



Northwest General
Hospital & Research Centre



Issue: 2

June to December, 2021

Newsletter



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Chairman's Message

I would like to thank all staff of Northwest, for the hard work and dedication in making us a High Quality Healthcare provider. I would also like to welcome the new students into Northwest School of Medicine, and Northwest Institute of Health Sciences and I hope that they will experience the best possible education and exposure while with us.

I am pleased to announce that Drug Regulatory Authority of Pakistan has approved NWGH as a Clinical Trial Unit for level three and four trials, which is a huge achievement for us and again, my sincere thanks to everyone who made it possible.

We have recently lost two of our founding members and very experienced, talented and renowned doctors of the country. Dr. Murad Ali, a pioneer of Ultrasonography in Pakistan passed away on 23rd June, 2021. Dr. Murad Ali was Head of Ultrasound Department. NWGH had benefitted from his administrative experience in addition to his excellent clinical skills. His passing has left a void which will be difficult to fill at NWGH.

Dr. Ikram Ullah Khan, who had been actively involved in establishment of NWGH at the time of its inception, passed away on 20th October 2021. A very experienced and talented gastroenterologist, Dr. Ikram Ullah drew upon his experience in the UK as well as his professional skills to contribute to the healthcare of the region.

Both Dr. Murad Ali and Dr. Ikram Ullah will be missed at NWGH.

I trust you will enjoy going through this edition of the NWGH newsletter, and learn about different aspects of NWGH.

Dr. Tariq Hashim Khan
Chairman, AHL



CEO's Message

I would like to extend my heartfelt gratitude and appreciation to all the staff of Northwest, both Clinical and Non-Clinical, for their commitment to excellence which makes us stand out and hospital of choice for people.

Covid-19 has been with us since early 2020 with varying intensities. With the appearance of new Omicron variant the number of cases has started rising once again. Although the severity of the disease with Omicron is not as intense as the Delta variant, but this does not mean that we should take the disease lightly. Covid-19 is going to be with us for the foreseeable future in one form or another. The only defense is VACCINATION. I would strongly encourage everyone who has not been vaccinated including children above the age of 12 to get vaccinated as soon as possible. Northwest has made it mandatory for all staff to be vaccinated and over 98% of them have complied. The use of face mask and social distancing should be practiced at all times even if you are vaccinated.

October is recognized internationally for Breast Cancer awareness and this year we have had a very busy month at Northwest. We delivered 12 Breast Cancer awareness sessions at various universities of the region. The tagline this year was "Timely Detection Wins". So, the emphasis was detection and treatment at the earliest possible. The final session was conducted at University of Peshawar which was graced by First Lady Begum Samina Arif Alvi who was very appreciative of the initiative taken by Northwest. Once again I would like to thank the entire team for planning and executing such a successful campaign.

Please take your time to go through the Newsletter, to acquaint yourself with the visible as well as behind-the-scene activities at Northwest. I hope you find this edition of Newsletter informative and useful.

Dr. Zia Ur Rehman
CEO, NWGH

COVID

Vaccination FAQs

by Dr. Naeem Khattak



What are the benefits of getting a COVID-19 vaccine?

A COVID-19 vaccine can:

- Prevent you from getting COVID-19, or becoming seriously ill due to COVID-19.
- Prevent you from spreading the COVID-19 virus to your family and colleagues.
- Prevent the COVID-19 virus from spreading and replicating, which allows it to mutate and possibly become more resistant to vaccines.

How many types of COVID-19 vaccines are available globally?

The WHO has evaluated the following vaccines against COVID-19, which have met the criteria for vaccine safety and efficacy:

- AstraZeneca/Oxford
- Moderna
- Sinopharm
- Sputnik
- Johnson and Johnson
- Pfizer/BioNTech
- Sinovac

Can the COVID-19 vaccine cause the COVID-19 disease?

No, the COVID-19 vaccines currently being developed globally don't use the live virus that causes COVID-19. It will take a few weeks for the human body to develop immunity after getting a COVID-19 vaccination. As a result, it's possible to get infected with COVID-19 just before or after being vaccinated.

Should I get the COVID-19 vaccine even if I've already had COVID-19?

After being infected with COVID-19, your immunity may offer some natural protection from the COVID-19 virus, however since reinfection is possible it is recommended that people who have already had COVID-19 infection receive the mandated doses of the COVID-19 vaccine as well.

Can I stop taking safety precautions after getting a COVID-19 vaccine?

You are considered fully vaccinated 2 weeks after you get a second dose of the COVID-19 vaccine. However, even after you are vaccinated, taking precautions is necessary. Wear a mask, especially in crowded, closed, and poorly ventilated settings, clean your hands frequently, and cover any cough or sneeze with your bent elbow to stop the spread of the virus.

Can I still get COVID-19 after I am vaccinated?

COVID-19 vaccination will protect most people from getting sick with COVID-19 infection. A tiny percentage of fully vaccinated people will still get COVID-19 if exposed to the virus. However, vaccination can make the illness less severe. If you are fully vaccinated, the risk of hospitalization and death due to COVID-19 is much lower than unvaccinated people.

Do the COVID-19 vaccines protect against the COVID-19 variants?

The COVID-19 vaccines are developed based on the S protein before containing the mutations in the variants. While research suggests that COVID-19 vaccines have lower efficacy against the variants, especially the newly emerged Lambda variant, the vaccines still appear to protect individuals from severe COVID-19.



DENGUE

Fever



by Dr. Shehzad Ahmad



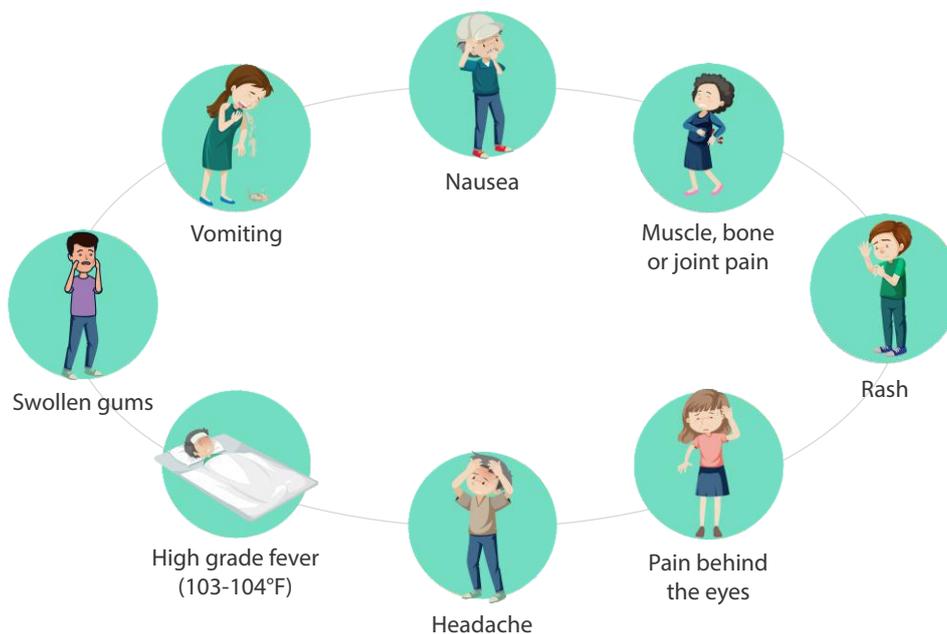
What is Dengue fever?

