

# MISCELLANEOUS

## EVERY DOOR CAN BE UNLOCKED

### ZIAUDDIN UNIVERSITY BIDS FARWELL TO PROF. DR. KAMRAN HAMEED

The courtyard of the academic block lit up on the evening of September 29, 2016 as the Head of all departments and all faculty members of Ziauddin University gathered together to bid Dr. Kamran Hameed farewell at a warm ceremony hosted by our Honorable Chancellor in the former Dean's honour.

The program started at the Dr. Jaffery Auditorium as the Master of the Ceremony, Dr. Arshia Sameen, invited distinguished heads and members of the faculty to express their sentiments on Dr. Kamran Hameed's departure. Dr. Nida Hussain presented the Chancellor's farewell message where he mentioned that Dr. Kamran shall be remembered as a friend whose counsel shall be dearly missed. Dean Abbas Zafar stated he has always seen him as a brother and someone with a versatile person whose patience and optimism is remarkable. Deans of the College of speech and Hearing Sciences, College of Physiotherapy and College of Pharmacy all spoke of their own experiences of how invaluable Dr. Kamran's support had been for them.

Dr. Kamran Hameed himself addressed all the guests with his speech where he stated how taken he was with the warmth of the occasion. He then spoke of his time at Ziauddin and thanked each of colleagues with words of appreciation. "You can take Kamran Hameed out of Ziauddin," he said "But you cannot take Ziauddin out of Kamran Hameed."



## ZIAUDDIN UNIVERSITY WELCOMES PROF. IMRAN SHAIKH

Ziauddin university HR department proudly announces that Prof. Imran Shaikh has joined as a Head of the Community Health Sciences Department, Ziauddin College of Medicine in October 2016.

Prof. Imran Shaikh has more than 20 years of experience in the health sector. He has worked in different prestigious institutes on leading positions.

Prof. Imran Shaikh has special interest in Community Medicine and Medical Education. He is a Dow graduate who is member and fellow of College of Physicians and Surgeons of Pakistan as well as Fellow of Foundation for Advancement in Medical Education and Research (FAIMER)-USA, he has also done Masters in Public Health from University of Wollongong, Australia.



## BIRTHDAY WISHES FROM THE VICE CHANCELLOR AND REGISTRAR

A fun initiative that was started in February 2014 is wishing employees on their birthdays. The day starts with HR calling the employee to say "Many Happy Returns of the Day!" We receive a pause from the other end and then a sudden, excited reaction from employee "You are the first person who is wishing me!" At 3pm they meet the VC or Registrar for more good wishes, a cake and picture.



**FROM THE DESK OF**  
**HR** ZIAUDDIN UNIVERSITY  
HUMAN RESOURCES DEPARTMENT

# ZIAUDDIN UNIVERSITY

NEWSLETTER JULY '16 - SEPTEMBER '16  
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"The students need to learn that the process of becoming doctors should not keep you from being humans. They need to hold ethics in high regard. We need to hold patients hand not merely to take their pulse."

**DR. KAMRAN HAMEED**

## LITTLE WORDS CAN MAKE A BIG DIFFERENCE AN INTERVIEW WITH DOCTOR KAMRAN HAMEED

"I would advise anyone coming into medicine to know fully well that the returns will not be speedy. So one ought not to come with expectations."

**When you have an established name, signing up for a task such as that of a Dean is quite risky. What made you choose this risk?**

Well, initially I had applied at Ziauddin for the post of Chairman, Department of Medicine. I was quite taken aback when I was offered the position of Dean Medical College. I consider myself a life-long learner. I like to learn. I saw this as a new challenge and an opportunity to learn.

**Experiences like these change a person. What would you say about the Dr. Kamran Hameed who was when he started off here and how he is today?**

Certainly these experiences are life-changing. I feel far more mature now. I greatly feel that this process has helped me expect too much from people.

Formerly, I was working with a focused group of individuals at AKU. I was the Chairman, Department of Medicine and I was confined to a circle of people solely in medicine. Ziauddin gave me the unique opportunity of interacting with a greater number of individuals of other specialties and even other fields. I interacted with people from physical therapy, pharmacy, dental surgery and biomedical engineering. This, I feel, has enhanced my knowledge which I now believe is more diverse than before. I also feel that I do not expect too much from people either.

