

MAROOF

Newsletter June, 2016



MAROOF
International Hospital

media@maroof.com.pk | www.maroof.com.pk

INTERNATIONAL NURSES DAY CELEBRATIONS

MAROOF TRUST FREE MEDICAL CAMP

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. The International Council of Nurses commemorates this important day each year with the production and distribution of the International Nurses Day (IND) kit.

The International Nurses Day theme for 2016 is "Nurses: A Force for Change: Improving health systems' resilience".

Nursing is the noble and sacred profession, respected worldwide. All through their life, they are busy in saving the life of other people and relieving the pain. This fact is agreed upon internationally that nursing is the backbone of medical field.

To acknowledge the day in and day out services of nurses at Maroof International Hospital, we celebrated this day together on 20th May 2016. On this occasion Ms. Surraya Shahnaz, Vice President Nursing Council, President PNA; Principal Nishter College of Nursing Multan graced the event with her presence as chief guest. Addressing the Nursing, she highlighted significance of the Nursing profession and their unconditional services worldwide. She said that every person entering this profession shall follow the footsteps of Florence Nightingale in serving the humanity. Nursing staff from all the departments celebrated the day with joy and made it colorful with different competitions, games and speeches. Ch. Haroon Naseer, CEO, appreciated the efforts of the nursing and administrative staff for arranging such a well organized event. He further offered his encouragement by announcing training sessions for and full support to nurses for further improving the medical services at MIH. Competent staff members were awarded certificates of appreciation for their outstanding performance. The event was closed by awarding shields to the Chief Guest and the organizers.



Patients taking medical advice from Dr. Mohammad Salman

Following its tradition of serving the less privileged people, Maroof Trust once again set up a free medical camp at Nalla Muslamanan, Kalar Sayedaan on 1st May 2016. The camp was based at Resham Barkat Memorial Hospital. There were free diagnostics of Blood Sugar, Blood Pressure and Ultrasound. Patients were also provided with the free medication. Medical specialist, Gynecologist, Pediatric Surgeon, Ophthalmologist, General Surgeon and ENT specialist joined the camp for free consultations. More than 360 patients benefited from this camp. The day was closed with the Certificate Distribution Ceremony for the participants.

At this occasion, Chairman, Choudhary Naseer Ahmad appreciated the efforts of the Trust and the whole team in organizing this benevolent event. He also emphasized on the need of arranging this kind of camps more often and ensured his full cooperation for the achievement of the same.

Colonel Mahbub Sultan, who is looking after Resham Barkat Memorial Hospital, also expressed his gratitude to Maroof Trust for organizing this camp for the benefit of people in that area. He also extended his compliments to the consultants and team for their hard work.



Nurses taking oath on International Nurses Day 2016



Chief Guest Ms. Surraya Shahnaz, Vice President Nursing Council & President PNA addressing the participants



Dr. Ayesha Waqar Niazi providing medical consultation to the patients



Chairman, Ch. Naseer Ahmad presenting shield to the Chief Guest Ms. Surraya Shahnaz.



CEO, Ch. Haroon Naseer and Dr. Arooj Haider awarding certificates of appreciation to the nursing staff for their valuable efforts



Participants receiving certificate of participation

WORLD HYPERTENSION DAY AND CPR TRAINING

Every year 17th May is dedicated to the World Hypertension Day (WHD). This is an initiative of the World Hypertension League and followed by Pakistan Hypertension League every year. The World Hypertension Day was first inaugurated in May 2005 and has become an annual event ever since. The purpose of observing this day is to create awareness about this silent killer.

This year's theme for the event was "Know your numbers". To create awareness about High Blood Pressure, World Hypertension Day was also observed at Maroof International Hospital. It was an interactive session, followed by hands on workshop on Basic Life Support (BLS).

Dr. Shaukat M. Malik, former Executive Director and HoD Cardiology PIMS & former HoD, Cardiology FG Polyclinic was the chief guest at event. The guest speaker Prof. Dr. Shahbaz A. Kureshi highlighted the value of "knowing your numbers" and focused that we all should endeavor to make Pakistan hypertension free. "Control your blood pressure, before it controls you"

According to American statistics, 77.9 million (1 out of every 3) adults have high blood pressure. An estimated 9 out of 10 adults living to age 80 will develop hypertension. About 50% of individuals with hypertension are unaware that their Blood Pressure is high. Large populations of those who are aware that their BP is high remain untreated. According to High Blood Pressure 2013 statistical fact sheet, high blood pressure was listed on death certificates as primary cause of 61,762 Americans.

