



Northwest General
Hospital & Research Centre



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Newsletter



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Breast Cancer Awareness Event at NWGH with Mrs. Arif Alvi, First Lady as Honorable Guest

An awareness session on Breast Cancer was organized by Northwest General Hospital on the 9th of November, 2022. The session focused on the importance of knowing the signs and symptoms of breast cancer, carrying out self-examination and encouraging early detection through screening to ensure survival.

The session started with a welcome address by Dr. Zia ur Rehman, CEO NWGH. Mrs. Samina Arif Alvi, First Lady attended the session as the chief guest and shed light on different topics including the significance of breast cancer awareness, corporate social responsibility and special education for differently-abled individuals. She appreciated NWGH for being a socially responsible organization and winning the trust and respect of its clients. The esteemed guest of honor also expressed her views on women's empowerment and how women continue to remain underrepresented in different walks of life. The First Lady also commended Northwest General

Hospital for arranging awareness sessions about breast cancer and providing quality medical services related to the screening and treatment of breast cancer.

The session also consisted of a presentation by Dr. Fareeha Afzal, Assistant Professor Radiology, NWGH which focused on creating hope for women with breast cancer and emphasized on the significance of early detection and screening in timely recovery from the disease without any detrimental outcomes.

The session was attended by Mrs. Shehzad Bangash, Chief Secretary KP, Mr. Kashif Abbasi, SSP Operation, KP Police, Ms Rabia Basri, MPA, officials and students of the Special Education Complex along with a large number of female and male students from Northwest.

Dr. Tariq Khan Hashim, Chairman Alliance Healthcare PVT Limited thanked the First Lady for gracing the event and appreciated the role and efforts of the organizers for the great event.





Breast Cancer Awareness Month

The month of October is observed as Breast Cancer Awareness Month to help raise awareness about the impact of breast cancer. The focus is drawn on the rise of women to support early screening. Northwest General Hospital offered 50% off on mammogram tests for the entire month of October to honour Breast Cancer Awareness Month.

Doctors suggest early screening through mammogram tests to help detect a potential tumour.

Qazi Hussain Ahmed Medical Complex Newshehra

The Society of Obstetricians & Gynecologists of Pakistan (SOGP), Nowshera Chapter organized a Breast Cancer Awareness Day at the DHO Office, Nowshera to educate the participants on the importance of self-examination and early detection of breast cancer on the 31st of October, 2022. The event was presided by Dr. Shandana Khan, HoD Radiology NWGH, Dr. Fareeha Afzal, Consultant Radiologist, NWGH and Dr. Neelum Shahzadi, Chairperson Gynaecology Department, QHAMC, Dr. Mehwish

Syed, Assistant Professor, Gynaecology Department, QHAMC with the assistance of Dr. Amara Sardar and Dr. Rida Saleem, Post Graduate Trainees. The programme was also attended by Dr. Muhammad Shoaib, DHO Nowshera, Prof. Dr. Anwar Wazir, Director QHAMC, Dr. Iqtidar ud Din, Medical Director, QHAMC.

The programme was attended by female participants from all walks of life including local LHV and LHWs. The female health taskforce was thoroughly educated about

breast cancer, associated risks, self-examination procedures and the significance of ultrasounds and mammograms in detection of cancer. They were also encouraged to further propagate the message to all the local female residents, visit door to door and educate them about the importance of self-examination in the timely detection of cancer. Female patients who complained of an outgrowth around the chest area were also provided free examinations and ultrasounds by the medical team.



Abasyn University

An interactive session on Breast Cancer Awareness was conducted by Dr. Farida Jafer, Registrar General Surgery, Northwest General Hospital at Abasyn University, Peshawar on the 26th of October, 2022.

The session was attended by the female students and faculty members of Abasyn University and focused upon educating the participants regarding the significance of self-examination in timely detection of cancer. Dr. Farida also placed emphasis on

annual mammograms to be done by all women aged forty and above.

The session was brought to a close by a question-answer segment where any ambiguities regarding the disease were discussed and clarified. Prof. Dr. Syed Umar Farooq, Vice Chancellor, Abasyn University and the organizing team at Abasyn University commended the team from Northwest General Hospital for conducting the insightful session.



Dr. Muhammad Atif Munawar
Consultant Radiation Oncologist, NWGH



Nowshera

On the 10th of October 2022, Northwest General Hospital arranged an awareness session on Breast cancer at a local hujra in Dak Ismail Khail, Nowshera. Dr. Naayaab from Oncology Department and Dr. Farida Jafar from the Surgery Department educated the local women on the importance of self-examination, looking for and not to overlook the signs & symptoms and the benefits of early detection.



Bacha Khan University

Northwest General Hospital organized an interactive session on Breast Cancer Awareness on the 12th of October, 2022 at Bacha Khan University Charsadda - BKUC. The session was led by Dr. Farida Jafar and Dr. Naayaab Khan from Surgery Department and Oncology Department. They focused upon educating the female participants regarding the significance of self-examination, identification of associated signs and symptoms of breast cancer and timely detection and diagnosis.

The session was both insightful and lucrative and came to a close with a segment where the participants put their queries forward to the speakers

regarding the disease and any misconceptions about breast cancer, its symptoms and diagnosis were clarified.

The team at NWGH is ever grateful for Bacha Khan University for hosting the session and providing such a wonderful and cooperative audience.



📍 Swabi Women University

Northwest General Hospital recognising the significance of Breast Cancer Awareness month, put together a hands-on awareness session at Swabi Women University on the 13th of October, 2022. The informative and insightful session was presided by Dr. Shandana Khan, HoD Radiology and Dr. Farah Wahid, TMO Radiology with Dr. Sidra Atallah, TMO, Dr. Urooba Zaman, TMO, Dr. Zainab Shakeel,

HO and Dr. Saman Khan, HO from the Radiology Department as co-chairs. The session elaborated on the relevance and importance of self-examination, looking out for the symptoms of breast cancer and early detection to ensure timely and effective treatment. Any myths and misconceptions regarding the disease were clarified through an interactive question-answer session. The session was attended by Prof. Dr.

Shahana Urooj Kazmi, Vice Chancellor, Women University Swabi who highly commended the effort and encouraged to conclude the session with an on campus Breast Cancer Awareness walk.



University of Swabi - Swabi

Northwest General Hospital observed Breast Cancer Awareness month during October and thus, organized an educational session on the topic at the University of Swabi on the 13th of October, 2022. The session aimed at educating the participants regarding the significance of self-examination and recognising the symptoms of breast cancer.

The participants were also encouraged to reach out to an oncologist without delay if any signs of cancer are suspected. The session was headed by Dr. Shandana Khan, HoD Radiology and Dr. Farah Wahid, TMO Radiology and Dr. Sidra Atullah, TMO,

Dr. Urooba Zaman, TMO, Dr. Zainab Shakeel, HO and Dr. Saman Khan, HO from the department of Radiology were the co-chairs.

Also, upon the special request from the University of Swabi Ms. Mahnoor Bukhari, Officer Occupational Health Safety and Environment, NWGH accompanied the team. She enlightened the students of Environmental Studies, University of Swabi about the safety practices followed at the hospital and the significance of the field in contemporary workplaces.



Scan me to watch this video



Dr. Shandana Khan
Consultant & HoD Radiology, NWGH

NIC Peshawar

The Pinktober Pledge organized by NIC Peshawar was an event focused on actively raising awareness regarding breast cancer, importance of early detection and self-examination and took place at the NIC office on 31st October, 2022.

Dr. Imran Mohib, Head & Neck Oncological Surgeon, Dr. Farah Wahid and Dr. Asma Aslam, Resident Radiologists at NWHG were members of the expert panel and discussed and educated the female audience about the detrimental outcomes that could result from undetected cancer. They encouraged women to carry out self-examinations on a regular basis and to get timely mammograms and ultrasounds done in case they suspect any signs associated with breast cancer to ensure recovery.



Dr Tariq Jabbar Breast Cancer Awareness Message



City School

The City School Peshawar (Hayatabad Campus) while observing October as Breast Cancer Awareness month arranged an educational panel discussion about breast cancer on the 19th of October, 2022. The discussion was specially for the mothers of TCS parent community and highlighted how through proper education, thorough self-examination, early detection and screening numerous lives could be saved each year.



Dr. Naayaab Khan, Registrar Oncology from Northwest General Hospital was invited to be an esteemed guest speaker and member of the expert discussion panel. The session took off with an introduction to cancer awareness month highlighting the significance of the day. Thereafter, a panel discussion took place where

experts enlightened the audience regarding the importance of timely detection and diagnosis and clarified any misconceptions or myths regarding the disease. The session came to a close with an interactive question-answer segment.

Abdul Wali Khan University

A Breast Cancer Awareness session conducted by a team of experts from Northwest General Hospital was held at Abdul Wali Khan University, Mardan on the 18th of October, 2022. The session was conducted by Dr. Fariha Imran, HoD Sonology, Dr. Sana, Consultant Radiology, Dr. Asma, TMO Radiology and Dr. Rukhtalia, TMO Radiology.

The session focused on the importance of and educated the audience on self-examination. The participating females were also handed out self-examination leaflets. The team also emphasized on the significance of early detection and encouraged the participants to reach out to a health consultant if any signs of cancer were suspected.

The team from NWGH is ever grateful to Abdul Wali Khan University, Mardan for hosting the session and commends all the efforts made by the university for accommodating the session and making the experience a memorable one.



World Hepatitis Day

Viral hepatitis is a group of contagious diseases affecting over 345 million of the world's population and causing over a million mortalities every year, globally. The disease is found in variations of hepatitis A, hepatitis B, hepatitis C, hepatitis D, and hepatitis E and can result in both acute and long-term liver disease. Common symptoms for the

diseases include fatigue, loss of appetite, urine discoloration, chronic abdominal pain, fever and jaundice. Despite hepatitis having serious health implications, around less than 20% of the population living with the diseases are actually aware of their condition since symptoms remain dormant during the earlier stages of the disease.

World Hepatitis Day marked on the 28th of July and celebrated annually aims at eradicating the viral diseases by way of health education and prevention. The day draws focus upon prompt action against hepatitis via timely diagnosis, and effective treatment as soon as the symptoms surface.

Northwest General Hospital and Research Center partnered with Getz Pharma and organized a hepatitis awareness walk followed by free screening tests to observe World Hepatitis Day on 28th July, 2022. The awareness walk was led by Dr. Muhammad Hanif Afridi, Consultant Gastroenterologist at Northwest General Hospital, along with the students and trainee doctors of NWSM. At the screening camp a total of 43 screening tests for Hepatitis B and C were conducted while experts also provided free consultations on the preventative measures individuals could take to avoid the risk of infection. Dr. Muhammad Hanif commended the students and trainee doctors for their dedication and professional conduct exhibited at the screening camp.



College of Physicians and Surgeons Pakistan (CPSP) for accreditation of FCPS Training

in Critical Care Medicine, Histopathology & Neonatal Pediatrics.

The College of Physicians and Surgeons Pakistan was established by the Parliament of Pakistan in 1962 as a compliance body overseeing and focused towards excellence in postgraduate medical education. CPSP ensures the dissemination of quality postgraduate medical education by establishing and upholding the

highest levels of quality academic standards. The college harbours some of the most prominent medical practitioners from fields of medicine, surgery and dentistry. A team of experts from the CPSP visited Northwest General Hospital and Research Centre to conduct a physical inspection on the 14th of July, 2022 for accreditation of FCPS Training in Critical Care Medicine, Histopathology & Neonatal Pediatrics.

The objective of the inspection was to evaluate NWGH's eligibility according to the FCPS protocols for creating an educational atmosphere to implement the training programme of the College of Physicians and Surgeons Pakistan (CPSP). As a result, NWGH aims to widen its horizons in quality knowledge and healthcare practices so they are at par with international standards.



