



# QUARTERLY REVIEW

JINNAH MEDICAL & DENTAL COLLEGE  
JINNAH MEDICAL COLLEGE HOSPITAL  
MEDICARE CARDIAC & GENERAL HOSPITAL



July, 2015

## PRIMARY PCI PROGRAM (PERCUTANEOUS CORONARY INTERVENTION) AT MC&GH

Under the supervision of qualified Interventionist Cardiologist, Dr Kaleemullah Sheikh & Dr Fawad Farooq, MC&GH is pleased to announced 24-h 365-day primary PCI program & it has been performed with 100% results since June 2015 on patients who visited our Emergency with symptoms of Chest Pain and acute MI.

## HEAT STROKE

During the heat wave epidemic our team of Doctors, Paramedical staff looked after the patients almost round the clock. Students of Final and Fourth year visited Jinnah Medical College Hospital and distributed food items, mineral water, towels to hospitalized patient effected from heat wave and served them generously.



## HEAT STROKE TREATMENT AT MEDICARE: PATIENTS COMMENTS

### *Mrs. Ayesha*

Excellent caring & helpful staff.

### *Mr. Shamshad Ali*

Staying in Medicare was a pleasant experience.

### *Mr. Arif*

It was wonderful experience to be treated by all professionals.

### *Mrs. Shugfta Naz*

All the Staff & Doctors were offering assistance in every way. The Hospital is one of a Kind.

## INTERNATIONAL NURSES DAY

On May 12, 2015, International Nurses Day was celebrated at Medicare Cardiac & General Hospital in remembrance of 195th birthday of Florence Nightingale. This year's theme for International Nurses day was "Nurses A Force for Change, Care Effective and Cost Effective". Cake cutting ceremony and Speech by HOD Nursing was delivered to praise the nurse's work. They received the letter of appreciation for their outstanding work and maintaining of 100% attendance.



## CARDIAC HEALTH AWARENESS TALK

Medicare Cardiac & General Hospital organized Health Awareness Talk for the executive staff of Arif Habib Corporation & Pak Qatar Family Takaful. Dr. Kaleemullah Sheikh, Interventionist Cardiologist discussed about "Prevention of Heart Disease," Ms. Rida Allauddin, Cardiac Rehabilitation Expert, highlighted the "Importance of Physical Activity & Exercise" and Ms. Maria Amir, Clinical Dietitian, enlightened about "A Road Towards Healthy Eating". BP, BMI, Cholesterol & Sugar screening were performed.



## GUEST & FACULTY JOURNAL CLUB LECTURE

*Speaker: Dr Rehan Omer*

*Topic: Pharmacotherapy in Hypertension: what does the evidence say.*

*Speaker: Dr Ehtisham Altaf*

*Topic: Immunology: its role in a cancer.*

*Speaker: Prof. Dr. Imran Afzal*  
*Forensic Medicine*

*Topic: Judicial Hanging.*

*Speaker: Dr Zeba Saeed*

*Topic: Televised medical talk shows- what they recommend and the evidence to support their recommendations: A prospective observational study.*

*Speaker: Dr Mehreen Raza*

*Topic: Association of Body Iron status with the risk of Premature acute Myocardial infarction in a Pakistani population.*

*Speaker: Dr Raeesa Rehman*

*Topic: Localized Aggressive Periodontitis in a 6-year old. A Case Report.*

## WORLD HYPERTENSION DAY

World Hypertension Day was organized on May 13, 2015 at Jinnah Medical & Dental College. Dr HR. Ahmad delivered a lecture on Hypertension. He emphasized the questions regarding epidemiology of hypertension in Pakistan that needs to be addressed. These are: 1) what percentage of a population is suffering from hypertension? 2) what percentage do not know that they have hypertension? 3) what percentage are not treated? 4) what percentage are not optimally treated? Unless, we know the answers of these questions through good studies, we will be not be doing justice to the public health system. Since Hypertension is a multi factorial disease, these are non modifiable and modifiable risk factors to be identified to peruse preventive medicine. Students displayed the importance of the day by making posters and presenting a skit.



## NO TOBACCO DAY

Tobacco kills millions of people throughout the world. Every year, on 31st May, WHO marks World No Tobacco Day, highlighting the enormous health risk associated with tobacco use. Considering importance of the subject, Jinnah Medical and Dental College organized a guest lecture by Professor Dr. Syed Muhammad Mubeen, Vice Principal Hamdard College of Medicine & Dentistry and Head, Department of Community Health Sciences. Dr. Mubeen in his presentation titled "Tobacco - Road Map to Death" highlighted how tobacco entered the Asian Sub-continent. He briefed the epidemiology of tobacco use and the reasons of its popularity especially during adolescence. He made emphasis on the pivotal role of medical students and doctors in tobacco control. The presenter further revealed illustratively to the audience about the effects of tobacco use (smoking and chewing tobacco) on the human body.



