not alone in facing workplace challenges.

Feedback from the participants was collected to refine and enhance future training sessions, ensuring they continue to meet the diverse needs of all employees. This emphasis on continuous improvement underscores Ali Medical Centre's commitment to fostering a safe workplace where everyone feels valued, secure and empowered in their roles.

Overall, the training program not only served as an educational experience but also as a vital step in building a more inclusive and supportive workplace culture. By prioritizing women's safety and well-being, Ali Medical Centre demonstrates its dedication to creating an environment where every employee can thrive.

Food and Nutrition Services Department & X-Ray with Fluoroscopy Inauguration

We are excited to share that Ali Medical has officially inaugurated its new Visitors Café, Consultants' Lounge and X-ray room with Fluoroscopy machine. The event was a wonderful celebration attended by healthcare professionals and our dedicated staff.

The Café, serves as a welcoming space, offers healthy food, snacks and beverages, providing comfort for visitors and consultants. The new X-ray Room with Fluorocopy machine was renovated to ensure efficient and accurate diagnostic services. We are proud to enhance our services and look forward to better supporting your health and wellness.



7th Employee of Quarter (Apr, May, June)

Each quarter, Ali Medical's HR Team organizes the Employee of Quarter program to recognize exceptional staff members from all departments. These individuals demonstrate extraordinary dedication, collaboration & a steadfast commitment to our core values. We deeply appreciate their efforts, which are essential to furthering our mission.



On this World Hepatitis Day, expert gastroenterologists gathered at Ali Medical Centre to spread awareness on the growing prevalence of hepatitis in Pakistan. Hepatitis is a leading cause of liver cancer and cirrhosis, yet 80% of cases remain undiagnosed. Our esteemed speakers *Dr. Mohammad Salih, Dr. Omar Qureshi, Dr. Hyder Abbasi and Dr. Arslan Shahzad* emphasized the crucial role of Early diagnosis, Testing, Patient safety in preventing this deadly disease.

Hepatitis, particularly hepatitis B and C, is a major public health issue in Pakistan, with an estimated prevalence of around 5% for hepatitis B and 6-10% for hepatitis C. The disease is primarily transmitted through unsafe medical practices, including unsterilized equipment and shared needles.

Transmission: Blood and bodily fluids are the main routes, exacerbated by inadequate healthcare practices.

Risk Factors: Unsafe injections, traditional healing practices, and cultural norms contribute to high infection rates.

Symptoms: Many cases are asymptomatic initially, leading to late diagnosis and potential complications like cirrhosis and liver cancer.



Diabetes Awareness Session

Ali Medical organized an informative session on diabetes awareness for its management and staff, led by *Dr. Abdul Momin Rizwan*, Consultant Nutritionist at Ali Medical Centre. The session aimed to enhance understanding of diabetes, including its causes, risk factors, and management strategies. Dr. Momin shared crucial insights on the importance of lifestyle modifications, such as diet and exercise, in preventing and managing the condition. Participants engaged in discussions about the significance of regular health screenings and the role of early intervention in improving outcomes.



The Independence Day celebration at Ali Medical was a memorable event that brought together hospital staff and management to honor the nation's freedom. Organized collaboratively by the Marketing and Admin team and hosted by Dr. Qurat ul Ain and Ms. Sara Maqsood, the day began with a vibrant parade and a formal flag-raising ceremony.

This ceremony featured the national anthem and inspiring speeches that reflected on the significance of Independence Day and the sacrifices made for freedom. One of the standout features of the event was the creative "77" sign made from plants, beautifully displayed on the divider, which added a festive and environmentally conscious touch to the decorations. This symbolic representation of growth and resilience resonated with attendees, emphasizing the spirit of progress.

As the celebration continued, a special cake-cutting ceremony marked the culmination of the festivities. This joyful moment brought everyone together, symbolizing unity among the staff. Sharing cake became an act of solidarity, allowing everyone to partake in a collective sense of pride and joy. The atmosphere was filled with laughter and conversation, reinforcing the bonds between colleagues and creating lasting memories.



Overall, the Independence Day celebration at Ali Medical not only honored the nation's heritage but also fostered a strong sense of community within the hospital. Participants left with renewed appreciation for their country's values and a commitment to uphold the spirit of freedom and progress. The event was a beautiful reminder of the importance of unity, both in celebrating national achievements and in supporting one another in their daily work.

On World Patient Safety Day, our **Quality Management Department** organized an event bringing together healthcare experts and speakers to highlight the critical need for patient safety and infection control. Their inspiring messages emphasized that safety is not just a goal but a shared responsibility among all healthcare professionals.

Dr. Nabeel Qamar, *Manager of Quality Management* at Ali Medical Centre, opened the event with a warm welcome, setting the tone for a day dedicated to the critical themes of patient safety and infection control. He expressed gratitude to all attendees and highlighted the importance of collaboration in creating a safer healthcare environment. Among the esteemed guests were Dr. Umbreen Hashim, *Haematologist at Ali Medical Centre*, who shared insights on the correct blood grouping for patient safety. Dr. Abdul Basit Baig, *Director of Healthcare Quality at Riphah Healthcare Services*, emphasized the need for strong quality management systems. Additionally, Ms. Ismat Gul Khattak, *former Director General of the Pakistan National Accreditation Council*, underscored the vital role of accreditation in maintaining high standards in healthcare.