Behaviour Analyst Certification

The scientific study of human behavior and mannerism is termed as "Behavior analysis" and the study takes an in-depth look into why individuals behave a certain way, how such behavior can be influenced, and how unwanted behavior can be discouraged. Behavior analysis is mostly used while treating individuals with mental health issues and those who exhibit problematic behaviors.

The Autism Resource Center partnered with Northwest School of Medicine and arranged a five-day registered training designed by the Behaviour Analyst Certification Board (BACB) that lasted from the 4th to the 8th of

July, 2022. The training sessions were led by Dr. Mansur Chohdary, internationally renowned Board Certified Behaviour Analyst (BCBA) and focused upon the use of scientifically organized procedures aimed towards influencing individual behavior. Participants of the training included clinical psychologists, speech and language pathologists, physical therapists, and other medical health practitioners, many of whom specialized in working with individuals with autism, developmental disabilities, or other mental health issues.

Prof. Dr. Tariq Khan Hashim, Chairman AHL, attended the certificate distribution ceremony

as the chief guest and commended the initiative. The training was concluded by presenting shields to Prof. Dr. Tariq Khan Hashim, and Dr. Mansur Chohdary. Dr. Naeem Ashraf, Consultant Paediatric Neurodisability at NWGH, briefed the audience regarding the significance of the training, and shared Northwest's vision of providing a complete multidisciplinary clinic.



Normal Ageing to a Pathology

Where to draw the line?

There are approximately 55 million individuals around the globe living with dementia with a person developing the condition every 3 seconds. Future projections indicate that the number will double every two decades and the cases will reach an alarming 139 million by the year 2050.

Dementia is a broader, umbrella term used to describe the inability to think, recall or make conscious decisions and often gets in the way of carrying out normal, everyday chores. The most commonly found form of dementia is the neurodegenerative Alzheimer's disease accounting for 60% to 80% of the cases. Although dementia more often affects individuals from the

older age bracket, it is not considered as a part of normal ageing. Even though symptoms may vary, some of the commonly found ones include issues pertaining to attention, recall, language, communication, reasoning and problem solving.

Considering the importance of educating the masses about the disease and related symptoms, a dementia awareness session on 'Normal Ageing to a Pathology - Where to Draw the Line?' was held on the 28th of July at Northwest General Hospital's auditorium. Dr. Muhammad Noman Wazir, Consultant Psychiatrist NWGH, presided the session accompanied by co-speakers Ms. Rafia Sardar

Aman Shah and Ms. Ummada Sheikh, student intern of BS Psychology from Fazaia College, Peshawar. The event was very resourceful and Dr. Wazir spoke in depth about the different types of dementia, the underlying causes, commonly occurring symptoms associated and early signs to look for to ensure effective and timely diagnosis.

The session was attended by the MOs, TMOs, PGTs of Northwest General Hospital and the students of Psychology Department, Islamia College and University and the University of Peshawar. The event concluded by distributing certificates among the participants.







HANDS-ON-HYSTEROSCOPY WORKSHOP

An interactive, Hands-on-Hysteroscopy workshop was conducted at Northwest General Hospital by the Obstetrics and Gynaecology Department on September 14th, 2022. The workshop was headed by Dr. Sadia, Consultant Gynaecologist UK and currently practicing in Dubai. During the course of the workshop, she educated and instructed the audience regarding

operative Hysteroscopy, a minimally invasive surgery which replaces a major operation with no incisions. As a result, there is less bleeding, minimal pain and the recovery period is relatively shorter.

Dr. Sadia elaborated that Hysteroscopy is a procedure that essentially focuses upon the diagnosis and treatment of

sources of anomalous uterine bleeding and makes use of a hysteroscope, a thin, illuminated tube used to examine the uterus. The procedure can be used for both diagnostic and treatment purposes and can be performed within shorter time spans with no elaborate surgical setup required.



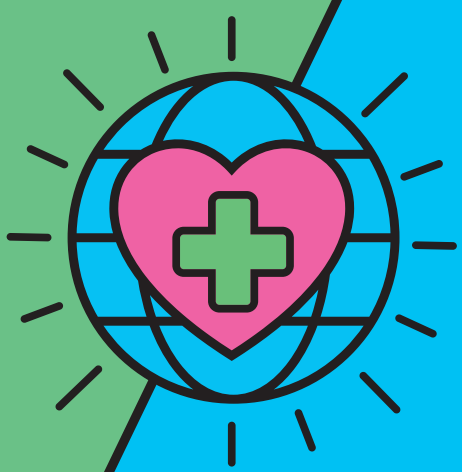
Dr. Ajibike, Healthcare Quality Consultant delivers Webinar on Patient Safety & Incident Management

A webinar regarding Patient Safety and Incident Management was organized in close collaboration with International Finance Corporation consultants for the staff at Northwest General Hospital on 22nd of July. The webinar focused on enhancing the quality of patient safety culture within the hospital. As per the Joint Commission International's quality standards, patient safety

should be of utmost priority at any medical setup and should be evident in the hospital's system. Dr. Ajibike, Healthcare Quality consultant IFC was the speaker and trainer for the session and highlighted the significance of incident management to foster a deep rooted culture of patient safety. Dr. Ajibike elaborated that an effective patient safety system in place prevents and reduces

unnecessary risks, errors and harm associated with patients during health care provision. An advanced patient safety system involves reporting unwanted/adverse events through proper incident reporting and action channels. The webinar was concluded with an interactive and highly responsive question and answer session with the trainer.





World Pharmacists Day

25th September

by **Dr. Roheena Zafar**
Director Pharmacy



Every year on September 25th, pharmacists around the globe celebrate "World Pharmacist Day". This day focuses on the role pharmacists play in improving health on a global scale. The International Pharmaceutical Federation (FIP) established "World Pharmacists Day" on 25th September at the World Congress of Pharmacy and Pharmaceutical Sciences in Istanbul, Turkey in 2009. FIP was founded on 25th September, 1912 hence, the date was chosen to celebrate the day. Each year there is theme announced for World Pharmacist Day.

The purpose of "World Pharmacists Day", which was

brought to life at the FIP Council 2009 in Istanbul, is to encourage activities that promote and advocate for the role of the pharmacist in improving health in every corner of the world. Every year on September 25th, the day is observed with an intention of promoting and advocating the role of the pharmacist in improving health. It also serves as a reminder to honor all the health care professionals who offer their services with compassion and understanding.

When it comes to pharmacists, you probably think of the person behind the counter that fills your prescription. These pharmacists work long hours, usually standing

the entire time. Along with dispensing pills and providing advice on medications, pharmacists also administer immunizations. Pharmacists who conduct research discover and test new medications. No matter what capacity pharmacists work in, they are considered medicine experts. Each year there is a theme announced for World Pharmacist Day. Those in the industry promote the themes worldwide. These themes help pharmacists put together national campaigns that showcase their work.

Cancer and its Types

Dr. Muhammad Kamran Akbar

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Traffic Police Martyr's Memorial Day

City Traffic Police Peshawar & Northwest General Hospital and Research Center observed the Police Martyr's Memorial Day at Traffic Line Bacha Khan Chowk, Peshawar on the 3rd of August, 2022. Mr. Abbas Majeed Khan Marwat, Chief Traffic Officer Peshawar, welcomed the children and relatives of Traffic Police martyrs. The children of the martyrs were showered with flowers by the City Traffic Police Peshawar staff.

Mr. Abbas Majeed Khan Marwat, Chief Traffic Officer saluted the families of the martyrs and presented bouquets to the children. Mr. Khan Khel, SP Traffic Cantt and Mr. Muhammad Saeed, SP Traffic Cantt were also present at the occasion. The ceremony concluded with shield distribution and gifts amongst the children of police martyrs.



Abdul Razzaq, visit on awareness about Gastro Esophageal Reflux Disease

The legendary Pakistani cricket player, Mr. Abdul Razzaq visited Northwest General Hospital and Research Center in the capacity of Brand Ambassador for ESSO, Shaigan Pharmaceuticals on the 25th of July. ESSO (Esomeprazole) capsule is used for the short-term prevention and treatment of intestinal and stomach ulcers and provides relief against heartburn caused by acid reflux. The motive of his visit was to raise awareness

about GastroEsophageal Reflux Disease (GERD), causes, signs and symptoms and effective treatment. The disease develops when acid from the stomach repeatedly travels back to the esophagus and such an acid reflux irritates the lining of the esophagus.

Mr. Abdul Razzaq had an engaging session with the doctors and administrative staff

with him sharing his cricketing experiences and responding to the audience's queries. In addition, he distributed his autographed bats among the audience and commended Northwest General Hospital for its superior quality of healthcare and hygiene.



International Day of Epidemic Preparedness

Dr. Abdul Karim,
Head of Emergency Department, NWGH





Training session on Reducing Workplace Hazards and Injuries

One of the most effective ways to reduce workplace hazards and injuries is through a comprehensive, proactive safety and health management system. In hospitals, prioritizing safety in the environment of care reaps important additional benefits through improved quality of patient care. In this regard a ten days preparatory training session on "Reducing Workplace Hazards and Injuries" was arranged for the

Occupational Health Safety & Environment (OHS&E) Department of NWGH & RC in collaboration with Qanmos College Peshawar which is the certified learning partner of NEBOSH (National Examination Board in Occupational Safety and Health) a UK awarding organization offering professional qualifications in health, safety and environmental management.

The participants of the training

following the workshop appeared in the NEBOSH IGC examination in November of 2022 and await the result which will be released in January, 2023. All participants having cleared the examination will then be recognised as NEBOSH certified professionals.

HAPPY INDEPENDENCE DAY

14th August



پاکستان



The City Traffic Police Peshawar in collaboration with Northwest General Hospital, observed the 75th Independence Day at Motorway Toll Plaza. Mr. Abbas Majeed Khan Marwat, Chief Traffic Officer paid tribute to the Pakistan Army, Police Department and other law enforcement agencies. He emphasized on being responsible citizens of the nation and avoiding unnecessary noise pollution, one-wheeling and riding a motorcycle without a silencer.

The traffic police officers also distributed flags, badges, bandanas, eyeglasses, and pamphlets containing traffic rules among citizens. A cake-cutting ceremony concluded the activity to celebrate Independence Day by Abbas Majeed Khan Marwat.

Acting Governor Khyber Pakhtunkhwa Mushtaq Ahmad Ghani visits NWSM

Mr. Mushtaq Ahmad Ghani, Acting Governor, Khyber Pakhtunkhwa inaugurated the "UpToDate" System at Northwest School of Medicine, Peshawar. Mr. Mushtaq Ahmad Ghani inaugurated the digital platform for medical students and faculty so that "UpToDate" will support and lead them in research and practice in their medical profession. UpToDate is the world's top medical knowledge providing platform and provides latest evidence

based medical knowledge & content to doctors and medical students.

A large number of students and faculty members attended the ceremony. Mr. Mushtaq Ahmad Ghani congratulated NWSM for introducing the digital platform and expressed his gratitude for being present at such an important occasion. He acknowledged that NWSM was the first private medical college to his knowledge that has always

proved to exhibit continuous dedication in terms of providing a conducive culture open to innovations and reforms in medical education.



UpToDate Training at NSWM

A two-day training workshop on the proper use of "UpToDate" system by Mr. Khalid Qureshi, Consultant Medical Education IHI-Kupgrade was held at NSWM starting 3rd of August. UpToDate is a digital platform that gives access to medical students and medical professionals in finding answers or solutions of problems they face in theory and practice.

Northwest School of Medicine is the first medical institute to join and enable this digital technological system in Peshawar.



