

Table of Contents

01	Interview with Nasreen Begam - A Vaccinator at NWGH	01
02	Orientation Sessionfor MBBS 2nd Year Students	02
03	E-Logbook Workshop	03
04	WHITE COAT CEREMONY	04
05	QPSP/ OHS&E TRAININGS	05
06	Wear Helmet	06
07	Children's Mental Health Week at NSWM	07
80	DONATION DESK AT NWSM	80
09	1st Convocation held at NWSM	09
10	HERA Inspection	12
11	Wear Seat Belt	13
12	Nutrition Checkup Assessment Camp	14
13	ISO One Day Workshop	15
14	Chairman HERA visit to NWSM	16
15	One-Day Workshop by Dr. Sylvia Ali Khan	17
16	Sports Week, NWSM	18
17	College of Physicians and Surgeons Inspection team visits the Department of Spinal Surgery, NWGH for the accreditation of FCPS Training	20
18	Postgraduate Training Deanery visits Clinical Skills Laboratory, Postgraduate Medical Institute	21
19	Students of Department of Human Nutrition, University of Agriculture visit NWGH	22
20	Ringgaurd	23
21	Brain Injury Awareness session	24
22	KP-MTRA visits for inspection of bone bank at NWGH	26
23	World Kidney and Transplant Day held at KMU	27
24	Aerial Firing	28
25	KP-MTRA visits NWGH for approval of Kidney Transplant Programme	29
26	Supplements In Protein Shakes	30
27	Effects of Frozen Food on Human Health	32
28	Children with Down Syndrome and their management	33
29	Childhood Cancer, Causes, Diagnosis and Treatment By Dr. Muhammar Kamran Akbar	34
30	Improving Outcome of Childhood Cancer	35

Table of Contents

31	Hemodialysis at NWTH	37
32	Cochlear Implants	38
33	Self-Injury Awareness Day	40
34	Burns, Plastic and Reconstructive Surgery at NWGH	42
35	NWGH Training and Evaluation of in House Officers based on VLE	43
36	Brain Injury Awareness & Education in Pakistan	44
37	NWGH Tracking and Evaluation of Consultants Competencies based on VLE	46
38	Ophthalmology department in NWGH	47
39	Quality Monitoring Cell (QMC) Meeting	48
40	Workshop on How to conduct systematic literature review	52
41	Session on Research Title Defense	53
42	Poster/Model Competition	54
43	KMU Inspection Team Visit	55
44	Three-Day study tour of Radiology Dept	56
45	Fun Fair and Music Concert	57
46	Study Tour Four Day Students of Anaesthesia Department	58
47	Newly Launched Technology Classes	59
48	NWIHS Convocation 2014-22	60
49	Welcome onboard	64

Interview with Nasreen Begam a vaccinator at NWGH

My name is Nasreen Begum, and I am associated with Northwest General Hospital as a vaccinator ever since February, 2010.

When a baby is born, we start administering them with vaccines according to the given schedule. After giving the first vaccine, we follow the schedule and give the next vaccine according to the date mentioned on the vaccination card. Pregnant mothers and regular individuals both receive vaccines, and there are different types of vaccines for each type of patient. For example, there are vaccines for hepatitis and other diseases available. Pregnant mothers and regular individuals are referred by the doctor, and we administer the vaccines based on the prescription that they bring along.

Yes, I enjoy working at Northwest and besides, there are many facilities here that prove convenient assistance and resolve them. for me. Moreover, my seniors respect and take care of me, and I am ever grateful to them.

When I arrive in the morning, I punch in for attendance, change into my uniform, and then turn on my computer to review previously

recorded data. After that, people come and go for vaccines, and that's how an average day at my workplace is like.

During COVID-19, when people used to come for vaccinations, we used to wear gloves, gowns, masks, and other necessary protective gear to keep ourselves safe. Then we would instruct the patient to follow COVID-19 protocols to keep themselves safe as well.

A lot of changes have taken place pertaining to our work following COVID-19. Previously, we did not take so many precautions, nor did the patients. But now, we follow all COVID-19 protocols ourselves, and we ensure that the patients follow them as well.

I have not faced any major issues here so far, but whenever there are small problems, my seniors provide

Before joining Northwest, I received proper training through the free program offered under the Prime Minister Initiative for which I also received an award. After that, I joined Northwest.

A successful vaccinator is aware of all the vaccines according to the needs and requirements of each and every patient and makes sure that patients do not skip out on any essential vaccine dosages. Earlier, people used to administer very few vaccines and were afraid of getting vaccinated. However, nowadays, there is an increasing trend towards getting vaccinated, and people are becoming more aware of its benefits. This is a very positive development. We also convince parents that whatever vaccine is available, it strengthens their children's immune system against diseases and protects them from illnesses.

Northwest used to have a very good reminder system earlier, where patients would receive automated reminders for their second dose. However, people started complaining about it, and the management had to discontinue the system. Now, if someone needs to get vaccinated, they have to come on their own without any alerts sent in.

Orientation Session for MBBS 2nd Year Students

An orientation session was arranged for 2nd year students, MBBS by QEC, NWSM under Quality & Patient Safety Program (QPSP) on the 2nd of January, 2023. The students were oriented on:

International Patient Safety Goals (IPSGs)

IPSG 1: Identify patients correctly.

IPSG 2: Improve effective communication.

IPSG 3: Improve the safety of high-alert medications.

IPSG 4: Ensure safe surgery.

IPSG 5: Reduce risk of healthcare associated infection.

IPSG 6: Reduce risk of patient harm resulting from falls.

Admission and Discharge Policy

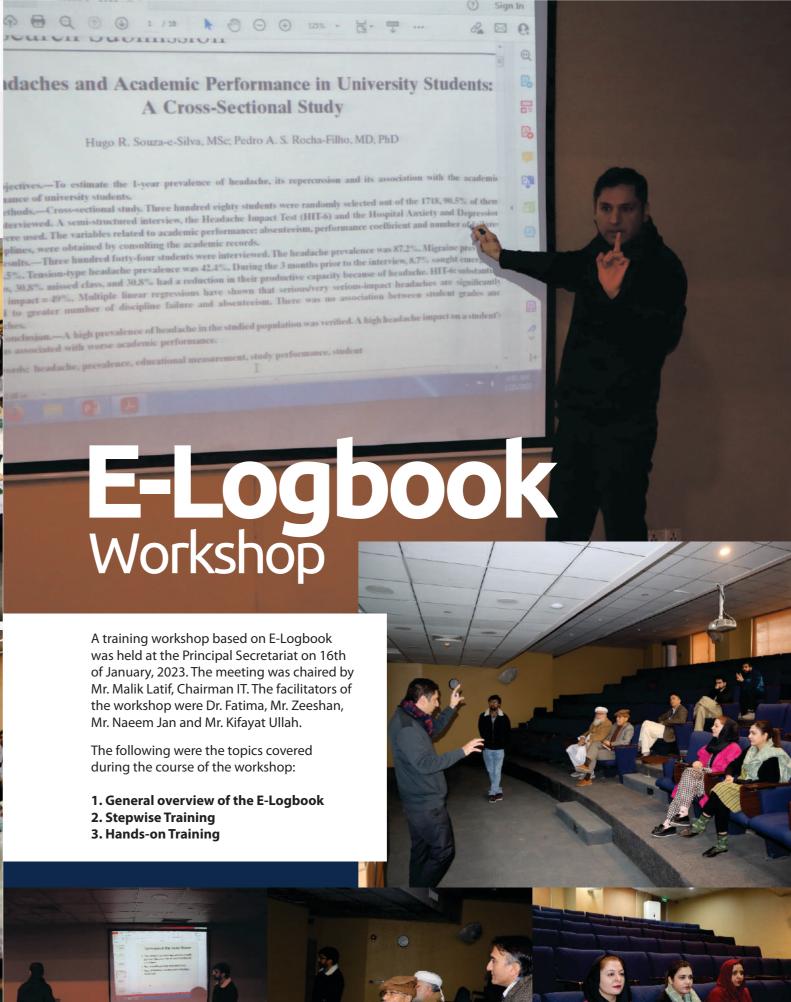
Patient Family Policy

The facilitators for the session were Dr. Neelum Ali, Ms. Rida Iftikhar, Mr. Rehmat Ali and Mr. Mubassir Khan.

After the orientation session, an assessment regarding the lecture was also conducted.







ACTION ASSESSMENT ASSE

WHITE COAT

CEREMONY

The newly admitted batch of first-year students, session 2022-2023 that recently joined Northwest School of Medicine was formally welcomed through a white coat ceremony where every student's shoulders were decorated with a white coat by the senior faculty. At the ceremony, Principal, Professor Noor Ul Iman recited the Hippocratic Oath, marking their entry into the noble profession of medicine.















QPSP/ OHS&E TRAININGS



The QPSP/OHS&E trainings for MBBS, 1st and 3rd year students by QEC, NWSM under Quality & Patient Safety Program (QPSP) was held on 26th and 27th of January, 2023, respectively, followed by an assessment and feedback session.

The resource persons for the session were Ms. Rida Iftikhar/Fakhria, and Mr. Imdadullah. Students were oriented on:

- International Patient Safety Goals (IPSGs)
- Hospital Waste Management
- Fire and Safety
- Emergency Preparedness and Evacuation
- Deep Cleaning
- Donning and Doffing of PPEs
- Spill Kit and CSSD

























اگر دماغ بچانے کیلئے کھوپڑی ہے





Children's Mental Health

Week at NSWM

Children's Mental Health Week, which runs from 6th to 12th February, is a week dedicated to raising awareness and educating children and young people on mental health.

It is so important to get young people talking about mental health, to break down any stigma around the subject and ensure that children feel comfortable talking about their mental state to their friends, teachers and parents.

Everyone really enjoyed the event organised by NSWM over the subject, and it was great to see so many students participate as an audience.