Dengue is an infectious disease caused by the four dengue virus serotypes: DENVs 1 – 4. It is a mosquito-borne disease and is primarily transmitted to humans by the female Aedes mosquito. The disease is mainly concentrated in tropical and subtropical regions, putting nearly a third of the human population at risk of infection worldwide. Infection with DENV results in varying degrees of pathological conditions, ranging from mild asymptomatic dengue fever (DF) to severe dengue haemorrhagic fever (DHF) and dengue shock syndrome (DSS), which may turn fatal. A dramatic worldwide expansion of the DENV has occurred due to rapid urbanization, an increase in international travel, a lack of effective mosquito control measures, and globalization. Though there is no approved drug, an update by Sanofi Pasteur reveals the licensure of its vaccines in Mexico, Brazil, the Philippines, and El Salvador.

Signs & symptoms:

Many people experience no signs or symptoms of dengue infection. However, when symptoms do occur, they may be mistaken for other illnesses such as the flu. It usually takes approximately 4 to 10 days for symptoms to surface after a mosquito infects you.

Following are some of the signs and symptoms of the dengue virus:



Difference between Dengue & COVID:

Coronavirus disease (COVID-19) is transmitted through the droplets of an infected person's cough, sneeze, or exhale. Dengue, on the other hand, is a mosquito-borne viral infection. However, initial onsets of both diseases have overlapping symptoms. As both conditions can be fatal, it is crucial to understand the basic similarities and differences. Dengue warning signs include persistent vomiting, mucosal bleeding, difficulty in breathing, bleeding from orifices, lethargy/restlessness, and postural hypotension. The warning signs for COVID-19 include difficulty in breathing, persistent headache, confusion, inability to wake or stay awake, drop in oxygen level, and persistent high-grade fever for 7 days or more. This list does not include all the possible signs and symptoms and may vary from patient to patient.

Role of Diet:

The diet recommended for people with the dengue virus includes foods rich in protein, iron and Vitamin C. These are the essential nutrients for preventing anaemia and increasing the formation of platelets, a necessary substance in preventing bleeding, which is absent in the human body during dengue.

How is Northwest Teaching Hospital helping?

A fully-equipped isolation ward has been established at the Northwest Teaching Hospital, Hayatabad for treating Dengue Fever patients. Our well-trained staff is available 24/7, and facilities such as bed nets, mosquito repellents, and health education material for the admitted patient are provided. Patients can also be admitted to the NWGH private rooms



**Timely
Detection
Wins**

#DetectEarly #TreatBetter

Breast Cancer Awareness 2021

Every October, Breast Cancer Awareness month is celebrated annually to raise awareness of the importance of early detection and diagnosis of Breast Cancer. Survivors, healthcare professionals and supporters gather on mutual platforms to address concerns, symptoms, prevention and methods for early detection. In order to raise awareness for breast cancer, self-examination and dispelling myths, Northwest General Hospital and Research Centre celebrated the entire month of October with multiple activities and awareness sessions. Not only did NWGH give out informative material for breast cancer, self-examination and early detection, but also went to various institutes to have in-person sessions with women from all walks of life. Moreover, our doctors had heartfelt talks with women who shared their experiences and fears related to breast cancer.

We would like to thank our competent team, **Dr. Shandana Khan, Dr. Atif Munawar, Dr. Noman Wazir, Dr. Saad Siddiqui, Dr. Sana Iqbal, Dr. Umer Khalil, Dr. Samra Iftikhar, Dr. Naayaab Khan, Dr. Najma, Dr. Fareeha Afzal, Dr. Ayesha Amjid, Dr. Muneeba Javed, Dr. Maimoona Sattar, Dr. Farah Wahid, Dr. Wajeeha, Dr. Sidra, Dr. Sumbal, Dr. Yabqa, Dr. Rida, Dr. Arooba, Miss Syeda Aliya Azhar and Miss Sonia Afseen** for their tireless efforts and giving detailed insights on benefits of early detection and the management of breast cancer.

These candid conversations with the public helped women understand breast cancer better and instilled the sense of regular self-examination and early detection. We hope that our continued efforts have made a significant change across KP.



Northwest General Hospital & Research Centre
November 5 at 7:31 PM · 62



As part of an ongoing national campaign on breast cancer awareness, the Honourable **First Lady of Pakistan Begum Samina Arif Alvi** visited the University of Peshawar where a session on Breast Cancer Awareness was organised by Northwest General Hospital and Research Centre, and the University.

Vice Chancellor University of Peshawar, Prof. Dr. Muhammad Idrees bid welcome to the Honourable First Lady as the Chief Guest at the occasion, and appreciated the interest taken by the Honourable First Lady in increasing awareness of this disease amongst staff and students of the University.

CEO NWGH Dr. Zia ur Rehman spoke to the audience and highlighted the lack of awareness that prevails in our society regarding not only breast cancer but also mental health and child abuse. Furthermore, he also shed light on NWGH's month-long campaign that included 12 sessions, two of which were specifically organised for men, at different universities in the region.



Northwest General Hospital & Research Centre has successfully concluded another breast cancer awareness session in collaboration with Parwan e Khanum at the National Incubation Centre Peshawar. Following the session was a heartfelt talk where women from all walks of life shared their experiences and fears related to breast cancer with the visiting doctors.

NWGH's team included Dr. Sana Iqbal, Dr. Muneeba Javed, Dr. Fareeha Afzal, Dr. Naayaab & Syeda Aliya Azhar.

We are grateful to our team for their continued efforts, and thankful to Parwan e Khanum and NIC Peshawar for their support.





Northwest General Hospital & Research Centre
October 20 '21



Sharing photos from today's breast cancer awareness session at City University of Science and Information Technology. The awareness session focused on symptoms, detection and diagnosis of Breast Cancer. The NWGH team included Dr. Naayaab Khan, Dr. Sana Iqbal, Dr. Maimoona Sattar, Dr. Farah Wahid, Syeda Aliya Azhar and Sonia Afsheen.

NWGH is thankful to the management of City University of Science and Information Technology for their support and arranging an outstanding event. We are also grateful to all the students for participating.

Location

Date

Iqra National University, Peshawar	October 7
CUSIT, Peshawar	October 20
Women University, Mardan	October 21
National Incubation Centre, Peshawar	October 22
University of Peshawar	October 25
NWGH Auditorium	October 27
IM Sciences, Peshawar - Session for Females	October 28
IM Sciences, Peshawar - Session for Males	October 28
CECOS University - Session for Females	October 29
CECOS University - Session for Males	October 29
University of Peshawar	November 5
Air University	November 30

Gupshup with

Jahanzeb Kaka (Gardener)

Jehanzeb Kaka (Gardener, NWGH) is one of the oldest and most loyal employees of Northwest General Hospital. He greets people with a big smile on his face and is always there to have a fun yet meaningful chat. Jehanzeb Kaka 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 Jehanzeb Kaka.



01 Since when have you been working with NWGH?

I have been a part of the NWGH family from the start, in 2009. I intend to stay with Northwest and I have no intentions of leaving whatsoever, unless everyone thinks I'm too old to work!