UpToDate Workshop by AHL and Kupgrade

23rd November, 2022

Kupgrade, partners with AHL arranged a workshop for Fellow Residence and House Officers to demonstrate the latest features of UpToDate on the 23rd of November, 2022.

Kupgrade is a company that is dedicated towards medical education in Pakistan,

Afghanistan and Middle East. They make remarkable efforts to raise the standard of Medical Education, Research & Training in the region and thus improving overall healthcare outcomes.



Fellowship Programme

NWGH & RMI

The inauguration ceremony for the "Joint Post FCPS Advanced Head & Neck Surgical Fellowship Programme" took place at Northwest General Hospital & Research Center on 23rd November 2022. The yearlong Fellowship Programme is a collaboration between Northwest General Hospital and Rehman Medical Institute (Official). The programme aims at providing hands-on, rigorous training for postgraduate fellows in advanced and intricate techniques regarding head and neck surgeries including head and neck cancer and benign tumors management and reconstruction following head and neck resection.

Dr. Tariq Khan Hashim, Chairman AHL welcomed and addressed the audience while highlighting the significance of the inaugurated programme. The Fellowship Programme will be overseen by Prof. Dr. Sidra Jabbar, Dean NWGH, and Prof. Dr. Shahzada Bakhtyar Zahid, Dean RMI who were also present at the event. Mr. Shafique Ur Rehman, CEO RMI also attended the ceremony alongside with Prof. Dr. Zia Ul Haq, Vice Chancellor Khyber Medical University while Prof. Dr. Mohibullah, Consultant ENT and Head & Neck Surgeon, NWGH attended in the capacity of chief guest.







**INVESTMENT
AGREEMENT
SIGNING
CEREMONY**

**IFC &
AHL**



An agreement signing ceremony between International Finance Commission (IFC) and Alliance Healthcare Private Limited (AHL) took place on November 22nd at Northwest School of Medicine to provide elevated standards of healthcare services to the communities of Khyber Pakhtunkhwa. As per the agreement an investment of Rs. 2 billion will go into AHL's equity financing and fund AHL's expansion, healthcare provision, and education projects. The agreement also focused on bringing major infrastructural and management changes to the company that will lead to improving corporate governance in the overall AHL structure.

Dr. Tariq Khan Hashim, Chairman of AHL welcomed the guests and shed light on the significant contribution of AHL to the healthcare sector. The event was also attended by Dr. Zia Ur Rehman, CEO of NWGH. Mr. Taimur Saleem Khan Jhagra, Provincial Minister of Health and Finance graced the ceremony as Chief Guest and shed light on the critical role played by the private sector within the healthcare industry.

Mr. Zeeshan Sheikh, Country Manager, IFC Pakistan also attended the ceremony along with Mr. Ashruf Megahed, Regional Industry Head, MCT Region, IFC who headed the IFC delegation. Mr. Zeeshan Sheikh

addressed the audience and stressed the growing need for quality healthcare facilities in developing countries like Pakistan and expressed that he was pleased to have partnered with AHL to bring quality healthcare services to the people of the region.

The ceremony was also attended by senior government officials, students, and doctors of Northwest hospital, as well as the stakeholders of the company.



World Physiotherapy Day Celebrated at NWIHS

World Physiotherapy Day was celebrated at Northwest Institute of Health Sciences where students, faculty and physiotherapists attended the event. The College of Physical Therapy, NWIHS organized a series of events in this connection including a seminar, awareness walk and free medical camp in order to raise awareness and education regarding the significance of physical therapy in the healthcare system.

Mr. Afsar Khan, Chief Operating Officer, NWIHS welcomed the guests and participants and appreciated the efforts made by the members of the Academic Committee including Dr. Subhan ur Rehman Burki, Dr. Uzair Ahmad, Dr. Faizan Ur Rehman and Dr. Obaida Arzoo for organizing such a gregarious event. He affirmed every possible support to the faculty and institution in the fields of social, practical and research activities.

Dr. Danish Ali Khan, Director Medical Education, NWIHS, Dr. Subhan-Ur-Rehman, HoD, Physical Therapy, and Dr. Uzair Ahmad, made their presentations highlighting the role, significance, future directions, history and evaluation journey of physiotherapy in health education. They mentioned that physiotherapy has a key role in medical education, rehabilitation and prevention of disabilities. Besides highlighting the importance of physiotherapy in the healthcare system, the experts urged that World Physiotherapy Day marks the unity and cohesion of the international physiotherapy community and is being celebrated as an occasion to recognize the efforts of physiotherapists that they perform for their patients and community.

An awareness walk was also held outside the campus on ring road attended by faculty members

and students.

Thereafter, chief guests including Dr. Irfan Ullah, Director IPMR, Khyber Medical University Peshawar, Dr. Mujeeb Rehman, Assistant Professor, IPMR and Ms. Nazish A. Qadir, Coordinator Occupational Therapy, KMU inaugurated the event followed by the inspection of models-competition among students and a cake cutting ceremony.

The students decorated the walls with charts and other materials unfolding the awareness about physiotherapy, nutrition, dieting, exercise plans and physiotherapy treatments. They made historical projects which were highly appreciated by all the guests. Winner of the project was announced and awarded with a certificate and cash prize. In addition, a free physiotherapy medical camp was arranged for patients where several patients were treated along with free home plans and consultation.



Blood Donation Camp for the Cancer Patients of Shaukat Khanum Hospital

Northwest Institute of Health Sciences and Shaukat Khanum Memorial Cancer Hospital and Research Centre (SKMCH&RC), Peshawar jointly organized a blood donation camp for the cancer patients of Shaukat Khanum Hospital. Nearly 45 to 50 bags of blood were donated by the students and faculty of NWIHS at the camp. The camp ceremony was inaugurated by Dr. Danish Ali Khan, Director Medical Education, NWIHS accompanied by Dr. Aamir Ali Khan, MLT (Head of Blood Donation Society, NWIHS) and staff from SKMCH&RC including Dr. Owais Khan, Dr. Sundas Mehreen, Mr. Yasir Aziz, Lab Technologist and Ms. Najmul Sahar, Assistant Manager.

Speaking at the occasion, Dr. Danish Ali Khan said that blood donation is a noble act that helps to save lives of needy and poor patients. It is one of the most positive ways to help someone in need. By donating blood, you are donating an irreplaceable gift that will save someone's life. Dr. Aamir Ali Khan (Head of Blood Donation Society NWIHS) introduced the cause of the activity and urged students to come forward and take part in this noble cause. He encouraged the students and faculty to donate blood to the neediest patients that might save their lives. He also donated blood at the camp and set an example for students of the institute.

Ms. Najmul Sahar, Assistant Manager (SKMCH&RC) said at the occasion that cancer patients need blood transfusion very frequently. At Shaukat Khanum Hospital the average requirement of blood is 50 units per day. To meet this huge target, blood donation camps are arranged in various educational institutes of the province. All 17 screening tests are offered free of cost for blood donors and they are also awarded with appreciation certificates. She appreciated the enthusiasm and passion of the students of NWIHS that came in numbers. She also thanked the faculty and admin staff of NWIHS for their cooperation.



Alzheimer's Disease and Dementia

by **Dr. Haroon Khan**
Consultant Neurologist



Alzheimer's disease is a progressive, degenerative brain disorder that impacts memory, thinking and language skills and the ability to carry out the simplest of tasks. Alzheimer's disease (AD) remains the leading neurodegenerative cause of dementia in many nations of the world. Alzheimer's disease is not a normal part of aging. It's the result of complex changes in the brain that start years before symptoms appear and lead to the loss of brain cells and their connections.

Dementia itself is not a disease but a term used to describe a condition with symptoms such as loss of memory, loss of judgment and other intellectual functions. Dementia affects more than 50 million people worldwide, with a new case of dementia occurring somewhere in the world every 3 seconds. Alzheimer disease is the 6th

leading cause of death among adults aged 65 years or older. There are between 500,000 and 1,000,000 people with dementia in Pakistan today and a majority of individuals remain undiagnosed. Greater awareness and understanding of dementia is important to challenge the myths and misconceptions that surround the condition.

The causes of Alzheimer's disease are not yet fully understood, but most likely include a combination of age-related changes in the brain, changes in genes, environmental, and lifestyle factors that may play a role. Age is the strongest risk factor for Alzheimer's disease (AD) and the majority of people with Alzheimer's are usually 65 and older. Beyond age, approximately 80% of Alzheimer disease (AD) risk appears to be attributed to genetic factors.

Memory problems are often one of the first signs of Alzheimer's disease. Symptoms vary from person to person, and may include problems with word-finding, vision and spatial issues, impaired reasoning or judgment, difficulty in performing previously routine tasks, personality and mood changes. The diagnosis of Alzheimer's disease (AD) remains grounded in the clinical evaluation, with supporting and confirmatory evidence coming from diagnostic studies.

There is currently no cure for Alzheimer's, though there are several medicines that can help manage some symptoms of the disease along with coping strategies to manage behavioral symptoms.

World Alzheimer's Month

By **Dr. Haroon Khan**
Consultant Neurologist

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Demise of Mr. Roshan Ali, Painter, NWGH



On the 26th October, 2022 a very valuable staff member at Northwest General Hospital and Research center, Mr. Roshan Ali, Painter at the Engineering and Management Department, NWGH passed away of hemorrhaging of the brain. He had been in service with NWGH for the last 11 years and during his tenure, he was loved and respected by his peers for his nature and etiquette. He was a cooperative colleague and sincere in his profession during his time at NWGH.

According to Mr. Irshad Ahmad, HoD, EMD, Mr. Roshan Ali was versatile, punctual and efficient when it came to his occupation and hadn't caused any complaints. He always wore a smile and was humble with everyone.

Northwest General Hospital arranged a memorial to share memories in his honour and prays for his departed soul on the 28th October, 2022.

Mr. Roshan leaves behind four sons and five daughters. His presence at NWGH will be surely missed beyond words can express.





Advancing Research in Challenging Times

14th & 15th October, 2022

The first annual, two-day multidisciplinary conference was successfully held at Northwest School of Medicine. The title for the conference was "Advancing Research in Challenging Times". More than 1000 participants attended the event where faculty members, students and health professionals presented 171 research papers in the fields of Medicine & Allied, Surgery & Allied, Pediatrics & Obstetrics and Basic Sciences. Besides, experts from major institutions of the province including KTH, LRH, HMC, KGMC, PRIME, RMI and Islamabad participated. Two hundred professionals also attended the scientific workshops in various health-related disciplines. In his inaugural address the Principal, Professor Noor Ul Iman, appraised the participants about

the importance of the conference for academic advancement, exchange of ideas for future research collaboration and development. He added that the activity enhanced the careers of young researchers and experts alike.

The Chief Guest, Prof. Dr. Tariq Hashim Khan, Chairman Allied Health Limited formally inaugurated the conference. He shared that Northwest School of Medicine is the only medical college in Pakistan that is a member of G4 Alliance of over 170 nations which aims to bridge public health gaps arising from lack of safe, affordable, accessible health services to the deserving population. G4 is engaged in advocacy to promote improved access to quality surgical, obstetric, trauma &

anesthesia services and quality health care globally. He assured that the NWSM will promote the vision and mission of the G4 Alliance with dedication and commitment. In the concluding event, the top three position holders in poster and oral presentations were awarded cash prizes of 20 thousand, 15 thousand and 10 thousand respectively. In the poster presentations category Hassan Kareem, Rehman College of Nursing, Salman Zahir, NWSM and Khansa Khan, NWSM were awarded 1st, 2nd & 3rd position respectively. In the oral research paper presentation category, Mohammad Hassan Wahid from Peshawar Medical College, Komal Qayyum from NWSM and Daniyal Ahmad from NWSM were adjudged as top position holders respectively.



