



**Northwest General**  
Hospital & Research Centre



Issue: 4

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# Newsletter

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**NORTHWEST CELEBRATES**

# International Nurses Day

## A Voice to Lead



### Barkatullah

**Principal**

**Northwest School of Nursing, NWIHS**

Meet Mr. Barkatullah! Currently working as Principal /Assistant Professor at Northwest College of Nursing. He has 13 years of experience in clinical work, teaching and academic administration. As a Clinical Nurse, he served in pulmonology, neurosurgery, paediatrics, and accident & emergency departments at national and international health care facilities, including Liaquat National Hospital Karachi, Shifa International Hospital Islamabad, Medicine Sans Frontier (Operational Center Brussels) and Aga Khan University Hospital Karachi.

He worked as a Program Coordinator/Senior lecturer at Northwest Institute of Health Sciences Peshawar for almost four years. While working at NWIHS, he became one of the pioneers of the establishment of Nursing College. He played a vital role in the affiliation/registration of Northwest College of Nursing with the

regulatory bodies, including the Pakistan Nursing Council, Higher Education Regulatory Authority and Khyber Medical University. The current achievements of his team include the enhancement of Generic BSN seats from 25 to 50, approved by the Pakistan Nursing Council and Khyber Medical University.

He also worked as a senior lecturer at Shifa Tameer-e-Millat University Islamabad for a year. Recently, he worked as the Principal/Assistant professor at the NCS education system in Peshawar and chaired the academic committee of the NCS education system to bring excellence in the educational activities. He is one of his most outstanding achievements having a master of science in nursing from Shifa Tameer-e-Millat University. After his nursing education at Liaquat National School of Nursing Karachi, he did his RN BSN from the School of Nursing and Midwifery, Aga Khan University Karachi, with

distinction in Sciences. After that, he did his Post Basic specialisation in Pediatric nursing at Life Saving School of Nursing and Allied Health Sciences Karachi. His sound knowledge of research adds up to his profile. He is currently assisting and supervising undergraduate and graduate students of NWCN and INS Khyber Medical University in their research work.

Mr. Barkatullah is currently responsible for planning, organising and managing the academic processes and operations to develop a conducive learning environment for students at Northwest College of Nursing. Optimising students' learning experience effectively by utilising the available physical, financial and human resources. He plays a crucial part in ensuring the professional development of the faculty member at Northwest School of Nursing.



### Ihsan Ullah

**Nursing Team Lead**

**General Medicine Ward, NWGH**

Meet Mr. Ihsan Ullah! He did his BS in Nursing from Khyber Medical University (KMU). He has worked as a Team Leader in the General Medicine Ward at NWGH for the past three years. He seamlessly achieves his tasks as a Team Leader while training all the staff nurses in the clinical ward setup. He maintains the decorum of respect and non-discrimination amongst the staff, doctors, and administration of NWGH.

### Bakht Zarina

**Nursing Team Lead**

**Delivery Suite, NWGH**

Meet Bakht Zarina! She has been working at NWGH as the Team Leader of the Delivery Suite for the past 12 years. She did her essential nursing qualification from Hayatabad Medical Complex (HMC), specializing in Obstetrics and Gynaecology from Post Graduate Nursing College, Post RN (KMU), and MSCN from KMU. Ms. Zarina also played a vital role in laying out the management protocols for the labouring patients, in line with the international standards, with the assistance of her colleagues and NWGH's consultants. These protocols are one of the essential tools of Cardiotocography (CTG). In addition, she supervises the Delivery Suite and Occupational Therapy (OT) training for nurses and Patient-Controlled Analgesia (PCA). She advises all health personnel in the labour room to follow SOPs according to the JCI standards.







## Shams-Ul-Islam

**Nursing Team Lead**  
**Emergency Department, NWGH**

Meet Shams-ul-Islam! He has been working as a Team Leader in the Emergency Department and a member of the JCIA team. He completed his General Nursing in 2011 from the Sindh board, specialisation in CCU (2015) and Post RN (2019). He works as a Staff Nurse, Supervisor, and Team Leader in various wards like General Surgery, Urology, WNR, and Cardiac Surgery. He also trains his peers for superior patient care and the use of technology in the field of Nursing. He considers Nursing an exciting, noble, and challenging career filled with countless professional and personal rewards.



## Nadia Saudi

**Nursing Team Lead**

Meet Ms. Nadia! She recently joined Northwest General Hospital as a Team Leader in ICU. She did her essential nursing qualification from Khyber Teaching Hospital. She possesses international experience in various JCIA. She also has exposure to CBAHI accredited hospitals with state-of-the-art modern facilities from Saudi Arabia. She is diligent in her tasks and responsibilities and is now a Team Leader of Staff Nurse.

## Faiza Ahmad

**Staff Nurse**  
**SICU, NWGH**

Meet Ms. Faiza Ahmad! She currently joined Northwest General Hospital as a Staff nurse. She did her initial nursing studies at LRH hospital. She had professional exposure in different hospitals in Saudi Arabia, JCIA and CBAHI accredited hospitals with modern and advanced setups. She is dedicated to her role as a staff nurse and is well aware of the protocol fundamentals of nursing. She is helpful toward patients and staff members, which makes her a great addition to Northwest's team.



Northwest General Hospital wishes everyone a very happy Eid-ul-Adha. May the sacrifices on this eid help us bring tranquillity and happiness. Let's take this day like every other, to be considerate towards people who need our help.

*Happy Eid-ul-Adha*  
**Dr. Zia Ur Rehman, CEO NWGH**





Northwest General Hospital held an event to celebrate International Nurses Day. The event commenced with the recitation of the Holy Quran, followed by Naat. Dr. Zia Ur Rehman, CEO NWGH spoke about the importance of International Nurses Day and commended the staff and nurses. Mr. Saeed Ullah, Clinical Nurse Educator and Ms. Samreena, Registered Nurse, gave a speech followed by a presentation about the importance of Nurses Day.

An interactive quiz session was held by Mr. Ihsan Ullah and Mr. Rehmat Ullah, Clinical Teacher Nurse. The participants applauded the video made by the Northwest Institute of Health Sciences to honour the efforts of nurses. The International Nurses Day event was concluded with a cake-cutting ceremony.





## اب ہسپتال چل کے آئے آپ کے گھر!

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# HOME HEALTH SERVICES

The strike of Covid staggered hospitals and health care providers with the fear of the virus outbreak. The provision of basic life necessities was complex, let alone the health care services. The Lancet (General Medical Journals) shared that Pakistan ranks 154th out of the 195 countries in the healthcare industry. The private healthcare sector serves about 70% of Pakistan's population. The pandemic made it difficult for the private sector healthcare facilities to cope with the influx of cases and the patient's treatment.

The pandemic brought us immense loss and made us realise our lifestyle choices. The need to ensure the provision of basic healthcare facilities was crucial, which required the healthcare sector to mend its way of providing the services. Pandemics drove the Policymakers to identify gaps and adapt to improvements in the services. For example, people demanded more personalised consultations in their

comfort zones. Pandemic made us realise the importance of immunity and an individual's lifestyle and dietary practices in boosting it and protecting us from viruses and infections.

The awareness of the general preventive measures helped limit the pandemic chaos. Ensuring quality healthcare services round the clock and in a patient's comfort zone was crucial. Northwest General Hospital established and refined services provided under its Home Health Services Department to cater for its diverse group of patients and assist them during and after the pandemic. The essence of introducing 'Home Health Services' was initially to have PCR tests done for Covid without making them leave their homes and increasing the chances of contamination. The patients had hassle-free tests and recovered in the comfort of their homes without being exposed to the general public.

Apart from having accessible, safe and reliable PCR testing, the Home Health Services provided patients with personalised and specialised professional care. This service is an addition to the medical field that has made healthcare accessible to patients with mobility issues. It is also beneficial for people with some phobia associated with hospitals that resists them from visiting a doctor even in the worst scenarios. Hospitals demand patients follow strict protocols, but Home Health Services allows you to enjoy your personal space and get the professional treatment you would in a hospital.

Nursing service helps you take care of your patient at home with vigilance regarding their hygiene, diet, and medication. The patient's family members can be informed immediately in an emergency. The service is more patient-focused regarding specialised nursing care for patients.



**Laboratory  
Sample  
Collection**



**Physiotherapy**



**Nursing**



**Pharmacy**



# World Maternal Mental Health

by **Dr. Sylvia Ali Khan**  
Consultant Psychiatrist



For a person battling a mental health problem, the routine tasks are not spontaneous but a constant struggle against mental illness daily. Waking up, I don't recall reminding myself to get out of bed, take myself to the toilet and get ready for my daily routine. However, the story would entirely change if we were to ask a person dealing with depression, anxiety or psychosis, or any other mental health-related concerns. We genuinely take the tasks that we perform daily for granted and are rarely grateful for the well-being we enjoy in routine.

Mental health-related concerns and issues are genuine. When in a stable mental state, our mental health allows us to be productive in the duties we take over every day. Simultaneously, we continue to be a spouse, child, parent, or office worker with the least effort. The worst suffering when it comes to mental illness is the torture that cannot be expressed or made visible. The first to reject us are the ones considered family. A person with mental illness faces such challenges daily. And a perceived cold response is detrimental, further isolating and alienating them.

Mental illness is diverse and can be present in varying forms, personally, socially, and clinically.

The journey of a person with mental health-related concerns to a psychiatrist or psychologist is rather strenuous and tortuous. The lack of understanding of mental illness and deficiency of empathy for mental illness has further driven us away from our obligation of care towards them.

Listening to multiple patients that have ended up in my clinic for a consultation mainly by accident or frustration that they have felt through their journey explains how we treat and consider a patient with mental illness.

According to World Health Organization (WHO), 1 in 10 have a mental illness. In Pakistan, it is stated as 1 in 5. The ratio of mental illness in gender comparison may lean towards more females. This has contributed to extended hospital stays and consultations with multiple doctors since the diagnosis of mental illness is usually achieved as a diagnosis of exclusion. Mental illness is ruthless and does not differentiate among gender or age groups. Neither does it care to inflict one as young as 7 years old to 90 years and above. The most common concerns around the increasing levels of anxiety that have been creeping into our young and older minds are undifferentiated. It is crucial to understand that the

damage that Mental Illness can cause is multidimensional; emotional, physical, interpersonal, social, and financial. It has led from alienating families to broken families. It has, in severe cases, caused ongoing trauma and a sense of hopelessness directing to self-injury and suicide. It may still not stop and keep affecting the performances in educational institutions and jobs.

I wonder how many times we have passed a person on the street called 'nashai' or 'drug addict'. And we do not bother to think about the pain and agony an individual may be going through and what led them to reach that point in their lives. Mentally unwell people are not perceived as a person who may be in a continuous struggle and battling to get rid of their unhealing wounds. One can only imagine the pain, rejection, hatred, and embarrassment they must face daily. We are losing our loved ones to multiple mental health problems. There have been rising concerns about the use of drugs among young adults as young as 15.

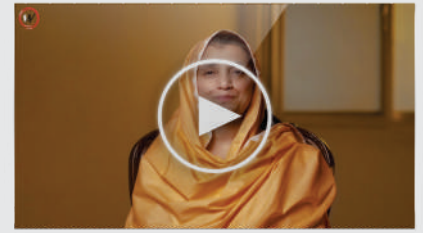
According to P Ghazal (Rising trend of substance abuse in Pakistan: a study of sociodemographic profiles of patients admitted to rehabilitation centers). Family disputes and peer pressure were

the most common reasons for the initiation of substance abuse. In addition, a significant fraction of patients (46%) reported suffering from comorbid depression. Drug use is further indicated as a growing concern among medical students. (Use Of Psychoactive Drugs Among Medical Undergraduates In Abbottabad by Haq Nawaz et al.)

Mental illness is genuine, and it truly exists. Keeping our eyes closed does not make unpleasant situations go away. Instead, the closed eyes make it worse. It is about time we acknowledge our fears of stigma related to mental illness and start embracing the fact that it exists and needs our attention.

##MATERNALTHMATTERS  
##THEPOWEROFCONNECTION

Scan me to watch this video





# TOBACCO DAY

## Dr. Shahzad Ahmad

World Tobacco Day on the 21st of May highlights tobacco's impact on individuals and our ecosystem. In addition, it is pertinent to note the complications caused by smoking which is the primary ailment for a typical person. All the forms of tobacco, whether cigarettes, gutkha, or snuff, can be detrimental to your health.