The event fostered rich discussions, reinforcing the idea that patient safety is a collective responsibility and an ongoing commitment. Together, the speakers and participants aimed to inspire actionable change in the pursuit of excellence in patient care.

Through engaging discussions and shared insights, we are committed to creating a safer environment for every patient, prioritizing their health and well-being. This event reflects our dedication to enhancing safety practices and fostering a culture of care that protects all who seek our services.



Case 1:

Precision in Blood Typing at Ali Medical Diagnostic Services A 25-year-old female undergoing a routine preoperative assessment came to us with a blood group discrepancy. Initially, her forward test suggested she had blood type O, while the reverse test indicated type B, showing anti-B antibodies in her plasma. This mismatch required further investigation to ensure the correct blood type. Our dedicated diagnostic team carried out additional tests, including extended incubation at different temperatures and advanced techniques like adsorption and elution. These tests confirmed that she has a rare, weaker form of blood type B. Thanks to our team’s attention to detail and expertise, we accurately identified her blood group, ensuring her safety and effective clinical care. This case highlights the importance of precise diagnostics in providing the best possible healthcare to our patients.



Dr. Umbreen Hashim
MBBS, FCPS
Consultant Haematologist



Dr. Masooma Raza
MBBS, FCPS
Consultant Haematologist

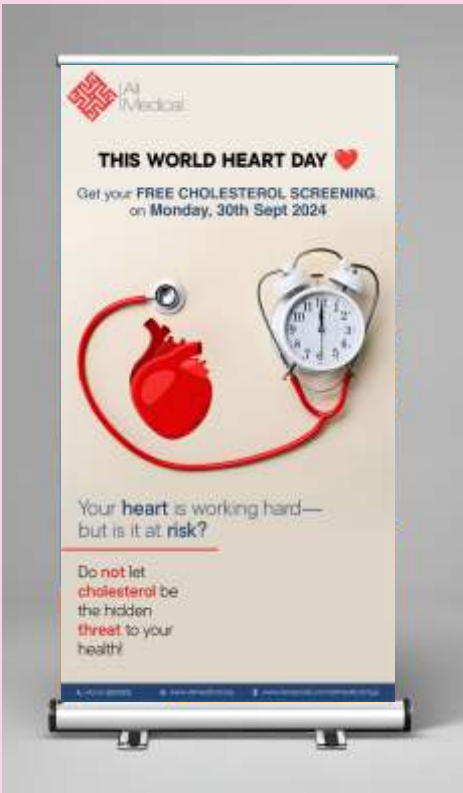
Case 2:

A rare case of non secretory multiple myeloma was diagnosed last month, an old lady presented with severe generalized body ache, weakness and weight loss for last 3 years. Significant findings suggestive for multiple myeloma were lytic lesions, anemia and hypercalcemia, Bone marrow aspirate showed 30% plasma cells and on trephine biopsy plasma cells were markedly increased. So, the diagnosis of multiple myeloma is strongly suggested. However unexpectedly her RFTs, serum protein electrophoresis were normal which are features of non secretory multiple myeloma. But in our case Serum free light chain ratio was also normal which is usually deranged in non secretory MM, however literature shows that few % of patients with non secretory multiple myeloma can have normal FLC ratio. In these cases diagnosis of MM is based on clinical features and marrow findings mainly.

Free Cholesterol Testing

On September 30th, Ali Medical Centre celebrated **World Heart Day** by offering free cholesterol testing to the community, promoting awareness of heart health and the importance of regular check-ups. This initiative not only provided valuable testing but also educated attendees on the risks associated with high cholesterol and the benefits of maintaining a heart-healthy lifestyle.

Participants received informative materials on nutrition, exercise, and stress management, empowering them to make informed choices about their health. By engaging the community in this vital conversation, Ali Medical Centre reinforced its commitment to fostering heart health awareness and plans to continue offering similar health initiatives in the future.



Patients' Feedback

I would like to extend my heartfelt gratitude towards the staff, doctor and administration of Ali Medical for providing extraordinary services to the patients. I had been here twice before and got my previous 2 children born here but this time the experience was exceptionally well. We were very warmly greeted by Ms. Shumaila (Gynae Coordinator) and were facilitated throughout with a sweet little gift at the end. I would like to thank her personally for this warm gesture. Keep up the good work!

Anum Nisar

Dr. Huma Karamat is an excellent Medical Professional. She is humble and polite. She carefully listened and evaluated my issue. I will be visiting her again. I wish her all the best. The staff is also great!

Iram

So far experience was good. Finally, trained staff is back, especially, **Isma**. She has been very supportive and courteous throughout my stay. Good Luck!

Ujala

I would like to share my experience of being treated in Ali Medical. I am more than happy and satisfied with respected **Dr. MA Zahid** for his time and efforts. He is a very nice person and an excellent surgeon. May Allah make other doctors like him as well.

Kinza

The services provided by your staff are tremendous, especially **Azore, Zainab, Shazia and Qayyum**. Thanks for an excellent service.

Suleman Younas

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