Blood Cancer Awareness Month

Dr. Hamida Qureshi
Consultant Hematologist

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by **Dr. Sadia Jehanzab**
Senior Registrar, Paediatrics

Breast Milk: Nature's Precious Gift

Breastfeeding has many benefits for both the infant and the mother. Breast milk is vital for an infant's optimum growth and development as it is packed with all the right nutrients in the right proportion. What makes it a wondrous gift of nature is its dynamic property. As a baby grows, the composition of breast milk naturally evolves to match the growing nutritional needs of the baby.

Rich in nutrients, antibodies, and prebiotics, breast milk helps your baby's digestive system to develop and strengthen. Moreover, the good bacteria found in it prevents the bad bacteria from colonizing in the baby's digestive system. The milk that comes in soon after delivery is termed as Colostrum. It is thick, yellowish, or translucent in color and rich in antibodies, vitamins, and minerals. Breastfeeding also prevents various infections from developing in infants, including diarrhea, ear infections, meningitis, and chest infections. Furthermore, statistics show that a significantly lesser number of "Sudden Infant Death" cases are reported among breastfed babies as compared to non-breastfed babies. It also reduces the little one's risk of contracting certain illnesses, such as celiac disease, eczema, asthma, childhood leukemia, and diabetes as well as dental problems and conditions of childhood obesity. Breastfed babies are likely to experience less pain and stress during any medical procedure as they have higher levels of the stress hormone, Cortisol in their system in comparison to non-breastfed fed babies.

Additionally, breast milk also has a positive impact on the baby's long term mental and behavioral development. Most importantly, it helps form a healthy bond between the mother and the child. Not only is the practice of breastfeeding of immense significance for a baby's healthy growth and development but it has a myriad of immediate and long-term benefits for the mother as well. It helps the mother's uterus heal better after delivery, as it stimulates the release of a hormone called Oxytocin that prevents the uterus from bleeding excessively after delivery. In certain cases, breastfeeding has also been seen to naturally promote healthy weight loss in a shorter time span after delivery. This, indeed, should come across as good news for all mothers out there worrying about those extra pounds that have been put on during pregnancy.

Breastfeeding your little one will not only help you get back in shape sooner, it also reduces your risk of developing potentially fatal conditions, such as breast cancer, uterine and ovarian tumors, thyroid cancer, diabetes mellitus, high blood pressure, high cholesterol, and even postpartum depression. Apart from the many associated health benefits, breastfeeding is also the best choice economically. On an average, formula feeding your baby can cost you somewhere between 10,000 to 20,000 rupees per month, depending on the baby's age. Breastmilk on the other hand doesn't cost a dime. Moreover, formula feeding is quite cumbersome.

Hygienically, formula feeding the baby requires you to have at least 4 to 6 bottles and then going through the ordeal of keeping them properly sterilized. All of you mothers out there are well acquainted with the challenges of waking up in the middle of the night and dragging yourself to the kitchen with your eyes barely open just to make a bottle for your little one. Breastmilk on the other hand is always readily available, clean and hygienic.

Breastfeeding is a skill the mother and a newborn acquire together as a team. While breastfeeding slightly, turn the baby to one side, bring him/her closer to your chest, facing you so that its chest and abdomen come in contact with you. Do not force your nipple into the baby's mouth and instead tickle the baby's lips with your nipple. The baby will then reflexively open its mouth and thereafter bring the little one near to the breast chin first. The baby's mouth should cover not only the nipple but also the lower part of the areola (the darker skin around the nipple). If you feel any sensation of pain the latching isn't proper. Take the baby off the breast and try again. A breastfeeding session can last anywhere between 20 to 30 minutes, and an infant usually needs to be fed 8 to 12 times a day initially. Keep alternating between breasts so that the milk supply is steady and one of the breasts doesn't end up engorged. Babies should be exclusively breastfed up to the ages of one or two. However, soft diet should be introduced alongside as soon as the baby hits the six month mark.

I hope after reading all of these emotional, physical and mental benefits, all the mothers out there will be more keen on breastfeeding their infants. Nevertheless, if due to any valid medical reason, you are unable

to breastfeed, rest assured you are still doing your best job as a mother. If done correctly, formula feeding can also support your infant to grow and develop normally. You can always contact your pregnancy

care provider or pediatrician while making these important decisions about the baby's feeding.



Breastfeeding Event



The Department of Food Sciences & Human Nutrition at Northwest General Hospital organized an awareness session on the significance and multifacet benefits of breastfeeding. Dr. Zia ur Rehman, CEO NWGH, and other healthcare team members participated in a walk to commence the awareness activities followed by visual demonstration for lactating mothers and the general public by the Department of Food Sciences and Human Nutrition.



Importance of Breastfeeding

NWSM

The Community Medicine Department, Northwest School of Medicine arranged a one-day activity based on the importance of breastfeeding on the 5th of August, 2022.

The aim was to develop an awareness amongst students about the importance of breastfeeding and how the practice can ensure the well-

being of the infant and the mother. The students were also encouraged to be advocates of such health-promotive activities.



Faculty members shared their expertise and shed light on the importance of breastfeeding while students actively participated in the event.



Breastfeeding & Associated Benefits

Dr. Muhammad Arif
Consultant Paediatrician



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Dr. Muhammad Arif

Dr. Mehr un Nisa
Consultant Obstetrician & Gynaecology

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Dr. Mehr un Nisa

Importance of Breastfeeding

Dr. Syliva Ali Khan
Consultant Psychiatrist



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Dr. Syliva Ali Khan

Mr. Zeeshan Ahmad
Clinical Nutritionist

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Zeeshan Ahmad

Pre-conference Workshop Department of Neonatology

The department of Neonatology, Northwest General Hospital and Research Centre arranged a pre-conference workshop as part of the 26th Biennial International Pediatric Conference, 2022 that was held from the 28th to 30th of October at Karachi. The workshop titled "Umbilical Access Skill Workshop" was held on the 22nd of October, 2022 in close

collaboration with Pakistan Paediatric Association (KPK)(PPA). Dr. Aqeel Khattak, President Professor PPA, Dr. Gohar Amin, Next General Secretary and Prof. Dr. Bilal Sethi, Paediatric Consultant, NWGH attended the workshop. The workshop participants were young doctors. The programme kicked off with a detailed lecture on the topic

followed by a hands-on demonstration of arterial and venous access, exchange blood transfusion, invasive blood pressure monitoring, blood sampling and management of complications by the neonatal team of doctors at Northwest General Hospital.



World Hand Washing Day

Ms. Mahnoor Tariq
Occupational Health Safety
and Environment Officer, NWGH



World Osteoporosis Day

Prof. Dr. Raja Irfan Qadir
Consultant Orthopedic and Spine Surgeon, NWGH

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World Suicide Prevention Day

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



With the rise in mental illnesses, an alarming 800,000 mortalities each year result from suicide globally. World Suicide Prevention Day is observed on 10th September every year to help raise awareness, reduce the stigma surrounding suicidal thoughts, and encourage those who are suffering to seek help.

Given the significance of the day, Northwest General Hospital held an awareness session headed by

Dr. Sylvia Ali Khan, Consultant Psychiatrist at NWGH with Ms. Hina Ali, Psychologist. The session which was held on the 6th of October aimed at creating hope through action and educated the audience regarding the steps they can take in their personal capacity to detect early symptoms, reach out to those suffering from suicidal struggles and provide the support and help they seek.



Sepsis, Causes and Associated risks

by **Dr. Naeem Khattak**
Consultant Microbiologist



What is Sepsis?

Sepsis is the human body's extreme response to an infection, and is a life-threatening medical emergency. If it is not recognized early and managed appropriately, it can lead to septic shock, multiple organ failure and death. Infections leading to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Sepsis is a major cause of maternal and neonatal morbidity and mortality in low- and middle-income countries.

What causes Sepsis?

Bacterial infections are the most common cause of sepsis. Sepsis can also be caused by fungal, parasitic, or viral infections. Sepsis can be acquired both in the community setting and during patient's stay in hospital. Hospital acquired infections are leading cause of sepsis and affect hundreds of millions of patients worldwide every year. Since these infections are often resistant to broad spectrum antibiotics, they can rapidly lead to deterioration in clinical conditions.

Who is at risk?

Anyone affected by an infection, severe injury, or serious non-communicable disease can progress to sepsis but vulnerable populations are at higher risk for sepsis:

- Adults 65 or older, pregnant women and neonates
- Hospitalized patients and patients in intensive care units
- Immunocompromised patients such as HIV/AIDS, cancers
- Patients with chronic medical conditions, such as diabetes, lung disease, and kidney disease
- Patients with autoimmune diseases & people with no spleen.

What are the signs & symptoms?

Sepsis is a medical emergency and can present with various signs and symptoms at different times. Warning signs and symptoms include:

- High heart rate or weak pulse, Fever, shivering, or feeling cold
- Confusion or disorientation, shortness of breath
- Extreme pain or discomfort, clammy or sweaty skin
- Low urine output

stop
sepsis
save
lives

World Sepsis Day

Dr. Kamran Amir Khan
Consultant Internist

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Accessibility Inclusion Conference

Round 2 for people with Disabilities

Pak EverBright Development Organization in close collaboration with Northwest General Hospital, University of Peshawar and International Rescue Committee (IRC) organized a one-day event on "Accessibility Inclusion Conference, Round 2" for people with disabilities on the 29th December 2022, at the University of Peshawar. The conference comprised of three panel discussions i.e. Climate Resilience, Accessibility Code Building Bylaws in Pakistan and Higher Education Commission (HEC) Policy of Pakistan for Students with Disabilities.

The conference was hosted by Ms. Hina Hadi, Inclusive Journalist at Pak EverBright Development

Organization (PEDO) who gave an overview of the round 1 of the conference, which was previously held at Northwest General Hospital, and highlighted that the main aim of the conferences was to enable persons with disabilities to live independently and participate fully in all aspects of life.

The event also included a panel discussion comprising experts who have dedicated years in the domain of Building code of Pakistan 2006, HEC Policy for Students with Disabilities and Climate Change and elaborated on the key challenges and their solutions with Mr. Shahab Ud Din as moderator. The panel of experts included Mr. Junaid, Coordinator IRC, Mr. Abdur Rehman,

Registrar Pakistan Engineering Council (PEC), Mr. M. Imran, Director Operations, Trans-Peshawar, Mr. Shamsher, Chief Engineer Public Health and Engineering Department, Dr. Nowsher Yousaf, Senior Manager Occupational Health safety and Environment- (NWGH), Prod. Dr. Yorid Ahsan Zia, Principal Quaid-E-Azam Commerce College, Peshawar, Engineer Attar Bangash, Director Planning and Development, University of Peshawar, Dr. Shakeel Ahmed, HoD Department of Social Work, University of Peshawar, Dr. Sumera Farid, Asst. Prof. Social Work and Deputy Provost, University of Peshawar.



Irritable Bowel Syndrome

Dr. Muhammad Hanif Afridi
Consultant Gastroenterologist

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Major Disaster Drill

OHS&E Department With Rescue 1122

Major disaster drills and exercises are fundamental training tools as they identify the potential problems that might emerge during real emergencies, and thus, such drills provide us the opportunity to correct flaws in planning long before they cause catastrophes in real life. For this purpose, a mock major disaster drill was arranged for different units of Northwest General Hospital & Research Center conducted by OHS&E Department in collaboration with the Rescue 1122 Team.

The objective of the mock drill was to create teamwork within different units of the hospital as it would be difficult for a single unit to manage a major disaster when the demand for life-saving and

emergency services exceeds its normal capacity of routing operations. Both supplementary human and material resources must be ready at all times so that a quick and effective contingency response is possible.