Besides tobacco and its by-product being detrimental to health, it is highly addictive. People addicted to it can not perform their daily tasks without using it. It can lead to respiratory issues, lungs infection, chest infections, and even chest cancer. Moreover, using snuff or taking gutkha may cause mouth cancer. Besides being exposed to a higher risk of cancer, tobacco shortens your life span by 10 years. You become more prone to disease than an average person.

The most important commitment we can make to ourselves would be to stop using tobacco and its by-products. Tobacco is the leading cause of low blood pressure, high and low cholesterol or fats, and even infertility. In women will lead to the closure of menstruation in the early stages.



Scan me to watch this video



## Dr. Nouman Wazir

Smoking is not only deteriorating your physical health but also your mental health. According to statistics, when you are addicted to smoking, the chances of mental illnesses increase up to 3 to 5%. Common mental conditions like Depression, Anxiety, Schizophrenia, Dementia, Attention Deficit Hyperactivity Disorder (ADHD), and Impulse Control Disorder are seen in tobacco addicts.

The famous quotation about smoking is that "It is a gateway drug" when you start smoking, you gradually opt for more harmful drugs. Cigarette contains nicotine that travels to your brain in 10 seconds and releases a chemical called 'Dopamine'. This chemical decreases your anxiety and makes you calm and pleasant. Nicotine increases your memory, focus, and concentration. Still, unfortunately, when the effects of nicotine start to die down, the level of dopamine starts decreasing, and a person will feel the urge to retake nicotine. To satisfy this urge and withdrawal state, a person retakes nicotine, continuing the addiction cycle. Smoking reduces the effect of other medicines, and often when a patient quits smoking, we have to adjust the dosage of the medicine to work effectively.

Quitting smoking is the game of an individual's willpower. A person can quit smoking if they set their mind to it. You are left with smoke in your breath, which lingers with you and obstructs your social interaction. While planning to quit it, the essential thing that can help you is acknowledging the adverse effects of smoking on your physical and mental health and accepting that it disrupts you financially and socially.

Show support and encourage your friends and family to quit smoking. And if someone doesn't want to quit, they should at least not smoke in front of non-smokers or people trying to quit. Medicines (gums, lozenges, nozzle sprays), nicotine replacement therapies, and some psychiatric medicines are available to help you quit smoking. E-cigarettes are also available, which is an effective way to quit smoking. It is nearly impossible to quit smoking without any help. If you or someone in your circle needs help to quit smoking, feel free to reach out to us.

Scan me to watch this video



**TOBACCO:  
POISONING OUR PLANET**





## Tobacco: A constant threat to our environment

World No Tobacco Day was observed on the 31st of May to help people realise the harmful impact of the tobacco industry on individuals and our environment. The theme for tobacco day emphasised the detrimental effects of the byproducts of tobacco's lifecycle on the health of people and the planet.

Tobacco causes 8 million deaths worldwide each year; in addition to being harmful to human health, it

tears down our environment through cultivation, production, distribution, consumption, and post-consumer waste. Northwest General Hospital supports cutting down on the tobacco industry's products since it is damaging the environment and health of people and consuming a lot of the earth's scarce resources. But instead, we should focus on saving our fragile ecosystems.

To observe 'World No Tobacco Day', an event was held at the Northwest School of Medicine. The Northwest School of Medicine students attended the event, and the participants were awarded certificates.



# Meningitis

by **Dr Asif Afridi**  
Consultant Paediatric Intensivist



Meningitis is a condition that can cause fever, headache, and a stiff neck. Meningitis occurs when the tissues surrounding the brain and spinal cord (called the "meninges") get infected. The chances of it happening is after a child has an infection in another part of the body. The germs can travel through the blood to the tissues surrounding the brain and spinal cord. In addition, the bacteria and viruses that cause meningitis can be spread from one person to another.

Meningitis can be of 2 types 'Bacterial Meningitis' or 'Viral Meningitis' depending on the germs causing the infection. This is because bacterial meningitis is a medical emergency. If not treated quickly, it can lead to brain problems such as deafness or learning problems. Bacterial meningitis can even lead to death. Viral meningitis is usually less concerning and does not usually lead to long-term brain problems or death.

Symptoms of meningitis include; fever, headache, stiff neck, nausea or vomiting, acting confused or being hard to wake up, and sensitivity to light. Newborn

babies can also have other symptoms that include; a bulging soft spot on the skull, acting more fussy or irritable than usual, being more sleepy than expected, not feeding well, and diarrhoea. Bring your child to the emergency department right away if they; have a fever, headache, stiff neck, seem very sleepy or confused or do not seem to respond to you, have a seizure, have a rash with small red-purple spots that do not go away when you press on them.

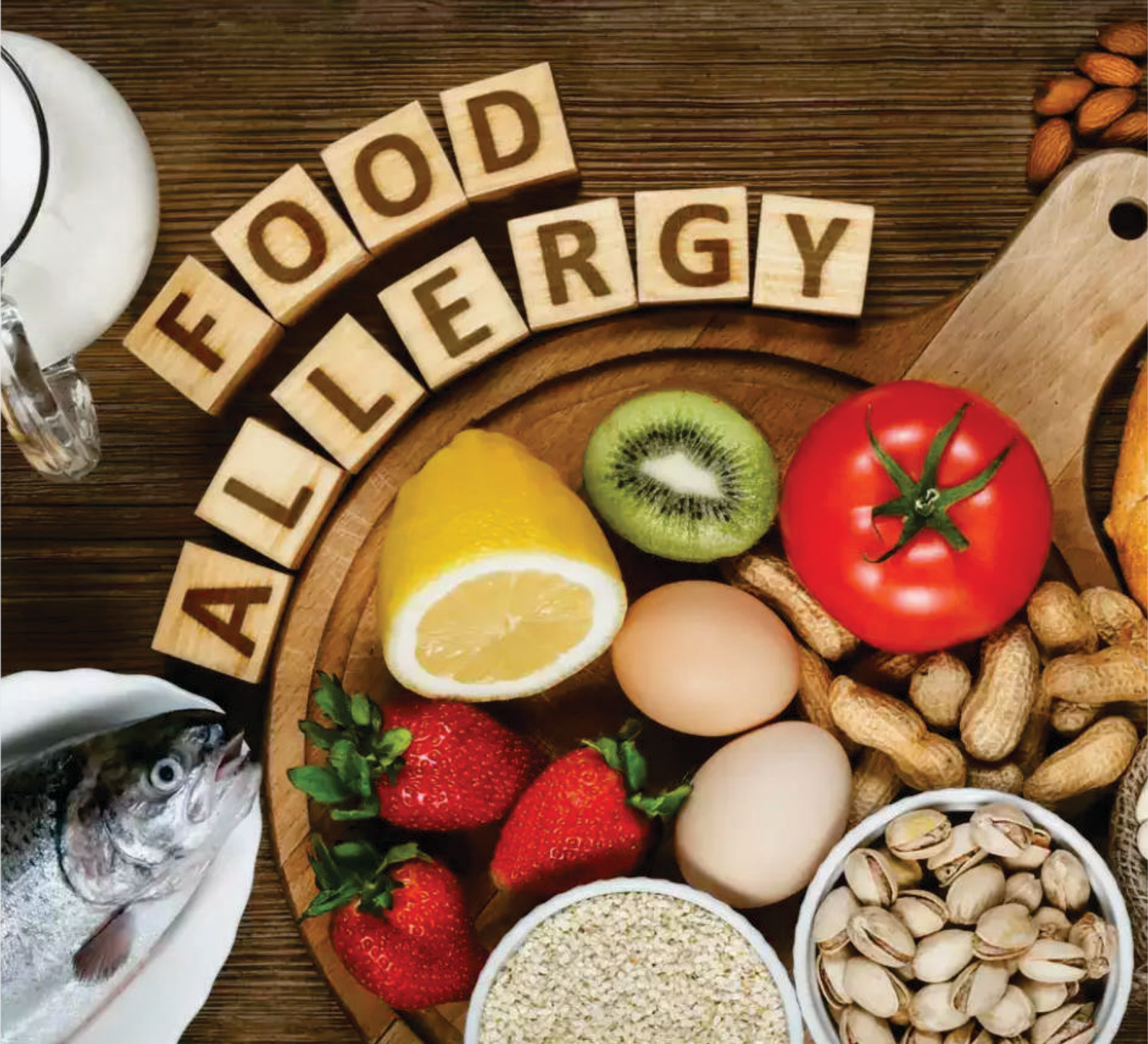
Doctors can do different tests to figure out if a child has meningitis and what type it is. Tests can include blood tests and 'lumbar puncture', also known as a spinal tap – during this procedure, a doctor puts a thin needle in the lower back and removes a small amount of spinal fluid. Spinal fluid is the fluid that surrounds the brain and spinal cord. Lab tests on the spinal fluid will be conducted. However, CT scans or other imaging tests can also be conducted for meningitis—imaging tests can create pictures of the inside of the body. Depending upon the type of meningitis, treatments are prescribed. Bacterial meningitis is treated in the hospital with

antibiotic medicines. The antibiotics are given through an "IV" (a thin tube that goes into a vein). Viral meningitis is not treated with antibiotics. That's because antibiotics do not kill viruses. Instead, treatment for viral meningitis includes; rest, consuming a lot of fluids, and medicines to help relieve fever and headache. Test results can take a few days to show whether a child has bacterial or viral meningitis. But bacterial meningitis needs to be treated quickly, so doctors often start antibiotics right away.

Meningitis can be contagious. You can reduce the chances of getting infected with meningitis by ensuring your child gets the vaccines your doctor or nurse recommends – certain vaccines can reduce the likelihood of your child getting meningitis. If someone in your home has meningitis, you can; avoid spreading germs – for example, wash your hands before eating, and do not share cups or silverware. Consult your doctor or nurse about taking antibiotics – for some types of bacterial meningitis; doctors may prescribe antibiotics to other people living at home as a precautionary measure.







# Food Allergies

by Dr. Sahar Iqbal  
Consultant Paediatrics, NWTH



Allergy is hyper responsiveness to the immune system. About 30 to 35% of children suffer from allergic diseases, and the frequency has increased significantly in recent years. Most of these children have a strong genetic predisposition to allergies. When exposed to certain environmental factors, genetically predisposed children produce IgE antibodies that bind to the mast cells' surface. Allergens bind to IgE antibodies on the surface of mast cells, and degranulation of mast cells results in the release of chemical mediators, including histamine, cytokines, and leukotriene, which produce certain reactions inside the body. The environmental factors that cause this include dust mites, pollen, animal dander, irritants, pets, pests, infections, and certain food items.

Several symptoms are typical in reaction to an allergy. These include urticaria, atopic dermatitis, nasal congestion, sneezing, itching, and runny nose. In addition, the symptoms can be asthmatic, such as wheezing, coughing, and shortness of breath, and gastrointestinal, such as vomiting, cramps, nausea, and diarrhoea. Swelling of lips, tongue, and mouth is commonly experienced. In severe cases, anaphylactic symptoms can occur, including gastrointestinal symptoms, dermatological symptoms, low BP, and breathing difficulty, which require emergency management. If not instituted in time, they can result in death.

Food allergy is prevalent in children. The eight food items that cause the most food allergies are milk, eggs, wheat, soy, tree nuts, peanuts, fish, and shellfish. Certain fruits and vegetables can also trigger food allergies in children. Food allergies typically cause dermatological and

gastrointestinal symptoms, but in severe cases, they can also result in anaphylaxis. Most of these allergic reactions wean off with age, but some will remain lifelong.

A person's history can be of great benefit to making a diagnosis. Parents will complain that exposure to a known allergen triggers a reaction in their child within a few minutes to half an hour after exposure. Alternatively, one can perform several tests to make a diagnosis. A skin prick test is where the allergen is introduced in liquid form on the top layer of the skin through a pricking device, which can yield a reaction. Intradermal tests are where the allergen is injected into the skin. Patch tests help detect delayed allergic reactions. An allergist might perform a food challenge test where the allergen is given by mouth or inhalation in small amounts to see any reaction; if no reaction is seen, that particular food item will be increased slowly. One can perform food elimination as well, where a food item suspected of causing an allergic response is eliminated from the diet to see improvement in the symptoms. Alternatively, IgE-specific antibodies can be detected in the blood. The most common test used is RAST (Radioallergosorbent test). The blood tests take longer to yield results than skin tests and are more costly.

Once the diagnosis is confirmed, the best way to avoid an allergic reaction is to temporarily eliminate that food item from the diet. Most children tend to outgrow food allergies with age, including allergies to milk, eggs, soy, and these food items can, later on, be reintroduced into their diet. Although, there are certain food items such as peanuts and fish to which the allergic reactions persist

lifelong and are not outgrown.