## RESEARCH METHODOLOGY WORKSHOP

Research is an important aspect of faculty training and development. PMDC also stress publication of research papers by faculty members. Considering its importance, a two days workshop on Research Methodology was organized by Department of Community Medicine, JMDC. Faculty members from Basic Sciences, Clinical Sciences and Dentistry participated in this workshop. Facilitators of the workshop were Dr. Murad Qadir, HOD, Community Medicine, Dr. Zeba Saeed, Dr. Zainab Waqar, Dr. Tariq Ilyas and Dr. Maria Atif. Dr. Tariq Sohail, Chairmain, S. M. Sohail Trust, in his concluding remarks, stressed the need that faculty should write research papers to be published in recognized journals. He also distributed certificates among the participants.



## ANNUAL GRADUATION DINNER

April 11, 2015



## CONGRATULATIONS

JMDC obtained the BEST CAMP AWARD out of 20 teams. The event was organized on March 12, 2015 by SYMPHARM'15 a collaboration of Pharmacy students to enlighten the importance of doctors and pharmacists. College students, Shiza Asif, Bilal Ashraf, Salima Ratnani & Mina Baig worked under the supervision of Dr Maria Khan. Dr Jamshed Kazmi was the chief guest.



## NEXT MASSALA STAR AWARD

JMDC students participated in Next Massala Star Award, a cooking competition show 2015. First Year BDS students Ms. Rabia won the third prize.



## WELCOME TO S.M. SOHAIL TRUST

**Dr Irfan M. Rajput**  
Assistant Professor  
Orthopedics

**Dr Sadia Usman**  
Assistant Professor  
Pediatrics

**Dr Nirmal Das**  
Assistant Professor  
Pediatrics

**Dr Afshan Siddiqui**  
Assistant Professor  
Medicine & Allied

**Dr Sadaf Zulfiqar**  
Sonolgist  
Radiologist

**Dr Fahad Hasan Khawaja**  
Head of Billing &  
Networking

## PROMOTIONS

**Dr Imran Afzal**  
Forensic Medicine  
Professor

**Dr Ajeet Kumar**  
Medicine & Allied  
Professor

## PROFESSIONAL & CONTINUING EDUCATION

NAME	DEPARTMENT	TOPIC	VENUE
Dr Zainab Hasan	Community Medicine	Workshop on Gender Masculinity & Health	AKUH
Dr S.M. Inkisar Ali	Pediatrics	Pneumococcal disease expert summit	Bhurban

## SYMPOSIUM

MC&GH organized symposiums that were direct telecast from Royal College of Physicians Edinburgh, UK. More than 150 Doctors from different Hospital & Clinics attended the symposium.

*Respiratory Medicine on March 12, 2015*

*Palliative Care on April 30, 2015*

*Obesity: A 21st Century Epidemic on June 05, 2015.*



## PAEDIATRICS DEPARTMENT HOLDS NEONATAL RESUSCITATION WORKSHOP

Workshop on Neonatal Resuscitation was held at JMCH on April 08, 2015 by Department of Paediatrics. Objective of the workshop was to ensure availability of personnel, and necessary equipments in good working order for deliveries, to highlight principles of thermoregulation, ABC of resuscitation and to practice hands on training. Prof. S.M. Inkisar Ali, H.O.D of Paediatrics made interactive presentation on High risk Pregnancies. Dr. Habiba Hasan, Senior Paediatrician discussed about Endotracheal Intubation, followed by hands on training. At the end of workshop Mrs. Ghazala Tariq Sohail, Director of Nursing, highlighted the importance of Continuing Medical Education and updating knowledge & skills of all categories of health care personnel. She also distributed Certificates among participants.



### TIPS FOR PREVENTING HEAT-STROKE

DR. ASHOK KUMAR ASSISTANT PROFESSOR MEDICINE & ALLIED

#### THE BEST DEFENSE IS PREVENTION. SOME PREVENTION TIPS:

- Drink more fluids regardless of your activity level. Do not wait until you are thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot
- Do not drink liquids that contain alcohol or large amounts of sugar; these actually cause you to lose more body fluid. Avoid very cold drinks, because they can cause stomach cramps
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library-even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Take a cool shower or bath
- Wear lightweight, light-colored, loose-fitting clothing
- Never leave anyone in a closed, parked vehicle
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on Infants and young children, people aged 65 or older, people who have a mental illness and those who are physically ill, especially with heart disease or high blood pressure

#### IF YOU MUST BE OUT IN THE HEAT

- Limit your outdoor activity to morning and evening hours
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat
- Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage
- Try to rest often in shady areas
- Protect yourself from the sun by carrying an umbrella, wearing a wide-brimmed hat and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels)

### MEDICARE CARDIAC & GENERAL HOSPITAL

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