**"I have already proven to you that I make mistakes like the next man. In fact, being cleverer than most men, my mistakes tend to be correspondingly huger." How far do you suppose this is true?**

Well, I wouldn't call myself "cleverer" than most men. In this process, I believe, I may have become somewhat wiser. Indeed, in such a position it is overwhelming how ones decisions tend to affect a greater number of individuals, and so do our mistakes. I have learn that, before taking and endorsing a decision, it is wiser to involve all the stakeholders so that its responsibility is shared and that would be my advice to forthcoming Deans as well.

**"Know Thyself". Most people are too conscious of their weaknesses. You happen to be fully aware of your strengths. What would you say about self-awareness?**

I wouldn't say that I do not have any weaknesses. I am often apprised of how I am not as assertive as I should be. Then there are certain other things which would be presumed as weaknesses that I do not see as such. I feel quite comfortable in having lunch in the hospital cafeteria than sitting in my office or striking a great conversation with a student. And in fact, I believe this way one is able to keep their finger on the pulse of institute.

# INTERVIEW

## What challenges does a medical student of today face as compared to back when you were a student?

I believe the students of today feel the pressure to earn more as a result of the compulsion to. Where we completed our entire M.B.B.S in a figure of around ten thousand, such a privilege is not something the student of today enjoys. They definitely feel more frustrated having invested quite a lot when the field in itself as compared to other professions does not give quick returns. I would say this is the biggest challenge.

## Amongst all this Dr. Kamran never compromised his core identity of a Rheumatologist. How do you bring this into balance?

Primarily, we are doctors. We may become academicians but it does not change that fact. I think our connection with our patients becomes the core of our identity and I must add that I am dearly going to miss my patients.

## To some, "Medical Education" as an entire separate speciality seems redundant. What are the advantages of having a field dedicated solely for Health Education?

Well, our academicians are from different specialties with each endorsing the importance of their own subject. An anatomist would claim that such and such topics are far more important because that was the method used by their teachers. For example, memorizing a certain number of branches of a certain artery. Likewise, a physiologist would insist on their own specialities. So who gets to decide these things? Who gets to ensure the proper course and outcome. I think Medical Education as a separate field is essential.

## The PMDC endorsed CME/CDE credits as a compulsion. Do you approve of this and if so, what is your opinion of continuing education as a field?

I do think the approach of using the carrot and the stick approach is at times quite necessary.

## Your advice to future doctors?

I would advise anyone coming into medicine to know fully well that the returns will not be speedy. So one ought not to come with expectations.

I tell my students that you're all fine till we educate you. The students need to learn that the process of becoming doctors should not keep you from being humans. They need to hold ethics in high regard. We need to hold patients hand not merely to take their pulse.

## Ziauddin that was and is.

I think we were quite an institute always. We just hadn't received that projection we needed. Right when I joined Ziauddin did have quite a number on going projects that on its own.

I would say the Dept. of education and continuing Professional education were my initiatives

## Would these stand of I leave.

They would not be. To make the locomotive run the tracks are laid first. Now that I know that the tracks have been set well, we are running as a locomotive does.

## Why am i leaving

I would have to say that I feel I need to life to slow down. I would have tell my friends that I have been driving on the left side of Shahr-e-faisal for too long. That it's time I feel I should stop by and smell the flowers and enjoy the scenery, enjoys the blessing of my Parents presence. I have two beautiful daughters, and the companionship of my wife. My family does feel it is time life ought to slow down and I quite agree. Tanzania, where I'm heading towards does provide the needed calmth. It would be a new experience and as I afore mentioned, I am a life Long learner, and I would to go through a different experience.



# SEMINAR & EVENTS

# 4TH SYMPOSIUM OF GYNECOLOGY AND FETOMATERNAL MEDICINE



As per tradition Dept. of Obstetrics and Gynecology Ziauddin University held a full day accredited 4th Symposium of Gynecology and Fetomaternal Medicine in collaboration with Royal College of Obstetrics and Gynaecologists (RCOG), Pakistan Urogynecologists Association (PUGA) and Society of Obstetrician and Gynecologists of Pakistan (SOGP). The accreditation was done by the Dept. of Continuing Professional Education (Ziauddin University).