Some treatments cater to different types of allergic reactions. For example, treatment of allergic rhinitis includes antihistamines, decongestants, nasal sprays, and allergy immunotherapy. Treatment of asthma includes bronchodilators, inhaled steroids, leukotriene receptor antagonists, or maybe systemic steroids. Now biological agents can also be used in case symptoms are not controlled. Treatment of life-threatening anaphylaxis includes intramuscular epinephrine, antihistamines, bronchodilators, steroids, and avoidance of allergens in the future.

Although the treatments are there, a better approach is the preventive techniques that patients should be educated about. Children should be educated to read the food labels to avoid any reaction. Suppose there has been a history of severe reactions in the past. In that case, the doctor can prescribe EpiPen auto injections with antihistamines and corticosteroids that can be used in an emergency. Older Patients need to be educated to avoid exposure to the allergen and recognize the symptoms for initiation of early treatment by giving them a written action plan. These patients are advised to wear a bracelet for recognition if a severe reaction occurs in public.



# International Men's Health Day

by **Dr. Muhammad Nouman Wazir**  
Consultant Psychiatrist



Mental illness is globally associated with a significant burden of morbidity and disability. Despite it being prevalent, mental illness is often underdiagnosed. Less than half of those who meet diagnostic criteria for psychological/mental disorders are identified by doctors. Patients, too, appear reluctant to seek professional help. Statistics state that only 2 in every five people experiencing a mood, anxiety, or substance use disorder sought assistance in the year of the onset.

Different mental illnesses are more prevalent in different genders and age groups. For example, women are more likely to be diagnosed with anxiety or depression, while men tend to be diagnosed more with substance abuse & anti-social disorders. Women with anxiety disorders are more likely to internalise emotions, resulting in withdrawal, loneliness, and depression. Conversely, men are more likely to externalise emotions, which lead to aggressive, impulsive, coercive, and noncompliant behaviour. The common mental health illnesses in men include anti-social personality disorder, OCD, social anxiety disorder, drug abuse & related psychiatric disorders, depression, PTSD, etc.

Mental illness can cause different symptoms in men than women and may be harder to recognise. Men who are depressed, for example, may seem angry and irritable rather

than sad and withdrawn. It also may be harder for men with depression to get help. Some may see it as a sign of weakness or having less/absence of faith, especially in our society, rather than a treatable illness.

International statistics state that:

- Three times as many men as women die by suicide (75%).
- Men aged 40-49 have the highest suicide rates in the UK.
- Men report lower levels of life satisfaction than women, according to the Government's national well-being survey.
- Men are less likely to access psychological therapies than women: only 36% of referrals to National Health Services (NHS) talking therapies are for men.
- In addition, men are far more likely than women to go missing, sleep rough, become dependent on alcohol, and use drugs frequently.

One of the primary reasons men are reluctant to seek help for their psychological/mental issues is society's expectations and traditional gender roles. Of course, we know the gender stereotypes about women – the idea they should behave or look a certain way, for example, can damage them. But equally, it is also essential to understand that men can be affected by similar stereotypes and expectations.

Men are often expected to be the breadwinners, strong, dominant, and in control. While these are not inherently wrong things, they can make it harder for men to reach out for help and open up. Some research also suggests that men who can not speak openly about their emotions may be less able to recognise symptoms of mental health problems and less likely to reach out for support. Men may also be more likely to use potentially harmful coping methods such as drugs or alcohol and less likely to talk to family or friends about their mental health. However, research suggests men will access the help that meets their preference, is easy to access, meaningful and engaging.

If you or anyone you know suffers from one or more of these illnesses, treatment will let you lead an entire, productive life. These mental illnesses may be difficult and painful, but they are all treatable. Treatment may include counselling, medicine, or both. You may also be treated with complementary therapies, such as biofeedback. Knowing you have nothing to be embarrassed or ashamed about is essential. These conditions are illnesses, not weaknesses. The same goes for any addictions you might have.

Many men have had trouble communicating their feelings and figuring out how to talk about them. Here are some important first steps:

- Get medical care. Your doctor can help you get the treatment you need. In some cases, you may be able to resolve your problems with therapy rather than medicine. Your healthcare provider is used to dealing with these issues, so do not be embarrassed to bring up your concerns.
- Manage your stress. Stress at work and at home can worsen many mental illnesses' symptoms. Do not feel guilty about taking time for yourself to do things you enjoy. You may also want to see if deep breathing, meditation, or stretching helps you relax.
- Get regular exercise. Research suggests that daily exercise can help relieve the symptoms of depression and other mental illnesses.
- Take care of yourself. You deserve it. Exercise regularly, get plenty of sleep, and eat healthy meals with lots of fruits and vegetables. Stay away from drugs and alcohol. Being gentle and forgiving with yourself can put you in a better frame of mind to deal with your mood disorder.
- Tell someone right away if you have thoughts of harming yourself. Call or go to a hospital emergency room. Ask a friend or family member to stay with you. Do not stay alone.
- Protect yourself and your family. If you have thoughts of self-harm, have an adult family member or close friend remove all weapons and ammunition from your home and lock them in a safe place you cannot access. You can access them when you are feeling better.
- Find healthier ways of sharing your feelings. It can be tempting to yell, act out, or turn to drugs or alcohol when you are feeling unhappy, but instead of lashing out in anger, try something different. Breathe deeply, count to 10, and give yourself time to calm down.



# Men's Mental Health

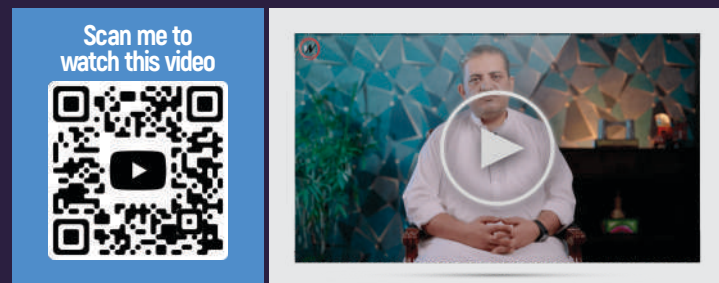
## Dr. Muhammad Nouman Wazir

Mental health is a crucial element of one's overall health. According to statistics, 3 out of 4 men suffer from mental health disorders. Men's disorders are slightly different because the way they cope is different. Usually, they externalise their problems in the shape of anger. Generally, if they communicate their problems properly, you can diagnose them very easily. Every 2 men out of 5 will likely get diagnosed and carry all the symptoms. However, those who try to subside their problems

and do not communicate properly are the ones left without a diagnosis.

According to international statistics, the rate of suicide is three times higher for men than women. Our society expects men to be the breadwinners, and if they disclose that they are going through some mental health issues, they fear that society will label them as weak and who is going through depression. Changing your lifestyle can help a lot with mental health if you think

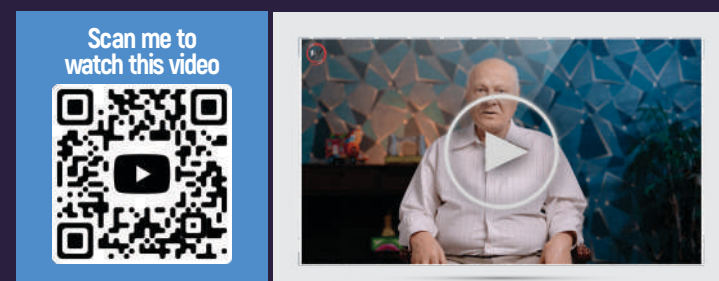
you are going through it. First of all, you should talk to a physician or a psychiatrist or can even discuss it with your close circle of family and friends. If you are suffering from stress, engage yourself in extra curriculum activities. Secondly, you have to focus on your daily diet. If you are facing serious mental issues like suicidal thoughts, you should consult with a psychologist immediately.



## Dr. Khadim Ullah Kaka Khel

We live in an era where problems do not cease to exist. Our people are oppressed to work in a foreign country; they face this problem when they return to their country on vacation, get married and want to have a child. Sometimes our society associates certain expectations with us. These expectations are so grandiose that they are sometimes linked to genetic expectations. People resort to hakeems or other remedies to meet these expectations and avoid going to a doctor due to social

embarrassment. If you need professional help regarding the problem mentioned above, feel free to contact Northwest General Hospital.



## Dr. Aziz Ur Rehman

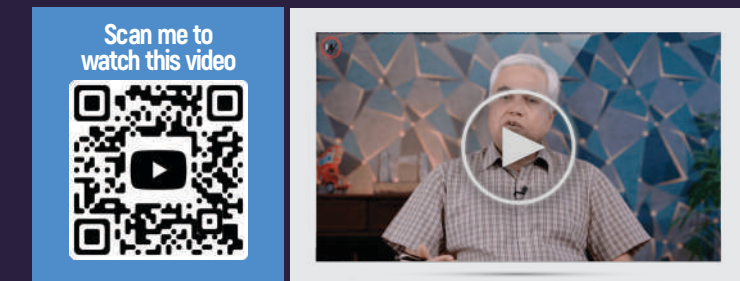
When talking about men's health, three major problems associated with them should be kept in mind. One of these problems is the prostate. The ageing men of 60 years and above suffer from the urination problem. It is suggested to seek consultation from a urologist for a thorough examination. A urologist will point out the root cause of their prostate problem. If the size of the prostate is increased, it does not necessarily mean that they require an operation. Medication can also treat it. But if the problem is severe and causes urination blockage, then it must go through surgery. This surgical process is done through the urinary track with the help of a camera.

Secondly, the sexual problems of men. It is vital to address the fact that it is not restricted to men alone. This problem can be found in women too. Men should avoid homoeopathic and allopathic

doctors and should consult a urologist. Even some homoeopathic medicines are very dangerous for men's health. Anyone who is facing this issue should consult a urologist without any hesitation.

The third problem that needs to be discussed is that of infertility, which could be both from the husband's side and the wife's side. Usually, when the problem is from the male side, it is advised to seek a urologist and stop wasting time on homoeopathic doctors. A person should be mindful of these problems; it may be due to the

blockage of the tube or the weakness of sperm which should be treated on time. On some occasions treating such issues can be impossible. Therefore it is advised to consult and discuss with your doctor the possibilities of success of the treatment. Life comes with a lot of phases. It would have been temporary if someone at a young age faced the same issue. Depression, unhealthy relationships with spouses and other tensions can cause such problems. A urologist can be of great help if men face the issues mentioned above.







# Thalassemia

by **Dr. Muhammad Kamran Akbar**  
Consultant Haematologist



Thalassemia is an inherited blood disorder that causes your body to have less haemoglobin than usual. When there is insufficient haemoglobin, the body's red blood cells do not function properly and last shorter periods, so fewer healthy red blood cells travel in the bloodstream. Red blood cells carry oxygen to all the cells of the body. Oxygen is a sort of food that cells use to function. When there are not enough healthy red blood cells, there is also not enough oxygen delivered to all the body's other cells, which may cause a

person to feel tired, weak, or short of breath. This is a condition called anaemia. People with thalassemia may have mild or severe anaemia. Severe anaemia can damage organs and lead to death.

If you have mild thalassemia, you might not need treatment. But more severe forms might require regular blood transfusions. In addition, you can take steps to cope with fatigue, such as choosing a healthy diet and exercising regularly. There are several types of thalassemia. The

signs and symptoms you have depend on the type and severity of your condition. Thalassemia signs and symptoms can include fatigue, weakness, pale or yellowish skin, facial bone deformities, slow growth, abdominal swelling, and dark urine. Some babies show signs and symptoms of thalassemia at birth; others develop them during the first two years of life. Some people with only one affected haemoglobin gene do not have thalassemia symptoms.

Make an appointment with your child's doctor for an evaluation if they have any signs or symptoms of thalassemia. Thalassemia is caused by mutations in the DNA of cells that make haemoglobin — the substance in red blood cells that carries oxygen throughout your body. The mutations associated with thalassemia are passed from parents to children. Haemoglobin molecules are made of chains called alpha and beta chains that can be affected by mutations. For example, in thalassemia, the production of either alpha or beta chains is reduced, resulting in either alpha-thalassemia or beta-thalassemia. In alpha-thalassemia, the severity of thalassemia depends on the number of gene mutations inherited from parents; the more mutated genes result in severe thalassemia. In beta-thalassemia, the severity of thalassemia you have depends on which part of the haemoglobin molecule is affected.