Flood Relief Medical Camp

at Dera Ismail Khan (Parova | Daraban | Kulachi)

Dera Ismail Khan and other southern districts of Khyber Pakhtunkhwa province were some of the most hard hit areas by the floods that resulted from extensive monsoon rains.

Northwest General Hospital organized a relief camp at Tehsil Parova, District Dera Ismail Khan to help provide free of cost medical services and basic provisions to the affected communities. The area was hit hard by the recent floods and the affected communities of the area had minimal support or aid.

The camp was arranged by NWGH in collaboration with Gomal University, District Administration and a dedicated team of local community workers as were the other relief camps. The camp was established in category D hospital, Parova and a committed team of specialized physicians provided free of cost consultation & treatment in general medicine, pediatric, psychiatry, surgery, gynae & ENT. An entire day was spent at Parova dedicated towards providing quality medical services to patients.

The team also distributed water filters each of which had a life of two years and could provide purified water from any water source with very little maintenance required. They also supplied the local affectees with clothing and packaged food items.

A flood relief camp was also organized at Daraban, a tehsil of Dera Ismail Khan. A team of specialist doctors along with nurses and other support staff



facilitated patients at a day long medical camp. The patients were provided with free of cost medical consultation and medication during their visit to the camp.

The team also distributed water filtration systems with a life of upto 2 years that provide water purification from any source including flood water and is practically maintenance-free.

Packaged food and clothing were also distributed among flood affectees in nearby villages by the camp organizers.

On the third day of flood relief activities in Dera Ismail Khan, Northwest established a health camp at the Kulachi Tehsil to help diagnose and provide aid to individuals suffering from different water-borne diseases. The flooding in the area resulted in the emergence of various water-borne diseases such as diarrhea, typhoid, hepatitis and scabies to name a few. Since no help arrived in time to provide essential treatment and provisions, a specialized team from NWGH along with its collaborators strived to deliver quality medical services to the affected communities.

The NWGH team spent an entire day assisting and treating patients including those of Psychiatry, ENT, Paediatrics, Gynaecology and General Medicine. The team members of NWGH took it upon themselves to provide patients with quality medical services, free of cost medical checkups, and packaged food, clothing and water filters to the flood affectees.





Basic Surgical Skills Workshop

Ethicon, Johnson & Johnson organized a Basic Surgical Skills Workshop for all PRGs, TMOs and consultants under the supervision of Prof. Dr. Tariq Jabbar and Prof. Dr. Sidra Jabbar at General Surgery & Gynae Department, Northwest General Hospital & Research Centre, Peshawar.

This workshop aimed to provide training in Surgical Site Infection (SSI), types of Surgical Suturing, hands-on Knot Tying Boards, Artificial Skin/Animal Tissue and Suturing and Handling under the supervision of professional doctors from Ethicon and Johnson & Johnson.



CEO's Visit to Special Education Center

Northwest General Hospital has been contributing to the health and education of differently-abled people over the years. Mr. Said Ali Bakhsh, Director of Special Education Complex, Hayatabad, invited Dr. Zia Ur Rehman, CEO NWGH, to visit the institute. Mr. Said welcomed and thoroughly

briefed the CEO about the operations of his organization.

Dr. Zia Ur Rehman visited different departments of SEC and appreciated the efforts and devotion of teachers towards the special students. The purpose of the visit was to observe and

facilitate the students of SEC in health matters and to ensure the provision of health facilities they may lack. Mr. Said showed immense gratitude to Dr. Zia for visiting the students of the Special Education Complex.



ISO 14001:2015 (EMS) CERTIFICATION

A proud moment for Northwest General Hospital & Research Center to become the first ever hospital in Khyber Pakhtunkhwa to achieve ISO 14001:2015 (EMS) certification.

The certification benchmarks the environmental management system. An efficient environmental management system helps to control the environmental footprint related

to different activities such as building management, energy and water usage, laboratory work, construction work and handling of hazardous materials and much more; therefore, a systematic approach to planning, implementing and managing environmental management systems is the need of the day.

In order to achieve this goal, the Occupational Health Safety &

Environment (OHS&E) Department of Northwest General Hospital & RC worked on ISO 14001:2015 standards and implementation to control its environmental impact to ensure it meets legal parameters nationally and internationally.





World Food Day Event

World Food Day is observed in 150 nations around the globe on the 16th of October each year to raise awareness about those unfortunate communities and individuals who do not have proper access to safe and nutritious food. The day also highlights the importance of maintaining a nutritious yet balanced diet. The day further focuses on the advancement of

food security worldwide, especially during times of crisis.

Northwest General Hospital, while observing the day, arranged a World Food Day Awareness walk. This was followed by a seminar arranged in collaboration with Nestle Pakistan and Nutritech. The session included an interactive presentation and was headed by Dr. Abdul Sattar Shah, Director

Technical KP Food Safety and Hilal Food Authority and Dr. Fazal Majeed, Director Nutrition DGHS, Department of Health, KP. The speakers focused on the importance of the conservation and equal distribution of food across communities to ensure that no one is left behind hungry or malnourished.



Primary Trauma Care Course

A Primary Trauma Course, a continuum of legacy of Prof.Dr. Saeed Minhas and arranged by the Anesthesia & Surgical Critical Care Department, Northwest General Hospital & Research Center was held on the 7th and 8th of December, 2022. Dr. Zia Ur Rehman, CEO NWGH headed the sessions as Course Director while Dr. Muhammad Hayat was the Course Coordinator and other prominent names were among the course faculty members.



White Cane Safety Day

The white cane is a symbol of independence for those who are differently-abled and suffer from certain physical imparities. White Cane Day is observed on the 15th of October annually, around the world to celebrate people who are physically challenged yet lead independent lives.

Northwest General Hospital in close collaboration with the Special Education Complex, Government of Khyber Pakhtunkhwa and Peshawar Cricket Club for Blind organized a

grand "White Cane Day" event at North West School of Medicine on 17th October, 2022.

A large number of differently-abled individuals participated and presented different performances during the ceremony. The participants were commended for their efforts and awarded certificates.

Dr. Zia ur Rehman, CEO NWGH, Mr. Said Ali Bakhsh, Director Special Education Complex and Sar Hussain, Additional Secretary

Special Education and Social Welfare spoke regarding the significance of proper education and training in enabling differently-abled individuals and helping them lead an independent life.

Shields were presented to Mr. Yasir Hassan, Additional Secretary, Ms. Rubina Sarwar, Principal Umid Special and Mr. Qayyum Khan, Deputy Director towards the end of the ceremony.





Urology and Nephrology

How to Ensure Kidney Safety

by **Dr. Aziz Ur Rehman**
Consultant Microbiologist



Urology is a branch of medical specialty that deals with diseases related to the kidneys, ureters, bladder, and male genitalia, particularly when surgical procedures need to be performed on those organs. Ureters are the tubes, one on each side of the body that transport urine from the kidneys to the bladder. The urinary bladder is a balloon-like structure, located at the lower part of the abdomen, which stores urine and then expels it out of the body through the urethra. The urethra is the tube-like structure that holds the urine from the bladder to the outside.

The primary function of the kidneys is to filter the blood and remove unwanted minerals and also remove excess water from the blood. When the kidneys become weak, a Nephrologist is a doctor who treats the problem at hand. Nephrologists are specialist doctors dealing with nonsurgical problems of the kidneys.

There are four main reasons for kidney weakness or failure. The terminology used in medicine for failure is chronic Kidney Disease (CKD) or Chronic Renal Failure (CRF).

Genetic causes or موروثی بیماریاں:

Some diseases run within family bloodlines and are thus inherited or children are born with certain defects which make them prone to developing kidney function issues.

High Blood Pressure:

Undiagnosed blood pressure or poorly controlled blood pressure damages kidneys in the long run. This is normally due to poor compliance of the patients, meaning that they simply don't take prescribed medicine on time or don't monitor their blood pressure regularly. When often questioned about their medicines, patients simply respond by saying that since they haven't experienced any symptoms they don't feel the need to take medicines. Such a perspective towards blood pressure treatment is especially very common among the low socioeconomic community working within Middle Eastern countries. Uncontrolled High blood pressure will not only damage kidneys but will also make a person prone to develop serious heart problems, stroke, and visual impairments, resulting in permanent loss of vision.

Uncontrolled Diabetes ذیابیطس:

As in the case of blood pressure, if your diabetes is uncontrolled it will damage your kidneys, heart, brain, legs, etc.

Most diabetes patients are often anxious about going on insulin but insulin can effectively control blood sugar levels. Leaflets on diet for diabetic patients are available at many hospitals and one can benefit from reading these leaflets. Lifestyle changes, avoiding mental stress, and exercise can help in stabilizing blood sugar.

Kidney stones: Despite modern-day developments in the treatment of kidney stones, kidney stones continue to be the major cause of kidney failure in 20% of kidney patients. Untreated kidney stones can

damage your kidneys, especially if the stones are blocking the kidneys and you are a diabetic. Stones that are present within the tubes (ureters) or in the narrower part of the pelvis of the kidneys (where tubes join the kidneys), damage the kidneys the most. If a patient is taking painkillers repeatedly, the kidneys eventually give up or get tired and you don't feel pain anymore but the kidney may still be blocked and get permanently damaged. It is also important to mention here that all kidney stones do not need to be removed or treated.



Endoscopy as a Surgical Technique

Dr. Imran Mohib
Consultant ENT, NwGH

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Stress Management

by Dr. Muhammad Noman Wazir
Consultant Psychiatrist, NWGH



Epictitus, a Greek philosopher of the 1st century said,

“Men (Women) are disturbed not by things, but by the view which they take of them”

The term “stress”, as it is currently used was coined by Hans Selye in 1936, who defined it as **“the non-specific response of the body to any demand for change”** and further stated that, **“stress is not necessarily something bad – it all depends on how you take it. The stress of exhilarating, creative successful work is beneficial, while that of failure, humiliation or infection is socially detrimental”**

In short, it is what we feel when we cannot cope or our body/brain is losing or about to lose control. We all react to stress differently. When our brain perceives a threat it signals our body and releases a burst of hormones that fuels our capacity for a response. (aka fight or flight response)

Once the threat is gone, our body is meant to return to a normal relaxed state. Unfortunately, the continuous stress of modern life means that our alarm system rarely shuts off.

The signs and symptoms of stress can be further split into four broad domains,

Cognitive: problems with focus and memory, poor judgment, constant thoughts, inability to relax, focusing on the negatives etc.

Emotional: feeling low/depressed, feeling anxious, irritability, feeling overwhelmed, loneliness and isolation etc.

Physical: aches/pains, diarrhea/constipation, nausea/dizziness, chest pains, palpitations etc.

Behavioral: eating more/less, sleeping less/more, social withdrawal, procrastinating and neglecting responsibilities, using alcohol/cigarettes/other drugs, other anxious habits (nail biting, skin picking, hair plucking) etc.

The first step in successful stress relief is deciding to make stress management an ongoing goal, and to monitor your stress level. To get stress under control:

- Find out what is causing the stress
- Identify ways to reduce the amount of stress
- Identify ways to relieve stress and reduce its harmful effects.