Hepatobiliary and Liver Surgeries at NWG

Dr. Rumman Khan Consultant Liver Transplant & Hepatobiliary Surgeon





DONATION DESK AT NWSM

A donation desk was established for the earthquake victims of Turkey And Syria at Northwest School of Medicine from 15th to 17th of February. During such difficult times, two desks were set up where apart from faculty, students gave donations in large numbers.



















World Cancer Day

Dr. Zulfiqar Qadir Consultant Medical Oncologist, NWGH

Dr. Atif Munawar Consultant Radiation Oncologist









1st Convocation held at NWSM

Northwest School of Medicine, Peshawar held its first convocation ceremony on February 23rd, 2023, awarding degrees to 94 male and female graduates of the MBBS batch from session 2016-2021. The event was held in the school's auditorium and was attended by the Chief Guest, Prof. Abid Jameel, Advisor on Health to Chief Minister KP, Prof. Zia UI Haq,Vice Chancellor of Khyber Medical University, Prof. Noor UI Iman, Principal, Northwest School of Medicine, Prof. Tariq Khan, Chairman, Alliance Healthcare and Prof. Muhammad Saleem Gandapur, Registrar, Khyber Medical University. Members of the academic council, faculty members, parents of students, as well as other distinguished guests attended the ceremony.

During the ceremony, six outstanding graduates were awarded gold medals, including Dr. Hira Zahid who secured six gold medals for her exceptional performance throughout her academic career. Dr. Hira Zahid achieved 1st position in 2nd professional examination, 2016-17, 1st position in 3rd professional examination, 2018-19, 1st Position in 5th professional examination, 2020-21, and was the best graduate during the session 2016-21 at Northwest School of Medicine. She also secured 5th Position in 3rd professional examination and 2nd position in 5th professional examination at Khyber Medical University.

Other notable graduates included Dr. Omar Iqbal Khan, who achieved 1st position in the 1st professional examination of Northwest School of Medicine, 2016-2017 and 8th position in the 1st professional examination of Khyber Medical University, 2017, and Dr. Sundus Ali Khan, who secured 1st position in the 4th professional examination of NWSM and was awarded a gold medal.

Dr. Hoor Sajjad Kakakhel achieved 8th position in the 3rd professional examination at Khyber Medical University while Dr. Farrukh Ansar was awarded a gold medal for 20 publications in high impact factor national and international journals, including 10 Pubmed indexed publications. Additionally, Dr. Asadullah Khan was awarded a gold medal for showing high performance in informal academic activities.





























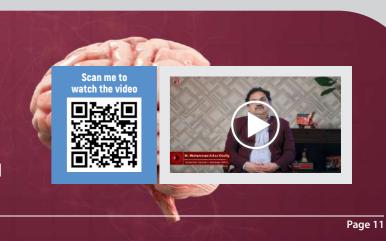






World Encephalitis Day

Dr. Muhammad Athar Khalily Paediatric Neurology Consultant, NWGH















HERA Inspection

The Higher Education Regulatory Authority (HERA) inspection team visited various departments of North School of Medicine including Basic Sciences, Laboratories, HR Department, IT Department, Quality Enhancement Cell and QHS&E on 06th of March, 2023 and conducted a detailed inspection.



سيب بيلك لگاؤ اپني اوراينون كى زندگى بچاؤ



Nutrition Checkup Assessment Camp The nutrition team at Northwest General Hospital under the

leadership of Senior Nutritionist, Mr. Zeeshan Ahmad along with Mr. Sabir Khan, Media Manager SAS, Northwest School of Medicine organised an assessment camp for the newly admitted students at the laboratory of the Pharmacology Department. The nutritionists team checked the nutritional status of all the students and gave them a daily diet plan based on their respective check-ups.

ISO One Day Workshop

Northwest School of Medicine arranged a one-day workshop based on "Understanding of ISO 9001:2015 (Quality Management System)". The workshop was organized by Dr. Neelum Ali, Quality Enhancement Cell, NWSM and Mr. Raja Abdul Qadir was the facilitator of the workshop. Mr. Fazle Qadir, Chairman HERA was the chief guest at the occasion.











Chairman HERA visit to NWSM

A quality control workshop and certificate awarding ceremony was held at Northwest School of Medicine, Peshawar on the 16th of March, 2023. Mr. Fazle Qadir Khattak, Chairman Higher Education Regulatory Authority was the chief guest at the event. After the workshop, he inspected various departments of the college and appreciated measures taken to improve the quality of medical education.



One-Day Workshop

by Dr. Sylvia Ali Khan



A one-day workshop was arranged under "Faculty Development Program" by Dr. Sylvia Ali Khan for the faculty of Northwest School of Medicine on the 17th of March, 2023. The topic of the workshop was "Complaint Handling".











Rare Diseases Day

Dr. Shahzad Ahmad Consultant General Medicine, NWGH





Sports Week, NWSM

Sports week was held at Northwest School of Medicine from the 12th to 17th of March, 2023. Students of NWSM participated in various sports activities in large numbers and the event included cricket,

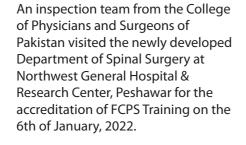
Addressing at the event, Prof. Noor Ul Iman, Principal NWSM said that along with education, it is important that an excellent student should also participate in sports because a healthy mind the sports week by participating requires a healthy body. Along

Prof. Noor Ul Iman. The event started with games that took place between faculty where the institute heads and faculty members formally inaugurated in various sports segments.



College of Physicians and Surgeons Inspection team visits the Department of Spinal Surgery, NWGH for the accreditation of FCPS

Training



The visit started with a presentation by Dr. Irfan Jan, a Cambridge Research Fellow, who highlighted the annual report for the spinal unit which included details about its activities, available facilities, the most common conditions treated and procedures done in the last year. He also highlighted that the department offers treatment to private patients as well as non-affording patients treated at the "No Profit Teaching hospital", known as Northwest teaching Hospital.

Resources and facilities available to the PG trainees were also highlighted during the presentation.

The inspection team undertook a detailed visit that included the library, surgical ICU, HDU, neurosurgery ward, operation theatre and OPD.

The team appreciated the efforts by the Deanery of Northwest General Hospital for providing several opportunities for postgraduate training in Khyber Pakhtunkhwa.

Postgraduate Training Deanery visits Clinical Skills Laboratory, Postgraduate Medical Institute

The Deanery for Postgraduate Training at Northwest General Hospital & Research Centre paid a visit to the state-of-the-art Clinical Skills Laboratory at the Postgraduate Medical Institute, Hayatabad, Peshawar on Thursday, 19th January 2023. The clinical supervisors of FCPS training in different specialities at NWGH & RC, along with senior registrars were present at the occasion.

Dr. Iqbal Wahid, Assistant Professor of Medical Education, was there to receive the team, and Prof. Mehmood Noor, CEO, PGMI welcomed all the delegates.

The delegates were given detailed descriptions and demonstrations of the

undergraduate and postgraduate modules including orthopaedics, ENT, eye, cardiac cath lab, obstetrics, and medicine.

The Dean, Postgraduate Training at NWGH & RC, Prof. Dr. Sidra Jabbar stated that the lab is an asset for healthcare institutions, and should be utilized fully to equip doctors with skills, placing emphasis on mother and child healthcare.

Prof. Mehmood Noor expressed hope for collaborative efforts between the two institutions to fulfill the role of the lab in imparting clinical skills to medical students, PG trainees, and faculty members. Dr. Danish Ali Khan from DME -NWGH&RC and Dr. Igbal Wahid from DME -

PGMI will work on drafting the MoU for both institutions.

Dr. Arshad Hussain, Associate Dean, Postgraduate Training at NWGH & RC thanked Prof. Mehmood Noor, the staff of the Clinical Skills Lab, and Department of Medical Education for arranging the visit to the Clinical Skills Lab.

















Students of Department of Human Nutrition, University of Agriculture visit NWGH

The final semester students, Department of Human Nutrition, University of Agriculture, Peshawar organized a study visit to Northwest General Hospital and Research Center on Thursday, February 23rd, 2023 under the supervision of Dr. Humaira Wasila, Assistant Professor, University of Agriculture, Peshawar.

A hands-on presentation and practical demonstration session was conducted by Ms. Saba Tanveer and Mr. Zeeshan Ahmed,

Clinical Nutritionists, NWGH. The primary purpose of the study visit was to learn about nutritional support provided to hospitalized patients via both enteral and parenteral method, during their stay at hospital. Mr. Arif, Pharmacist, NWGH on behalf of the pharmacy department also delivered a brief lecture on the basics of parenteral nutrition by the concept of compounding method for in-patients only. A practical exposure was also given to the students on enteral feeding entire community.

and the feeding protocols that are followed under such circumstances.

The students also paid a visit to the cafeteria for a demonstration on how trays for patients are prepared according to their respective conditions and as prescribed by the nutritionist. The students were further educated on how a balanced diet can be maintained and the significance of nutritional awareness for the

Self-Injury Awareness Day

Dr. Sylvia Ali Khan **Consultant Psychiatrist, NWTH**







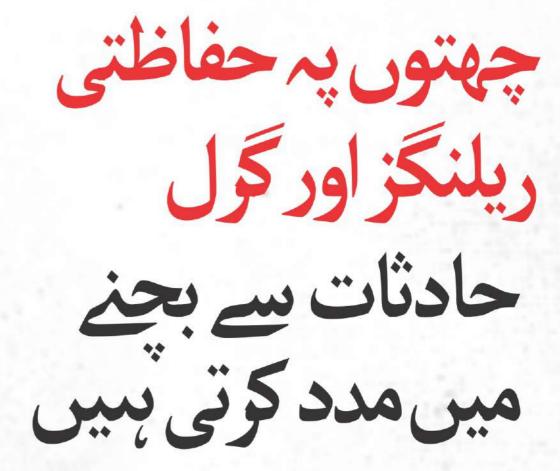
















Brain Injury Awareness session

Northwest General Hospital and Research Center organised Syed Sarmad Bukhari, a Brain Injury Awareness session on the 20th of March, 2023 while observing Brain Injury Awareness Month this March. Dr. Faiqa Filza, Consultant Neurosurgeon, NWGH and the first female neurosurgeon of Khyber Pakhtunkhwa organised the event. She has been an active advocate of prevention against event. The event was also traumatic brain injury (TBI) over the years. A presentation on the subject was presented by Dr. Wajid, TMO, NWGH followed by an interactive

session based on TBI by Dr. Consultant Neurosurgeon, NWGH.