Four genes are involved in making the alpha haemoglobin chain. You get two from each of your parents. So if you inherit: one mutated gene, you will have no signs or symptoms of thalassemia. But you are a carrier of the disease and can pass it on to your children. With two mutated genes, your thalassemia signs and symptoms will be mild. This condition might be called the alpha-thalassemia trait. Your signs and symptoms will be moderate to severe with three mutated genes. Inheriting four mutated genes is rare and usually results in stillbirth. However, babies born with this condition often die shortly after birth or require lifelong transfusion therapy. In rare cases, a child born with this condition is treatable with transfusions and a stem cell transplant.

Two genes are involved in making the beta haemoglobin chain. You get one from each of your parents. You will have mild signs and symptoms if you inherit one mutated gene. This condition is called thalassemia minor or beta-thalassemia. With two mutated genes, your signs and symptoms will be moderate to severe. This condition is called thalassemia major or Cooley anaemia. Babies born with two defective beta haemoglobin genes usually are healthy at birth but develop signs and symptoms within the first two years of life. A milder form, called thalassemia intermedia, also can result from two mutated genes.

People with moderate and severe forms of thalassemia usually find out about their condition in childhood since they have symptoms of severe anaemia early in life. People with less severe forms of thalassemia may only find out because they are having symptoms of anaemia, or maybe because a doctor finds anaemia on a routine blood test or a test for another reason. Because thalassemias are inherited, the condition sometimes runs in families. Some people find out about their thalassemia because they have relatives with similar situations.

People with family members from certain parts of the world have a higher risk of thalassemia. Traits for thalassemia are more common in people from Mediterranean countries, like Greece and Turkey, and people from Asia, Africa, and the Middle East. If you have anaemia and have family members from these areas, your doctor might test your blood further to find out if you have thalassemia.

Possible complications of moderate to severe thalassemia include; iron overload, infection, bone deformities, enlarged spleen, slowed growth rates, and heart problems. Treatment of thalassemia includes definitive treatment and supportive treatment. Supportive treatment has blood transfusion and iron chelation. A bone marrow transplant occurs with a matched sibling donor in ideal treatment.

In most cases, you cannot prevent thalassemia. Talk to a genetic counsellor for guidance if you want to have children in case you have thalassemia or a thalassemia gene. There is a form of assisted reproductive technology diagnosis, which screens an embryo in its early stages for genetic mutations combined with in vitro fertilisation. This might help parents who have thalassemia or are carriers of a defective haemoglobin gene have healthy babies.



# BLOOD DONOR DAY

by **Dr. Hameeda Qureshi**  
Hematologist



Since the dawn of recorded history, blood has been celebrated as a life-giving force in religious rites and rituals. In the era before Christ (AS), the Egyptians took blood baths as a recuperative measure, and Romans drank the blood of fallen gladiators to cure epilepsy. Likewise, a citizen seeking spiritual rebirth would descend into a pit or fossa sanguinis. Above him on a platform, a priest would sacrifice a bull, and the animal's blood cascaded down in a shower upon the beneficiary. Then, in a powerful visual image, the subject would emerge up from the pit, covered with blood, and be reborn.

According to the International Red Cross statistics, someone needs blood every 2 seconds worldwide. The demand is vast, and the requirements for storage and safe human-to-human transfusion are now known through the progress of two centuries of brute human intellectual exercise and

application of scientific thought to the need for the cure of human ailments. Blood is needed for emergencies such as trauma and accidents, major surgeries, and patients with illnesses requiring regular transfusion of red blood cells or other components such as Plasma and Platelets. Our region's disease burden of inherited non-malignant haematological conditions such as thalassemia or haemophilia is considerably compounded by inter-familial marriage, which is deemed a cultural standard here. The greatest blood need is for women who are haemorrhaging during childbirth, infants and children with anaemia caused by malaria, and trauma victims. Yet, in 80 of 172 countries responding to a World Health Organisation (WHO) survey, less than 1% of the population donates blood.

A single bag of donated whole blood can yield several precious

other components, each suited for different use in different disease conditions and patients. It is not just the one component a patient can use; the donated unit can benefit numerous other patients by being separated into its component at the blood bank. An entire blood unit is centrifuged to separate Red Blood cells and plasma rich in platelets. Platelet-rich plasma is further fractionated into 'Fresh Frozen Plasma' and 'Platelet Concentrate'. The FFP may then be subjected to further sub-fractionated to yield 'Cryoprecipitate' and 'Cryo-Poor Plasma'. The pharmaceutical industry has also devised more sophisticated methods to purify 'Albumin' and 'Immunoglobulin' preparations from plasma further down the line.

A lot of misconceptions are associated with donating blood. For instance, donating blood will weaken a person; however, a short

rest and moderately increased fluid intake will replenish what is lost. Then you may resume normal routine activities. Another misconception is that people might get AIDS; however, the blood bank only uses sterile, disposable needles, lancets, and collection equipment for every donor. Illnesses can be transferred to the patient who is receiving blood. Now the question arises what kind of illness? Firstly, a genetic condition will not be passed unless you intend to pass your genes by marriage to that patient. Secondly, an infection, if manifest, will be ruled out by a targeted history and physical examination conducted by trained blood bank personnel before every donation.

Any hidden infection is screened in the donated blood bag by our protocol for detecting commonly transmitted viruses and bacteria in every presented unit. The blood bag is rejected and discarded appropriately if any germ is detected. To support the second assertion, it is standard blood banking practice not to transfuse the same freshly donated blood to the donor's patient; rather, the patient is issued a cross-matched identical or compatible group component, whether its red cells or plasma or platelets appropriately from the store inventory, one that has passed through the screening process. Some might think they are anaemic; however, every donation is preceded by Hb determination before bloodletting from the donor. An anaemic person will not qualify for blood donation.

Blood is a sacred part of the human body that is constantly being replenished and rejuvenated by the human bone marrow throughout a person's life. A person can qualify to donate blood if that individual is physically fit,

between 16 and 60 years of age, and can help save lives by contacting the nearest blood bank. However, given the health-related adverse effects and legal problems that can arise from its abuse, governments worldwide, including our own, have made it illegal to donate blood for monetary compensation. Only voluntary, unforced donations are acceptable.

The donor will be asked to register with his ID card. The blood bank staff will ask him/her to fill out a short health screening questionnaire sheet and sign a written consent for donation to collect information on the donor's primary health status. A member of the blood bank staff or physician will ask if the donor has any "high risk" behaviours of spreading disease that might be transferred to the recipient of his/her blood. These include a confidential inquiry into sexual contacts outside of marriage, use of prohibited drugs or abuse, and foreign travel history recent and remote.

The doctor will conduct a targeted physical examination to record the donor's blood pressure, weight, and vital signs. A CBC will be done free of charge to screen for potential anaemia or hidden signs of disease. Aside from being safe for the recipient of this blood unit, the donor's health is also not jeopardised by the donation. All this information is kept confidential. The donor will be placed in a comfortable lying position as the mid-arm of the donor will be cleansed with antiseptic solution before the insertion of a needle. The donor will be encouraged to relax while it takes 15 minutes for the blood bag to fill. Once filled, the bag and needle are removed, and the puncture site is secured with adhesive tape and gauze. The donor is encouraged to stay and

rest for another ten minutes to allow the body to adjust to the new lower blood volume before he/she is allowed to get up. The attendant is encouraged to replenish his fluid loss with fluid refreshments.

It is advisable to get a good night's sleep and have a good meal 24 hours before blood donation with extra water and fluids. Avoid excessive tea and coffee and fatty meals; however, at the donation event, wear comfortable clothes, preferably with loose or short sleeves. After the donation, have some snacks and refreshments. Drink plenty of water over the next 24 to 48 hours. Avoid strenuous activity that can quickly tire you out. If you feel light-headed and an incumbent blackout, lie down with your feet elevated until the feeling has passed. If, despite that, you think something does not feel right with your well-being, contact the nearest health care provider immediately.

Donate blood and rejoice in the feeling that of all the good deeds we can do to please our creator, donating blood is the easiest and costs nothing to save the precious lives of people who have been put to the test by Him in this world. Your act of donation is a demonstration of your selflessness to those who love and adore you. One may aspire to imitate your good deed and will save another life. It is a gift that keeps giving.





## Save Lives by Donating Blood

Social Welfare Society of Northwest School of Medicine organised a Blood Donation camp to commemorate World Blood Donor Day. Different organisations, including QALB, Blood Chain Pakistan (BCP), Blood Donor Society Pakistan (BDSP), The Blood Heroes (TBH), Fatimide Foundation and Jwandoon Foundation, took part in the program and created awareness about the importance of blood donation.

On this occasion, students of NWSM presented video messages and skits to appeal to the audience towards blood camp contributions. As a result, the students society of NWSM arranged a blood donation camp for the above organisations where 22 students, including faculty members, donated blood. Principal Northwest School of Medicine Prof. Dr. Noor ul Iman appreciated the students' efforts and congratulated them on a successful donation camp and overall event arrangements.



# Iftar & Eid Gifts Distribution

by **Arsalan Khan**  
Secretary Social Welfare Society  
Northwest School of Medicine



Social Welfare Society (SWS) of Northwest School of Medicine launched its annual Ramadan charity campaign. It was held in conjunction with the blessed month of Ramadan, April-May 2022, and it coordinated with the SWS voluntary teams from different years of medicine and was spanned into two cities; Peshawar and D.I Khan. Fund-raising campaigns to raise awareness about their missions started a month before Ramadan and were continued throughout; as Ramadan tends to instil in people a different sense of understanding, compassion, and consciousness, the campaigns were a huge success. In addition, campaigns were held online and in person.

According to the representatives of the SWS, the purpose behind the Iftar was "sharing food, time, love and respect with the underprivileged segments during Ramadan as it becomes necessary more than any time of the year." A total of five Iftar's took place, and over 250-300 people benefited from those. According to the details, the SWS also distributed Ramadan food packages among 65 deserving families. In contrast, one family of eight received an instalment of solar energy batteries, a fan, and a water cooler. Furthermore, SWS representatives paid multiple visits to an orphanage, where they distributed Eid clothes and gifts among 148 orphans.

Also, according to the secretary of SWS; "It is worthwhile to mention that it requires effort, commitment, investment, and ability to plan such a major campaign, and we are greatly thankful to all the volunteers and donors for stepping in to support us in this noble cause during the month of Ramadan. We aim to support them and bring joy back into their livelihoods."



# Father's Day Messages

Father's Day is a time to celebrate fatherhood and paternal bonds. Northwest General Hospital celebrated Father's Day to express gratitude and the unconditional love for fathers by sharing memorable stories and artwork of their employees, staff and students.

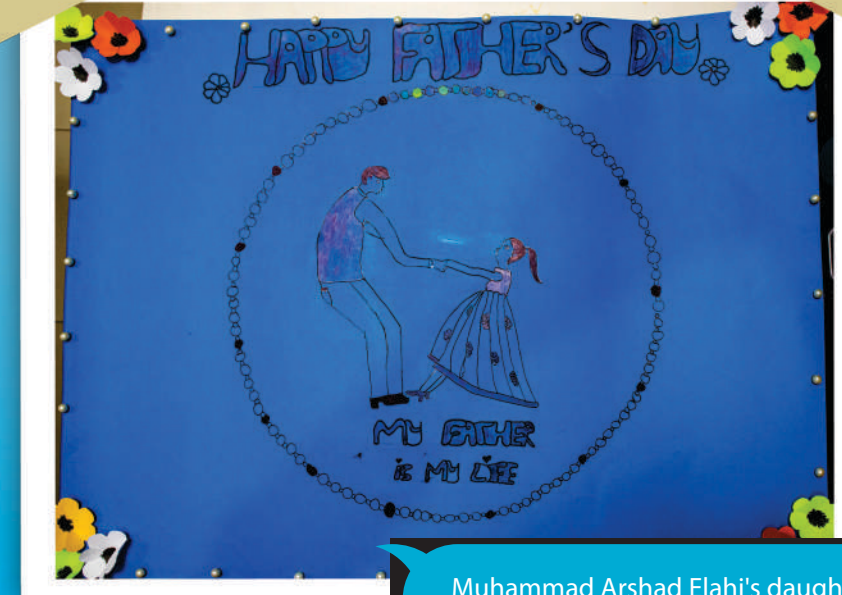


"I am actually really emotional to start it right now. If I say a vague statement that my father is the best father in the world, it won't be wrong. Because for me, he is. Whatever I am today, I owe it to my father. He is the one who always supports me by encouraging me to do whatever I want and always standing beside me. Ever since I was born, my father has never stopped to make me feel special by working hard to give me everything that I want in life.