02 Do you enjoy working at NWGH that much?

I love every single day at NWGH. During my time here, I have been offered several other jobs, but I refuse to leave a place like this. It's safe to say NWGH is my home. Everyone here treated me with so much love and respect. I am proud of the services I render here and have gathered a team of Maalis. We have our own little squad and enjoy each passing day in each other's company. Any work I do is always acknowledged and praised by the upper management of NWGH.

03 What does your typical day look like?

Every day, my aim is to live my life with utmost simplicity and modesty. I reach my workplace around 6:00AM and leave around 3:00PM or later. During this time window, my day is always a happy and peaceful day. I really enjoy when people discuss plants with me or ask me about a particular flower. My favorite part of the day is when doctors and visitors use my landscapes as their backdrops on TikTok and Snapchat. Their poses and acting really amuses me!

04 How are the people at NWGH?

The people at NWGH are extremely respectful and kind towards me. In fact, every single person here treats me like family and always look after my well-being.

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

There are hardly any issues faced by me at NWGH however if I am short on some material used for gardening, I instantly inform my senior and he arranges the required material immediately.

06 Does NWGH support you when you have personal issues?

In the recent past, my daughter was getting married and I was extremely stressed due to financial challenges. I expressed my problems to the senior management and I received a loan that I am paying back in installments. Moreover, everyone in the staff helps me whenever I need anything. I am indebted to NWGH for helping me through my difficult days.

07 How about when you are unwell or ill?

I recently got one of my eyes operated and the management gave me sick leave without a hassle. No one ever questioned my absence or inability to work on a certain day.



Acknowledging the tireless efforts of the City Traffic Police, Peshawar

On 13 August 2021, Northwest General Hospital arranged to celebrate the true spirit of independence and patriotism. The team spent a day with the City Traffic Police Peshawar and appreciated their efforts and dedication towards their job and creating awareness among the public, to contribute towards a more prosperous Pakistan.

Being the region's leading healthcare provider, NWGH is committed to the well-being of society and acknowledges the responsibility and commitment of the local traffic police for being exposed to high-risk situations all day long. As a token of its appreciation for traffic police services, NWGH launched a health safety initiative with the City Traffic Police Peshawar. This initiative aimed to train the traffic police on how to stay safe and healthy while carrying out their duties. The training entailed safety from COVID -19, healthy nutrition, and maintaining good health despite long duty hours and working conditions. In addition, NWGH's medical experts also trained the traffic police on providing first aid, thus equipping them with emergency life-saving skills in case of accidents or emergencies.

To support and appreciate the efforts of the local traffic police, Dr. Zia Ur Rehman, CEO NWGH, gifted helmets to Capital City Police Peshawar for their newly launched City Patrol Force on behalf of Northwest General Hospital. NWGH looks forward to supporting and acknowledging the contributions and tireless efforts of the traffic police towards ensuring road safety and facilitating the public.



Preventing Abuse Amongst Children

For years, sexual abuse amongst children has been high, but gone unreported due to the taboo nature of the topic. Sexual abuse not only compromises a child's physical and mental health but also makes them prone to poor life choices in the future. Fortunately, mindsets have evolved and have led responsible citizens to take all sorts of measures to raise awareness about, and help bring an end to, this heinous act. NWGH strongly advocates bringing this issue to the forefront, and for this purpose arranged an awareness session on Sexual Abuse Amongst Children, in collaboration with Ran'aa Child Welfare Foundation. The aim of the session was to address this evil of the society and help provide newer generations with a healthy, happy and secure life.





ENT Department

at NWGH

by Dr. Imran Mohib Ullah

The ENT Department at NWGH comprises of four renowned and highly qualified Consultants leading a competent team of Registrars and Medical Officers. The ENT Department provides treatment for all common ENT Pathologies such as sore throat, nasal congestion, and hearing problems in adults and children. In addition, common surgeries such as Tonsillectomy, Septoplasty, and Grommets also take place within the department. Moreover, the ENT Department at NWGH also provides highly specialized treatment options for conditions like Sinusitis, such as Functional Endoscopic Sinus Surgery, which is globally the gold standard of surgical treatment of sinus pathologies.

The ENT team has expanded its endoscopic abilities to Skull Base Surgery as well. Furthermore, the department has also introduced endoscopic approaches such as Endoscopic Myringoplasty (eardrum repair) and Mastoid Surgery, which are relatively new methods for treating ear diseases.

Cancer is a debilitating disease and here at NWGH, we appreciate the ordeal that patients with head and neck cancers go through. The ENT team works in close liaison with the Oncology and Radiology departments at NWGH for multidisciplinary facilities and comprehensive treatment plans, all under one roof.

The ENT team has the services of highly trained facial plastic surgeons who can perform corrective nasal aesthetic procedures such as Rhinoplasty.

ENT disease amongst children is very common and the ENT department at NWGH has Paediatric facilities such as flexible and rigid paediatric endoscopes for effective treatments of paediatric airway diseases. NWGH's Neonatal ICU is well-equipped and provides concerted care for Neonates.

At NWGH, we believe in a holistic approach to patient management, providing our patients with the utmost care and comfort throughout their treatment.



Ear



Nose



Throat



The Nephrology

Department

by Dr. Arbab Nisar Ahmad Khan

The Nephrology Department at the Northwest General Hospital is as old as the hospital itself. The Nephrology services at NWGH began in 2008 under the supervision of **Dr. Arbab Nisar Ahmad Khan** (FRCP, UK), one of the pioneers in Nephrology in Khyber Pakhtunkhwa. Dr. Nisar had previously established the Department of Nephrology in Lady Reading Hospital, Peshawar and founded the Nephrology Unit at RMI, Peshawar. Dr. Arbab Nisar Ahmad Khan completed his training in Nephrology, dialysis, and transplantation in the United Kingdom, where he worked at several prestigious teaching hospitals.

The clinical management of patients with kidney diseases is one of the strongest suites of NWGH. At the Nephrology Department, doctors are available for comprehensive checkups and diagnoses. Patients are treated with the utmost professionalism and have access to quality healthcare and multidisciplinary facilities from the NWGH Laboratory and Radiology Department. The Ultrasound-guided Kidney Biopsy at NWGH is performed expertly using advanced technologies such as the Biopsy Gun, even for small children. Patients admitted due to kidney failure are looked after by our highly trained staff and are provided excellent management. For utmost care, NWGH provides bedside dialysis to all in-patients critically ill in Medical ICU, Medical HDU, Surgical ICU, Stroke Unit, and CCU.

The Dialysis Unit at Northwest General Hospital is renowned and at par with international establishments. Not only do locals visit the facility but also patients from the Middle East, Afghanistan, Europe, and the United States, for haemodialysis. NWGH is proud to have the largest and most modern dialysis unit in the private sector with 25 dialysis stations and provides dialysis to patients under the **Sehat Insaf Card** program as well.

Permanent Vascular Access for haemodialysis such as Arterio-Venous Fistula and Insertion of Perm-Cath for dialysis are routinely performed at NWGH. Moreover, **Peritoneal Dialysis** is also performed at the Paediatric ICU for infants and toddlers. These patients are managed under the combined supervision of Paediatricians and Nephrologists. Continuous Ambulatory Peritoneal Dialysis or CAPD is also carried out for patients in need. Lastly, **Successful Live Related Renal Transplantations** are also performed at NWGH. Patients can also opt for a renal transplant under the Sehat Insaf Card program.