50% of the population of Pakistan above the age of 50 years has high blood pressure and 30% over the age of 30 years has high blood pressure. There will be an exponential rise in hypertension by 2025 specially in developing countries. Therefore, there is an urgent need to take preventive measures as hypertension is the most important factor for cardiovascular disease morbidity and mortality.

A large number of deaths in Pakistan are caused by this deadly killer.

Prof. Dr. Shahbaz A. Kureshi, former HoD Department of Cardiology, FG Polyclinic Islamabad; presently Professor of Cardiology, Chairman Cardiology MBBS, University of Health Sciences, Mirpur AJK; HoD, Deptt of Cardiology, Maroof International Hospital Islamabad gave a detailed information session on non-pharmacological methods to reduce Blood Pressure. Accordingly, one should

- » Reduce salt by 50%
- » Reduce sugar by 50%
- » Reduce fats by 50%
- » Stop smoking
- » Exercise regularly, at least walk daily for 45 minutes
- » Do not stop the antihypertensive medicines without the permission of your doctor
- » Keep your weight under control
- » Have a pleasant disposition
- » Manage stress by praying five times daily
- » Have good friends around, do not discuss politics and enjoy laughing

General S. Shahab Naqvi, former Commandant and Executive Director AFIC Rawalpindi, presently Professor of Anesthesiology, Rawal Institute of Medical Sciences gave an excellent training of Basic Life Support (BLS) with the help of DVDs and mannequin to health providers and this was highly appreciated.

The workshop ended on a note that such workshops will be regularly held for the training of doctors and updating them on the latest developments in the field of cardiovascular medicine and how to treat them.



Guests at World Hypertension Day and CPR training



Prof. Dr. Shahbaz A. Kureshi highlighting the value of knowing your numbers





BEAT THE BREAK, INVEST IN YOUR BONES

Dexa Scan

Essential tool for diagnosis for osteoporosis
at

 **MAROOF**
International Hospital

F-9 Side Entrance 10 Avenue, F-10 Markaz Islamabad
UAN: +92-51-111-644-911, Tel: +92-51-2222920-50

IFTAAR AT SOS CHILDREN VILLAGE

The blessed month of Ramadan was here. The priority of every Muslim in this blessed month was to do maximum good deeds and make our Almighty happy. We try to share our food and happiness with the less fortunate around us. This not only gives us peace of mind but also adds up to our own happiness.

To share the blessings of this Holy month, Maroof International Hospital planned to organize iftaar feast with the deserving persons around us. For this, team MIH hosted Iftaar for the students at SOS Children Village on 24th

June 2016.

It was a joyous moment for the kids and the team members who spent quality time with these little angels. Kids were happy and excited for the food and the presents they got. They played games with MIH team and had lively chat sessions.

SOS Children Village Management thanked MIH for the hospitality and it was decided that such fun and health activities will be continued in future for the betterment of these innocent souls.



TESTIMONIALS

- 1) We are highly satisfied by the services provided at the hospital. We are especially obliged by the staff at Pediatric IPD for taking home like care of my son. (Mr. Altaf Ahmad Qureshi)
- 2) Emergency staff at MIH is too good and provide excellent service. Keep up the good work. (Ms. Anila Nasir)



Participation in 1st International Conference on Patient Safety at PC Rawalpindi

"Taking healthcare to the next level", following this motto, a team from Maroof International Hospital participated in 1st International Conference on Patient Safety. This conference was organized by Riphah International University, Islamabad, on 7th & 8th May 2016 at PC Rawalpindi. The conference was organized to enhance the knowledge of the participants regarding the subject matter and to build up some standards of quality and patient safety in healthcare.

On first day of the conference, Sr. Marketing Manager Malik Zeeshan Ali, along with his team of Marketing personnel, MOs and nursing staff, participated for provision of detailed information regarding healthcare and also offered free Blood sugar test, Blood pressure checkup and

consultation to the participants. The second day was a workshop on:

- 1) Five system barriers to achieving ultrasafe healthcare.
- 2) Improving health outcomes through patient empowerment.