Mr. Ehsaan Marwat, DSP Education, City Traffic Police Peshawar graced the event as chief quest while Dr. Muhammad Tariq Barki, Consultant Neurosurgeon, NWGH moderated the attended by Mr. Basir Ilyas, Inspector/Senior Patrol Officer, M-1 Motorway, Mr. Saadat Ullah, Emergency Officer, Rescue 1122 and Mr. Asif Raza,

Incharge Education, City Traffic Police Peshawar. The chief guest along with other esteemed guests also spoke at the event. Leaflets regarding awareness of and prevention against brain injury were distributed among the audience and the traffic police personnel to be further distributed among the general public.













The Khyber Pakhtunkhwa Medical
Transplantation Regulatory Authority
(KPMTRA) sent a Transplant
Monitoring Committee on a visit to
Northwest General Hospital and
Research Center on the 17th of March,
2023 for a physical inspection of the
bone bank. The committee undertook
a detailed visit of the premises and
was satisfied with the standards,
procedures and set SOPs.

KP-MTRA visits for inspection of bone bank at NWGH







World Hearing Day

Dr. Imran Mohib Consultant ENT, NWGH

World Kidney and Transplant Day

held at KMU

The Khyber Pakhtunkhwa Medical Transplant Regulatory Authority organised World Kidney and Transplant Day at Khyber Medical University on the 9th of March, 2023. Dr. Abid Jameel, Advisor to Caretaker Chief Minister on Health, Khyber Pakhtunkhwa attended the event as chief guest. A team of doctors from NWGH also participated in the insightful event.

The programme started off with a welcome address by Dr. Asif Malik, Administrator KP-MTRA followed by an overview of World Kidney Day by Prof. Dr. Syed Munib, member of KP-MTRA. The programme also comprised a certificate distribution ceremony, success stories by transplant donors and recipients, remarks by the chief guest and finally, an awareness walk and transplant-related games.

























KP-MTRA visits NWGH for approval of Kidney Transplant Programme

The Khyber Pakhtunkhwa Medical Transplantation Regulatory Authority (KPMTRA) sent a Transplant Monitoring Committee to Northwest General Hospital and Research Center on a visit under the chairmanship of Additional Secretary Health to Government. The committee consisted of Prof. Aamer Azhar, Prof. Khalid Hamid, Prof. Atta Ur Rehman, Asst. Prof. Dr. Ahmad Nawaz, Prof. Mustafa Iqbal and Mr. Asif, Deputy Director KPMTRA.

During the visit, the committee was briefed about the current Kidney Transplant Programme at NWGH by Dr. Ahmad Nasir, Senior Registrar, Department of Nephrology. Later, the committee visited various departments of NWGH associated with the programme. Thereafter, the NWGH Kidney Transplant Programme was approved for another 3 years.







Kidney
Transplant Patient

Mr. Suleiman

Supplements In Protein Shakes

Protein is an essential nutritional component in the human diet throughout life, as it secures growth during infancy, supports muscle and bone metabolism, ensures the maintenance and development of a normal nervous system, and helps to sustain muscle mass and physical performance in older ages. Many active individuals use supplements for a variety of reasons. Muscle gain, strength improvement, prevention of future diseases or illnesses and improved performance at sports are some of the main reasons.

It has also been shown by a variety of studies that people have a number of different opinions about the usage of supplements. In particular, regarding supplement consumption among commercial gym users who extensively use protein supplements in their diets.

Protein and amino acid supplements are widely marketed for athletes and habitually active consumers as muscle growth and performance-enhancing products, and high-protein, low-carbohydrate diets are traditionally applied for weightloss purposes. Athletes may have elevated physiological protein requirements, to maintain adequate protein synthesis and energy production, as well as sufficient immune function and

good gut integrity in the multistress conditions of goaldirected, frequent, intensive and/or prolonged exercise routines. It is very common for regular gym goers too, to consume protein, amino acid, and creatine supplements. Protein need increases along with the increasing intensity and duration of an athletic performance; therefore, protein should be included in the meals before and after the actual performance.

To meet these specific nutritional requirements, several foods and supplements have been developed. For example, branched-chain amino acids (BCAA; valine, leucine, and isoleucine) supplementation is often utilised by athletes and has been proposed to reduce muscle soreness after intensive exercise and to improve training performance. Often these supplements are consumed in addition to other protein-rich foods, and without any guidance from professional nutrition experts. Dietary protein plays a critical role in countless physiological processes in the body. The current **Recommended Dietary** Allowance (RDA) for healthy individuals is 0.8 g/kg/day. It is increasingly evident, however, that protein intake of at least 1.4–1.6 g/kg/day would be more appropriate for active individuals attempting to optimise training

adaptations. In an effort to meet this threshold, protein supplements are often consumed. In 2015, protein powder sales were valued at 4.7 billion U.S. dollars and were second only to sport drinks in the sports nutrition market . The popularity of protein supplements is likely influenced by the claims of increased muscle mass, increased fat loss and improved performance.

High-protein diets may temporarily help to reduce weight, but there is a lack of knowledge about the long-term effects of high protein intake. In any case, when a high-protein diet is recommended, special attention should be paid to the origin of these proteins and the overall quality of the food. When it comes to protein and amino acid supplements, other components present in these products may induce adverse effects during long-term consumption, and lifestyle and recreational sports individuals might be more susceptible than athletes.

Instead of adding supplements to protein shakes, protein should be preferably received from whole foods, such as fish, eggs, dairy products, legumes, and cereals, along with fibres and other food components supporting the well-being of both the host and their gut microbiota. This should be

highlighted in the nutritional plans of athletes, sportspeople, as well as more sedentary populations. In addition, the marketing and advertising of high-protein and amino acid products should be carefully planned and directed according to protein needs. Supplements should be an occasional resource to improve athletic performance and recovery in the cases

supported by scientific evidence and when these benefits are difficult to achieve with regular foods.

Rather than immediately turning to supplements in protein shakes , it is important for healthcare providers to attempt to determine the reasons for loss of interest in food, or muscle or weight loss. A variety of

conditions and/or diseases, such as dementia, depression, dysphagia, dulled senses of taste and smell, ill-fitting dentures, thyroid disease and/or ulcers may be accommodated or treated to address any underlying issues. Then nutritional supplements may be individually coordinated according to dietary needs.

REFERENCES:

Bradley D. Study on Food Intended for Sportspeople: Final Report. European Commission, Directorate General for Health and Food Safety; Brussels, Belgium: 2015. [Google Scholar]

Bianco A., Mammina C., Paoli A., Bellafiore M., Battaglia G., Caramazza G., Palma A., Jemni M. Protein supplementation in strength and conditioning adepts: Knowledge, dietary behavior and practice in Palermo, Italy. J. Int. Soc. Sports. Nutr. 2011;8:25. doi: 10.1186/1550-2783-8-25. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

Clarke S.F., Murphy E.F., O'Sullivan O., Lucey A.J., Humphreys M., Hogan A., Hayes P., O'Reilly M., Jeffery I.B., Wood-Martin R., et al. Exercise and associated dietary extremes impact on gut microbial diversity. Gut. 2014;63:1913–1920. doi: 10.1136/gutjnl-2013-306541. [PubMed] [CrossRef] [Google Scholar]

Morrison LJ, Gizis F, Shorter B: Prevalent use of dietary supplements among people who exercise at a commercial gym. Int J Sport Nutr Exerc Metab. 2004, 14: 481-492.





Effects of Frozen Food on Human Health

Meals that are ready to cook and packed for sale are referred to as frozen food. The reason why people prefer ready to cook food is because it takes less time and energy to prepare and also because the food is delicious to eat. There are a large number of frozen food items available on the market, very easy to cook and usually only require heating. There are no complicated cooking procedures involved, no chopping vegetables, boiling water or addition of any spices or condiments.

One of the major problems in today's world is that people are gradually switching towards an easier way of life rather than preparing elaborate meals for themselves. It is not a big deal enjoying a ready to cook, scrumptious meat based meal once in a while, but the problem arises when people become dependent on frozen food items. There are a variety of health problems associated with the consumption of frozen food items. Some of them are: risk of diabetes, heart disease, pancreatic cancer, obesity. Starch is added to keep the frozen food fresh, and also because it adds taste and texture to the food. The starch added is converted into sugar, before the digestion process. This final product produced causes an increased level of sugar in the human body, and poses a risk of diabetes. Frozen food items contain transfats that increase the risk of developing heart disease, linked to clogged arteries. The trans-fats increase bad cholesterol (LDL) in the blood also while suppressing the good cholesterol (HDL). Along with trans-fat, sodium content is also high within frozen food items, which raises the blood cholesterol level. This increased level of cholesterol in blood leads to the development of various heart diseases. Research shows that eating frozen food can lead to pancreatic cancer, due to the presence of preservatives. The corn syrup added in frozen food also exhibits carcinogenic tendencies.

The ratio of fats to carbohydrates and proteins in frozen food items is almost at double. This means that frozen foods are highly rich in calories, increasing the risk of obesity. Nutritional value of frozen food items are also often low, as storing it for a long time at a low temperature may kill some of the important vitamins and minerals present in the items. Hence it shows that frozen food is delicious without a doubt, but nutritious content is also low.