The availability of modern urological procedures at the Northwest General Hospital contributes tremendously to the excellent management of patients with kidney diseases. The Urology department, with highly qualified and very experienced Urologists namely, Dr. Mian Naushad Ali Kakakhel (FRCS) and Dr. Aziz-Ur-Rehman (FRCS), perform latest procedures such as Laparoscopic Nephrectomy, PCNL, URS, and Insertion of JJ Stenting and ESWL in addition to TURP and all other conventional surgical procedures.



Impact of PLASTIC WASTE on Environment

The production of plastics causes serious damage to the Earth's ecosystem due to the release of greenhouse gases (CO₂, CH₄, O₃, and N₂O) into the atmosphere in large quantities every year. The formation of greenhouse gases leads to climate change due to increased temperatures, and it is also expected to change the composition of the environment as pollutants enter different matrices (air, soil, water, sediment) thus increasing the toxicity of certain compounds, such as persistent organic substances.

One major threat is the pollution of the oceans. By 2050, garbage in the oceans might exceed the total weight of all fish if the current trend of plastic use continues. This will not only lead to the death of marine life but also threatens human health through the food chain since micro- and nano-plastics in seafood can have adverse effects on human health.

Each and every person has a key role to play in controlling plastic use. This can be done by adopting the "3 Rs":

1. Reduce the use of plastic in favor of more environmentally friendly options such as cloth and paper.
2. Reuse plastic bottles for other purposes, such as growing plants.
3. Recycling at the industrial level, where plastic products are reprocessed into new and useful products.



Sehat Sahulat Card

Northwest General and Teaching Hospitals offers top-notch facilities and multi-disciplinary specialties under one roof for convenience and increased patient satisfaction. Over the last decade, Northwest General has provided quality healthcare in line with international standards through advanced technology to the population of the region as well as Afghanistan. Northwest General Hospital & Research Center and Northwest Teaching Hospital offer free medical treatment under the Sehat Sahulat Program to the residents of Khyber Pakhtunkhwa. Every eligible CNIC holder of the KP can avail of quality healthcare services at NWGH under Sehat Sahulat Card.

Individuals suffering from heart conditions that require expensive and complex procedures can benefit from the Sehat Sahulat Card services at NWGH. The Hospital offers Angioplasty with single, two, and three stents, Chest Intubation, Coarctation of Aorta, Coro Angiography with all-inclusive DDDR Pacemaker (PPM), Pericardial Intubation, Permanent Pacemaker along with CCU services to heart patients, free of cost. Mothers and children are also offered quality healthcare in the Gynae and Paeds departments under the Sehat Sahulat Program . This covers normal delivery, C-section, and ICU & HDU facilities in case of complications. Gastrointestinal disorders such as acid reflux and bowel disorders are also addressed with the necessary treatment such as Colonoscopy, Esophageal Sclerotherapy, and Upper GI Endoscopy with or without biopsy.

Under the Sehat Sahulat Program, other health conditions that require complex care and treatment are also managed with empathy and professionalism by our specialized doctors at NWTG.



In Memoriam of Dr. Murad Ali

The Pioneer of Sonology in Khyber Pakhtunkhwa and our dearest Prof. Dr. Murad Ali left us for his heavenly abode on the 22nd of June, 2021. The Northwest General Hospital held a memorial service for the loss of a brilliant Sonologist and key family member of the Northwest family.

The Northwest team is grateful and deeply touched by the contribution and participation of Dr. Murad's family and friends who attended the memorial service while they were in mourning.

Dr. Murad was not only the best Sonologist in the province, but he also co-founded Sarhad Conservation Network in 2002. He actively participated and initiated plantation drives, arranged campaigns for ecosystem preservation and made efforts to protect and promote the cultural heritage of Khyber Pakhtunkhwa.

Dr. Murad's passing has left a massive void in the medical field, which will be very hard to fill. The day he left us, individuals of the healthcare sector and the public also mourned his loss. His contributions to society and the healthcare sector were shared and admired all over social media as well.

Being one of the senior-most members of Northwest General Hospital and a pioneer in Sonology in Khyber Pakhtunkhwa, Dr. Murad had vast experience of over 3 decades. The Northwest General Hospital community will forever remember the services and dedication Dr. Murad Ali contributed to the hospital and the region.



*In Memoriam
of Dr. Murad Ali*
by Ashraf Adeel

With his smiling eyes
And carefully chiseled fingers
He saw the world and grasped the hearts.
He aspired to turn the wind into images
To turn life into poetry.

Murad! My friend of youthful days!
You should have waited for me,
An embrace, a good bye
A last look into your tranquil eyes!

I needed to hold your hand one last time
I needed to ask: what is going on with your magical aspirations,
I needed to see the grace you were,
one more time!
Smile Murad!

Tell me "it was getting late Ashraf!
I had to arrive for my date
One couldn't keep the angels waiting!"
Smile my friend! Your youthful days are dancing in my eyes.

And I wonder
Why couldn't the angels wait?
Why?

In Memoriam of

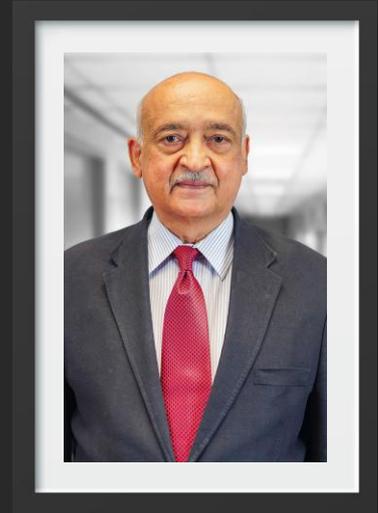
Prof. Dr. Ikram Ullah

Prof. Dr. Ikram Ullah was a beloved team member of NWGH, a renowned Gastroenterologist of the region, and a great philanthropist who left us on the 20th of October 2021 while fighting with COVID-19. Not only was he gifted and competent, but he was also known for his selfless services of treating people free of cost for society's overall well-being.

Prof. Dr. Ikram Ullah completed his MBBS in 1976, was very active in student politics, and was elected as General Secretary of Khyber Medical College Student Union. After completing his house job, he left for England and practised there for 12 years. In 1992, Prof. Dr. Ikram came back to Pakistan to serve the people of his country and joined Lady Reading Hospital.

He was the pioneer of Gastroenterology in Khyber Pakhtunkhwa, and after working for 11 years at the Lady Reading Hospital, he resigned in 2001. Prof. Dr. Ikram Ullah Khan joined Alliance Healthcare Private Limited in 2005. Since the inception of NWGH, Prof. Dr. Ikram Ullah had been a key member of the NWGH family and the force behind establishing the Gastroenterology Department at NWGH. He received an achievement award from the Royal College of Physicians and Pakistan Society of GI & Endoscopy, presented to him by President of RCP Prof. Derek Bell (OBE FRCPE) and Mr. Shaukat Yousafzai (Minister for Health and Information Khyber Pakhtunkhwa).