2 years back, he got a paralysis attack due to which his right side wasn't functional. He wasn't able to speak or eat by himself, and watching my strength like that was really painful. Coming from a Pakhtun family, I wasn't sure if I could take care of my father or my family but his words: "You are my son, you are my strength, be strong, and we will face this difficult time together" gave me a lot of courage.

There's no possible way I could pay you back for all that you have done for me until now, but I owe you for everything I have today. Thank you for being there for me in my most challenging situations."

**Hadeeba Kaleem, Radiology Department, NWIHS**



Muhammad Arshad Elahi's daughter presented gratuity for his father, expressing her father as her lifeline.

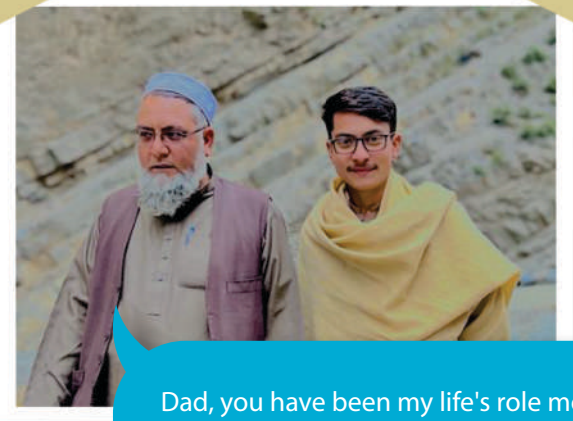
**Muhammad Arshad Elahi's Daughter, Porter, NWGH**



I am the youngest amongst my 5 brothers, and baba had to spend a lot of time making me a person of strong character and morals. He has always been my strongest support, even now when he is not around in this world. He taught me the most important lesson I would cherish forever, never to break anyone's trust. I love you, baba.

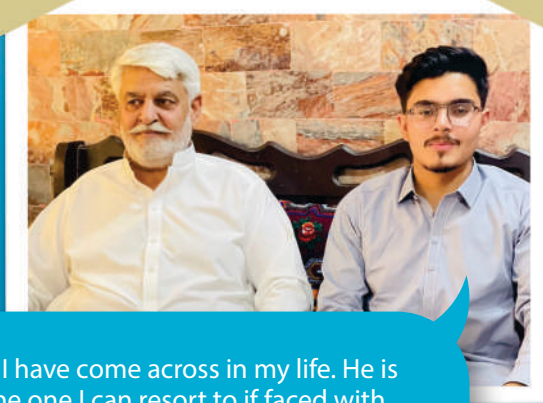
**Majid Ahmad, BS-Radiology, NWIHS**





Dad, you have been my life's role model and most significant influence. The most important thing you taught me is how to live a life with character.

**Saad Ali, BS MLT, NWIHS**



"My father is my hero and is the best human being I have come across in my life. He is the one I aspire to be and look up to. My father is the one I can resort to if faced with situations I can't handle. He is the one who taught me to become a person with morals and values and has been my guide in life."

**Junaid Nawaz, BS Anesthesia, NWIHS**



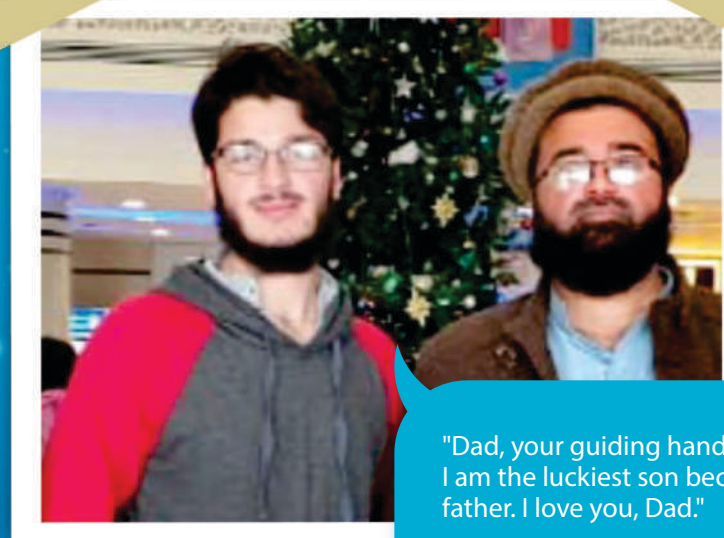
"What always stands behind me is the most potent moral force, my father's love."

**Dr. Shandana Khan, HoD Radiology**



Isma Bashir's gratuity for her father (Mr. Bashir Khan, HR Office Assistant), expressing her love for him by presenting a badge for being the no. 1 father.

**Isma Bashir, D/o Mr. Bashir Khan, HR Officer Assistant**



"Dad, your guiding hand will remain with me forever. I am the luckiest son because you are the world's best father. I love you, Dad."

**Abdul Hafiz Afridi, BS Anaesthesia, NWIHS**



Affan's gratuity for his father Mr. Salman Aslam (HR Officer), expressing him as the world's no 1 father and valuing his job and sacrifices

**Affan, S/o Salman Aslam, HR Officer**





Fatima's gratuity for her father (Mr. Faizan Ali Zafar, Assistant Manager, HR), admiring him for his efforts and being the best dad in the world.

**Fatima's, d/o Faizan Ali Zafar, Assistant Manager HR**



Mustafa Ajmal's gratuity for his father (Mr. Ajmal Hayat, Senior Manager at Material Management Department), admiring him for being his guide in life.

**Ajmal Hayat, Senior Manager, Material Management Department, NWGH**



Dr. Shida Hussain's children, admiring him for being the best papa.

**Dr. Shida Hussain, Registrar Medicine, NWGH**

"Wishing a very happy Father's Day to you, papa. Just wanted to tell you that you are being missed every day. I know you'll always be around to bless me, but not a single day passed when I didn't miss you.

Papa, you left, but your memories will always stay with me to give me strength and comfort. I only wish you were here with me so I could always hug you. A very Happy Father's Day to papa, who is far away. May you shine the brightest amongst the stars. I miss you a lot, papa."

**Aleema Shah, Senior Scientific Officer, NWGH**



"My mere words can't express my love for you; neither can I thank you enough for always being there for me. I owe you for never getting tired of my craziness and for accepting me the way I am. Only best dads can spoil their daughters and deal with them without complaining about how insane their daughters are! The man who spoiled me the most, cared for me the most, and above all, loved me the most has always been you. All I could ask in life is your love and care to be with me forever. I love you, taya abu!"

**Syeda Aliya, Media Manager, NWGH**



# World Health Day

Dr. Zia ur Rehman, CEO NWGH

World Health Day is observed globally on the 7th of April every year and coincides with the founding anniversary of the World Health Organization (WHO). The day is dedicated towards raising health awareness among the masses and focuses attention upon global issues related to health and overall well-being of humanity. The annual celebration is commemorated by observing a different health related theme every year. The theme for 2022 was that of "Our Planet, Our Health" and aimed at creating awareness among communities regarding the significance of a healthy Earth and how that could subsequently result in the well-being of the entire human race.

Human well-being is interconnected with and directly affected by the preservation of the Earth's environment and the entire ecosystem. The balance is often a delicate one and any disturbance caused within the ecosystem or atmosphere can result in serious health implications such as

respiratory illnesses, diseases like dengue and malaria, different forms of cancers and heart related diseases.

Over the centuries, mother nature has been exploited by humans for personal gains which has resulted in drastic rise in worldwide temperatures, deforestation, severe floodings, a shift in seasons, loss of important habitat and air and water pollution.

Subsequently, such damage caused to the planet brings about an exponential rise in diseases and other health related implications with climatic crisis among the biggest contributors towards increasing health issues. World Health Organisation statistics indicate that annually, over 13 million mortalities take place globally caused by avoidable environmental consequences. Thus, it is our responsibility as socially responsible citizens of our community to start small by adopting an eco-friendly lifestyle and making sensible choices.

Small-scale efforts such as reducing the use of plastic bags or using biodegradable products, planting a tree, sensible use of scarce resources, installing filters in car exhaust pipes or picking up roadside garbage can go a long way in the restoration of surroundings. Furthermore, the practice of frequently recycling of plastic items that are non-biodegradable and otherwise can prove harmful for the environment can also greatly reduce pollution related health hazards.

People can also avoid contracting many life-threatening diseases by opting for vaccinations. Following a vaccination course during infancy can aid in protecting one against otherwise terminal complications later in life. Thus, it is crucial to preserve our health in particular and environment at large to ensure a productive living by resorting to preventive healthcare and more eco-friendly options.

Scan me to watch this video



# World Earth Day

Syeda Aliya

World Earth Day is celebrated to reaffirm the community's support of environmental protection. Globally, climate-related natural disasters have tripled since 1980, and the plastic waste in the environment is causing massive damage. Furthermore, world hunger, animal cruelty, and water shortage have become more prevalent! Protecting the environment is critical to reducing the ecosystem's destruction caused by the carelessness of the masses.

Many people still use plastic or polythene bags, which never decompose when disposed of.

Because of this, our land becomes infertile, and issues in agriculture are faced. Today we are left with minimal land for agriculture. There is a dire need to change our past practices and adapt to new positive ones, like switching to paper or cloth bags.

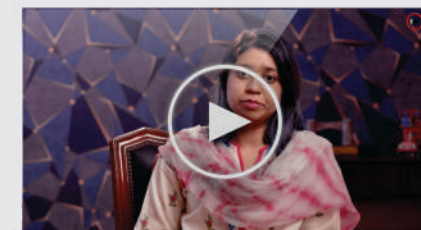
Drinking water is scarce. People in Karachi are buying drinking water from the market. We need to cut down on water wastage and revise our bad habits. Excessive use and wastage of paper will result in the absence of trees and plants on earth and increase pollution. The best solution is to go digital in operations, saving our trees.

Northwest General Hospital and Research Center have digitised its entire system to avoid paper wastage.

Environmental protection is also necessary as it saves lives, conserves natural resources, guarantees animal welfare, fights against natural disasters, and eradicates world hunger. Remember, the earth we leave today is the home for our future generations.

World Earth Day

Scan me to watch this video





# World Immunisation Week

## Dr. Nuzhat Nazir Zia

World Immunisation Week was observed in the last week of April to highlight the collective action needed and to promote the use of vaccines to protect people of all ages and genders against disease. Considering the recent pandemic, women were required to vaccinate against Covid, reducing the child's risk of infection. Besides this, another crucial vaccine for pregnant women is the "influenza vaccine." Suppose a pregnant woman gets exposed to the flu germs; it is more harmful to both the child and the mother than a normal human being.

We also ensure that all our patients get the crucial vaccines like Deterrent Oxide, which we provide two doses with a gap of every two

months. Women need to get vaccinated because, during pregnancy, their immune system weakens, and the chances of getting infected become higher. Vaccination prevents these chances and helps protect the mother and the child.

MMR vaccines are used to cure Measles, Mumps, and Rubella. Usually, these vaccines are used in

childhood. However, sometimes pregnant women get affected by Rubella and German measles, which weaken their immunity, depreciating their health. If we do not check the vaccination before pregnancy, the child might be born abnormal. Therefore, we should check all the vaccinations before pregnancy to avoid several diseases.



## Dr. Amin Jan Gandapur

World Immunisation Week was observed in the last week of April to help educate the masses on using vaccines to protect themselves. World Immunisation Week could be an opportunity to educate individuals on the benefits of vaccines. The pandemic taught us the most important lesson of being immune or preventing yourself from a virus that could have infected us or left us with severe complications in the first place.

We have a higher rate of child death, approximately 8-10 times more than that compared to a developed economy, primarily because of the germs that vaccines could have prevented in the first

place. There are 12 or more than 12 kinds of vaccines in the AVI program, free of cost. The vaccines in this program prevent all 12 types of disease. It is crucial to start vaccine drops or medicine for a child when they reach a certain age; then, we call for those children to complete their vaccine course after the 6th week, 10th week, and 14th week.



# Long Life For All

## Immunisation Week NWSM

World Immunization Week was observed from the 24th - the 30th of April. It aimed to highlight the collective action needed and to promote the use of vaccines to protect people of all ages against disease. This year's immunisation week theme was to celebrate life to educate the masses to get vaccinated on time. The ultimate goal of World Immunization Week was for more people – and their communities – to be protected from vaccine-preventable diseases.