It is good to always read and follow the instructions mentioned on the frozen food packaging. While microwaving, remember to cover the food with a plate in order to produce moist heat, which helps in killing harmful bacteria. It is suggested to keep stirring, rotating and turning the food while cooking, so that no cold spots are left. People with pre-existing health conditions like diabetes, heart problems, cancer, etc. should avoid eating frozen foods. Also, if one has a family history of such diseases, he/she should be cautious about the quantity and frequency of frozen food consumption.

Children with Down Syndrome and their management

Dr. Naeem Ashraf Consultant Paediatrician Neurodisability

We feel privileged and honored to state that we stand by the children born with Down syndrome and provide multi-disciplinary comprehensive assessments and holistic management of their needs at Northwest Hospital and Research Center.

Down syndrome children are usually affectionate and innocent by nature. They make up an extremely valuable part of our society and communities. 1 in every 1000 babies born will have down syndrome. (this may vary for different parts of the world). Trisomy 21 Down syndrome is the most commonly occurring genetic disorder caused by abnormal cell division resulting in extra, full or partial copy of chromosome 21.

- Trisomy 21 ---- 95% of the babies
- Translocation ---- 3 %
- Mosaics ----- 2 %

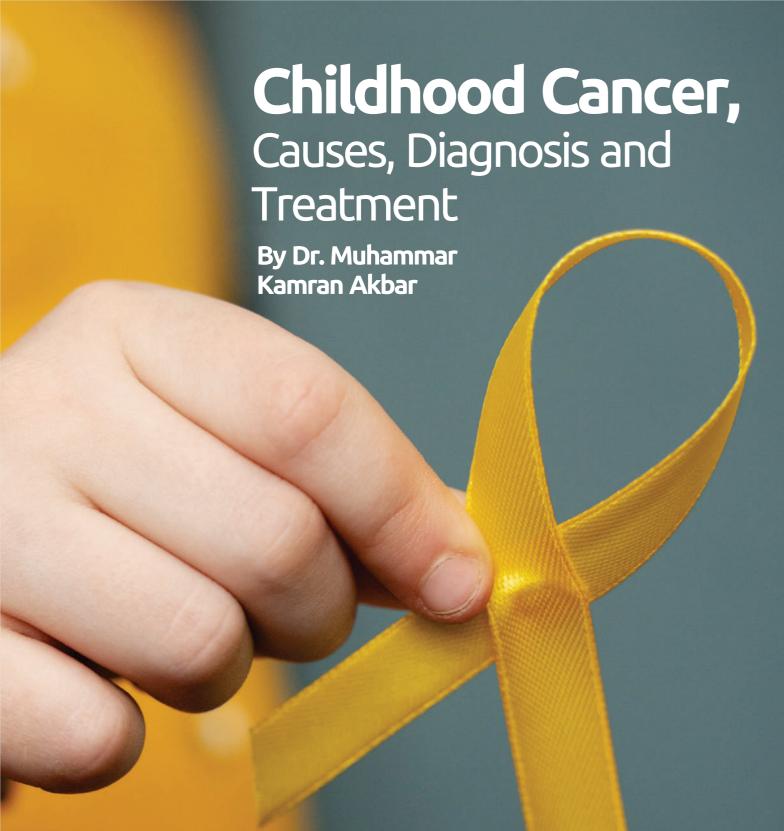
Greater parental age increases the risk of a child born having the disorder, especially for mothers of age 35 years and above.

Down syndrome children have pleasant, smiling faces, almond shaped eyes, relatively small heads, hands and feet, and rather short necks, and stunted heights.

They also may have some developmental delays and are generally hypotonic. They can suffer from conditions including a weak heart, thyroid malfunctioning, vocal and visual impairments and haematological abnormalities.

Early genetic intervention, counseling for parents and future implications are the key for the management of children / families. Holistic management and provision of high standard care of excellence is the mainstay of our multidisciplinary, neurodisability team at Northwest Hospital.





- Each year, an estimated 400 000 children and adolescents between the ages of 0-19 years develop cancer.
- The most common types of childhood cancers include leukemias, brain cancers, lymphomas and solid tumours, such as neuroblastoma and Wilms tumours.
- In high-income countries, where comprehensive services are generally accessible, more than 80% of children with cancer are cured. In low- and middle-income countries (LMICs), less than 30% are cured.
- Childhood cancer cannot generally be prevented or identified through screening.
- Most childhood cancers can be cured with generic medicines and other forms of treatment, including surgery and radiotherapy. Treatment of childhood cancer can be cost-effective in all income settings.
- Avoidable deaths from childhood cancers in LMICs result from lack of diagnosis, misdiagnosis or delayed diagnosis, obstacles to accessing care, abandonment of treatment, death from toxicity, and relapse.
- Only 29% of low-income countries report that cancer medicines are generally available to their populations compared to 96% of high-income countries.
- Childhood cancer data systems are needed to drive continuous improvements in the quality of care, and to inform policy decisions.

Causes of Cancer

The causes of most childhood cancers are not known. About 5 percent of all cancers in children are caused by an inherited mutation (a genetic mutation that can be passed from parents to their children).

Most cancers in children, like those in adults, are thought to develop as a result of mutations in genes that lead to uncontrolled cell growth and eventually cancer. In adults, these gene mutations reflect the cumulative effects of aging and long-term exposure to cancer-causing substances. However, identifying potential environmental causes of childhood children should focus on cancer has been difficult, partly because cancer in children is rare and partly because it is difficult to determine what children might have been exposed to early in their

development.

Cancer occurs in people of all ages and can affect any part of the body. It begins with genetic change in single cells, that then grow into a mass (or tumour), that invades other parts of the body and causes harm and death if left untreated. Unlike cancer in adults, the vast majority of childhood cancers do not have a known cause. Many studies have sought to identify the causes of childhood cancer, but very few cancers in children are caused by environmental or lifestyle factors. Cancer prevention efforts in behaviours that will prevent the child from developing preventable cancer as an adult.

Some chronic infections, such as HIV, Epstein-Barr virus and malaria, are risk factors for childhood cancer. Other infections can increase a child's risk of developing cancer as an adult, so it is important to be vaccinated (against hepatitis B to help prevent liver cancer and against human papillomavirus to help prevent cervical cancer) and to other pursue other methods such as early detection and treatment of chronic infections that can lead to cancer.

Current data suggest that approximately 10% of all children with cancer have a predisposition because of genetic factors . Further research is needed to identify factors impacting cancer development in children.

Improving Outcome of Childhood Cancer

Because it is generally not possible to prevent cancer in children, the most effective strategy to reduce the burden of cancer in children and improve outcomes is to focus on a prompt, correct diagnosis followed by effective, evidence-based therapy with tailored supportive care.

Early diagnosis

When identified early, cancer is more likely to respond to effective treatment and result in a greater probability of survival, less suffering, and often less expensive and less intensive treatment. Significant improvements can be made in the lives of children with cancer by detecting cancer early and avoiding delays in care. A correct diagnosis is essential to treat children with cancer because each cancer requires a specific treatment regimen that may include surgery, radiotherapy, and chemotherapy.

Early diagnosis consists of 3 components: awareness of symptoms by families and primary care providers;

accurate and timely clinical evaluation, diagnosis, and staging (determining the extent to which a cancer has spread); and access to prompt treatment.

Early diagnosis is relevant in all settings and improves survival for many cancers. Programmes to promote early and correct diagnosis have been successfully implemented in countries of all income levels, often through the collaborative efforts of governments, civil society and nongovernmental organizations, with vital roles played by parent groups. Childhood cancer is associated with a range of warning symptoms, such as fever, severe and persistent headaches, bone pain and weight loss, that can be

detected by families and by trained primary health-care providers.

Screening is generally not helpful for childhood cancers. In some select cases, it can be considered in high-risk populations. For example, some eye cancers in children can be caused by a mutation that is inherited, so if that mutation or disease is identified in the family of a child with retinoblastoma, genetic counselling can be offered and siblings monitored with regular eye examinations early in life. Genetic causes of childhood cancers are relevant in only a small proportion children with cancer. There is no high-quality evidence to support population-based screening programmes in children

Treatment

A correct diagnosis is essential to prescribe appropriate therapy for the type and extent of the disease. Standard therapies include chemotherapy, surgery and/or radiotherapy. Children also need special attention to their continued physical and cognitive growth and nutritional status, which requires a dedicated, multi-disciplinary team. Access to effective diagnosis, essential medicines, pathology, blood

products, radiation therapy, technology and psychosocial and supportive care are variable and inequitable around the world.

However, cure is possible for more than 80% of children with cancer when childhood cancer services are accessible. Pharmacological treatment, for example, includes inexpensive generic medications included on the WHO List of Essential Medicines for Children. Children who complete treatment require ongoing care to monitor for cancer recurrence and to manage any possible long-term impact of treatment.

Palliative Care

Palliative care relieves symptoms caused by cancer and improves the quality of life of patients and their families. Not all children with cancer can be cured, but relief of suffering is possible for everyone.

Paediatric palliative care is considered a core component of comprehensive care, starting when the illness is diagnosed and continuing throughout treatment and care, regardless of whether or not a child receives treatment with curative intent.

Palliative care programmes can be delivered through community and home-based care, providing pain relief and psychosocial support to patients and their families.