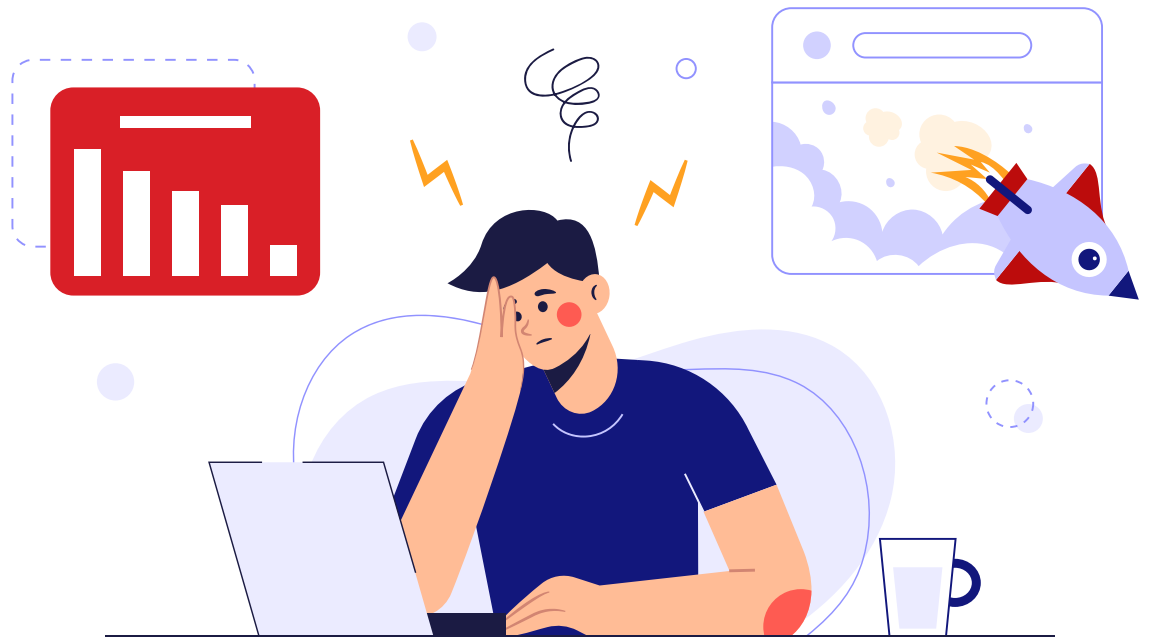
Stress can be avoided by making the following changes,

- Better time management
- Avoiding maladaptive ways of coping (drugs/alcohol)
- Getting plenty of rest ;eat well
- Try out new ways of thinking, e.g. letting go of things you cannot change; learning to say "no" etc
- Assertive communication can help you express how you feel in a thoughtful, tactful way
- Ask for help. People who have a strong network of family and friends manage stress better

If all else fails, seek professional psychiatric/psychological help. If you do suffer from it, you can relieve it by writing your thoughts/emotions in a diary, exercise, letting your feelings out by talking, starting/engaging in a hobby, volunteer work, learning about breathing exercises, yoga, tai chi and other psychological based therapies such as progressive muscle relation, focus on the present, try meditation, imagery exercises, or self-hypnosis, Religion, reading, painting, gardening, listen to

relaxing music, watching a movie, spending time with pets etc.

Stress won't and can't disappear from life; we just need to learn to deal with it better.



Universal Health Coverage Day

Dr. Tariq Khan Hashim
Chairman AHL

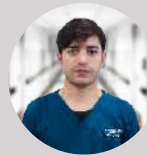
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Facts about different types of Intermittent Fasting for Weight Loss and its effect on our health

by Zeeshan Ahmad

Nutritionist



If you type "intermittent fasting" into a search engine, millions of results will come up! Intermittent fasting is promoted on websites as a beneficial way to manage heart disease, Type 2 diabetes, weight loss, and sleep issues. Some people even contend that ageing may be slowed by intermittent fasting. Sadly, the state of science nowadays is poor. Additionally, a lot of research focuses just on animals or is based on studies of small populations of people. As a result, it is impossible to say if the results of these research apply to the entire population. Additionally, some of the research was carried out for an incredibly brief amount of time. We do not yet know the long-term implications of intermittent fasting.

Alternate Day Fasting

What is it?

Rotating eating and fasting days is referred to as alternate-day fasting. No calorie-containing meals or beverages are ingested during fasting days. Water, black coffee, and tea are acceptable calorie-free beverages. You can eat whatever you like on days when you are not fasting, however it is advised that you adhere to healthy dietary principles. The overall number of calories you usually consume should have decreased after a week, theoretically. And as fewer calories are consumed over time, weight loss is anticipated.

Is it effective for weight loss?

Studies have found that the amount of weight lost following an alternate day fast was equal to that lost via a typical low calorie weight loss plan. However, as the description reveals, this is a challenging fasting pattern, and side effects reported included serious hunger pangs and decreased concentration on the fasting days. Also, some studies revealed that people ate more than usual on non-fasting days. Thus, they did not restrict enough calories to promote weight loss. Plus, the long-term effects on your health of this eating pattern are not yet known. More research is needed on alternative day fasting as an approach to weight loss.

Modified Fasting

What is it?

On fasting days, a modified fast involves consuming very little food. Some modified fasts cap calorie intake at 20% to 25% of required levels during fasting days. Others recommend consuming no more than 500 calories on days when you're fasting. Another variation, known as the 5:2 fast, suggests fasting twice weekly. During the other five days of the week, those who participate in this fast eat as usual.



Does it work for weight loss?

Modified fasting for weight loss has conflicting results. Although the difference was not statistically significant, participants in several modified fasting weight reduction studies lost more weight than those following conventional weight loss regimens. In other research, there was no distinction in the rate of weight reduction between modified fasting and a low-calorie diet. There is not enough data available at this moment to determine whether this food pattern is a secure and reliable strategy to shed those extra pounds and keep them off.

Time-restricted Fasting

What is it?

Calorie intake during time-limited fasting is mostly restricted to waking hours. The aim is to fast for eight to twelve hours every day, with the majority of the fast taking place while you sleep. For those who don't nibble after dinner or have breakfast right after waking up, this fasting routine is simpler.

Does it work for weight loss?

The jury is still out on the effectiveness of time-limited fasting for weight loss. Most studies have been done on laboratory animals, and results from

Ramadan Fasting

What is it?

The Ramadan fast (RF) is a form of IF practiced by millions of adult Muslims globally for a whole lunar month every year. Individuals practicing this form of fasting eat in the morning before sunrise and again 12 to 15 hours later with one or two meals before bedtime.

Does it work for weight loss?

Some mindful planning and smart training can help individuals lose weight or even grow muscle during Ramadan safely and effectively.

Bottom line

Intermittent fasting is not currently a recommended treatment for weight loss or any other health condition. More research is needed, especially on the negative side effects of fasting, such as the risk of nutrient deficiencies. Intermittent fasting can pose health risks for some people. Therefore, it is not recommended for people with diabetes, pregnant or lactating women, and people with a history of eating disorders.

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www.eatright.org

World Food Day

Dr. Zia Ur Rehman, CEO NWGH

Scan me to watch this video



Lead Toxicity and its Prevention

by Dr. Asif Saleem Afridi
Consultant Paediatric Intensivist



Lead toxicity can cause many symptoms like abdominal pain, vomiting, decrease in appetite, low IQ, irritability, body aches, constipation, headache, seizures, coma and in some severe cases even death.

Children are exposed to lead in a variety of ways. Lead-based paint continues to be a major source of lead exposure for children and soil is also a common source of exposure, as well. Other important pediatric exposures include elevated maternal blood lead levels (BLLs) during pregnancy and breastfeeding, food (including spices), water, air contamination, and excess lead in toys, cosmetics and herbal medicines.

Prevention is better than treatment and lead poisoning in children can be prevented by the following mentioned ways:

Primary prevention:

Primary prevention of childhood lead poisoning involves the removal of lead-based hazards from children's surroundings (eg, lead-painted surfaces, including windows, lead-contaminated soil, lead-soldered pipes, toys) prior to the child's exposure.

Secondary prevention:


Secondary prevention involves early detection of lead-poisoned children through appropriate questionnaire screening, lead testing, and minimizing further lead exposure and absorption.

Tertiary prevention:

Tertiary prevention reduces the morbidity associated with lead intoxication through chelation of lead from the blood and soft tissues of an exposed child. Chelation can reduce the immediate toxicity associated with acute lead ingestion.

Last but not the least, educating the community regarding lead poisoning through social media, television, internet and schools is very important.





Effect of Temperature on Plastic Bottles of Water & Beverages

Water & beverage is an emerging industry since the recent decade with a global production of more than 6000 million gallons per year. Most of the water and beverage bottles in market are made of polyethylene terephthalate (PET) or polycarbonate. PET belongs to polyester and is widely used in everyday life due to its recyclable nature, while polycarbonate is non-recyclable. Bisphenol-A which is toxic, is used to make bottles appear hard and shiny.

Consumers may be exposed to the intentionally added substances, which are potentially toxic such as additives, unreacted monomers, and processing aids present in the packaging of plastic bottles. The substances that are transferred from packaging into the product are referred to as unintentionally added substances. These chemicals present in products are affected by temperature and time, and as temperature increases and time passes by, bonds between the

chemical break and the leaching process begins. Mittag and Simat (2007) reported that 98% of the toxicity within such products seep in from the packaging.

Natural and synthetic polymers are broken down by ultra-violet radiation in sunlight. This process happens within seconds of UV exposure. However, this does not mean the water bottle is going to "fall apart" any time soon, it could in fact take decades. However the constituent products combined in these materials will disintegrate into molecules and elements start to become liberated on instant contact with the UV light. Many molecules are volatile when broken from the polymer chains that we know as plastic. This problem is known as UV degradation, and is a common problem to just about anything exposed to the sunlight.

Studies on human daily intake-based risk assessment revealed that the use of bottled waters

would not pose a serious concern, but if more water bottles per day are consumed, it might affect human health. The exposure to PET can cause many negative adverse effects on health, including endocrine disruption, disorders of neurodevelopment, cardiovascular and reproductive systems and lead to a slew of dangerous health issues. The compound BPA used in manufacturing of plastic bottles have been linked to breast cancer development.

No matter how "safe" a plastic is, there is a very real need to avoid the potential of years of accumulation of the resulting plasticides in your body. The bottom line is that glass is better than plastic, wherever possible, otherwise, water bottle should be kept in a bag or covered when not in use (not exposed to bright sunlight for longer periods of time) and not to leave plastic bottles in hot temperatures.

Azka Irum
OHS&E Officer



Mahnoor Tariq
OHS&E Officer



Department in focus:

Facility Management & Safety Department

by Dr. Nowsher Yousaf
Senior Manager

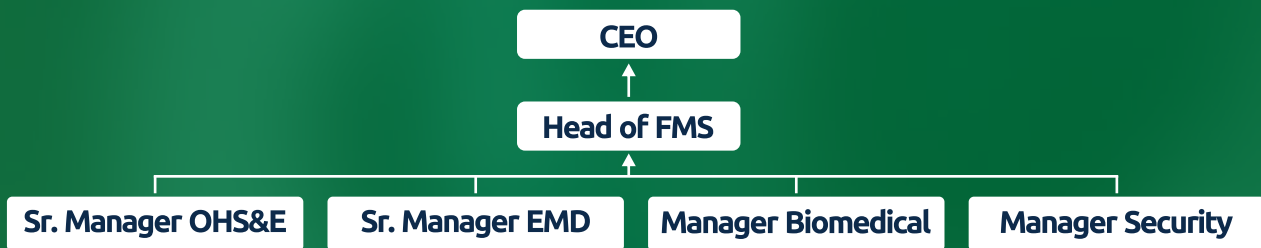


Northwest General Hospital & Research Center aims to provide safe, functional, and supportive facilities for patients, families, staff members, and visitors alike. To achieve such a goal, the department of Facility Management & Safety (FMS) has been established to

effectively manage the overall physical facility as well as medical and other equipment.

Depending on the hospital's size and complexity, a Facility Management & Safety (FMS) committee is formed to support the individual responsible for the facility

management and safety structure. This committee coordinates activities of the facility management and safety programs, such as completing risk assessment activities, analyzing and monitoring data, and implementing facility improvements.