To raise awareness Community Medicine Department of Northwest School of Medicine arranged a seminar with the collaboration of UNICEF. Dr. Kamran Qureshi (Immunization officer, UNICEF) and Dr. Waqar Ali (HOD, Community Medicine, NWSM). The speakers shared the importance, current situation,

prospects, and future goals regarding the immunisation program in Pakistan. In addition, students distributed pamphlets and had a brief awareness session about immunisation with patients, attendants, and staff of Northwest School of Medicine.





# Hypertension Day

## Dr. Hamid Mehmood

Recent statistics show that approximately 30% of the world's population suffers from high blood pressure. Half of this 30% population do not know that they are hypertensive. Around 20-30% of the people are those who have their blood pressure in control. Blood pressure is often called the silent killer mainly because it does not have any symptoms but can affect the brain's veins, heart, and kidneys, which can be the underlying cause of heart attack or heart failure. It can also cause haemorrhage and paralysis.

Being mindful of your blood pressure is essential because only then you will be able to control it. Regarding controlling blood pressure, you need to remember the voluntary things you can do to prevent it and the involuntary things you have no control over.

Maintain a healthy diet and lifestyle by opting for nutritious food and exercise. Other preventative measures include maintaining a healthy weight, avoiding tobacco, reducing stress, and taking your medication on time.

When it comes to Nutrition, one should avoid all processed food and packed food such as pizza, burgers, bakery items, and canned items as they contain salt and trans fats often termed as vegetable oil on the packaging but are harmful to the heart. Include vegetables, fruits, and pulses. One hundred fifty minutes of exercise a week or 30 mins in 5 days a week is recommended. Physical activities such as running, cycling, jogging, or swimming can help you control your high blood pressure. Avoiding smoke or having tobacco in any

other form will not only prevent you from cancer but is best for your heart and brain as well. Regularly check your weight according to your Body Mass Index (BMI).

A hazardous and common practice in society would be that people self-medicate themselves and avoid taking any medicine without a thorough checkup from a health care professional. Do not stop your medication to treat hypertension because these medicines remain in your bloodstream and help you to control your high blood pressure; the moment you stop taking these medicines, you might experience episodic shifts in your bp. Consult your healthcare professional if you want to stop or change these medicines.

# Keep a Regular Check on Your Blood Pressure

## World Hypertension Day

World Hypertension Day was observed on the 17th of May to highlight the severity of high blood pressure in patients. Emphasis was drawn on combating low awareness rates worldwide, especially in low to middle-income areas, and on accurate blood pressure measurement methods.

Monitoring blood pressure is crucial because sudden fluctuations can lead to various severe health conditions. Common symptoms of hypertension include; severe headaches, nosebleeds, fatigue, confusion, vision problem, chest pain, difficulty breathing, irregular pulse, blood in the urine and pounding in the chest, neck or ears. You can avoid it and maintain normal blood pressure by daily 30 mins of exercise, eating healthy, getting sufficient sleep, regular health check-ups, and avoiding smoking and alcohol.

To celebrate World Hypertension Day, an event was held at Northwest General Hospital & Research Centre. The event started with an awareness walk by the staff and faculty of Northwest. The event was followed by a Body Mass Index (BMI) and Blood Pressure check-up in the general OPD. Dr. Ahmad Fawad held an awareness session on the topic of Hypertension. The event concluded with a cake-cutting ceremony followed by refreshments.





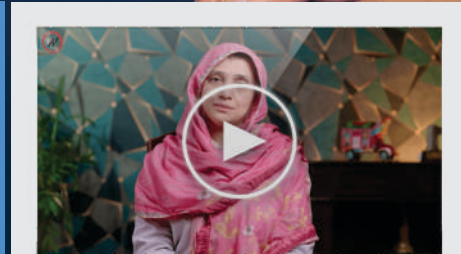


# International PTSD Day

**Dr. Sylvia Ali Khan**

PTSD is often associated with any incident in society that leaves an impact on our mental health. It is pertinent to understand that it is not associated with any specific person. However, it can be related to any department of life, with any age and gender. We are associated with a region which has been fighting a war against terrorism for many decades, and eventually, it has left a negative impact. We have witnessed residents leaving their hometowns and migrating to other cities. Ultimately, they are affected psychologically because of it. Individuals who are influenced psychologically tend to isolate themselves. One should not

do so; instead, they should try to spend more time amongst people. Keeping things to yourself will only burden you and cause harm. In cases where things are getting out of hand, one should reach out to a medical professional. Ideally, a psychiatrist is the best option for you. If you are facing any difficulty, consult with a doctor for suggestions.



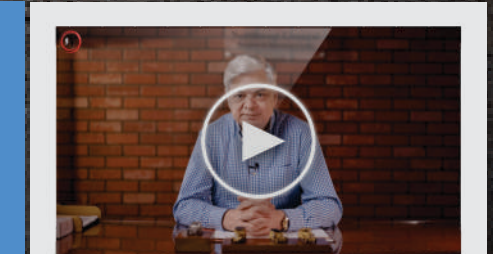
# World Wellbeing Week

**Dr. Zia Ur Rehman**

The concept of wellbeing was alien to the people of Pakistan until the pandemic when people realised its importance. World Wellbeing Week was globally observed from the 21st to the 25th of June. It means you must keep caring for your wellbeing, health, environment and surroundings. If you are content and happy with yourself, you will be portraying that happiness on the outside, making you healthy and increasing your life's quality. This is only possible when you critically think about wellbeing in your life. Sometimes

we take the most alarming health issues in our lives casually and ignore the signs and symptoms. Therefore, accepting and seeking help when something is bothering you is crucial. There should not be any embarrassment in accepting that you need a specialist. These specialists may be doctors, psychologists or psychiatrists. Keeping a check on your mental health is important for yourself and the people around you. If you have a positive mental attitude, it will positively impact your children,

uplift the environment and contribute positively to society. It politely urges everyone to take great care of their wellbeing and that of the people around them.





# World Continence Week

**Dr. Mian Naushad Ali Kakakhel**

World Continence Week is observed all around the world. Continence is a blessing from God by which we can control urine and stool. Unfortunately, there are certain diseases in which the patients are unable to control urine or stool and are faced with a lot of social difficulties because of it. It is important to take care of one's health and not gain excessive unhealthy weight, which can worsen the condition of incontinence. Those who smoke, drink wine, are addicted to any kind of drugs, or have constipation could face this problem. In males, there are some diseases due to which they cannot control urine. The first reason could be an increased prostate size; the prostate is an organ placed on the

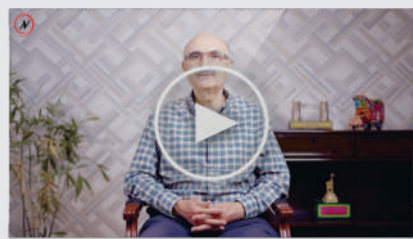
edge of the bladder, and an increase in its size makes it difficult for a person to control urine, and urine drops continuously come out all day. The other reasons which can deteriorate the condition of incontinence could be brain issues or injury, a broken backbone or being hit with a bullet. In these scenarios, the veins that control the urge if cut off or damaged. There are a lot of contemporary treatments that provide relaxation to these patients. However, you should consult a doctor and do the required tests, which usually include an X-ray, CT- Scan, MRI, etc. The available treatments nowadays are a blessing because anyone who requires to seek a doctor can directly get in touch without any hassle.

## Dr. Mehr Un Nisa

Globally, Continence Week was observed from the 20th to the 26th of June to raise awareness of incontinence and pelvic-related issues in our society. Continence means that you have control over your bladder or urine. Incontinence means that you have lost control over your urine or bladder. This phenomenon has various reasons. Females face such issues when they are laughing, coughing, or sometimes they have the need to urinate but are not able to control it. This situation is called urge or urgency or urgent continence. Secondly, some patients have the issue of nervousness or do not stand up timely to approach the washroom; this is called functional incontinence. In this situation, most of our women do not tell this problem to others, and they feel embarrassed and even do not visit the doctor timely. Some reasons

include diabetes, obesity and weakening of muscles and tissues before and after delivery because of pressure on the bladder. In this situation, one has to visit the doctor, schedule their eating and drinking time or change their lifestyle. Try to avoid or control tobacco and control your weight. Similarly, the doctors advise specific exercises after delivery or during the menstruation period; these are necessary and very simple. Such patients need to get educated on the practices that will strengthen their muscles. It is advised to patients that they visit the doctor and follow the medication exercises to improve their condition as early as possible.

Scan me to  
watch this video



Scan me to  
watch this video





# Inclusion of People with Autism World Autism Day

In line with World Autism Day awareness observed on the 2nd of April 2022, Northwest General Hospital arranged an awareness session on autism on the 1st of April 2022. The event was addressed by Dr. Naeem Ashraf (Consultant Paediatric Neurodisability), Dr. Noman Wazir (Consultant Psychiatrist) and Dr. Sylvia (Consultant Psychiatrist) at NWGH. The consultants spoke at length about how autism affects patients in their specific specialisations and how the patients can be assimilated into society through proper support and treatment.

The event was also addressed by Dr. Fareeha and Dr. Durr e Shehwar, who have firsthand experience bringing up children with autism. The parents shared their personal experiences of the challenges children, and their families face in being a successful part of society.

An important aspect of this event was raising awareness amongst the attendees about the possibility

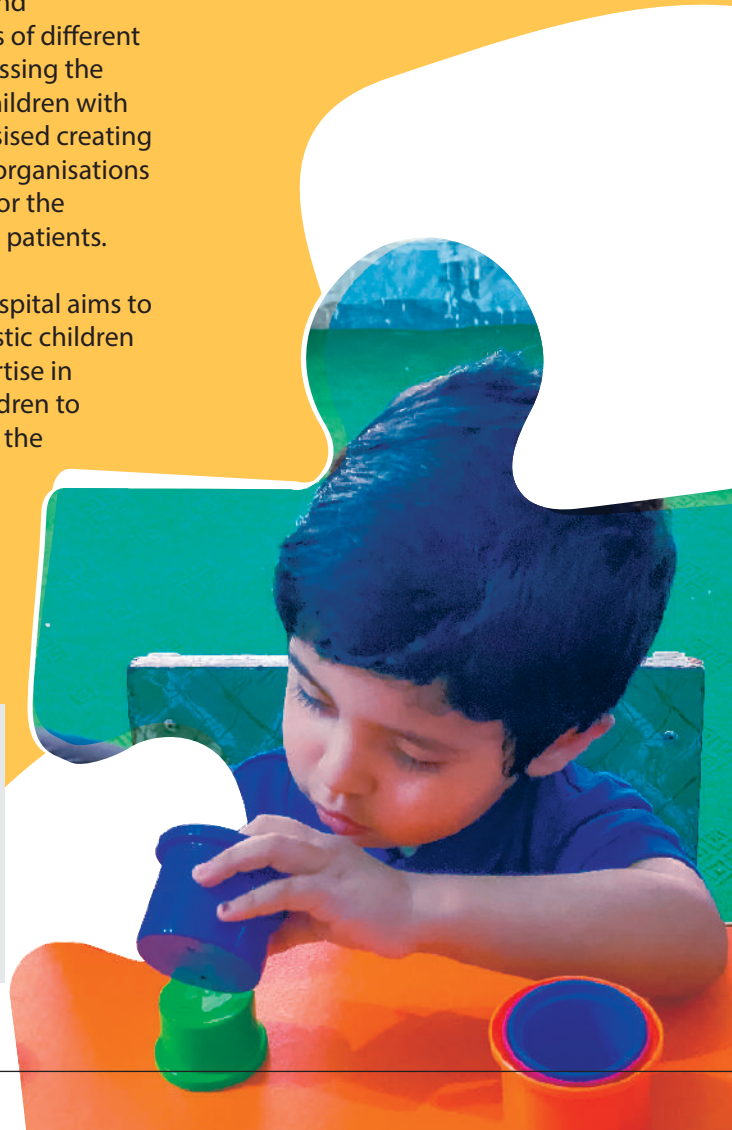
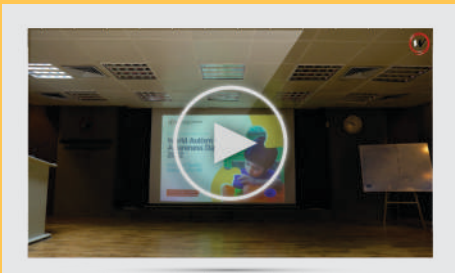
of abuse amongst children with autism since these children are not as socially aware as others.