Adequate access to oral morphine and other pain medicines should be provided for the treatment of moderate to severe cancer pain, which affects more than 80% of cancer patients in the terminal phase

Treatment Side effects

Children face unique issues during their treatment for cancer, after the completion of treatment, and as survivors of cancer. For example, they may receive more intense treatments, cancer and its treatments have different effects on growing bodies than adult bodies, and they may respond differently to

Coping with Cancer

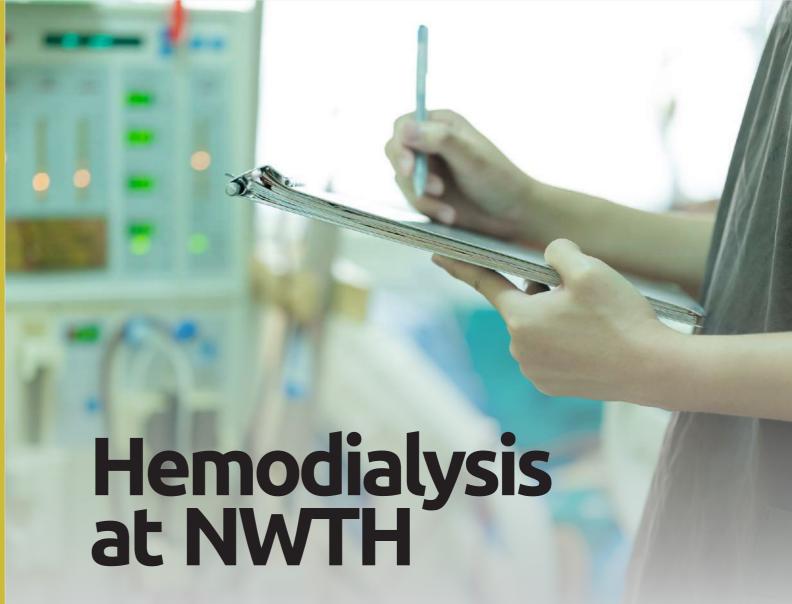
Adjusting to a child's cancer diagnosis and finding ways to stay strong is challenging for everyone in a family. Support for Families When a Child Has Cancer, tips for talking with children about their cancer and preparing them for changes they may experience. Also included are ways to help brothers and sisters cope, steps parents can take when they need support, and tips for working with the health care team.

Survivorship

It's essential for childhood cancer survivors to receive follow-up care to monitor their health after completing treatment. All survivors should have a treatment summary and a survivorship care plan.

Survivors of any kind of cancer can develop health problems months or years after cancer treatment, known as late effects, but late effects are of particular concern for childhood cancer survivors because treatment of children can lead to profound, lasting physical and emotional effects. Late effects vary with the type of cancer, the child's age, the type of treatment, and other factors.





Hemodialysis is one way to treat advanced renal failure and can help you carry on an active lifestlye despite experiencing kidney failure. Hemodialysis is a treatment to filter wastes and water from your blood as your kidneys did when they were functional.

Hemodialysis is a choice as a renal replacement therapy. A nephrologist decides when hemodialysis is needed and how it is to be maintained. Patients who suffer from chronic diseases that lead to the accumulation of uremic toxins because of acute and chronic damage, potassium imbalances, fluid imbalances and acidosis often require hemodialysis. Moreover, hemodialysis also helps in other

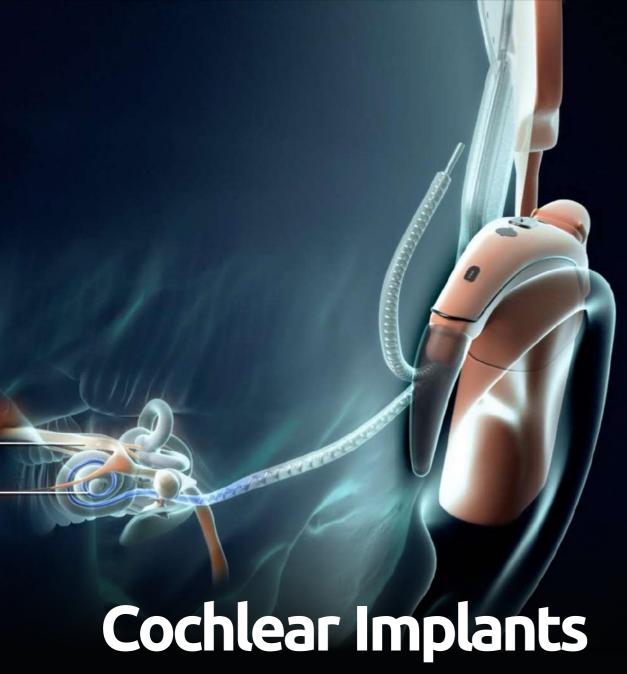
non-renal toxins removal from the body such as alcohol, lithium, barbiturates etc.

Hemodialysis and it's ongoing maintenence helps the patient to maintain a normal lifestyle resulting in normal fluid and electrolytes status and clearance of toxins in time.

The schedule of hemodialysis is decided by the nephrologist keeping in view the patient's status. Keeping at par with international guidelines each patient is timely monitored and their schedule is adjusted accordingly. Hemodialysis provides an average life expectancy of 5-10 years if done as per guidelines and monitored from time to time.

The nephrology services at NWTH cover an in-house hemodialysis center with quality services and monitoring mechanisms in place.
Nephrology services at NWTH also include different procedures performed throughout the week which include tunnelled and non-tunnelled double lumen catheters, renal biopsies and peritoneal dialysis catheter insertion.

Further services also include outpatient including weekly OPDs and consultations throughout the OPD. Furthermore, in-patient services are also provided during the week which deal with variety of cases pertaining to nephrology, their management and followups.

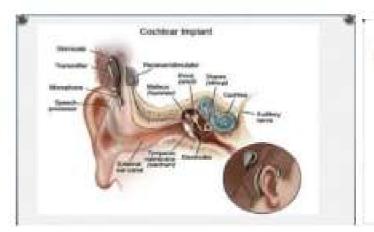


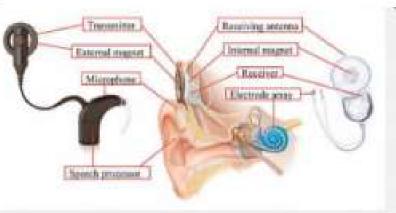
Dr. Mamoor Khan Consultant, ENT, Head & Neck Surgery at NWGH

As one of our most important senses, the ability to hear enables us to connect to the world for many important reasons. The cochlea is the auditory sense organ within the inner ear that is responsible for hearing.

At birth the cochlea is fully formed but the auditory pathway is not. Auditory pathway is dependent on stimulation for its maturation and this stimulation is vital to the acquisition of speech and language skills as well as amount of cognitive development. Hearing loss is a growing concern worldwide, with estimates suggesting about 466 million people, roughly 6.1% of the world's population being deaf or hard of hearing. But there's a glimmer of hope:

Cochlear implants, a remarkable technology that can provide hearing to those who have lost it. In this public awareness message, we will explore what cochlear implants are, how they work, and why they are a valuable option for those with hearing loss.





What are Cochlear Implants?

Cochlear implants are devices that are surgically implanted into the inner ear to provide hearing to people who have severe hearing loss or are deaf. Unlike hearing aids that amplify sounds, cochlear implants work by electronically stimulating the auditory nerve, bypassing the damaged or non-functional parts of the ear to send sound signals directly to the brain. A cochlear implant has two parts:

An external device, and an internal device. The external part comprises a microphone, speech processor, and transmitter that receives and processes sound. The internal part consists of an electrode array that's inserted into the inner ear, a receiver that receives signals from the external device, and a stimulator that sends electrical impulses to the auditory nerve.

How do Cochlear Implants Work?

Cochlear implants work differently than hearing aids, which amplify sound waves. These devices work by converting sound waves into electrical signals that the brain interprets as sound. The cochlear implant's microphone picks up the sound and sends it to the speech processor, which converts the sound into digital code. The code is then sent to the transmitter and receiver, which send the signals to the implanted electrode array that stimulates the auditory nerve. This stimulation creates an artificial sense of hearing, and the brain interprets it as sound. Cochlear implants don't restore hearing to normal levels, but they can provide significant benefits, especially in quiet environments. People with cochlear implants can hear speech and environmental sounds, communicate with others, and participate in activities that they couldn't before, giving them a sense of independence and inclusion.

How do Cochlear Implants Work?

Why are Cochlear Implants Valuable? Cochlear implants are a valuable option for those who have severe hearing loss or are deaf as they offer several benefits. Here are a few reasons why cochlear implants are beneficial:

- Improved communication,
- greater independence,
- · improved safety,
- educational opportunities,
- enhanced emotional well-being.

Purpose of this message is to convey that as a society, we must raise awareness about cochlear implants, making them more accessible and advocating for more research and development to improve their efficacy and affordability. By doing so, we can make hearing accessible to everyone and help them enjoy the world they deserve.



Self-Injury Awareness Day

Bushra Hafeez

Clinical Psychologist/Lecturer



The intentional, direct destruction of body tissue (most commonly through acts of cutting, burning, scratching, self-hitting, self-biting, and head banging) without conscious suicidal intent but resulting in injury severe enough for tissue damage to occur is referred to as self-harm. In view of this definition, self-harm is a coping mechanism to deal with physical and mental disorders such as anorexia nervosa, depression, borderline personality disorder, general anxiety disorder and more.

Self-injurious behavior is likewise a serious public health concern with a suggested prevalence of 6% in adults and 16%-18% in adolescents in the general population, however, the prevalence may be as high as 40%–80% in clinical psychiatric populations. This demonstrates that many people struggle with self-harm yet are unclear on how to handle it. They rarely need the assistance they require because they feel uncomfortable and hesitant discussing it. When someone is physically hurt, there are clear things we all know to do to relieve the pain. For instance, if you have a cut or are bleeding, you were probably instructed by your parents to stop the blood flow with a bandage.

However, mental health practioners are often curious about victim roles. As a result, most of the motivation behind this conduct. As a result, numerous investigations have been done so far to determine the causes of this behavior. 39 young adults who had a history of skin-cutting and other self-destructive behaviors, such as banging, burning, and severe scratching, were the subjects of a study by E. David Klonsky. As a result of self-injury, individuals tended to feel relieved and relaxed, as opposed to being overwhelmed, depressed, and frustrated. Their primary motivation for selfharming is to let out internalized emotional tension; their secondary motivation is to vent their resentment towards their anxieties.