On the 6th of January 2022, Prof. Dr. Ikram Ullah's family, friends, co-workers, and NWGH family gathered to remember and cherish his life and memories. Everyone at the memorial shared heartfelt words for the irreplaceable loss. The management of NWGH extends its gratitude to everyone who joined them in remembering Prof. Dr. Ikram Ullah. Let us pray for the departed soul and follow his footsteps of giving back to the less fortunate and the overall society.



Memorandum Understanding



MoU WITH KUWAIT HOSPITAL

Memorandum of Understanding



On the 15th of July 2021, an MoU was signed between the Cardiac Surgery Department, Northwest General Hospital and Cardiology Department, Kuwait Teaching Hospital. Prof. Dr. Niaz Ali, Cardiac Surgeon at NWGH, and Dr. Syed Tahir Shah, Head of Cardiology Department at Kuwait Teaching Hospital signed the MoU for mutual support and to facilitate the people of the region. As per the MoU, NWGH will treat all cardiac patients of Kuwait Teaching Hospital that require either immediate care (emergency) or an elective intervention.

Memorandum Understanding



MoU with Rukhsana Mother and Childcare Trust Hospital

On the 6th of August 2021, an MoU was signed between Northwest Teaching Hospital and Rukhsana Mother and Childcare Trust Hospital. Dr. Zia Ur Rehman, CEO at NWSGH, and Dr. Diane Sampson, Medical Advisor at RMCTH, signed the MoU on behalf of their respective hospitals. Mr. Amjad Arbab, Trustee & Coordinator Executive Committee at RMCTH, was also present on the occasion.

NWSGH will provide standardized care to the RMCTH referral patients of Obstetrics, Gynaecology and Paediatrics. NWSGH will also provide laboratory facilities and ultrasound support to these patients as well. Moreover, NWSGH will also arrange free medical camps at RMCTH as an outreach activity, to bring healthcare closer to the populace of the peripheries, and will also train the staff of RMCTH in line with latest healthcare standards as practices at Northwest.

Northwest Teaching Hospital provides quality healthcare services to the people of the region and surrounding areas at considerably lower rates. RMCTH is a not-for-profit trust hospital in a rural community that offers WHO standard antenatal care, deliveries, postnatal and pediatric care to mothers and children of the area. RMCTH aims to provide high-quality, low-cost care to patients of the area.

MoU with Ran'aa Child Welfare Foundation

An MoU was signed between Northwest Teaching Hospital and Ran'aa Child Welfare Foundation, for providing healthcare facilities to registered patients of Ran'aa Child Welfare Foundation including free consultations, discounted medicines and laboratory tests.

Northwest acknowledges the efforts of Ran'aa Child Welfare Foundation and looks forward to providing quality healthcare to the people of our region in support of Ran'aa.





Plantation

Drive at NWSM & NWIHS

Northwest School of Medicine & Northwest Institute of Health Sciences organised plantation drives at their respective campuses on the occasions of Pakistan's Independence Day & World Environment Day. Staff members and students were encouraged to participate in the plantation activities to show their support for the environment. NWSM & NWIHS are actively playing their part in curbing pollution and ensuring a Green Pakistan.





PLANTATION DRIVE AT NWGH

As part of the Independence Day celebrations at the Northwest General Hospital, Dr. Zia Ur Rehman, CEO NWGH, led a plantation drive at the Hospital premises. Among the many duties to our beloved homeland, it is our responsibility to keep Pakistan clean and green, not just for ourselves but also for the generations to come. In line with this duty, NWGH ensures environmentally safe practices through its Occupational Health, Safety & Environment department, and this plantation drive was a part of Northwest's social responsibility towards the environment.

Nuclear Medicine and Molecular Imaging

The Nuclear Medicine and Molecular Imaging department at NWGH was established in 2013, and has since performed more than 25,000 procedures. The NMMI Department uses small amounts of radioactive material to diagnose, evaluate and treat certain diseases. The department is quipped with a state-of-the-art and the first dual head GE SPECT-CT gamma camera of Khyber Pakhtunkhwa. Two purpose-built rooms are dedicated for radioactive iodine therapy, while Thyroid cancer clinic is held daily on working days.

NMMI Department at NWGH is ISO certified and follows all guidelines, rules and regulations of Pakistan Nuclear Regulatory Authority (PNRA) and International Atomic Energy Agency (IAEA).

The Department is headed by Dr. Muhammad Saadullah, a highly qualified Nuclear Physician with almost 20 years of experience in Nuclear Medicine, at International as well as local hospitals. Dr. Saadullah joined NWGH in 2012 and established the department which started functioning in 2013. Dr. Saadullah leads a team of fully qualified and experienced Nuclear Physicians, Physicists, Technologists, Nurses and well-trained supporting staff.

Following is the list of common scans and therapies performed in the department.

Cardiovascular System	MIBI Rest Scan: Viability & Perfusion	Oncology	I-131 Whole Body Scan
Cardiovascular System	MUGA Scan	Oncology	MIBG Scan: I-131
Cardiovascular System	Myocardial Perfusion with Sestamibi /Thallium	Oncology	MIBI Scan for Tumor Imaging
Endocrine System	Parathyroid Scan (Dual Phase)	Oncology	Octreotide Scan with Tc99m EDDA/HYNIC
Endocrine System	Thyroid Scan and Uptake	Respiratory System	Lung Perfusion Scan
Gastrointestinal System	Bleeding Scan with Colloid	Respiratory System	Quantitative Lung Scan
Gastrointestinal System	Bleeding Scan with RBC Tagging	Respiratory System	V/Q Scan
Gastrointestinal System	Gastric Emptying / Motility Scan	Skeletal System	Bone Scan
Gastrointestinal System	Meckel's Scan (Heterotopic Gastric Mucosa)	Urinary System	Renal Artery Stenosis
Gastrointestinal System	Urea Breath Test	Urinary System	Renal Scan with DMSA (Cortical Imaging)
Genital System	Testicular / Scrotal Scan	Urinary System	Renal Scan with DTPA (GFR)
Hepatobiliary System	Hemangioma (Liver) Scan with RBC Tagging	Urinary System	Renal Scan with MAG3 (ERPF)
Hepatobiliary System	Hepatobiliary Scan: HIDA	Urinary System	Vesicoureteric Reflux: Cysto Scintigraphy
Hepatobiliary System	Liver Spleen Scan with Colloid	Therapy	I-131 Therapy for Carcinoma of Thyroid
Infection and Inflammation	Tc99m-Ciprofloxacin	Therapy	I-131 Therapy for Thyrotoxicosis
Lymphatic System	Lymphatic Scan for Limbs	Therapy	Strontium (Sr89)
Oncology	I-131 Post therapy Whole Body Scan		

The NMMI department at NWGH is the first setup in the private healthcare sector to offer this service in KPK. Our aim is to provide quality scans and therapies, especially those which are not performed elsewhere in the province.

Home Health Services



Sampling



Physiotherapy



Pharmacy

For more details drop a message

 **0303 5838800**



Free Medical Camp

at Rukhsana Mother and Childcare Trust Hospital



On the 17th of November 2021, Northwest General Hospital & Research Centre conducted a free medical camp at Rukhsana Mother and Childcare Trust Hospital. This free camp was a part of NWGH's Corporate Social Responsibility, to improve overall healthcare in the region. RMCTH has been established in Hindko Kalay, Warsak Road, Peshawar to bring quality healthcare to the vulnerable population of the region that cannot afford quality healthcare.