Children attending the event were given informative leaflets explaining warning signs leading to abuse. The event was made colourful by a lovely performance of children with autism, which exemplified them being an equal part of the broader group of children even with their specific disabilities.

CEO NWGH Dr. Zia Ur Rehman addressed the event and appreciated the efforts of different organisations in addressing the challenges faced by children with autism. Dr. Zia emphasised creating a forum where all the organisations can pool their efforts for the combined good of the patients.

Northwest General Hospital aims to foster support for autistic children and has the best expertise in managing autistic children to ensure they overcome the challenges they face.

Scan me to watch this video





# World Hunger Day

## Tehreem Ayaz, Health Safety & Environment Officer

World Hunger Day was observed on the 28th of May across the globe. The essence of World Hunger Day was to raise awareness and education regarding the significance of food and its shortage worldwide. If we look at the conditions of Africa, people are compelled to eat soil or sand. Hence, the number of people suffering from food shortages increased to 811 million. So this issue demands our attention.

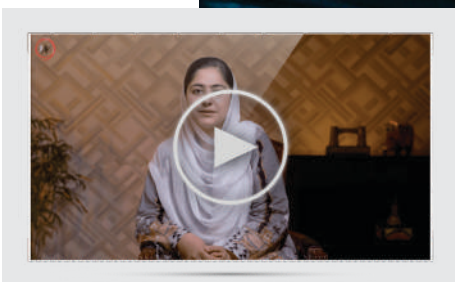
Earth's population is rapidly increasing, and our resources are getting scarce. Apart from this, almost 2.5 billion people worldwide have no access to hygienic and healthy food, causing physical and psychological diseases in children and women. To meet the world's food demand, we need to increase our production, which demands more land for cultivation. According to the current situation, our agricultural lands are the same, and constant urbanisation is developing our

vacant lands, leading to a shortage of land for production.

Climate change is another factor affecting our food production. For example, our wheat production was affected by climate change, yielding pre-mature or ripe wheat that created a shortage of wheat in the market. Our mango production is also affected by climate this year. According to a report, a 60% decrease in Pakistan's mango production is observed.

The consumption pattern of water has changed. People are wasting more than what they are

consuming. According to our Holy Prophet (SAW), "Even if you are near a river bank, he/she should use water according to his/her need." Therefore, we should save water and other natural resources for the future. Even our traditions are designed around food wastage. For example, having fancy weddings, inviting many people for family occasions, and treating them with food that most end up getting wasted. It is our social responsibility to avoid water and food wastage. We cannot resolve this overnight, but it will mitigate the issue's intensity.



## Department in focus: PR & OPD

A Public Relations Department in the medical sector targets is established to target the gaps between a patient's expectations and experiences and manages the perceptions of patients. Evidence and demonstration experience allow patients and their family members to raise concerns by providing their experiences and feedback that can help the organisation improve its health care services.

Our Public Relations department assists in the following:

- Dealing with Indoor and Outdoor patients' grievances, finding the root causes of these complaints, and forwarding them to the relevant departments for corrective and preventive purposes. Our Current Customer satisfaction level is 99%.
- Helping implement hospital policies in providing the best quality services like visitors, food, WIFI, laundry, etc.
- Guiding/facilitating patients around the hospital via telephone, email, WhatsApp, or personal visit (walkthrough).
- Dealing with emergencies, wards and consultants clinics for the required help like translation/ language barrier issues, payment/ billing issues/overcharging/ refunding, providing assistance due to unavailability of attendants, or making medical certificates for out-patients and for Afghan patients to get a medical visa.
- Providing absolute protocol/facilitation to the patients of executive health checkups, kidney transplants, corporate clients, Sehat Sahulat Card, lithotripsy, endowment, consultant's relatives/friends, or official hospital guests.
- According to the consultant's demand/department's requirements, Public Relations Department deals with designing and developing new booklets, departmental charts, pana-flex banners and brochures.
- Make sure the updated hospital brochures and pamphlets are available on counters and racks in the OPD.
- Helping arrange and organise conferences, farewells, seminars, etc., regarding medical and administrative issues with the medical group department.
- Maintaining liaison with the media, press and general public about hospital services.
- Arranging free medical camps/free OPD clinics in Northwest Teaching Hospital.
- Providing sign boards/signages to all departments for facilitation.
- Supervision of the front desk & receptions (Cardiology, Radiology, NMMI).
- Ensure all clinic attendants are dealing with the patients/attendants properly.
- Supervision of Home Health Services like home blood sampling, home pharmacy, home physiotherapy, or home nursing.

by Mr. Zabid Khan  
Manager PR & OPD







**Department in focus:**

# Physiotherapy

by **Mr. Hazrat Islam**  
HOD Physiotherapy NWGH



The essence of rehabilitation is to restore some or all of the patient's physical, sensory, feeding, communication, and cognitive capabilities that were lost due to injury, illness, or disease. Rehabilitation includes assisting the patient in compensating for deficits that cannot be reversed medically and utilising the existing capacities of the affected person. Rehabilitation professionals also work on habilitation to help a child achieve developmental skills when impairments have caused delays or blocked the initial skills acquisition. Habilitation can include cognitive, social, fine motor, gross motor, or other skills that contribute to mobility, communication, and performance of activities of daily living and enhance the quality of life.

Each rehabilitation program is tailored to the individual patient's needs and can include one or more types of therapy. In addition, family members are often actively involv-

ed in the patient's rehabilitation program.

Northwest's Physiotherapy Department handles patients with great care. What makes us out of the box is that we use advanced clinical equipment for treatment purposes to have a maximum output of the skills. Our main priority is patient satisfaction and coping with their demands. Northwest's experienced physiotherapists deal with patients with evidence-based clinical techniques. Our approach to the treatment of patients is comprehensive. We cover patients with involvement of musculoskeletal pathologies, neurological pathologies, cardiac conditions, orthopaedic injuries, and patient disabilities. Pre-OP and post-OP patients who require rehabilitation are also treated in the Northwest Physiotherapy Department with the cooperation of surgeons and senior registrars. Northwest physiotherapy department is fully

integrated with different consultants, and our teamwork in every ward of Northwest, i.e., surgical, orthopaedic, neurology, cardiac, pulmonology, paediatric wards, and ICU. On the other hand, our pioneer OPD staff assess and treat patients referred by consultants or who come to our department independently with research-based advanced clinical techniques.

## **Cardiac Rehabilitation:**

Cardiac conditions are the most emerging conditions in the modern era, and our physiotherapist has a vital role in the rehabilitation of cardiac patients. Northwest Physiotherapy Department provides Phase I, II, and III rehabilitation. In addition, modalities such as static cycling, treadmill, and precursor are used in cardiac rehabilitation.

## **MSK Rehabilitation:**

Musculoskeletal disorders are prevalent, affecting most of our population. We provide evidence-based physiotherapy to patients who come to our clinic—modalities such as wet heat, TENS, Multi Gym, ultrasound, cryotherapy, and shortwave diathermy.

## **Neuro Rehabilitation:**

For patients with CVA, TBI, and spinal cord injury, rehabilitation is always a consultant's priority as we provide the best clinical practice specifically designed for the patient's condition. Modalities such as TENS, parallel bars, mirror therapy, stairs training, gait training, and tilting table are used in neuro-rehabilitation. For patients with Alzheimer's, Parkinson and muscular dystrophy, rehabilitation also takes place in our very physiotherapy department.

## **Paediatric Rehabilitation:**

Paediatric patients are exceptionally delicate, and their rehabilitation is very crucial. Patients with cerebral palsy and muscular dystrophies are prioritised for rehabilitation in Northwest hospital. We have a dedicated paediatric chamber to provide children with a safe and friendly environment.

## **Orthopaedic Rehabilitation:**

Orthopaedic rehabilitation is essential in orthopaedic patients as negligence of physiotherapy can lead to disability. Our aim in orthopaedic patients is to recover their normal range of motions and work on muscular strength and gait training. Post OP patients with fracture or osteoarthritis are further rehabilitated in the Northwest Physiotherapy Department.

## **Geriatric Rehabilitation:**

Old age patients come mostly with generalised body weakness, generalised body pain, and proprioceptive and balance abnormalities. Our goal in treating such patients is to make them independent by strengthening muscles, eliminating the root cause of pains and compensation, and proprioceptive training.

Recently, we have introduced home-based physiotherapy services to serve patients at their doorstep. We treat patients with acute and chronic pain, post-operative joint stiffness and muscular weakness, stroke, spinal cord injuries, frozen shoulder, etc. We have hired specialised staff who assess patients and formulate a treatment plan. A home base physiotherapist also reviews the home environment to identify preventable hazards and recommend necessary home modifications to maximise independent living.





# Menstrual Health and Hygiene Day 2022

## Dr. Sylvia's talk on Menstrual Health at IRC Gandahara University

Menstrual Hygiene day is observed on the 28th of May to raise awareness and help break the taboo associated with menstruation. This year's theme implies building a world where no one is held back because they menstruate by 2030. An event to commemorate Menstrual Health and Hygiene day was held at Gandhara University, Peshawar, on the 14th of June. Dr. Sylvia Ali Khan, a Consultant Psychologist at Northwest General Hospital, was invited to talk about the 'Psychological effects of PMS and Menopause on women's health.'

The event started with a recitation from the Holy Quran, after which the 'Significance of MHHM Day' was discussed by Dr. Wasaf Syed, UNICEF. The event allowed discussion of the 'Women's Health Issues in Islam' and 'Safe disposal of sanitary items. The event was concluded with MHHM soft activity beneficiaries sharing their experiences and closing remarks from the chief guest.

# Inauguration of Provincial Centre for Diabetes Type-1

In collaboration with the Ministry of Health, Novo Nordisk, and Roche, Northwest General Hospital launched the first Provincial Center for diabetes type-1 at Northwest Teaching Hospital. Pakistan is one of the 12 countries where the initiative 'Changing Diabetes in Children' project has been launched. 'Diabetes in children is a project of Novo Nordisk and is being executed by Health Promotion Foundation and Roche in Pakistan. Free insulin shots and free consultations are given under this project.

If you know anyone below the age diabetes who cannot support medical expenses, please refer to Northwest Teaching Hospital.

Children can get free consultations every Monday and Thursday from 9:00 am - 1:00 pm.





# International Day Against Drug Abuse

**Dr. Noman Wazir**

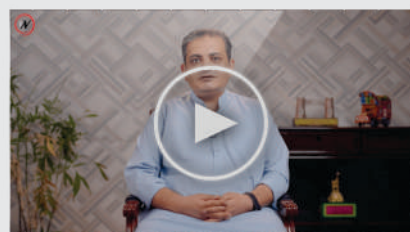
Understanding the meaning of addiction is pertinent before we go any further. Different people have different meanings for this word. Some say it is the habit of being dependent on something or being hooked, and a very common lang nowadays would be 'kick'. Addiction has criteria of using stuff that can make you dependent physically and psychologically. Dependency is to the extent that when you try to leave it, you experience withdrawals in the form of stress, anger or other physical problems. An individual feels the urge to consume the stuff

repeatedly. Therefore, this leads to a pattern of behaviour which is called addiction.

275 million people consume drugs generally all around the world, and 36 million are addicted to those drugs. Taking our region as an example, in KP the usage ratio of cannabis ratio is high in Pakistan. According to a 2013 survey, approximately 11% of the people were using cannabis which could be around 40% today. According to this survey, among people who were IV drug users; those who

injected heroin, 11% of those people were found with HIV AIDS, and this percentage would be higher today. Not only HIV, but there are a variety of diseases that are spreading because of IV drug use. A number of problems that Pakistan is facing could be the reason for this high usage, amongst which no monitoring and accountability, the government's incapacity to control diseases arising from these drugs and the loosely designed treatment procedures, are among them.

Scan me to watch this video



## Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS) by American Heart Association

American Heart Association (AHA) certified instructors arranged a training session in Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS) at Northwest General Hospital & Research Centre. The medical staff of Northwest attended the training to build life-saving skills and stay up-to-date on carrying out continuous, high-quality CPR in emergencies. The training concluded with a ceremony to award certificates to the successful attendees.





# Nutrition For Patients: A Study Visit of Agriculture University's Students

The students of the Human Nutrition Department of the University of Agriculture Peshawar organised a study visit to Northwest General Hospital. The purpose of the visit was to inquire about the nutritional support provided to hospitalised patients (Enteral and Parenteral nutrition) while they are admitted to the hospital. Students were given awareness sessions about nutrition and a balanced diet and how each patient's tray is prepared, keeping in view their medical conditions.