According to the author's own experience and observations, the causes that seem to be related to early trauma are since their parents did not provide them with the necessary guidance on how to deal with their ongoing existential crisis and excruciating panic attacks. Also, teachers are not putting much effort into encouraging pupils to develop the habit of selfreflection, which enables them to work on their areas for development. People become trapped in overburdened, depressed, and irritated thought

patterns, which forces them into them engage in self-destructive behavior as a means of escaping, which feeds the depression cycle. Nonetheless, many former selfharmers have tried and found success using the following techniques. For instance, if a person wants to hurt oneself, they should try exercising by doing jumping jacks, running, and other activities. Even though it sounds difficult, it has been shown to cause the production of brain chemicals that make people happier in general. During exercising, pay particular attention to how the ground feels beneath your feet and how the wind feels on your face. Try to pay close attention to everything going on around you. This practice promotes mindfulness. In addition, taking a cold bath is another effective method to suppress this impulse because baths awaken your senses and offer a comparable beneficial diversion. List the numerous applications of every particular item in the same way since doing so involves a lot of focus and attention and is a powerful coping technique. It also enables you to see things from a different viewpoint, which you can then utilize to address your own circumstance.

References:

Simeon D, Favazza AR. Self-injurious behaviors. Washington, DC. 2001.

Eva Amanda Lorentzen, Ole Mors, Jesper Nørgaard Kjær, The Prevalence of Self-injurious Behavior in Patients With Schizophrenia Spectrum Disorders: A Systematic Review and Meta-analysis, Schizophrenia Bulletin Open, Volume 3, Issue 1, January 2022, sgac069, https://doi.org/10.1093/schizbullopen/sgac069

Klonsky ED. The functions of self-injury in young adults who cut themselves: Clarifying the evidence for affect-regulation. Psychiatry research. 2009 Apr 30;166(2-3):260-8

Burns, Plastic and Reconstructive Surgery at NWGH

By Prof. Dr. Obaid Ullah Plastic and Reconstructive Surgeon, NWGH

The Department of Plastic Surgery has been working with full strength since the early days of Northwest General Hospital & Research Center. It provides the best services especial to the burns patients including ICU care. It's also a referral center for cleft lip and palate repair and works with an international NGO, namely SmileTrain. The department also provides all kinds of reconstructive surgery for cancer and trauma patients as well as modern day cosmetic surgery services.

It is the largest center and that of excellence in hypospadias surgery, gender reassignment and other issues related to the genital area. We receive patients not only from all over Pakistan but abroad as well. Doctors from all over the country and abroad come here for training in the field of hypospadias and genital surgery.

We run a well managed diabetic foot clinic and help save legs from being amputated. Chronic wounds which fail to heal for years are successfully treated here. We have trained the nursing staff to take care of wounds at home as well.

This department is recognised for specialist training and we have around ten trainees as well as a registrar and an assistant professor. The department provides low cost treatment in its welfare wing of the teaching hospital for those who cannot afford expenses pertaining to complex procedures.

World Glaucoma Week

Dr. Tajamul Khan Ophthalmologist, NWTH











NWGH Training and Evaluation of in House Officers based on VLE

The Post Graduate Deanery at Northwest General Hospital & Research Center conducted a structured training programme on an "E-log" system termed VLE (Virtual Learning Environment), which is completely paperless, for the House Officers (HOs).

The hands-on training for the house officers was held on the 11th of January, 2023 to assist them with easily tracking and evaluating their competencies on the VLE. The system will help to further improve training structures as per international guidelines in a paper-free environment.

The system comprises built-in clinical rotations, along with competencies for the respective department, duty rosters, ward-based CMEs, appraisals and feedback features. The system has the ability to generate audits and reports for continuous improvement and growth.



Significance of maintaining a balanced diet and healthy lifestyle

Miss Saba Tanveer Senior Nutritionist, NWGH





Brain Injury Awareness & Education in Pakistan

Dr. Syed Sarmad Bukhari **Consultant Neurosurgeon**

Brain injury is a serious issue that affects people all around the world, including Pakistan. It is estimated that around 1.5 million people within the country suffer from some form of brain injury each year, with the majority of cases resulting from road accidents, falls, and other types of trauma.

Despite the high prevalence of brain injury in Pakistan, awareness and understanding of the condition remains relatively low. Many people in the country are not aware of the causes, symptoms, or treatments for brain injury, and as a result, they may not seek the appropriate medical attention when they or their loved ones are affected.

One of the main reasons for this lack of awareness is a shortage of resources for brain injury education and treatment within Pakistan. There are only a few specialized hospitals within the

country that provide comprehensive care for brain injury patients, and these facilities are often overburdened and understaffed. In addition, many people in Pakistan do not have access to affordable healthcare, which can make it difficult for them to seek medical attention when they need it.

Another factor contributing to the lack of awareness about brain injury in Pakistan is a lack of understanding of the condition among healthcare professionals themselves. While there are some specialized neurologists and neurosurgeons, many doctors and nurses do not receive adequate training on how to diagnose and treat brain injury. This can lead to misdiagnosis or delayed treatment, which can worsen the outcome for patients.

Despite these challenges, there are some efforts underway to raise awareness about brain

injury. One of the most important initiatives is the Brain Injury Awareness Program (BIAP), which was launched in 2016 by the Pakistan Society of Neurology. This program aims to provide education and support to healthcare professionals, patients, and their families, with the goal of improving outcomes for people with brain injuries in Pakistan. The BIAP offers a range of resources and services to help increase awareness about brain injury, including educational workshops and seminars, support groups for patients and their families, and outreach programs to raise public awareness. The program also advocates for better access to healthcare and rehabilitation services for brain injury patients.

Northwest General Hospital recently organized a seminar and walk on head injury awareness which was attended by physicians, nurses and medical students. Guest speakers included members of traffic police and motorways police who disclose their condition to others. highlighted the importance of road safety as the leading cause of head injury remains road traffic accidents.

Despite these efforts, there is still much work to be done to improve awareness and treatment of brain injury in Pakistan. One of the biggest

challenges is overcoming the stigma associated with the condition. Many people in Pakistan view brain injury as a shameful or embarrassing condition, and may be reluctant to seek medical attention or

To address this stigma, it is important to raise awareness about brain injury and educate people about the causes, symptoms, and treatments. This can be done through public education campaigns, media outreach, and community-based programs. It is also important to

involve healthcare professionals, patients, and their families in the development and implementation of these initiatives, to ensure that they are relevant and effective.

In conclusion, brain injury is a significant public health issue in Pakistan, with millions of people affected each year. While there are many challenges to improving awareness and treatment of the condition, there are also many initiatives underway to address these issues.

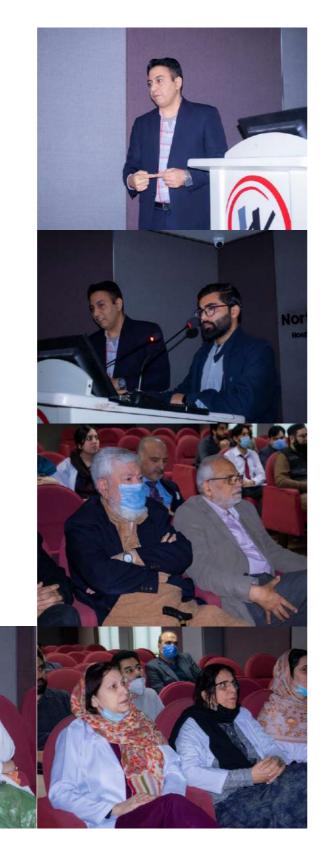


NWGH Tracking and Evaluation of Consultants **Competencies** based on VLE

The Post Graduate Deanery at Northwest General Hospital & Research Center developed a structured training program for the consultants based on an "E-log" system referred to as the VLE (Virtual Learning Environment), which is totally paperless. A hands-on training comprising all sessions was arranged and conducted for all the consultants of the hospital on the 12th of January, 2023.

Once trained, the consultants can use the VLE to track the online performances of their respective trainees and generate logs and reports.

The VLE also has built-in clinical rotations, competencies for the respective department, duty rosters, ward-based CMEs, appraisals and feedback features accessible to all supervisors. The system also has the ability to generate audits and reports for continuous improvement and growth.





Department in focus:

Ophthalmology Department in NWGH

The Ophthalmology Department comprises of two simultaneously functioning sister units at both NWGH and NWTH. The department comprises of three highly qualified consultants with a department at Northwest also competent team of registrars, optometrists, and medical officers. surgical procedures like The department provides both diagnostic as well as curative services for all the common diseases of the eye. This encompasses a wide range of conditions including allergic conjunctivitis, dry eyes syndrome, corneal ulcers, and acute and chronic dacryocystitis. In addition, close liaison is maintained with common ophthalmic surgeries such as conjunctival flap, pterygium excision, tarsorrhaphy, dacryocystorhinostomy (DCR), ptosis correction surgery, squint surgery, corneal repair, glaucoma filtration surgeries, and cataract surgery such as manual small

incision cataract surgery and phacoemulsification are performed within the department. for complications of diabetes.

Moreover, the ophthalmology offers specialized oculoplastic evisceration with ball implant, socket reconstruction, eyelid tumor excision, and orbital tumor facilities. Visual field assessment excision. The department also offers services of a competent and available at the department. A highly skilled plastic surgeon to assist and help with reconstructive Argon laser for retinal eyelid and orbital surgeries. A the ENT department for surgeries related to diseases affecting the sinuses and orbital cavities concurrently.

The Department of Ophthalmology also treats diseases related to the posterior segment. Intravitreal Anti-VEGF injections are routinely performed Facilities for posterior segment surgeries will soon become available at the department.

The Department of Ophthalmology at Northwest has state-of-the-art diagnostic for diagnosis of glaucoma is also variety of lasers i.e. YAG laser and photocoagulation are also available at the unit. At Northwest, we believe in quality patient care with an emphasis on the timely delivery of services and particular attention to patients' comfort.