The medical camp was a huge success, and people from the surrounding areas appreciated the initiative. One of the patients said, "We are pleased that this hospital was made, and specialists from Northwest Hospital came to our village. It costs a lot to travel to main Peshawar city and sometimes it is too late to go to a hospital. Northwest Hospital has helped us a lot by coming to our village, and we hope their doctors come visit RMCTH more often".

NWGH provided medical, diagnostic and pharmaceutical services to the patients at RMCTH. The team examined over 621 patients and provided them with expert advice. Free ultrasounds were carried out, and medication were dispensed to all the patients requiring it. Mr. Amjad Ali Arbab, one of the Trustees of RMCTH who was at the Free Medical Camp the whole day, appreciated the initiative by NWGH and said: "These areas of Peshawar are home to low-income and poverty hit individuals. We established RMCTH to cater to the medical needs of these people while mainly focusing on mother and child care. My team and I are thankful to the doctors of NWGH to visit our hospital and provide quality care to the individuals of the region".

World Diabetes Day 2021 at NWGH



On the 15th of November 2021, Northwest General Hospital and Research Centre organized an awareness walk to observe World Diabetes Day. The nursing, paramedical, administrative staff and doctors of NWGH participated in the walk. Dr. Zia Ur Rehman (CEO, NWGH) cut a ribbon to formally inaugurate a free diabetes screening camp. Even though it has almost been a century since insulin is being used in managing the disease, diabetes care remains beyond the reach of many suffering from it. In order to change this, NWGH aims to reach out to people and provide effective diabetes management and care.



**ACCESS TO DIABETES CARE:
IF NOT NOW, WHEN?**



The Notorious Omicron Variant

by Dr. Muhammad Asim

Mutation is a change to the sequence of an organism's genetic code. Viruses constantly change through mutation, and sometimes these mutations result in a new variant of the parent virus. Due to these mutations in SAR-CoV-2, a new variant known as the Omicron has emerged. Omicron is a Greek word for the number "fifteen". It contains over 30 mutations in the spike protein on the virus's surface. The Omicron variant has increased transmissibility and decreased susceptibility to neutralizing antibodies. The first case of the Omicron was reported to WHO from South Africa on 24 November 2021. On 26 November 2021, the WHO designated Omicron as a variant of concern. Till date, the variant has spread like wildfire in over 108 countries and is spreading faster than any previous variant.

The severity of illness and death associated with this variant still remains unclear. It may take up to several weeks before experts understand the trends of the Omicron variant. Studies are underway to look at the transmissibility, symptoms and severity of infection and effectiveness of treatments. Since all variants of COVID-19 can cause severe disease or death, especially in vulnerable people, prevention is essential. Current vaccines remain effective against preventing severe illness, hospitalizations, and death amongst COVID-19 patients. Breakthrough infections are infections that occur amongst fully vaccinated people. Ongoing studies show that fully vaccinated people who become infected with the Omicron variant can effectively spread the virus to others.

The recent emergence of the Omicron variant further emphasizes the importance of vaccination and boosters. The Government of Pakistan has directed all eligible citizens to have a booster dose of the COVID Vaccine. Similar to the other variants, the widely used PCR tests can also detect infection with the Omicron variant. Furthermore, corticosteroids and IL6 receptor blockers have yet again proven to be effective for managing patients with severe Omicron COVID-19. Other treatments are being assessed for effectiveness against the Omicron variant. Some monoclonal antibody treatments may not be as effective against infection with Omicron. Most importantly, the most effective way to reduce the spread of all SAR-CoV-2 variants remains prevention. Therefore, to prevent the spread of the deadly COVID-19, follow these prevention strategies:

- Avoid poorly ventilated spaces.
- Wear a well-fitted mask.
- Avoid unnecessary touching of your face, especially eyes, mouth and nose.
- Regularly wash or sanitize your hands.
- Cough or sneeze into a bent elbow or tissue.
- Maintain a distance of at least 1 meter from others.
- Vaccinate yourself and your loved ones.



Male or Female

The Dilemma of Undetermined Gender in Children

by Dr. Obaidullah



I feel very depressed today. The fifth kid with undetermined gender, proved to be the last straw. I see that little knowledge is proving so dangerous. All of these kids were born with genitalia like girls. Later on, the mum notices something missing and goes to the doctor. Now this doctor could be a GP, a pediatrician, a surgeon or a Urologist. Nonetheless, a test for chromosomes (Karyotyping) is ordered. After a month of anxious waiting, the test results comes as 46XY. Hurrah, the doctor jumps and congratulates the parents "It's a boy!". But then dumps the kid on me. The parents go through a lot of stress; the stress of having a baby with undetermined gender, the stress of responding to the doctor's "Hurrah" and changing the name to a boy, the stress of presenting the baby dressed in boys clothes. So far so good, however I see the kid and think it would have been better if the baby had remained a girl. Sometimes a baby girl grows to puberty and beyond and the same thing happens. The newspaper shouts the story "لوکی لڑکا بن گئی". So the girl herself goes through the trauma of gender change now. A house bound young girl, always clad in purda, playing with her neighbourhood girls is suddenly thrown outside without a chadar. It's a shocking experience for her.

Basically, gender assignment depends on five factors. First is chromosomal, which determines in most cases to be XX or XY. Second factor is morphology, meaning how the baby looks. Third is parental naming and declaration. Fourth, rearing the child according to gender. Finally the psychological identity. There are normal people with no ambiguity of gender who think they are trapped in a body opposite to their psychological gender.

Let's come to the first factor. The Y chromosome causes disappearance of the female organs. Sometimes, the Y chromosome doesn't have the crucial SRY gene and the kid is born female. Sometimes, the XX chromosome makes the baby female but the hormone production pathway causes excess of testosterone (the male hormone). At birth, the kid is chromosomes wise female but looks male. The kids need quick decision and some essential steroids administration. Without replacement, these kids might die. At other times, the male (XY) hormone production is normal but there are no receptors in their genitalia therefore they look like girl genitalia.

Our misogynous society desperately wants baby boys. An abnormal baby boy is preferred over normal baby girls. Naturally, when a kid with undetermined gender is brought to the doctor, only a chromosomal analysis is ordered. If by chance it turns out to be XY, the parents are ecstatic on hearing "it's a baby boy". Immediately the name is changed and they are dressed as baby boys without any second consultation. Even surgeons and pediatricians commit this mistake. Baby's testes are surgically brought down into the scrotum without regards for their efficiency and they have very small penises. "That's no problem; go to a plastic surgeon and he will fix it".

That's the point when I feel the blues. Sometimes, the kids are grown and already adolescent. Parents seek advice only when a girl remains flat-chested with no monthly menstruation. The same saga is repeated, conversion is celebrated, dress changed and baptized again with a male name. I see them when the patient has been through the trauma of gender change already. They are at the point of no return.

If by any luck I see them early, we arrange a combined consultation in a group of concerned doctors. Our group consists of Endocrinologist, Gynecologist, Urologist, Plastic Surgeon, Psychiatrist, Psychologist and a Pediatrician. We include parents in the discussion, too. Some parents think that a male child, no matter how incomplete, would be able to fend for themselves. However, my experience is different. All those male boys who had changed their gender in adolescence, are more subject to sexual abuse. So that myth is busted.