# Be Safe on Road

## Traffic Police Event at NWSM

Northwest General Hospital organised an event about traffic safety measures and precautions in collaboration with City Traffic Police to raise awareness about the significance of traffic rules and regulations. Mr. Abbas Majeed Marwat, Chief Traffic Officer, started the event with a brief speech about the essence of the awareness campaign held at the NWGH's auditorium leading to an interactive Q&A session with him. An exchange of shields took place between the officials of Northwest

General Hospital and the City Traffic Police, Dr. Zia Ur Reham, Mr. Abbas Majeed, and Mr. Asif Raza. Dr. Zia Ur Rehman, CEO of NWGH, commended the City Traffic Police for their significant input and hard work towards the cause and emphasised the idea of becoming responsible citizens of the city to minimize road accidents.

The event then led to a training session and the issuance of driving licenses by conducting driving

tests on the spot. Around 50 people got their driving licenses and existing driving licenses renewed. Students from different institutes volunteered to be a part of the task force to advocate for the rules and regulations of Traffic Police and become law-abiding citizens. Mr. Junaid, pursuing a BS in Anesthesia from Northwest Institute of Health Sciences, and Ms. Horia, pursuing MBBS from Northwest School of Medicine, volunteered to be a part of this task force.





# Memorandum of Understanding



## Road Safety Seminar

An awareness seminar was arranged by the National Highway and Motorway Police on 'Road Safety' at Northwest General Hospital. Emphasis was drawn toward preventive measures since 95% of people use roads for travelling. Inspector Basir Ilyas briefed the participants on taking road safety measures and mentioned the alarming rate of death caused by road accidents, which is approximately 1.35 million every year. Precautions for pedestrians, bike riders, and the use of indicators were also briefed in the presentation. In addition, illustrations using videos were given on defensive driving mechanisms.

Capt. (R) Zeeshan Haider briefed about the 'Traffic Violation' campaigns. He informed the participants that teams had been deployed at the 'Toll Plazas' to handle traffic violations. Muhammad Zia (Public Relations Officer Sub-Inspector), Adnan Khan (Sub-Inspector), and Said Ahmad (DSP Lines Headquarters) also participated in the seminar on behalf of the Traffic Police. The seminar was concluded by exchanging shields of appreciation between the motorway police and Northwest General Hospital's officials.



## MoU WITH CECOS UNIVERSITY

An MOU was signed between the CEO of Northwest General Hospital, Dr. Zia Ur Rehman, and Dr. Naseer Ahmad, Vice-chancellor of CECOS University. Dr. Naseer was accompanied by Dr. Fazal Subhan, Dean of Life Sciences, Dr. Eiman Sumayyah, HoD, Department of Allied Health Sciences, Mr. Abdul Hanan, Director ORIC, and Mr. Arshad Jabbar, Lecturer, Department of Architecture. The memorandum was signed to develop academic and educational cooperation in health sciences, particularly DPT, and to promote mutual understanding between the two institutions.







# NORTHWEST SCHOOL



## Merit-Based Scholarship Distribution at Northwest School of Medicine

Twenty-two students were awarded scholarships worth 6.6 million based on their excellent performance in the examination in Merit Scholarships Distribution Ceremony 2022 held at Northwest School of Medicine Peshawar. On this occasion, Minister Higher Education KP, Mr. Kamran Khan Bangash, and Parliamentary Secretary for Higher Education Mrs. Ayesha Bano were guests of honour. Several students and faculty members participated in the ceremony.

Principal NWSM Prof. Dr. Noor ul Iman welcomed the guest and briefed them about the outstanding performance of NWSM in medicine. The ceremony ended with scholarship cheques distribution, where Northwest School of Medicine stood 1st among 22 medical colleges. Northwest School of Medicine would like to congratulate all the scholarship awardees for their hard work.

NEWS





# Trainin

## NWIHS Workshop Modern Cupping for Back Pain

# G & HR

A one-day international workshop on "Modern Cupping for Nonspecific Mechanical Low Back Pain (NSLBP) in collaboration with Prime Physio," an award-winning leading therapy centre based in the United Kingdom, was organised by the Northwest Institute of Health Sciences. Ms. Rasha Hossine, Doctor of Physical Therapy in Sports Injuries and Rehabilitation, Cairo University and Prime Physio Teaching Team, addressed the participants as the chief speaker of the workshop.

Dr. Danish Ali Khan, Director of NWIHS, welcomed the participants and spoke at length about the significance of transforming physiotherapy practice through education and raising awareness about the different components of the exercise. Dr. Amanullah Khan, renowned Therapist and Faculty Prime Physio UK, also spoke about exercise-based therapy and familiarised the students with essential tools in designing an activity with specific tools/devices.

Dr. Danish Ali Khan thanked the international speakers for sharing their valuable skills and knowledge with the students and faculty of NWIHS and emphasised such collaborative efforts in the future with global professional partners. He also delivered the vote thanks to the Head of the Academic Committee, Dr. Uzair Ahmad Yousafzai, and Dr. Faizan-Ur-Rehman Burki for organising the event. The event was concluded by presenting shields to the guests.



## Mulligan Workshop

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## Gupshup with Zar Badshah

Zar Badshah Kaka (Carpenter, NWGH) is one of the oldest and most loyal employees of Northwest General Hospital and Research Centre. His admirable quality is that he greets people with respect and a smile on his face. Zarbadshah Kaka is very cooperative and respectable towards all employees of the hospital. Northwest General Hospital considers him an irreplaceable source to the NWGH family and values his daily presence in the facility. Let's look at the interesting conversation we had with Zarbadshah Kaka.

### 01 Since when have you been working with NWGH?

I have been a part of the NWGH family since 2009. I intend to stay with Northwest; apart from that, I am too old to leave now. My age doesn't allow me to do hard labour to support my family. Besides, even if I wanted to go.

### 02 Do you enjoy working at NWGH that much?

Yes, I enjoy being at Northwest. I am usually occupied with a lot of work and sometimes have to do the work of 5 people, but Northwest keeps me occupied, and I enjoy every single day at NWGH.

### 03 What does your typical day look like?

I belong to the Charsadda district every day, and I must take local transport every day to reach Northwest Teaching Hospital. The building is under construction right now, and building doors, cupboards, tables and desks for offices and clinics are the tasks I am usually occupied with. My day ends in complete exhaustion, which makes it difficult to travel back home sometimes.

### 04 How are the people at NWGH?

The people at Northwest are very cooperative and pleasant. Especially our Engineer Mr. Irshad is highly cooperative and understanding towards his employees. The hospital's upper management is really considerate and treats me like a family member.

### 05 What happens if you face some issues at your workplace?

I hardly face any issues at NWGH. However, if I need any material urgently, provide me with the required items on very short notice.

### 06 Does NWGH support you when you have personal issues?

Northwest always supported me whenever I faced any problem. One time, I remember when my sons were studying at the Northwest Institute of Allied Health Sciences, and I could not pay the fees all at once; when I brought this issue to the finance director, he instantly resolved it.

Moreover, I once needed financial help because of some personal matter, and the hospital assisted me, which I later paid in instalments.

### 07 How about when you are unwell or ill?

Northwest's management has always been supportive and showed readiness to help. For example, they always gave me paid leaves whenever I got ill or needed some time off.

# NUCLEAR MEDICINE DEPARTMENT

The Nuclear Medicine Department at Northwest General Hospital offers exclusive discounts on Bone Scans, Hepatobiliary Scan, Parathyroid Scan, Renal Scan with DTPA, I-131 therapy for thyrotoxicosis, and liver spleen scan with colloid and renal artery stenosis. The Nuclear Medicine Department specialises in examining organ functioning and structure due to radioactive materials and radiopharmaceuticals.

## DISCOUNT OFFER



Renal Scan  
With DPTA  
Rs. 7,500/-



Renal Artery  
Stenosis  
Rs. 15,000/-



Parathyroid  
Scan  
Rs. 17,800/-



Hepatobiliary  
Scan  
Rs. 19,800/-



Liver Spleen Scan  
With Colloid  
Rs. 13,800/-



I-131 Therapy  
for Thyrotoxicosis  
Rs. 17,500/-



Bone Scan  
Rs. 12,400/-

For booking a scan or  
more information, call:

 091 111 583 880





# Welcome Onboard!



## Dr. Aimal Khan

### Profile

Dr. Aimal Khan is a young consultant nephrologist. He is a graduate of Ayub Medical College, Abbottabad. He got his training in Internal Medicine followed by Core Training in Nephrology at Khyber Teaching Hospital and went for FCPS in Nephrology. He cleared the European Society of Nephrology exam in 2021 and is certified in Nephro-histopathology from ISN.

Dr. Aimal Khan remained a Renal-Registrar at Khyber Teaching Hospital for 2 years. His expertise lies in various interventions, including tunnelled and non-tunnelled double lumen catheters, renal biopsies, and acute and chronic peritoneal dialysis catheter insertion. In addition, he has vast experience in dealing with nephrology cases. Treating patients with Acute Kidney Injury and Chronic Kidney Diseases adds up to his competencies. Dr. Aimal Khan is inclined toward Interventional Nephrology and Renal Transplantation.



## Employee of the Month



April

**Wahid Shah**  
Technologist



May

**Fawad Ullah**  
Cashier Supervisor



June

**Mukhtiar Ahmad**  
Senior Heating, Ventilation, and Air Conditioning (HVAC) Technician





## April



**Mr. Ikhtiar Hussain**  
Clinic Attendant



**Mr. Muhammad Nazir Khan**  
Senior Admin Officer



**Mr. Majid Khan**  
Public Relations Officer

A patient with kidney disease and his brother showed immense gratitude for Mr. Majid Khan. He assisted the patient in obtaining a second opinion from the doctors while the patient was going through a liver transplant. The patient's brother thanked Mr. Majid for suggesting the use of the sehat card to them.



**Dr. Danyal Zafar**  
PG (FCPS) Trainee



**Dr. Saad Ul Khaliq**  
PG (FCPS) Trainee



**Nazia Khan**  
Staff Nurse

Dr. Danyal Zafar, Dr. Saad ul Khaliq and Dr. Nazia Khan, were appreciated for operating on a critical patient brought to the emergency. The patient's family commended them for taking necessary measures on the spot and for being extremely professional through the entire process.



**Ms. Abida Bibi**  
Front Desk Officer

Ms. Abida Bibi was appreciated for going out of her way to help and assist people. Her performance is admirable, and she always tries to support the staff and patients whenever they encounter any problem.



**Ms. Ashraf un Nisa**  
Staff Nurse

The patient and her family appreciated Ms. Ashraf un Nisa for looking after the newborn in the nursery.



**Mr. Junaid Khan**  
Security Guard

The security guard Mr. Junaid Khan was appreciated for his vigilance and performance on the job. Patients and staff admire him for his honesty and willingness to help people.

## May



**Tariq Kamal**  
Staff Nurse

Mr. Tariq Kamal was commended for his services and behaviour towards the staff of Northwest General Hospital and the patients.



**Dr. Saima Noreen**  
Registrar

A patient who delivered twins commended Dr. Saima Noreen and the nursing staff for taking care of the babies and being cooperative with the patient.





# Employee Appreciation

## Congratulations on your Promotion

June



**Mr. Ghulam Muhammad**  
Staff Nurse



**Ms. Atiya Bibi**  
Staff Nurse



**Ms. Rubina**  
Staff Nurse

Mr. Ghulam Muhammad, Ms. Atiya and Ms. Rubina were appreciated for being supportive and always being on their toes to help patients and staff. they were applauded for being professional and humble with the patients.



**Dr. Tahir Iqbal**  
Senior Registrar  
Cardiothoracic Surgery



**Dr. Muhammad Ibrahim**  
Registrar Orthopedics



**Ajmal Hayat**  
Senior Manager MMD



**Dr. Nowsher Yousaf**  
Senior Manager OHS&E



**Irshad Ahmad**  
Senior Manager EMD



**Sajjad Khan**  
Finance Coordinator



**Mian Musa Kazim**  
Finance Coordinator



**Alamgir**  
Clinic Attendant



**Muhammad Aqil**  
Clinic Attendant











# Northwest General

Hospital & Research Centre

[f /northwestgeneralhospital](#)    [t /NWGHOOfficial](#)

[www.nwgh.pk](#)    [info@nwgh.pk](mailto:info@nwgh.pk)    [091-111583880](tel:091-111583880)

[Passport Office Road, Phase 5, Peshawar](#)