



# QUARTERLY REVIEW

JINNAH MEDICAL & DENTAL COLLEGE  
JINNAH MEDICAL COLLEGE HOSPITAL

JANUARY 2015

## FREE HEART CHECKUP

Free Heart Checkup was held at Medicare Hospital on November 29, 2014 at Consultant Clinics area. Medicare Cardiologists, Interventionist, Cardiothoracic Surgeons, Medical Specialists, Dietitian & Cardiac Rehabilitation Expert, examined 325 Patients. A Free screening activity was held. Patients were screened for Blood Cholesterol, Sugar, BMI, ECG, Echocardiography (ECHO) & Exercise Tolerance Test (ETT). Awareness Literature were distributed during the event.



## JMDC GUEST LECTURE SERIES

### EBOLA : INTERNATIONAL PUBLIC HEALTH EMERGENCY

Prof. Dr. Shehla Naqvi JMDC Pediatrics Dept. on November 08, 2014, told that Ebola is a viral infection which causes severe disease; leading to multiorgan failure and death in 50 percent cases. The infection is caught by contact with a patient suffering from Ebola. Transmission can be prevented by using gloves, masks and protective clothing. Disease outbreak occurred in 2014 in 3 West African nations. It may take upto 3 weeks for disease to manifest after infection with fever. All visitors from Africa are being screened for Ebola at the airport. There is no specific cure or vaccine as yet. Ebola is being treated as an international public health emergency.



### ROLE OF GALACTIN-3 IN HEART FAILURE

Dr. Satwat Hashmi, Asst. Prof., Dept. of Biological and Biomedical Sciences, AKUH, delivered this lecture on December 13, 2014. She said that Heart Failure is an emerging epidemic, so search for cardiac biomarkers to facilitate better clinical judgment for diagnosis and management of HF patients is crucial. Galectin-3 is a newer FDA approved biomarker. It is not only used for assessing prognosis of heart failure patients but can also serve as an early warning signal reflecting myocardial changes very early post myocardial infarction.



## CONDOLENCE MEETING

Condolence Meeting was held on December 01, 2014 for the death of Prof. Salma Akram (HOD, Pathology Dept.) associated with JMDC since 1999. The Chairman S.M. Sohail Trust, Prof. Dr. Tariq Sohail, College Principal, Prof. Dr. Syed Hussain Mehdi, shared their views to pay tribute & praised her teaching skills, maintaining discipline, besides participation in the College extracurricular activities.



## FACULTY JOURNAL CLUB

JMDC Faculty Journal Club conducts regular lecture every Wednesday. Following lectures were delivered.

*Speaker* Dr. Husnain Masood  
House Officer Dentistry  
*Topic* Dental Hypersensitivity.

*Speaker* Dr. Erum Amir  
Prof. Physiology  
*Topic* Improvement of Chronic Idiopathic Urticaria with L-Thyroxin: A new TSH role in Immune response.

*Speaker* Dr. Saleha Masood  
Asst. Prof. Pathology  
*Topic* Assessment of Internet Addiction & Loneliness in Secondary & High School Students.

## DENTAL CAMP

The Community Dentistry Department of Jinnah Medical and Dental College (JMDC) held a free Dental Camp on October 28, 2014 for general public and for school children. The objective of this activity was to provide free checkups and increase awareness of oral diseases among general public. Head of Department Community Dentistry, made arrangements with the support of JMDC administration. House Officers of Dental Hospital conducted Dental checkups. General public and School children were invited for free checkups.



## COMMENCEMENT DAY

Commencement Day for the batch 18 of MBBS and batch 17 of BDS first year students with parents was organized on December 17, 2014. Addressing the new entry and their parents, JMDC, Principal, Prof. Dr. Syed Hussain Mehdi, highlighted the College history and the role of JMDC students. The Chairman S.M. Sohail Trust, Prof. Dr. Tariq Sohail, in his welcome speech encouraged the importance of education and skills necessary for the medical profession. Mr. Syed Arshad Husain, MD, Professor of Psychiatry, Child and Adolescent Psychiatry Fellowship, University of Missouri, Columbia also spoke on the occasion. The gatherings were given briefing by Head of Dental section, Prof. Dr. Moshin Girach and Vice Principal, Student Affairs, Mrs. Debra Lobo, about College educational policies and procedures.