A team of Doctors participated in this hand on workshop.



Free medical consultation and vitals provided to the participants at conference

MEET THE CONSULTANT



Dr. Sajjad Naseer

Dr. Sajjad Naseer (Consultant Pulmonologist) graduated from Khyber Medical College in 1999. He had Gold Medals in Anatomy, Physiology, Pharmacology, Pathology, Medicine and Pediatrics. He was the best Graduate of Khyber Medical College session 1994-1999. After his Graduation and House Job, he passed his PLAB (UK) test and went for higher training to United Kingdom in 2001. He successfully passed his MRCP in General Medicine from Royal College of Physicians with distinction in 2004. He enrolled in Higher Training Programme in Respiratory and General Internal Medicine in 2004 after successfully competing in a tough screening process.

The United Kingdom hospitals attended by Dr. Sajjad Naseer for training were Huddersfield Royal Infirmary, Derby Royal Infirmary, Pontefract General Hospital, Nobles Hospital, Plymouth NHS Foundation Teaching Hospital, Royal Devon and Exeter Foundation Teaching Hospital and North Bristol Foundation Teaching Hospital. He achieved Distinction in MRCP Pulmonology in 2012. He completed his CCT (Certificate of Completion of Training) in 2013. He worked as full-time consultant from 2014 till 2016 in South Devon NHS Foundation Teaching Hospital till he decided to move back to Pakistan.

He had a broad range of training in all the sub-specialties of respiratory medicine. His fields of interest are Asthma, COPD, Sleep Medicine, Ventilation and Lung Cancer. Dr. Sajjad Naseer is competent in all respiratory diagnostics such as Flexible Bronchoscopy, EBUS, Medical Thoracoscopy and Respiratory Physiology Tests.

Currently Dr. Sajjad Naseer is looking after patients in ICU and IPD of Maroof International Hospital. He is doing regular outpatient clinics on daily basis. He established NIV service and Lung Function Test services in MIH. He is aiming to establish diagnostic and therapeutic bronchoscopy, thoracoscopy services and sleep lab for MIH.

Team MIH welcomes him on board.

DIFFICULT ASTHMA

BY DR. SAJJAD NASEER

As per ERS Task Force Difficult Asthma is defined as Failure to achieve asthma control when maximally recommended doses of inhaled therapy are prescribed for at least 6 - 12 months. Severe asthma is defined as the requirement for high intensity treatment after modifiable factors and comorbidities have been appropriately managed. Factors that could be preventing a normal response to asthma medication are :

- » Incorrect diagnosis
- » Continuing exposure to sensitising agents
- » Unrecognised aggravating comorbidities
- » Non-compliance with therapy

Diagnosis of asthma is based on:

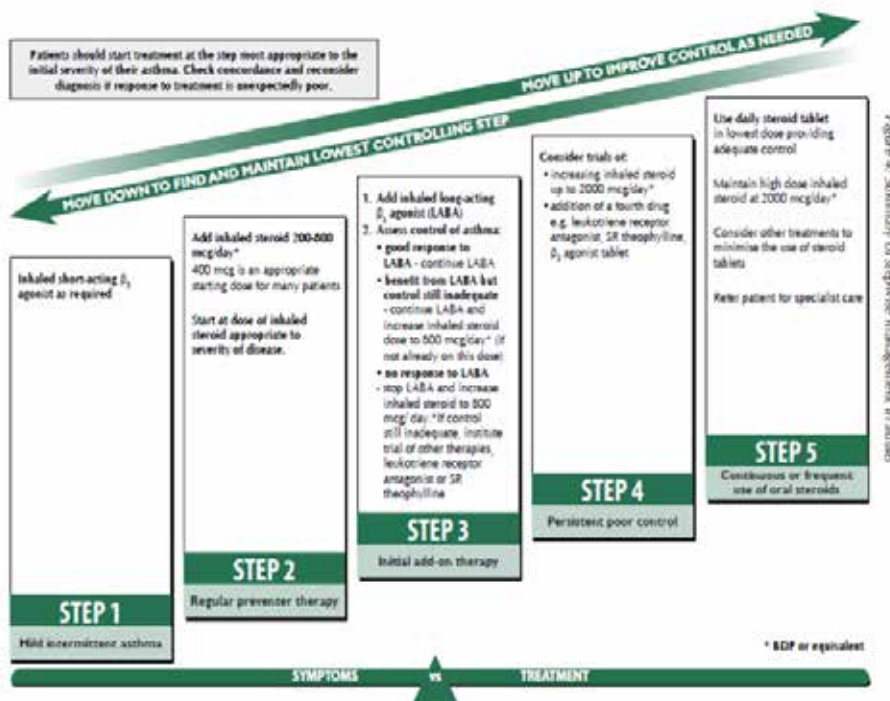
- » Symptoms and Medical History
 - Wheezing, cough, difficult breathing and chest tightness
- » Symptoms worse at night/on awakening
- » Seasonal pattern
- » Eczema, hay fever, family history
- » Triggers – animal fur, chemicals, temperature change, dust mites, drugs, exercise, pollen, URI, smoke
- » Symptoms responding to anti-asthma therapy