For effective management, FMS department is striving to work on multidisciplinary planning, education, and monitoring as follows:

- The leaders plan the space, equipment, and resources needed to safely and effectively support the clinical services provided.
- All staff members are educated about the facility, how to reduce risks, and how to monitor and report situations that pose risk.
- Performance criteria are used to evaluate important systems and to identify needed improvements.
- Comprehensive, facility-wide risk assessments are developed and monitored for each of the facility management and safety programs when needed.

Overview of JCI Standards

The following is a list of all standards for FMS.

FMS. 1 Leadership and Planning

The hospital complies with relevant laws, regulations, building and fire safety codes, and facility inspection requirements. Hospital leadership and the hospital's facility management and safety structure are responsible for

- implementing the applicable requirements or approved alternative requirements;
- maintaining and documenting compliance with local and national laws, regulations, building and fire safety codes, inspection reports, and other facility requirements; and
- Planning and budgeting for the necessary replacement or upgrading of facilities, systems, and equipment to meet applicable requirements or as identified by monitoring data or to meet applicable requirements and providing evidence of progress toward implementing the improvements.

FMS. 2

Risk Assessment and Monitoring

The hospital develops and documents a comprehensive risk assessment based on facility management and safety risks identified throughout the organization, prioritizes the risks, establishes goals, and implements improvements to reduce and eliminate risks.

FMS. 3

Safety

The hospital develops and implements a program to provide a safe physical facility through inspection and planning to reduce risks.

FMS. 4

Security

NWGH has established a security program focusing on preventing loss, destruction, tampering, or unauthorized access or use which aims to provide a secure environment for patients, families, staff, and visitors.

FMS. 5

Hazardous Materials and Waste

The hospital develops and implements a hazardous materials and waste program focusing on handling, storage disposal and use of radioactive and other materials.

FMS. 6

Fire Safety

The hospital establishes and implements a program for fire safety that includes an ongoing assessment of risks and compliance with national and local codes, laws, and regulations for fire safety by conducting ongoing assessment of risks to enhance protection of property and occupants from fire and smoke.

FMS. 7

Medical Equipment

The hospital develops and implements a program for the management of medical equipment throughout the organization. Equipment is selected, maintained, and used in a manner to reduce risks.

FMS. 8

Utility Systems

The hospital develops and implements a program for the management of various utilities throughout the organization. Electrical, water, and other utility systems are maintained to minimize the risks of operating failures.

FMS. 9

Emergency and Disaster Management

The hospital develops, maintains, and tests an emergency management program to respond to internal and external emergencies and disasters that have the potential of occurring within the hospital and community. Risks are identified and response to epidemics, disasters, and emergencies is planned, including the evaluation of the structural integrity of patient care environments.

FMS. 10

Construction and Renovation

When planning for construction, renovation, and demolition projects, or maintenance activities that affect patient care, the organization conducts a preconstruction risk assessment. Risks to patients, staff, and visitors are identified and assessed during the construction, renovation, demolition, and other maintenance activities.

FMS. 11

Education

Staff and others are trained and educated about the hospital's facility management and safety programs and their roles in ensuring a safe and effective facility.

Gupshup with

Faheem Khan



Faheem Khan, a Welder at NWGH is one of the oldest and most loyal employees of the Northwest General Hospital and Research Centre. He greets people with a big smile on his face and is always there to have a fun yet meaningful chat. Faheem is an irreplaceable resource to the NWGH family and we look forward to his presence at the facility every day. Following is an interesting conversation we had with Faheem Khan.

01 Since when have you been working with NWGH?

I have been a part of the NWGH family from the 21st February, 2009. I intend to stay with Northwest and I have no intentions of leaving whatsoever. Even if provided with the opportunity to work somewhere else, I'd choose NWGH every single time because I love working here.

02 Do you enjoy working at NWGH?

Yes, I like working here that's why I spend a big portion of my life here. During my tenure here I have been offered too many jobs but I refuse because working here is so relaxing and I feel NWGH as my second home. As I am workaholic so the work load here doesn't bother me that much. Even though sometimes I work as a carpenter, electrician, plumber to help my other colleagues. I have made many friends here in NWGH and we spend time happily.

03 What does your typical day look like?

Normally in routine I come to hospital at 9:00 am after marking attendance I call to my manager and he assigns a task for the day. Like recently I am working on chairs for Northwest School of medicine's students in NWTH. I almost made 70 pieces yesterday. I really enjoy my work when someone admires it.

04 How about when you are unwell or ill?

I haven't faced any such illness but normally when I come for an examination I get 60% to 70% off on laboratory test and 40% off on all medicines available at the pharmacy.

05 How are the people at NWGH?

To be honest I have good relations with other staff members as well. Even consultants and owners respect me a lot. Doctors and nurses treat me with kindness. I feel all of them are like my own brothers and sister. Till date I did not face any misbehaviour from any staff member. I respect them and they respect me back.

06 What happens if you face some issues at your workplace?

As I work according to my manager's given instructions so far I have not faced any issue at my workplace. But whenever I will face any problem I will inform my manager immediately. In 2016, a cement bag fell on me from the fifth floor so I took picture of that and send it to my manager. He reached there on time and first he asked about me whether if I am alright or not. I really feel so proud by working under a manager such as Sir Irshad.

07 Does NWGH support you when you have personal issues?

Recently, Faheem's son was diagnosed with a serious backbone issue. The experts at NWGH carefully reviewed the case; however, the cost of the services was beyond Faheem could afford.

Faheem is proud to say that NWGH's upper management was compassionate and empathetic enough to contribute for the cause. The child is now healthy and recovering from his procedure.



National Quality Assurance (NQA)

Visits NWGH

A team of National Quality Assurance (NQA) Auditors visited Northwest General Hospital on the 24th of December, 2022 to carry out an ISO Surveillance Audit for Quality Management Systems.

The team visited all the critical care units starting from ER and had a detailed overview of the quality systems in place. They checked the implementation of all the healthcare policies and interviewed all the concerned staff to verify their knowledge of all the healthcare standards.

The external auditors were satisfied with implementation of these standards and the Northwest General Hospital Certification for the ISO 9001: 2015 Quality Management Systems (QMS) was successfully extended for the year 2023.



Smoking & Cessation of Tobacco

by **Ms. Fozia Taimur**
Clinical Psychologist



Tobacco was introduced in Europe and was brought from America at the end of the fifteenth century. At first used primarily for medical purposes for a variety of ailments including abscesses, fistulas, sore and polyps, it came to be burnt in pipes for pleasure on a large scale nearly 100 years later, at first in England and subsequently in Europe and throughout the world. Pipe smoking gave way to the use of tobacco as snuff and, in turn, to cigars and cigarettes at different times in different countries until cigarette smoking became the dominant form in most of the developed world between the two world wars. Societies were formed to discourage smoking at the beginning of the century in several countries.

In retrospect it can now be seen that medical evidence of the harm done by smoking has been accumulating for 200 years, at first in relation to cancers of the lip and mouth, and then in relation to vascular disease and cancer of the lung. Cigarette smoking has now been found to be positively associated with nearly 40 diseases or causes of death and to be negatively associated with eight or nine more.

Research indicates that many adolescents do not adequately understand and appreciate the risks that smoking entails. Beginning smokers give little conscious thought to risk. They are lured into the behavior by the prospects of fun, excitement and

adventure. Most begin to think of risk only after they have started to smoke regularly, become addicted, and gained what to them is new information and appreciation of smoking's health risks. Cigarette advertising and promotion are designed to play a key role in this process by exposing young people to massive amounts of positive imagery associated with smoking. Research in psychology and cognitive neuroscience as well as marketing studies done for and by the tobacco industry demonstrates how powerful such imagery can be in suppressing perception of risk and manipulating behavior.

- Pakistan smoking rate for 2022 – 31 million adults (age 15 plus) or about 19.7 % of adults
- 2020 was 20.20%
- 2019 was 20.80%
- 2018 was 20.80%
- In Pakistan tobacco use killed an estimated 163,360 people in 2017.



Methods of Smoking Cessation

- Smoking-cessation treatment consists of three phases: preparation, intervention, and maintenance.
- Preparation aims to increase the smoker's motivation to quit and to build confidence that he or she can be successful.
- Intervention can take any number of forms (or a combination of them) to help smokers to achieve abstinence.
- Maintenance, including support, coping strategies, and substitute behaviors, is necessary for permanent abstinence.

Moreover, many people act on the advice of a health professional in deciding to quit. Some are also aided by a smoking-cessation kit from a public or voluntary agency, a book, a tape, or an over-the-counter product.

Still others receive help from mass-media campaigns, or community programs. Counseling, voluntary and commercial clinics, nicotine replacement strategies, hypnosis, acupuncture, and behavioral programs are other methods used by smokers to break the habit.

Programs that include multiple treatments are more successful than single interventions. The most cost-effective strategy for smoking cessation for most smokers is self-care, which includes quitting on one's own and might also include acting on the advice of a health profession or using an aid such as a quit-smoking guide.

Many people can quit smoking, but staying off cigarettes requires maintenance, support, and additional techniques, such as relapse prevention.

Quit rates can be improved if clinicians provide more help (e.g., counseling, support) than just simple advice and warnings.

A majority of the public favors policies restricting smoking in public places and worksites.

References

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Success Story of Patient's Cessation

My name is XYZ & am 26 years old male, working as a clerical staff in a private setup. I started to smoke tobacco at the age of 17 out of curiosity & to seek pleasure because of the domestic disputes. At beginning I used to smoke 2-4 cigarettes /day, which eventually increased to 1 packet/day in about 5-6 months. I wasn't happy with my habit as it was financially challenging me but it was the only escapism all the time. I smoked for about 4 years and increased to 2 packets /day when someone recommended me to seek a professional help from a therapist. It was in 2021 that I finally decided to meet MS FOZIA psychologist at NWGH. I was in treatment with her for a couple of months & I appreciated the all treatment which I received for my betterment and ALHUMDULILLAH as am non-smoker till now.....

NWGH Quality Reassessment for IFC

After a series of meetings with key management and medical staff of the hospital and tours of the hospital, Northwest General Hospital & Research Center conducted a re-assessment for IFC Healthcare Quality Assessment Tool according to the JCI standards for International Accreditation of health care

facilities. As per the assessment findings, NWGH has quality standards in terms of high-alert medications, the surgical safety checklist, and the establishment of a system for resuscitation services – the teams, processes, and equipment. In addition, the establishment of policies for procedural sedation was also

appreciated. It was also noted that the staff and medical students were also to be more knowledgeable about the International Patient Safety Goals. NWGH is ecstatic to meet the IFC Quality Standards and provide quality healthcare at par with international standards.







Christmas Celebrations at NWGH

Christmas celebrations were observed in full swing and with high spirits by the Christian members of the Northwest General Hospital family.

The event comprised several segments including a theatrical skit and a performance based on jingle bells by the participants and a heartfelt speech prepared and read out by Ms. Chrisla Yasir. Gifts were distributed among the audience at the event by Santa Clause and even included a cake cutting ceremony. Dr. Zia Ur Rehman, CEO NWGH was present at the auspicious occasion and extended his warm wishes.







Annual Gala Dinner

An annual gala dinner was organized by Alliance Healthcare Private Limited (AHL) for all the esteemed employees across the company's different projects on 25th November 2022 at Northwest Institute of Health Sciences.