Quality Monitoring Cell (QMC) Meeting

Second meeting of the Quality Monitoring Cell (QMC), Northwest Institute of Health Sciences was held on 12th January, 2023. The meeting was chaired by Dr. Subhan Ur Rehman (PT), Head of QMC and Principal, Assistant Professor at Northwest College of Physical Therapy.

Dr. Subhan Ur Rehman shed light on the formation, objectives and role of QMC. The very basic aim of the cell is to improve the standard of education, bringing it in line with the standards set for quality education at national and international level. The participants including Dr. Subhan, Dr. Lailma, Dr. Quratulain, Ms. Aiman and Ms. Afroze carried out a detailed discussion on the role, function and implementation strategy in order to enhance the quality of education at the institute.

It was recommended that the cell will conduct regularly meetings to develop, review and upgrade the academic programme to meet national and international requirements



POSITION HOLDER



Congratulations to Ms. Hifsa Mumtaz, a student of the Physical Therapy Department, Northwest Institute of Health Sciences for securing 1st position in the 8th semester examination. The institute wishes her best of luck and a prosperous future ahead.









Congratulations to Mr. Hamza Shujaat, Ms. Rameen Nawaz, Ms. Mahnoor Khan and Ms. Shumaila on securing 2nd position during the 8th semester examination at the department of Physical Therapy, Northwest Institute of Health Sciences.



Congratulations to Mr. Mohammad Tufail and Mr. Khezar Hayat on receiving 3rd position during the 8th semester examination at the Department of Physical Therapy, Northwest Institute of Health sciences.





Congratulations to Ms. Sanober Zahid, student of BS (Hons), Medical Imaging Technology (Radiology), Northwest Institute of Health Sciences for securing 1st position during the first semester examination.



Congratulations to Ms. Hafsa Ahmad and Ms. Dua Sharif, students of BS (Hons), Medical Imaging Technology (Radiology), Northwest Institute of Health Sciences for securing 2nd position during the first semester examination.





Congratulations to Mr. Ali Tahir for securing 1st position during the first semester examination, BS Anaesthesia, Northwest Institute of Health Sciences.



Congratulations to Mr. Waleed Khan for securing 2nd position during the first semester examination, BS Anaesthesia, Northwest Institute of Health Sciences.



Congratulations to Mr. Mansoor Ahmad for securing 3rd position during his first semester examination, BS Anaesthesia, Northwest Institute of Health Sciences.



Congratulations to all the students of Northwest College of Nursing, Peshawar, batch 4, 6th semester, BS Nursing who achieved outstanding grades in their final KMU examination. Their hard work, dedication, and commitment to your studies have paid off. We at Northwest College Of Nursing, Peshawar are proud of them for their accomplishments.











Congratulations to Mr. Saleem Ullah, Mr. Zeeshan Khan, Mr. Tayyab Awan, Mr. M. Tanveer Kakar and Ms. Javeria Attaullah on the account of accomplishing 1st positions during the final examination, 10th semester, DPT.



Congratulations to Mr. Mohammad Ayaz and Mr. Mohammad Sohail on the account of secuting 1st positions during the 8th semester examination, BS Anaesthesia.









Congratulations to Mr. Karim Ullah, Mr. Osama Khan and Mr. Raheem Ullah, students of Anesthesia Department, Northwest Institute of Health Sciences for achieving 2nd position during the final examination, 8th semester.









Congratulations to Ms. H. Abeer Sani, Ms. Sabeen Mazhar, Ms. Shabana Khan and Ms. Khadija Rahim, students of DPT, Northwest Institute of Health Sciences for achieving 2nd positions during the final, 10th semester examination.

Workshop on How to conduct systematic literature review

A one-day workshop on "How to conduct systematic literature review" was held as per directions of QEC at Northwest Institute of Health Sciences Saturday, 13th February, 2023. The workshop was organized by the Academic Committee of Northwest College of Physical Therapy, NWIHS under the theme of faculty development programme initiated and facilitated by Dr. Subhan-ur-Rehman, Principal, Assistant Professor, NWIHS.

The workshop was moderated by Dr. Rizwan Ullah, who shed light on the concept of literature searching via PubMed systematically.





Session on Research Title Defense

Northwest College of Physical Therapy arranged a two-day "Research Title Defense" session for the students of 9th semester on 16th February, 2023. There were 13 research groups of the DPT undergraduate students who presented and defended their research proposals.

The session was chaired by Dr. Shafiq Wazir, Ph.D., Chairman, IRB NWIHS while Dr. Uzair Ahmad, PT, Mr. Saddam Khan, Lecturer Anaesthesia and Mr. Naeem, Lecturer MLT, and Dr. Kamran Alam participated as key members of the panel.

Poster/Model Competition

Northwest College of Nursing organised a poster/ model competition for the subjects of Anatomy and Physiology among different groups of students from semester II, fall batch, 2021 on 31st January, 2023. Students actively participated in the competition and presented their own innovative ideas in an excellent manner. Each group displayed their work through charts, posters, and self-developed human system models at their respective galleries.

Students, faculty members, quests and experts from Northwest School of Medicine visited each gallery and were briefed by the team leader of each group. Dr. Magbool Elahi, Dr. Muhammad Tarig, Dr. Adil Zarif from Northwest School of Medicine participated in the event and walked through the galleries while appreciating the efforts of students.

Mr. Amir Abdullah, Director Nursing, Shaukat Khanum Memorial Hospital and Research Center and Mr. Aurangzeb, Principal, Rehman College of Nursing graced the event and acknowledged the creativity of the students.

The event became a success with the consistent guidance and support of faculty members especially, Mr. Buhar Khan and Mr. Barkatullah, Principal, Northwest College of Nursing and Ms. Afrooz Bibi, Vice Principal, NWCN.

The faculty awarded certificates to the achievers at the event. This mindful activity aims at changing the concept of teaching and learning practices from a traditional way of teaching to a more self-directed learning where the students are involved as equal partners in the process.



KMU Inspection Team Visit

The inspection team from Khyber Medical University paid a visit to the Northwest Institute of Health Sciences, Peshawar on Wednesday, 1st February, 2023.

The inspection team was headed by Dr. Lal Mohammad, Convener, Inspection Committee, KMU along with Prof. Dr. Musarrat Jabeen, Principal, KMU Institute of Medical Sciences, Kohat, Prof. Dr. Tariq Ullah Safi, Principal, Pak International Medical College, Peshawar, Dr. Anwar Ullah Khan, Assistant Professor MLT, Institute of Paramedical Sciences, KMU, Mr. Mohsin Shah, Demonstrator, Renal Dialysis Technology, KMU and Mr. Sameen Khan, Demonstrator Emergency/ICU Technology, KMU, Peshawar.

Mr. Afsar Khan, Chief Operating Officer, received and welcomed the delegates. All the HODs of the The team carried out a institute were introduced to the inspection team. A detailed presentation regarding the institute was given by Dr. Subhan-U-Rehman, Principal, NWIHS and Dr. Qurat-Ul-Ain, Professor, Social Sciences, NWIHS. satisfaction over the facilities and The delegates were briefed about the launching of two new, additional technologies, namely, BS Renal Dialysis and BS Respiratory Therapy.

Dr. Subhan Ur Rehman, Principal, NWIHS moderated a detailed presentation about the institute's strengths including curriculum development, research projects, academic facilities, information

technology and future plans.

comprehensive inspection of all the departments, facilities including the information technology lab, science and skills labs, lecture rooms and the library. The team expressed great requirements duly provided by the institute.

Later on, Mr. Afsar Khan, COO, NWIHS appreciated the role and support of the administrative staff particularly, Mr. Saddam Hussain Bacha, Administrator, Civil Work.





Three-Day Study Tour of Radiology Dept

Northwest Institute of Health Sciences arranged a three-day study tour for the students of the Radiology Department on the 13th of March, 2023. The students along with faculty visited different picnic spots and stayed at Shogran-Balakot, Ayubia, Galiyat, Murree and Islamabad.

WORKSHOP ON

Developing Skills of Writing a Good Scientific Research Title and Research Proposal



A two-day workshop on "Developing Skills of Writing a Good Scientific Research Title and Research Proposal" was organised by IRB, NWIHS for the final year students of DPT, MLT and Radiology. The facilitator was Dr. Shafiq Wazir, PhD, Postdoc. The purpose of the medical research proposal workshop was "how to develop a question in your mind and how to gather information, and develop a plan of action". The workshop covered detailed descriptions of the research question, objectives, methodology, and expected outcomes. The session also outlined the ethical considerations involved in the study, including how human subjects can be recruited and protected, and how data can be collected, analyzed, and reported.



Fun Fair and Music Concert

A fun fair and music concert was organised on the 6th of March, 2023 at Northwest Institute of Health Sciences where hundreds of students participated. The event was officially inaugurated by Mr. Afsar Khan, Chief Operating Officer, NWIHS. He was accompanied by Mr. Raheel Ahmed, Chief Organiser of the event and faculty staff of the institution.

During the first phase of the funfair, various attractive food and drink stalls were decorated by the students, which included fast food and Chinese food along with traditional food. Stalls based on competitive games including activities such as balloon shooting and VR games were also a part of the funfair.

During the second phase of the event, a music concert was organised where the famous singer Ubaid Khan awakened the magic of his art and the concert was well received by the audience.



Study Tour Students of Anaesthesia Department

Northwest Institutes of Health Sciences arranged a four-day study tour for the students of Anaesthesia Department (7th and 8th semesters) on the 25th of February, 2023. The students along with faculty members visited and stayed at Shogran-Balakot, Ayubia, Nathiagali and Islamabad.



Newly Launched Technology Classes

Classes of newly launched Technologies-BS Respiratory Therapy and BS -Renal Dialysis initiated on the 11th of March, 2023 with the orientation class for the first semester.

Mr. Syed Ghufran, HOD, Respiratory Therapy Department and Mr. Muhammad Ibrar, HOD, Renal Dialysis department along with faculty and management staff welcomed the newly enrolled students and briefed them about the institute.