If we find out that the kid would not grow his genitalia normally, keeping them as females is a good alternative. That's without going through the trauma of gender change.

So I request all parents and their doctors, NOT to declare or change a kid's gender without consulting a board of doctors working on these patients already.

Training & Development Cell at NWGH

by Salma Athar and Nida Hassan



The Human Resource Department at Northwest General Hospital & Research Centre is divided into three cells:



• Recruitment & Selection



• Payroll



• Training & Development

Northwest General Hospital & Research Centre has successfully automated various trainings via the HMIS. The Training and Development Cell at the Hospital carries out educational activities within the hospital to enhance the knowledge and skills of employees while guiding them on how to perform specific tasks more efficiently. These continuous trainings and sessions not only help employees develop their skills but also increases their job satisfaction, morale, motivation, and reduces the overall turnover rate.

The aim of the Training & Development Cell at NWGH is to develop additional skill sets amongst employees in the following areas:

- Basic Life Support
- Organizational Skills
- Employee Mental Health Well-Being
- Communication Skills
- Second Victim
- Leadership Skills
- Harassment

Every month, two orientation sessions are arranged to assimilate new employees into the Hospital. During these sessions, the T&D cell walks the employees through the NWGH policies, values, rules & regulations, and the diverse culture of the hospital. Besides this, Basic Life Support training is arranged weekly for all clinical and non-clinical staff members to further educate them on the use of basic medical care in emergencies until the patient receives professional care.

The continuous Training & Development activities promote teamwork and provide new opportunities to employees within NWGH.



International Day of Persons with Disabilities 2021

Fighting for rights in the COVID era.

International Day of Persons with Disabilities serves as an annual reminder for inclusivity of, and promoting the rights of, persons with disabilities. The ongoing COVID-19 pandemic has drastically impacted the whole world and people who live with disabilities have been especially affected and have significantly suffered in terms of healthcare and rehabilitation services. On this day, we must gather and advocate the rights of persons with disabilities as an investment in a shared future, provide them with necessary healthcare needs, and support them to ensure their participation in life on equal terms.





Self-Medication

by Dr. Roheena

Self-medication is a human behaviour that involves consuming drugs and medicine without a doctor's prescription. This behaviour may lead to dependency or mass consumption of drugs. The rate of self-medication has alarmingly increased worldwide, mainly due to the lack of healthcare facilities. People self-medicate due to several reasons, including but not limited to:

- Urge of self-care
- Feeling sympathetic towards someone ill
- Lack of time
- Lack of healthcare services nearby
- Financial limitations
- Unawareness, extensive advertisement and availability of drugs

Potential Risks of Self-Medication:

Despite being a convenient alternative, the harms of self-medication outnumber the possible benefits. One has to be mindful of the following risks when self-medicating:

- Drug dependency/addiction
- Incorrect diagnosis
- Masking bigger health conditions
- Antimicrobial resistance (resistance of microorganisms towards antibiotics or other medication).
- Overdose
- Drug interaction with other substances

Healthcare professionals and pharmacists play an interventional role in raising awareness of the risks of self-medication. It is the duty of a healthcare expert to provide appropriate medication and information relevant to the condition or disease. Doctors at the Northwest General Hospital highly discourage self diagnosis and medication. If you or your loved ones are feeling under the weather it is advised not to look up the symptoms over the internet. It is far better to visit your nearest doctor for an elaborate checkup and diagnosis.



Fighting Child Abuse

by Dr. Noman Wazir

Did you know?

On an average **1 in 3 girls** and **1 in 5 boys** will be sexually abused sometime in their lifetime

The World Health Organization (WHO) defines Child Sexual Abuse (CSA) as, “the involvement of a child in sexual activity that he/she does not fully comprehend and is unable to give informed consent to, or for which the child is not developmentally prepared, or else that violate the laws or social taboos of society.” This involves forcing a child to participate in sexual activities, whether or not the child is aware of what is happening, including physical contact, assault/penetration or non-penetrative acts like masturbation, kissing, rubbing and touching outside of clothing. In addition, it may also consist of non-contact activities like involving children in looking at, producing sexual images and activities and encouraging them to act sexually.

Since last year, Pakistan has reported approximately 3000 cases to the media regarding child sexual abuse; multiple other cases were not even reported. Simply put, more than 8 children are being abused every day in Pakistan. Children between the ages of 6 – 15 years remain the most vulnerable. Moreover, only 15% of the reported cases happened at the hands of strangers, which means the majority of the abusers are either family members, acquaintances, neighbours or service providers such as teachers, medical staff and religious teachers. Unfortunately, these statistics indicate a 4% increase in child sexual harassment in Pakistan as compared to the 2019 statistics.

Multiple risk factors contribute to sexual abuse, such as:

- Belonging to a low socio-economic background increases the risk by 3 times.
- Being a child with disabilities increases the risk by 3 times.
- Girls are at a one and a half to three times higher risk than boys.
- Highest risk for sexual harassment is between the ages of 11-15 years.
- Dysfunctional family dynamics (family history of sexual abuse, poor family bonding, living with non-biological father) also increases the risk.
- Ethnicity

Child sexual abuse exists in many forms:

- Contact abuse
- Non-contact abuse
- Use of the internet and mobile phones for pornographic materials
- Organized abuse/sex rings
- Commercial exploitation of children
- Abuse by media personnel and clergy
- Grooming is the term used for the criminal activity of becoming friends with a child in order to persuade them to enter into a sexual relationship. Sexual predators target victims that are vulnerable and have low self-esteem. They make the targeted child feel special by handing out gifts/sweets and taking them into confidence by telling them secrets.

Parents need to be vigilant and identify child abuse by noticing sudden changes in a child's behaviour such as insomnia or nightmares, engaging in sexualized behaviours, acting sexually with other children, and suddenly fearing people or places they didn't fear before. As adults, we should proactively work towards ending child sexual abuse by teaching children basic self-protection skills, spreading awareness, standing up against this evil, actively involving Ulemas/teachers/media/NGOs in preventing this heinous act. In addition, the government also needs to play a more active role to implement stricter laws that have already been made to safeguard our children and our future.



Primary Trauma Care Training

at Northwest General Hospital

On the 29th and 30th of December 2021, the Anaesthesia and Surgical Critical Care Department at the Northwest General Hospital conducted a two-day training in collaboration with Primary Trauma Care (PTC) in the continuum of the legacy of Prof. Dr. Saeed Minhas (Associate Professor of Trauma and Orthopedics Surgery). The training aims to enable the participants to adapt to the two-look approach with primary and secondary surveys to diagnose and mitigate life-threatening traumas and injuries. The PTC training at NWGH was delivered in the form of lectures, workshops, exercises and case scenarios spread over two days.

The training was led by a team of competent and renowned doctors. Dr. Zia ur Rehman (CEO, NWGH) was the Course Director of the training, Dr. Muhammad Hayat (Consultant Anaesthesiologist and Surgical Critical Care, NWGH) was the Course Coordinator and Dr. Shireen A. A Ramzanali Damani (National Representative PTC, UK) was kind enough to virtually lead her part of the training. The course faculty included Dr. Hussain Wahab, Dr. Aisha Mufti, Dr. Noor Sardar, Dr. Tariq Barki, Dr. Hamid Fazeel, Dr. Amjad Ali Shah and Dr. Muhammad Yousaf.