"Medical error is the third leading cause of death", this was quoted by Dr. James Nwabinehi, Consultant Urogynecologists South Tyneside Hospital in continuation he emphasized the fact that the reasons behind such negligence are ineffective team work, workforce deficiencies, poor documentation and poor leadership. Dr. James also highlighted that "48% women of varying age groups suffer from stress urinary incontinence. Persistent USI is high in multi-para (21%) compared multi-para (5%).Management can be Surgical/Non-Surgical." "Kegel exercises (Pelvic floor exercises) regularly in pregnancy and after birth can help prevent, improve or cure Urinary incontinence," Dr. Sonia Naqvi, member SOGP underlined the fact how USI can be prevented.

Dr. Noreen Zafar, the founder of Girls' and women's Health Initiative shared the fact that "Pakistan is the top 7 in the world with highest Cervical Cancer rates." Though this malignancy is preventable and requires urgent need of national screening program for cervical cancer. Dr. Muhammad Osama, an infectious disease specialist also stressed the importance of screening and appropriate preventive measures to be taken to avoid severe infection during pregnancy as the risk this group is vulnerable to develop infections due to immunity and physiological changes of pregnancy. Dr. Sadiya Ahsan Pal underlined the causes of sub-fertility and its treatment. "Harmony test can identify 99% fetuses with trisomy 21 and Turner's Syndrome, 97% cases of trisomy 18, 94% sensitive for trisomy 13," Dr. Adnan M. Zubairi shared the efficacy of this newly launched screening facility at DZH.

Dr. Aftab Munir Prof. Emeritus of LUMHS. And ISRA University was the Chief Guest at the occasion and highly appreciated Dr. Rubina Hussain's contribution in the field of Obs&Gynae and all her efforts in gathering the experts for the symposia. The event was graced by Dr. Fareed (President, SOGP) who came in from Lahore and Dr. Aijaz Fatima.

# SEMINAR & EVENTS

## COLGATE DENTAL HEALTH WEEK

The Dental Health Week was observed at Ziauddin College of Dentistry from the 5<sup>th</sup> till 9<sup>th</sup> of September 2016 with participation of the Dental OPD and the Department of Community and Preventive Dentistry.

The Dental OPD provided oral health checkups to several patients on daily basis throughout the week. This provided the house officers with an excellent opportunity to examine and observe quite a number of diverse cases.

The Department of Community and Preventive Dentistry actively involved the students of second year BDS. The students visited various private and public schools in the vicinity where they examined up to 5500 school children under the supervision of senior faculty. Lectures were delivered with aims of educating teachers and encouraging them to take up the



cause of oral health awareness. The activity was sponsored by Colgate Palmolive who distributed certificates amongst participants as well.

## FROM THE DESK OF EDITOR

I am pleased to present the Ziauddin University Newsletter April-June 2016. It would be a snapshot of the various activities and advancements at the ZU. Proper communication plays a vital role in an institution's development. This newsletter will serve to reinforce and allow increased awareness, improved interaction and integration among all of us.

The merits and credits have seldom been known to public and the authorities due to lack of showcasing or projecting through a medium. This newsletter will help to bridge the gap between the achievements and publicity. Activities published -that too not all- in the newsletter are sufficient to prove my claim that Ziauddin University is progressing at exponential rate. This medium will provide the opportunity to acknowledge all the efforts of the dedicated staff and their team.

It is expected that wide support for this mission will be provided through reader's valuable suggestions and comments. It is just a small step towards a long journey. To achieve the progress and to meet our goals we have to cross numerous milestones.

Happy Reading!!

## INDEXIATION AT IMEMR PAKISTAN JOURNAL OF MEDICINE & DENTISTRY



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The Pakistan Journal of Medicine and Dentistry (PJMD) is a quarterly scientific publication of Ziauddin University, since 2012, it launched its 5 volumes and each volume comprise of 4 issues. After four successful years PJMD got recognition in Index Medicus for the WHO Eastern Mediterranean Region (IMEMR). The IMEMR database is the only system in the world which indexes and disseminates health and biomedical information originating in the Eastern Mediterranean Region. From 1st July 2016 PJMD is now available and accessible on international database at the following dynamic **URL address: <http://bit.ly/29kOIQ3>**

## THE FUNMANIA AT COLLEGE OF BIOMEDICAL ENGINEERING

Ziauddin University, College of Biomedical Engineering organized a colorful event for its students on Monday, 3rd October 2016.