The day included an informational session on NWIHS policies and procedures and an introduction to the services available for students on campus. The new students were given a detailed visit of the institute to get to know the NWIHS better.





NWIHS Convocation 2014-22

Northwest Institute of Health Sciences, Peshawar during the first convocation ceremony awarded degrees to 162 graduates of the different BS-programmes including nursing, anaesthesia, medical imaging technology, doctor of physical therapy and medical lab technology, session 2014 - 2022 on the 30th of March, 2023.

Prof. Dr. Muhammad Tariq Khan, Chairman Alliance Healthcare Private Limited, chaired the event. Mr. Afsar Khan, Chief Operating Officer, NWIHS, Dr. Zia Ur Rehman, CEO, Northwest General Hospital and Research Center, Dr. Sidra Jabbar, Dean, Medical Education, NWGH and Dr. Noor ul Iman, Principal, NWSM, faculty members and parents of the graduates as well as other distinguished guests attended the ceremony.

During the ceremony, 15 outstanding graduates were awarded gold medals, including Yasir Ahmad, BS Nursing, Dr. Muhammad Nasir, DPT, Dr. Lailma Maqbool, DPT, Dr. Sabeen Mazhar, DPT, Muhammad Ibrahim, BS Anaesthesia, Maooz, BS-MIT, Izhar Muhammad, Tariq Shah, Gulzaar Khan, Mohammad Suhail, Mohammad Ibrahim and Ihesham Jameel.

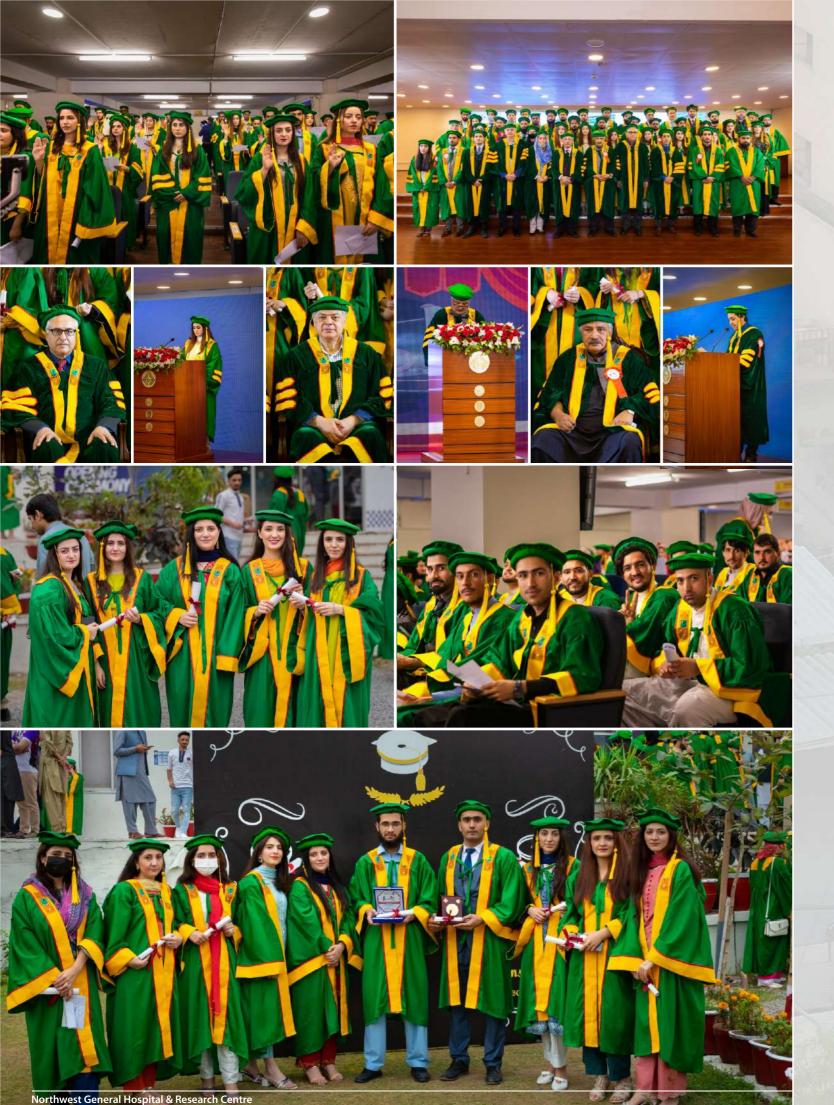
Other notable gold medalists included Aqib Usman, BS Anesthesia, session 2014 to 2018, Omair Ahmad, BS Anesthesia, session 2015 to 2019 and Ms. Iqra Bibi, MLT, session 2018 to 2022. The named students achieved 1st positions throughout Khyber Pakhtunkhwa at Khyber Medical University examinations in their respective fields.

Mr. Afsar Khan, Chief Operating Officer, NWIHS presented a welcome note before the audience and spoke about the history, strength and services offered by the institute in the field of health education. He shared that the institute is committed to producing high quality graduates in the field of BS Nursing, Doctor of Physical Therapy and BS Allied Health Sciences. NWIHS provides opportunities for students in respective disciplines, to work, acquire skills and enhance their capabilities.

Shields were also awarded to the successful graduates including Dr. Lailma Maqbool, Syed Maaz Hussain and Gullzar Khan on the basis of their outstanding contributions to curricular and co-curricular academic activities.

The first graduation ceremony of Northwest Institute of Health Sciences was a great success, celebrating the achievements of its graduates and recognising their dedication and hard work throughout their academic journey.







START YOUR
HEALTHCARE
JOURNEY NOW
WITH

NWGH Screening Packages

SAVE UP TO 20%

Northwest also offers

Home Health Services

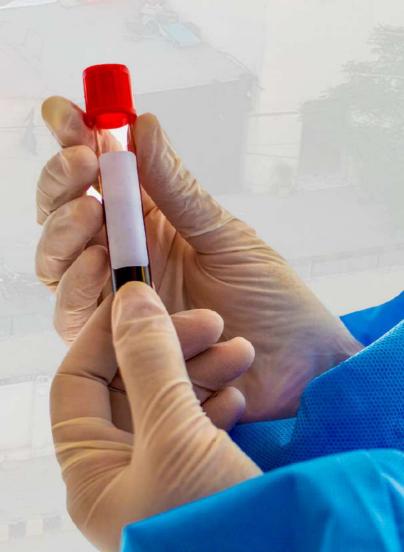
- Laboratory Sample Collection
- Pharmacy
- Physiotherapy
- Nursing
- Wound Care

To make an appointment

© 0303 5838800

Monday - Saturday

9:00 AM - 5:00 PM



Welcome Onboard!



Dr. Wali Ullah Jan Consultant Ophthalmologist and Vitreo-Retina Surgeon, NWTH Assistant Professor, Ophthalmology, NWSM



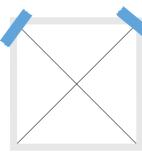
Dr. Mamoor Khan Consultant, ENT, Head & Neck Surgeon, NWGH, Senior Registrar (Clinical), ENT, NWSM



Dr. Sanodia Afridi Consultant, Obstetrics and Gynaecology, NWTH Assistant Professor, Obstetrics and Gynaecology,



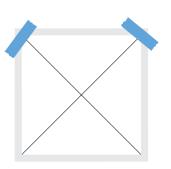
Dr. Syed Sarmad Bukhari Consultant Neurosurgeon, NWGH



Dr. Effat Hisamuddin **Consultant Paeds Intensivist**



Dr. Wigar Ahmad Senior Registrar, General Medicine, NWGH



Dr. Shahida Wazir Consultant Ophthalmologist and Vitreo-Retina Surgeon, NWTH



Dr. Tarbia Hamid **Junior Consultant General Surgery**



Dr. Ayesha Ali Khan Registrar General Surgery, NWTH



Dr. Afshan Inayat Senior Registrar, Obstetrics and Gynaecology, NWGH



Dr. Sadia Jehanzeb Senior Registrar, Paediatrics, NWGH & NWTH



Dr. Hussain Wahab Senior Registrar, Orthopaedics, NWGH



Dr. Syed Noor Registrar, Ophthalmology, NWGH



Dr. Tajamul Khan Ophthalmologist, NWTH and Professor, Ophthalmology, NWSM



Employee of the Month

Narthwest General Inveloped & Research Centre Fozia Khan Staff Nurse





Employee Appreciation

JANUARY-





















FEBRUARY



MARCH































Congratulations on Your Promotion!



Dr. Tariq BarkiConsultant Neurosurgeon, NWGH
Assistant Professor, Neurosurgery,
NWSM



Dr. Hamid Fazeel
Consultant, Plastic & Reconstructive
Surgery, NWGH & NWTH
Assistant Professor, Plastic & Reconstructive
Surgery, NWSM



Dr. Sajjad Ali KhanConsultant General Medicine, NWGH
Assistant Professor, Medicine, NWSM



Dr. Shehzad Saeedullah
Consultant Neurosurgeon, NWGH
Assistant Professor, Neurosurgery, NWSM



Dr. Muhammad Nazir NWGH & Assistant Professor, Gastroenterology, NWSM



Dr. Amjad Ali Assistant Professor, General & Laproscopic Surgery, NWTH & NWSM



Afrooz Bibi
Assistant Professor Nursing
/Vice Principal



Dr. Myra Ahmad Khattak
Senior Registrar OBGYN



Dr. M. UzairAssistant Professor,
General Surgery, NWSM



Dr. Irfan Ullah Assistant Professor, Urology, NWSM



Muhammad Bilal
Manager Inventory



Muhammad Shehryar
Accounts Officer



Zabid Khan Senior Manager PR & OPD Services



Gohar Khan Assistant Manager Administration



Latif Ullah
Accounts Officer



Dr. Saima AyubAssistant Professor OBGYN







- f) /northwestgeneralhospital
 y /NWGHOfficial
- Passport Office Road, Phase 5, Peshawar