- » Colds “go to the chest” or last > 10 days
- » Spirometry is the most helpful, preferred method for establishing diagnosis
 - Increase in FEV1 of > 12% and 200 ml after inhaled bronchodilator.
 - Many asthma patients are negative and repeat testing is advised

New treatment options available for asthma are as below:

- » Bronchodilators
 - ICS/LABA and as-needed use
 - Beta2-agonists (ultra-long acting)
 - Anti-muscarinic
- » Anti-inflammatory drugs
 - PDE4 inhibitors
 - Inhaled corticosteroids
- » Macrolide
- » Immune-modulators
- » Bronchial Thermoplasty

Below are step by step Guidelines for Management of Asthma as per BTS guideline:



STOP OVER FEASTING AFTER A MONTH LONG FASTING

Eid-ul-Fitr is a time of delight, festivity & charity. It is a gift of Almighty for us in reward to our fasting for the entire month of Ramadan. A sad issue in today's world is the way Eid-ul-Fitr has become. It merely leads to food and more food. After a month long fasting, the only thing focused on this sacred day is binge eating, leading to problems like heartburn, stomach aches, abdominal pains and indigestion.

It is easy to over indulge in food after a month of strict eating. Even those, who followed a healthy eating pattern throughout Ramadan, nibble all day and follow binge eating episodes. The end result as discussed is gastric upsets and flatulence, ending up their day at a doctor's clinic.

To avoid spoiling this delightful occasion, experts advise following precautionary measures:

- » Remain careful about the type of foods we reintroduce into our diets. Try to stay focused on healthy eating instead of opting for rich ingredients recipes.
Do not surprise your stomach. Take 4-5 small meals in a day instead of 2-3 big meals. The larger the meal, the longer it takes for the stomach to digest it.
- » Avoid desserts and excessive sugary items. Try to substitute natural sugars like honey and fruits with artificial sugars.
- » Focus more on quality than quantity. Food with high contents of fats should be avoided. Avoid continuous munching.
- » Go for healthy cooking options like baking, grill and BBQ instead of deep frying.
Try to stay active. Celebrate this festivity with near and dear ones and have a happy family time.

Celebrate your Eid by staying healthy and active. Do not nibble all day on anything and everything, making your stomach cry for peace. An even better option is to make this day special for the humble and less privileged ones around you by sharing your special eatables with them. This will double the amount of your happiness, making it a memorable Eid for you.



SOCIAL MEDIA & INTERNET, ALONE IN THE CROWD

Man has always been in search of the ways to improve his life and make it easier. Technology and internet is part of one such effort. But as they say “Every comfort has its own price to be paid”. The excessive use of internet has forced us to live a virtual life and get disconnected from the real world we live in. Our affiliations, with people we share our lives with, are weakening with each passing moment. The likely culprit, for changes in social structures and our relationships with those around us, is the rise of internet and mobile phones. (McPherson et al. 2006) From the current scenario we can conclude that the exponential growth of the virtual life we are addicted to as a portal for entertainment and communication is causing more harm than good.