The PTC training has proven to be an effective educational tool for all healthcare providers across the globe. Similarly, the participants of the two-day sessions at NWGH believe that the training has significantly enhanced their trauma care knowledge and skills.



PMC Approves 50 Additional MBBS Seats for NWSM

We are pleased to announce that Northwest School of Medicine has been awarded an additional 50 seats enhancement by Pakistan Medical Commission (PMC) after a thorough inspection of the Medical School and its affiliated Northwest Hospitals. NWSM can now admit 150 students every year. It is a matter of pride for the Northwest family the Northwest School of Medicine scored 96.8% and Northwest Hospitals scored 95.48% whereas that the scored needed for qualification was 80%. This shows the high quality of education, teaching, training and provision of top quality patient care. Northwest acknowledges and appreciates the hard work put in by all the staff and faculty in achieving this milestone!



PMC Inspection Results



Northwest
SCHOOL OF MEDICINE



Northwest General
Hospitals

96.8%

95.48%

Seat Enhancement Approved!

150 MBBS Seats



Inauguration of Dialysis Unit

at Northwest Teaching Hospital

Northwest Teaching Hospital inaugurated its new state-of-the-art Dialysis Unit on the 31st of December 2021. Dr. Zia ur Rehman (CEO, NWGH) welcomed all the guests and participants. Prof. Dr. Arbab Nisar Ahmad (Consultant Nephrologist, NWGH) gave a brief presentation about the dialysis unit and informed the audience that the unit provides 24/7 service including on public holidays. These services include Haemodialysis and Peritoneal dialysis for adults as well as paediatric patients. Parents of paediatric patients also shared their previous dialysis experiences at NWTH.

As per statistics, 2637 dialysis procedures haven taken place without any cost from 2009 till date. Similarly, since 2017 to 2021, 24207 dialysis sessions were done via the Sehat Sahulat Card and from 2013 to 2021, 161 unit injections worth Rs. 2 million were given to the patients free of cost.

Towards the end of the event, Mr. Taimur Saleem Khan Jhagra (Minister for Health & Finance, KP) addressed the participants and appreciated this initiative taken by NWTH, as well as their efforts to provide quality healthcare to not only the citizens of Pakistan but also to patients beyond the borders. A vote of thanks was given by Prof. Dr. Tariq Khan Hashim (Chairman, AHL) and the unit was formally inaugurated by the honourable Mr. Taimur Saleem Khan Jhagra (Minister for Health & Finance, KP).



Welcome Onboard!



Dr. Sylvia Ali Khan Profile

Dr. Sylvia Ali Khan is a graduate of KMC. After completing her House Job, she moved to the UK, where she commenced her core training in Psychiatry. After passing the MRC (Psych), she was straight away accepted into higher specialist training. This gave her the opportunity of gaining an extra six years of experience as a Consultant Psychiatrist.

The UK, as a platform, offered her a plethora of opportunities for a diverse experience in multiple specialities within Psychiatry. At the same time, she developed as an educator and continues to be a keen learner. Dr. Sylvia's vision and mission have always been to seek and spread beneficial knowledge and inspire the newer generations. Her plans do not fall far, but she has an additional set of goals that she aspires to achieve:

- To promote awareness about polypharmacy and malpractices concerning psychiatry.
- To educate people about the common mental illnesses and de-stigmatize mental illness.
- To reach out to medical colleagues who need Psychiatric support.



Dr. Fariha Afzal Profile

Dr. Fariha Afzal is a Consultant Radiologist at Northwest General Hospital. She is a graduate of Khyber Medical College and completed her FCPS training in Diagnostic Radiology from Lady Reading Hospital, Peshawar and is also a fellow of College of Physicians and Surgeons Pakistan. Before joining NWGH, Dr. Fariha worked as an Assistant Professor of Radiology at Gandhara Institute of Medical Sciences, Peshawar, where she was involved in undergraduate education and curriculum integration. Her areas of interest include Obstetrics & Gynaecology and Cross-Sectional Imaging. Dr. Fariha Afzal's future goal is to focus more on research and postgraduate teaching.



Dr. Saad Siddiqui

Profile

Dr. Saad Siddiqui is a Consultant Radiologist at North West General Hospital & Research Centre. Dr. Saad is a seasoned practitioner in all aspects of Diagnostic Radiology with a special interest in Neuroradiology and Pediatric Radiology.

Before joining North West General Hospital & Research Centre, Dr. Siddiqui has worked at Shaukat Khanum Memorial Hospital, Peshawar, and as a visiting Radiologist at Shahab Orthopedic & General Hospital, Peshawar.

Dr. Siddiqui completed his medical education at the prestigious Aga Khan University, Karachi. He then completed his Internship & Residency in Diagnostic Radiology at Aga Khan University Karachi as well, where he was also the Chief Resident. Dr. Siddiqui is a Fellow of the College of Physicians & Surgeons, Pakistan, and Member of the Royal College of Radiologists, UK. Dr. Saad Siddiqui has a keen interest in Research and holds several publications to his credit.



Dr. Muhammad Yousaf

Profile

Dr. Muhammad Yousaf is currently working as the Senior Registrar of General Surgery at Northwest Teaching Hospital, Peshawar.

Dr. Yousaf's core strengths include Pre-op & Post-op (Surgical Patients), Emergency Surgical Procedures, Primary Trauma Care, all abdominal emergencies, Elective Procedures, and Laparoscopic Procedures.

Dr. Yousaf completed his MBBS from Khyber Medical College, Peshawar in 2010. He then trained at Northwest General Hospital & Research Centre, Pakistan and completed his FCPS in General Surgery in 2020.

Dr. Yousaf has published multiple research papers in acclaimed journals. Furthermore, he has attended countless workshops and received certificates for his participation and contributions to the healthcare sector.



Dr. Muhammad Kamran Akbar

Profile

Dr. Muhammad Kamran Akbar is a Consultant Clinical Hematologist at Northwest General Hospital and Research Centre. Dr. Kamran deals with all aspects of blood and bone marrow diseases including Hemoglobinopathy, Blood Cancer, Lymphoproliferative and Myeloproliferative disorders, Coagulopathy and bleeding disorders. However, Dr. Kamran's particular area of interest is Bone Marrow Transplant and has several publications on Bone Marrow Transplant.

Dr. Kamran completed his MBBS at Ayub Medical College, Abbottabad and then completed his core training and Residency in Clinical Hematology at Armed Forces Bone Marrow Transplant Centre, Rawalpindi. Dr. Kamran is a Fellow of the College of Physicians and Surgeons, Pakistan, and a member of the Pakistan Society of Hematology.



Employee of the Month



July

Zahid Iqbal

Network Administrator



August

Nughman Ullah

Floor Supervisor



September

Nawab Ali

Staff Nurse



October

Anum Sajjad

OHSE Officer



NWGH wishes
Merry Christmas and a **Happy New Year**
to all followers of the Christian faith celebrating
across the globe! May this festive season and the
coming year be full of joy, prosperity and peace!



The NWGH family celebrated this joyous occasion
with all the employees celebrating Christmas.



Northwest General
Hospital & Research Centre



Northwest General

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