The students from all four batches participated in all the activities with great enthusiasm. Each of these activities were creatively planned to incorporate principles of biology and engineering that set them apart from the kind usually held. The most distinct amongst these was the egg-drop competition where the participants were to create a device that would save a falling egg from breaking and the most innovative design for this was the "Egg-Quadcopter" made a team from Batch 4.

The Dean/Principal of the college, Prof. Dr. M. Iqbal Bhatti was the honorable chief guest of the event who formally inaugurated the event and also concluded it congratulating the participants and organizers with a vote of thanks.

# SEMINARS & EVENTS

## CPE '16 UPDATES

The Dept. of Continuing Professional Education organized activities for professional development in all the three campuses.



Dr. Ashok Kumar (consultant Pulmonologist) managed to gather the experts from the three campuses of DZH to mark World Asthma Day. Updated practices in management of Adult and Childhood Asthma were discussed. Basic life Support and Advanced Cardiac Life Support workshops were arranged for the students and hospital staff (ER and ICU Nurses and Doctors).

To mark the World Hepatitis Day 2016 a seminar on Management of Viral Hepatitis-A paradigm Shift was held and the speakers were Dr. Zaigham Abbas, Dr. Qamar ul arfeen, Dr. Nasir Laique and Dr. Khuram Baqai shared their expertise on the subject. Dept. of Surgery (KDLB) conducted a Seminar to endorse the upcoming idea of Bariatric surgery as a new and safe treatment of Obesity; the guest speakers for the event were Dr. Mohd. Jawed (DUHS-OJHA Campus) and Dr. Shahid (DUHS). Department of Pediatrics/Pulmonology arranged CME Workshops on Pediatric mechanical ventilation and a short Seminar on Pulmonary Function Tests; both events were well attended by the in house and outside participants at the North Campus.

Another house full seminar on Management of Polycystic Ovarian Syndrome was organized at the North campus in which presenters highlighted different aspects and management of PCOs i.e. dermatological problems, fertility issues, females prone to develop PCOs etc. 4<sup>th</sup> Symposium on Gynecology and Fetomaternal Medicine was held at the Clifton campus and the participant response was overwhelming. Ziauddin College of Dentistry arranged a seminar Enigma unveiled of periodontology, it was well attended by the post graduate students of ZCoD and FJDC.

## ZIAUDDIN UNIVERSITY HOSTS AEME 4<sup>TH</sup> JOURNAL CLUB

The Association for Excellence in Medical Education (AEME) has initiated a series of Journal Club on topics related to Health Professions Education. AEME Sindh chapter organizes Journal Club sessions at leading medical universities of the city.

Ziauddin University Clifton campus hosted the 4<sup>th</sup> journal Club organized by AEME on Thursday 28<sup>th</sup> July 2016. This was through collaboration by Dr Iram Khursheed and Dr Rahila Ali from Department of Educational Development Ziauddin University with AEME Sindh Chapter team.

The theme of journal club was 'validation' The speakers were Dr Moyn Aly Director, Masters Health Professions Education (MHPE) Dow University of Health Sciences (DUHS) and secretary AEME Sind Chapter and Dr Shahid Shamim, Director Academics Establishment for Medical education and Research (EMER) and Head Medical Education Unit Rabigh Medical College Jeddah. Dr Syeda Kausar Ali, Associate Professor Department for Educational Development Aga Khan University was convenor for the session.

Dr Moyn Aly discussed the process of instrument validation and explained the method in detail; highlighting its importance. Dr Shahid presented an article on validation study, The article discussed how the authors developed and assessed validity of

a questionnaire designed to determine medical school organizational readiness for curricular change. The article presented was critiqued on QUEST criteria. A vigorous discussion followed the two presentations, many ideas were shared and discussed, it was concluded that basic guidelines need to be formulated to facilitate research amongst new scholars. They should be encouraged to follow the steps in validation of instrument to develop practice of following standards; this will also help them in disseminating their research findings at international forums and journals.