Humans as social animals could never spend their lives without the closely knit relations they had. This was never limited to just family bounds, but was extended to friends, neighbors, colleagues and humanity overall. Unfortunately for the current generations, this has been replaced with the virtual life in the form of social media sites like Facebook, Whatsapp, Instagram, Twitter, gaming sites like Twitch and video sites like Youtube. A large part of current generation’s social and emotional development is by means of internet and cell phones. This has proved to be one of the leading causes of the social isolation from the real world ultimately collapsing the traditional networks. Today we are more focused and knowledgeable about the virtual life happenings than we are concerned about what occurred next door.

The key emotional and physical compromises that are brought by this undesirable growing tendency of virtual social support has its effects on individual as well as communities in the form of:

- » Increased generation gap, causing less opinion and idea building
- » Weakening of core kin ties, leading to diminishing family values and cultures
- » Decreased social support and companionship
- » Development of closed virtual networks that cause Facebook depression, cyber bullying and harassment, privacy issues and too much exposure to negativity, aggressiveness and political hypes. Diminishing interpersonal communication
- » Decline in physical activity, bringing in a generation
- » of couch potatoes.
- » Unawareness about surroundings and absence of voluntary associations.

We have developed a strange verbal language, a mix of English (wrongly spelled), Urdu (Roman) and strange dialect which has nothing to do with the two languages stated above.

The biggest blow caused by this widespread online virtual networking is that we are losing our language skills and facing good amount of trouble in public speaking. We have shallower real life relationships and the geographically dispersed weak ties are preferred over the local, physical, strong and core confidants.

The point to focus here is not that the use of internet and mobile phones are absolutely destructive, but the way their use is increasing alarmingly is the point to ponder upon. Though the technology has its own downsides, its negatives shall not outweigh the positives.

Having said this, the focal role of internet and virtual networks in connecting people from all over the world cannot be denied. It has squeezed the distances between the families and friends and created awareness about every big and small aspects of life. In a nutshell, we need to pay attention to people around us. It is the parents, siblings, friends, neighbours and colleagues who are our key strength and make our life beautiful. These ties shall be knit even stronger through staying by one’s side in every thick and thin. This can only be achieved if we give due time to every aspect of our life, be it the real one or the virtual one. Awareness programs shall be designed for youth to make them realize the value of lively moments in their life and appropriate and timely use of internet. Parental guides shall be observed for youngsters. Positive and helpful use of virtual networks shall be encouraged. Last but not the least, value of healthy time spent with family and friends shall be conversed and appreciated.



BE YOUR CHILD'S UMBRELLA IN THIS RAINY SEASON

Monsoon or Rainy season always brings in nostalgic memories of our own childhood days. The fun we had in the rain and how our parents warned us not to get wet again. They ensured we carried our umbrellas always to avoid getting wet and falling sick. Dad always ensured the nets were tucked to prevent mosquito bites and associated illness. Rainy season also reminds us of several crawling bugs and insects.

With the arrival of monsoon many unfavourable diseases also set in. Diseases like jaundice, typhoid, cholera, dengue and other gastrointestinal infections also develop during this time. Common cold and cough among kids and elders is a common sight during rainy season. Babies are the ones who are prone to these diseases as the immunity is low and they are also much more exposed to the microorganisms than adults. Following are some of the health tips which can help you to protect the health of your child during the rainy season:

- » Children are highly prone to infections during rainy seasons. These infections are caused mainly due to fungal and bacterial infections. During rainy season, these microorganisms get favorable environment to grow, so proper care is required for the small babies. Ensure to bath your little ones at least once a day to keep them healthy. After the bath make sure that you wipe your child's body with a cotton absorbent towel.

- » Restrict your child from having outside food, especially the ones sold by roadside vendors. This season is odd as it attracts infections due to improper hygiene conditions of the surroundings.
- » Water should be filtered and then consumed. For small babies, boil and cool water and then ensure storage is also maintained. Special care has to be taken for the water intake. Avoid outside water and carry a bottle of water when you plan going out with the baby.
- » Make sure the kids do not play in stagnant or polluted water as it may lead to skin infections and other illnesses too.
- » Give your child food that is light and easy to digest during monsoons. Basic reason is that the digestive system is weak during this time of the year and spicy/ oily foods can lead to digestion problems.
- » Wash your hands thoroughly using a sanitizer before handling the food and feeding the baby. Make sure that your children are washing their hands before the consumption of food.
- » Flies will be high in the external environment therefore make sure that all cooked food is covered so that the flies and other insects do not infect it.
- » Ensure baby's clothes are dried sufficiently. Damp clothes also lead to skin infections. The sunlight will be scanty during

rainy season and it may not be possible to dry all clothes in the sun. Make sure to iron them.