An award distribution ceremony took place towards the beginning of the event to honor the doctors and supporting staff members who went above and beyond the call of duty during times of COVID-19. Healthcare practitioners who also actively participated in and made valuable contributions to the Breast Cancer Awareness Campaign were also awarded. Lifetime achievement shields were

awarded to Dr. Khadim Ullah Kaka Khel, Consultant Dermatologist, and Prof. Dr. Mohibullah, Consultant ENT and Head & Neck Surgeon at NWGH for their valuable services throughout their years of service at NWGH. Dr. Muhammad Mukhtiar, Director of Clinical Affairs, and Administration was also honored with an award for his 8 years of commitment and service. Mr. Afsar Khan, COO of AHL, and Mr. Noor Ul Iman, Principal NWSM were also awarded shields for their dedication, expertise, and valuable insight. Dr. Zia Ur Rehman, CEO of NWGH, and Dr. Tariq Khan Hashim, Chairman AHL were both honored with achievement awards on

behalf of the entire staff which were presented to them by Mr. Zar Bacha, the carpenter at NWGH.

The event also included several theatrical performances exquisitely performed by the nursing and other supporting staff members. The event further comprised a variety of videos depicting how different healthcare professionals perform procedures within the operation theater.

The event came to a close with a musical and entertainment segment that was thoroughly enjoyed by the entire staff of AHL.







DIWALI GALA

Peshawar Hindu Panchayat Rajpot Welfare Society and AVA Welfare Events organized the 7th Diwali Sports Gala at Sher Khan Shaheed Stadium, Peshawar on 30th October, 2022.

Dr. Zia Ur Rehman, CEO NWSGH was invited in the capacity of special guest to the programme and commended the welfare society for having put together such a well planned and entertaining event. Mr. Wilson Wazir, MPA (Sitara-i-Imtiaz) was also among the esteemed guests at the event. The programme was arranged to celebrate Diwali and was dedicated towards the victims of the recent floods. The organizing body included Mr. Sham Lal, Vice President, Mr. Vikram Rajput, Joint secretary, Mr. Amit Kumar, Program Secretary, Mr. Anil Chand, Press and Information Secretary and Mr. Faqir Lal and Mr. Mohan Lal, BODs.

The programme consisted of a variety of recreational activities including a cricket match, FC dance performances, cake cutting ceremony, cultural show and sent out the message of peace, unity and interfaith harmony through and through.



HERA Official's Inspection Visit for Launching of Additional BS Programme

Officials of the Review committee of Higher Education Regulatory Authority (HERA) inspected the academic and governance aspects at Northwest Institute of Health Science. The inspection was held with regard to the launch of the additional BS Programme



Inspection team of Higher Education Regulatory Authority (HERA)

The very aim of the inspection was to assess the academic procedure & processes, availability of human resources, physical and financial resources of the institute. The team expressed great satisfaction over the required facilities and resources duly provided by Northwest College of Nursing.

Later on, Principal Northwest College of Nursing, Mr. Barkat Khan and Vice Principal, Ms. Afroz Bibi presented souvenirs to the HERA Officials.



Welcome Onboard!



Dr. Muhammad Athar Khalily

Profile

Dr. Muhammad Athar Khalily recently joined Northwest Teaching Hospital as a Consultant in Paediatric Neurology. He is the first FCPS Pediatric Neurologist in Khyber Pakhtunkhwa. He has done FCPS Paediatric Neurology, FCPS (Gen. Paeds), MRCPCH (UK), MRCP Paeds (Ireland), MRCPS (Glasgow, Scotland), and DCH (UK). He has experience treating and managing patients with Epilepsy, Neurometabolic Disorders, Neurodegenerative Disorders, Myopathies, Neuropathies, Demyelinating and Autoimmune Disorders, and Developmental Disorders, including children with ADHD, Autism, Speech and language disorder.

He did his MBBS from Ayub Medical College in 2009. He completed his training in General Paediatrics from CPSP Pak/Royal College of Physicians in Ireland in 2016 and worked in Ireland as a non-consultant Hospital Doctor from 2014-2016. On his return, he worked as an Assistant Professor, Paediatrics in Women Medical College Abbottabad for 6 months and Lady Reading Hospital Peshawar for about 2.5 years. He completed his second fellowship (FCPS Paediatric Neurology) at Children's Hospital and the University of Child Health Sciences, Lahore, in 2021.



Mr. Sajid Ullah

Profile

Mr. Sajid Ullah is working as the Paediatric Occupational Therapist at Occupational Therapy Department, Northwest Teaching Hospital. He did his BS in Occupational Therapy from Khyber Medical University (KMU), Peshawar, in 2021. During his undergraduate studies, he indulged in various co-curricular activities while being in the top 50 of his class. With his vigilance and determination, he achieved 4th place in his university. After graduation, he started as an occupational therapist at BASES (Behaviour Analysis and Special Education System), Islamabad. He has experience in assessing Autism, Down Syndrome, Cerebral Palsy (CP), Stroke, Development Delay (DD) and Epilepsy.



Dr. Madiha Khaliq

Profile

Dr. Madiha Khaliq is a young Speech and Language Pathologist. She postgraduated from Riphah International University in 2020.

She remained PG SLP for a period of eight months at Pakistan Railway hospital Islamabad. She worked as Lead Speech Pathologist at "The Autism Jewel Center" and several other rehabilitation centers. During her services, she provide clinical sites through MOU for Riphah International University's students and several of KMU's students also got trained under her supervision. She also was associated with University of Peshawar as Faculty Lecturer.

She has vast experience in assessing and treating speech, language and communication problems in patients of all ages including infants and adults. She deals with clients on the autism spectrum, those with articulation, stammering and cerebral palsy conditions, micro and macro cephalic, cleft lip, speech sounds disorders, those with learning disabilities, fluency disorders and voice disorders. In addition, she has experience in dealing with clients with neurological disorders having speech and language difficulties including dysarthria, dysphagia and aphasia. Her interventions include goal oriented therapies. The Northwest family welcomes Dr. Madiha on board who will be working in the capacity of a registered Behavior Technician at Northwest General Hospital.



Dr. Raza Hassan

Profile

We are pleased to introduce Dr. Raza Hassan (MBBS, MCPS, MRCS, FCPS, FEBOT, FRCS, DipSICOT), Consultant Trauma and Orthopaedics surgeon with special interest in Adult lower limb arthroplasty, trauma, sports and spinal surgery.

Dr. Raza Hassan has acquired his graduation degree from the prestigious Khyber Medical College. He completed his postgraduate training from College of Physicians and Surgeons, Pakistan. He then moved to the United Kingdom and has 14 years of experience to his credit working in different hospitals predominantly, at the Royal Free London Hospital. He has qualifications from Pakistan, Switzerland, Canada, Ireland and England. He has completed his FRCS in Trauma and Orthopaedics from the Royal College of Surgeons, England. He has done post fellowship training in adult lower limb arthroplasty including key-hole (arthroscopic) sports surgery. He has also worked in a degenerative spinal surgery unit dealing with lower back pain and all modalities of treatment including spinal injections. He is also a faculty member for various FRCS examinations while teaching different courses at orthopaedicsacademy.co.uk. He is passionate about bringing new procedures and techniques of international standards to the province of Khyber Pakhtunkhwa. His vision and mission encompass "Brain Gain" - paving easy pathways to return for overseas fraternity.

We welcome Dr. Raza Hassan on board and wish him a successful association with Northwest General Hospital and Research Centre.



Employee of the Month



Musharaf Khan

July

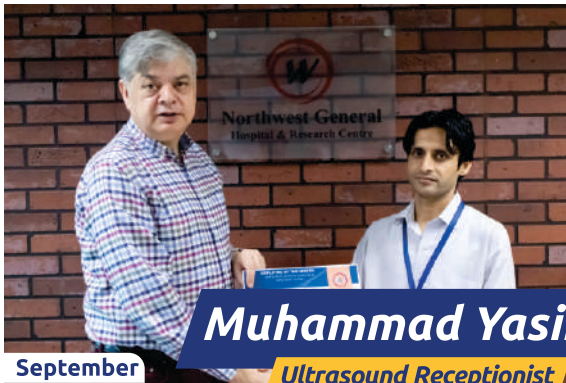
Porter Supervisor



Abdul Hadi

August

Housekeeping Supervisor



Muhammad Yasir

September

Ultrasound Receptionist



Shahnaz Gulab

October

Staff Nurse



Zarak Khan

November

OHS&E Officer



Fahim Ullah

December

Security Supervisor





Employee Appreciation

AUGUST



Fozia Taimoor
Clinical Psychologist



Seema Gul
Staff Nurse



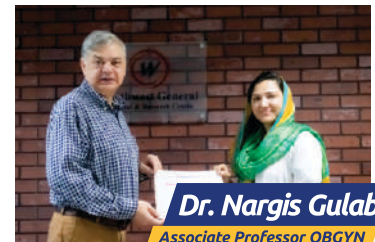
Farida Bibi
Staff Nurse



Sohni
House Attendant



Sahil Khan
Patient Care Assistant



Dr. Nargis Gulab
Associate Professor OBGYN



Abid Ali
Key Punch Operator



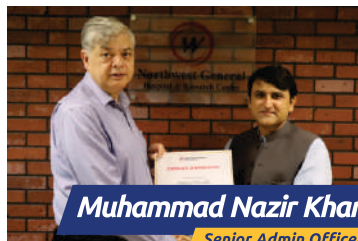
Salih Shah
Patient Care Assistant



Muhammad Jamil Ahmad
Staff Nurse



Rooh Ullah Jan
Nursing Intern



Muhammad Nazir Khan
Senior Admin Officer



Abid Ali
EEG Technician



Hajra Malik
Staff Nurse



Waseem Ullah
Staff Nurse



Saira Bibi
Patient Care Assistant



Naeem Jan
Senior ETT Technician



Irfan Ullah
Nursing Intern



Shah Hussain
Porter

SEPTEMBER



Saleh Shah
Patient Care Assistant



Rukhsana Tabasum
Assistant Manager Nursing



Waseem Ullaah
Staff Nurse



Hajra Malik
Staff Nurse



Rahim Shah
Staff Nurse



Ghanwa Arshad
PR Officer



Asif Ullah
Dispenser



Muhammad Yasir
Ultrasound Receptionist





OCTOBER



Aman Malik
Patient Care Assistant



Parveen Akhtar
Staff Nurse



Ghanwa Arshad
PR Officer



Raheem Ullah
PR Officer



Adnan
Ultrasound Receptionist



Muhammad Shahab
Security Guard



Hidayat Shah
Patient Care Assistant



Dr Saba
Nutritionist



Ehsan
Team Lead



Imran
Staff Nurse



Nasir
Staff Nurse



Khalil
Patient Care Assistant



Rukhsana Tabasum
Assistant Manager Nursing



Muhammad Yasir
Ultrasound Receptionist



Shah Hussain
Staff Nurse



Muhammad Ishaq
Security Guard



Anees
HR Officer



Zeeshan
Nutritionist



Rehmat
Nursing Supervisor



Asiya Atiq
PR Officer



Saima
AM Administration



Uzair Zulfiqar
PR Officer





NOVEMBER



Fauzia Taimoor
Psychologist



Nazia Khan
Staff Nurse



Sharoon Adeel
Staff Nurse



Maria
Staff Nurse



Hidayat Shah
Patient Care Assistant



Faryal
Staff Nurse



Hamad Ullah
Physiotherapy



Parveen Ahktar
Staff Nurse



Ghanwa Arshad
PR Officer

DECEMBER



Dr. Khushbukht
Doctor



Ghanwa Arshad
PR Officer



Bashir Hussain
Ultrasound Receptionist



Asad Ullah
House keeper



Congratulations on Your Promotion!



Muhammad Arif
Deputy Director IT Division AHL



Muhammad Nasir
Senior Manager MIS AHL



Aamir Saeed
Senior Manager IT



Dr. Muhammad Ibrahim
Registrar Orthopedics



Farkhunda
HR Officer



Muhammad Uzair
Junior Lab Scientific Officer



Asghar Khan
Porter



New Year's Message

Dr Zia Ur Rehman

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Monday - Saturday

 **9:00 AM - 5:00 PM**



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