# SEMINAR & EVENTS

## MULTIDISCIPLINARY APPROACH FOR CLEFT LIP AND PALATE MANAGEMENT

ZIAUDDIN CLIFTON, 3rd OCTOBER: A CDE/CME Seminar on The Management of Cleft Lip and Cleft Palate was conducted by the Ziauddin College of Dentistry in collaboration with the Department of Continuing Education Department of Ziauddin University.

Well reputed practitioners from the disciplines of Pediatrics, Plastic Surgery, Psychiatry, Oral and Maxillofacial Surgery, Orthodontics and Prosthodontics presented well-integrated topics on their approaches to the management of cleft lip and cleft palate to an audience comprised of students of both medical and dental specialties, postgraduates, and faculty from various institutes. Of particular mention here is Dr. D.S. Akram who, as a Pediatrician urged on the acute need to provide healthcare in a systematic way with the input of related specialties, to both rural and urban populations despite their distinct differences. Dr. Tahir Sheikh from Plastic Surgery further elaborated the problem of healthcare authorities failing to recognize this problem as a notifiable disease and informed the audience regarding his efforts of providing free treatment of underprivileged patients.

The field of Speech and Language Therapy, Prosthodontics, Orthodontics and Psychiatry were brought to light by speakers who were leading authorities in these disciplines. Ms. Amina Siddiqui, Dean of Ziauddin Institute of Speech and Hearing Sciences provided the audience with extensive insight into feeding difficulties and speech development problem in early phases of orofacial cleft patients and how it is timely managed by early intervention of speech therapists at infancy. The approach of prosthodontic care was elaborated by Dr. Syed Murtaza Raza Kazmi, Head of the Department of Prosthodon-

tics at Fatima Jinnah Dental College, who further emphasized on the usage of obturators and other prosthetic devices to facilitate feeding and speech of cleft patients. Cleft disorders seldom present without dental occlusion anomalies which necessitates orthodontic treatment. This need and process of orthodontic management was explained conscientiously by Dr. Babur Ashraf, Head of the Department of Orthodontics at Fatima Jinnah Dental College. Dr. Sana Younus from the Department of Psychiatry at Aga Khan University extensively addressed the psychological turmoil of a child with a cleft disorder and how proper parenting can lead to such children becoming individuals with strong self-esteem.

The convoluted process of the maxillofacial surgical correction was explained in depth by Dr. Mervyn Hosein, Dean of Ziauddin College of Dentistry. He presented several cases that were surgically followed. Special emphasis was given on following a set pattern and timeline that calls for intervention from all related disciplines at specified stages. Dr. Hosein then called for a panel discussion of all the speakers answering questions from the audience and conveying how illiteracy and myths, lack of proper funding and general lack of policy are the greatest hindrance in provision of the needed care to cleft patients. All speakers expressed aims to start a multidisciplinary treatment approach on the platform of Ziauddin to reach out to patients of the lower socioeconomic strata.

The seminar was concluded with all speakers agreeing to work on a more unified front, aim to develop resolutions and expand efforts to give Cleft Lip and Cleft Palate Disorders the awareness they deserve.

## SECOND ANNUAL FUNCTION OF ZIAUDDIN COLLEGE OF PHYSICAL THERAPY

The end of August was marked by preparation for what has been set as the most ostentatious and most-awaited event at the College of Physical Therapy. The organizers', amongst both students and faculty worked tirelessly to put up what came to be a vibrant event. Ziauddin College of Physical Therapy celebrated second annual function on September 1, 2016.

The program was held at Abul Hassan Jaffery Auditorium which hosted a gathering of nearly three hundred which included students, faculty and guests. The ceremony kicked off with bhangra beats carrying a procession of final year students all adorned with props.

The event was a gala of joyous proceedings. This included remarkable musical performances and skits by students of third year and poetry by students of fifth year. Titles were awarded to both students of final year and teachers, some of which were marked by standing ovations. Five lucky draws, one from each batch of the college, were held for the excited crowd. To celebrate the passing out batch, members of the faculty crowned the Mr. and Ms. Eve of the occasion.

Vice Chancellor, Dr. Pirzada Qasim Raza Siddiqui lauded the organizers' efforts and the versatility of the students as the event proceeded with distribution of shields of honor and vote of thanks to all dignitaries marking the end to what will be remembered as a lively and memorable occasion.