- » Make sure babies are covered well when you plan to take them out in unavoidable circumstances.
- » Diseases like malaria, dengue is very common during this season. Wearing the full body clothes can help you to protect the child from these problems.
- » Usage of mosquito net is mandatory; this will keep away from malaria, dengue and other allergies.
- » Wipe floor at least twice a day with a germ free solution. Avoid strong chemicals and disinfectants at home.
- » Make sure your child's feet are clean and dry at all times. Dampness can lead to monsoon ailments like fungal infection and athlete's foot. Keep your child's shoes and socks dry at all times.
- » Keep your premises clean and hygienic so that the infectious organisms do not harm you and your family.

Sources

<https://www.surfexcel.com.bd/child-development/child-health-in-the-rainy-season/>

<http://www.babycareforyou.com/health-tips-to-protect-baby-in-rainy-season/>

<https://ph.theasianparent.com/kiddie-rainy-diseases-can-prevent/4/>

MIH NEWS CORNER

- 1) Chairman Maroof International Hospital, Ch. Naseer Ahmad was awarded 4th FPCCI Achievement Award for the year 2015 for their outstanding services in the category of Builders & Developers.
- 2) Syed Hassan Abbas from MIS was selected as employee of the month for his outstanding performance. He was awarded with performance certificate.
- 3) We believe in an ongoing improvement process. For this purpose, MIH staff is regularly provided learning opportunities for all managerial and technical skills. To achieve the same, Mr. Rashid Ghafoor GM HR conducted an interactive training session on "Employees' Effective Communication, Professionalism and Motivation" on 5th May 2016. It was highly appreciated by the trainees as medium of knowledge boost.
- 4) Mr. Hasnain Raza from MIS trained the employees about formation of "Duty Roster". This training was conducted on 21st May 2016.



Executive Director, Mr. Bilal Bin Zaheer awarding employee of the month certificate to Syed Hassan Abbas from MIS. CEO, Ch. Haroon Naseer and GM HR, Mr. Rashid Ghafoor also present

Health Tips of the Month

BEAT THE HEAT

Drink plenty of water or other cool, non-alcoholic fluids even if you're not thirsty. Avoid drinking extremely cold liquids as they can cause stomach cramps.

Plan ahead. Reduce activity and avoid exercise in hot weather. If activity is unavoidable, try to schedule it for the cooler part of the day and rest often. Whenever possible, stay indoors or in the shade.

Stay cool and keep air circulating around you. Draw your blinds or curtains and use a fan or air conditioning if possible.

Eat smaller meals more often and cold meals such as salad.

Wear light-colored, loose-fitting clothing made from natural fibers.

Keep yourself cool by using wet towels, putting your feet in cold water and taking cool (not cold) showers.

Check in on older, sick and frail family, friends and neighbors who may need help coping with the heat. Call them at least once a day on any extreme heat day.

Never leave children, older people or pets in cars.



EAT HEALTHY

Watermelon-Apple Smoothie

2 cups seedless watermelon
1 apple
1 pear (optional)
½ cup mint leaves

1/2 cup water
2-3 tablespoon honey
2-3 tablespoon lemon juice
A pinch of salt

Ice cubes, as per need

Blend all and serve chilled.



The hospital with a concept built around your needs

For Online appointments and consultant and Health Facility Details now visit

www.maroof.com.pk

PEOPLE WHO TRUST US



Pakistan Electronic Media Regulatory Authority
Government of Pakistan



Alternative Energy Development Board
Ministry of Water & Power
Government of Pakistan



Editorial Board:

Patron:
Ch. Naseer Ahmed

Chief Editor:
Ch. Haroon Naseer

Editor:
Malik Zeeshan Ali

Designed & Printed by **ASTRAL HATCH INC** +92 51 8430659



MAROOF International Hospital

UAN: +92-51-111-644-911, Tel: +92-51-2222920-50
Fax: +92-51-2222939, Email: media@maroof.com.pk