# MISCELLANEOUS

## ZU HIGHLIGHTS

### 1<sup>ST</sup> ZIAUDDIN UNIVERSITY INTRA CRICKET TOURNAMENT

Ziauddin University held its 1<sup>st</sup> Intra Cricket Tournament at SKBZ Cricket Ground, Defence Housing Authority. The final was between MBBS-2<sup>nd</sup> Year and Bio-Medical Engineering Final year students. Bio-Medical Engineering in the allocated 20 over's scored 195 for 8 while the MBBS team could score only 109 for 9. Bio-Medical Engineering won the inaugural cricket tournament by 86 runs.

Ziauddin University Alumni is in the process of being formed. The pilot event of the Alumni was initiated by organizing a farewell in collaboration with the Student Affairs Department on September 30, 2016 for Professor Dr. Kamran Hameed, Dean Faculty of Medicine. The alumni mostly comprising of medical students paid rich tributes to the out-going Dean.



### ZU STUDENT BAGS BRONZE MEDAL IN THE NATIONAL TAEKWONDO CHAMPIONSHIP

Haseeb Rashid Usmani, 4th year student of College of Bio-Medical Engineering, Ziauddin University consistently competes in taekwondo competition. He is a national taekwondo player and has recently earned Bronze Medal in the Taekwondo National Championship held in NED University, Karachi in 2016.



The abstract of "Waiting Time Management of Initial Patients in OPD" produced by Dr. Ziauddin Hospital has been accepted for presentation as a poster in the 33rd International Society for Quality in Healthcare (ISQua) conference to be held in October 2016 in Tokyo, Japan. This model has contributed towards automation at an operational level at Dr. Ziauddin Hospital Clifton, Karachi resulting in a positive impact on improving the continuous care of patients.

The abstracts were submitted by Ms. Anjum Khamisani, MS, RHIA, CHTS-PW, and Head of the Medical Record, Document Imaging and Out-Patient Department at Dr. Ziauddin Hospital Clifton, Karachi.



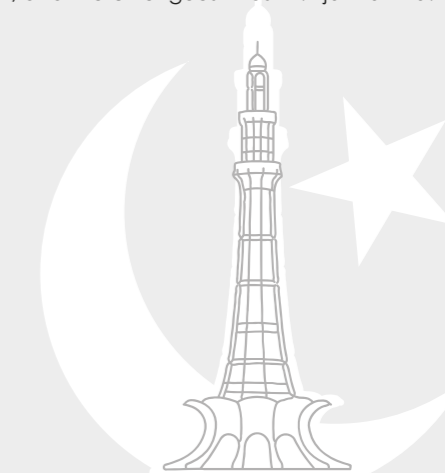
Seminar on Curriculum and Supervision of Mphil/Phd programs organized by Research Department, With the participation of scholars and intellectuals from seven private and public sector University the purpose of the seminar was to analyze and discuss the state and challenges of higher education in Pakistan in context of curriculum and supervision of MPhil/PhD programs. The opening panel for this event includes Professor Nikhat Ahmed Siddiqui (ZU), alongside Prof. Masood Qureshi (DIUHS) Prof Perwaiz Iqbal (AKU), and Prof. Dr. Kamran Hameed (ZU) Seminar ended with a panel discussion and recommendations to be shared with the regulatory bodies on higher education in Pakistan.

CME SYMPOSIUM ON MOLECULAR BIOLOGY OF BRAIN TUMORS FROM BENCH TO BEDSIDE at CIME, Aga Khan University Karachi

## RESEARCH HIGHLIGHTS

## INDEPENDENCE DAY CELEBRATION AT ZIAUDDIN COLLEGE OF NURSING

Freedom is the place where all individuals require sovereignty and autonomy. In order to celebrate auspicious Independence Day, Ziauddin University College of Nursing organized an event for students and faculty members to express their feelings towards Pakistan. The celebration was held on August, 12th 2016 at ZUCON. The honourable guests of honour for the event were Mr Habibullah Soomro, Deputy Director Nursing Sindh, Mr Ghulam Sarwar, Controller SNEB, and the chief guest was Dr. Ejaz Fatima.



INDEPENDENCE 14th AUGUST