## ZERO MORTALITY RATE AT JMCH

On October 1, Obstetrics & Gynecology Department of Jinnah Medical College Hospital celebrated their target of 100 deliveries and zero mortality rates in the month of September. In a most congenial environment congratulations were exchanged and every one shared appreciation of JMCH staff, nurses, doctors & consultants devotion to their work.



## FAMILY PLANNING WORKSHOP AT JMCH

JMCH has signed an MOU with National Committee of Maternal and Neonatal Health for training doctors & nursing staff for insertion of IUCDs postpartum. A workshop was held in Dec 14, 2014 where 13 staff members were trained. A second workshop to train the rest of the staff is being held in end of January 2015.

## CHRISTMAS & IMAMAT DAY PARTY

Medicare Nursing students & staff celebrated Christmas & Imamat Day Party on December 24, 2014 at Dr. Zaki Hasan Auditorium. Students sang songs, delivered speeches & cut the Christmas cake. A *one-minute silence* was also observed to express their grief over the Peshawar attack on an Army Public School killing, 132 students & teaching staff.



## WELCOME TO S.M.SOHAIL TRUST

### Dr. Salman Mitiullah Sheikh

Prof. & HOD  
ENT

### Dr. Mozaffer Rahim Hingorjo

Professor  
Physiology

### Dr. Dost Ali Baloch

Asso. Professor  
Dentistry

### Dr. Asif Jamil Khan

Asst. Professor & Deputy  
Head of Cardiology

### Dr. Khadija Tul Uzma

Asst. Professor  
Surgery & Allied

### Dr. Asif Javaid Wakani

Asst. Professor  
Gastroenterology

### Dr. Abdul Rauf Shaikh

Evening Administrator  
Administration

### Dr. Maria Khadija Siddiqui

Sr. Registrar  
Dentistry

### Dr. Faisal Ahmed Siddiqui

Res. Junior Consultant  
Cardiology

### Dr. Hasan Inam

Res. Junior Consultant  
Cardiology

### Dr. Abdul Rehman Jamali

Res. Junior Consultant  
Cardiology

### Mr. Syed Zain Abbas Rizvi

Chief Perfusionist  
Perfusionist Services

### Dr. Mah Dev Lohano

Asst. Professor  
Pediatrics

### Dr. Salman Ahmed

Sr. Registrar  
Cardiothoracic Surgery

### Mr. Ch.M.Amjad Iqbal

Manager  
Laboratory

## PROMOTION

### Prof. Dr. Syed Hussain Mehdi

Principal JMDC

### Dr. Zarrar Khan

Professor  
Pharmacy

### Dr. Rajesh Kumar

Assit. Prof.  
ENT

## PROFESSIONAL & CONTINUING EDUCATION

NAME	DEPARTMENT	TOPIC	VENUE
Dr. S. M. Inkisar Ali	Pediatrics	Biennial International Conference	Lahore
Dr. Habiba Hasan	Pediatrics	Biennial International Conference	Lahore
Dr. H R Ahmad	Physiology	SAAP	Dhaka
Dr. Ahmad Sultan	Orthopedics	Pre Orthocon Workshop	LNH

## Q & A Session

### Prof. Dr. Ashraf Kamar Uddin Chairperson & HOD Obstetrics & Gynecology

**Q.** *How long have you been associated with JMDC?*

**A.** Since Lady Dufferin Hospital was affiliated with JMDC for teaching Obstetrics and Gynecology, more than 12 years ago.

**Q.** *What are your achievements?*

**A.** It feels good to see students you have taught and junior doctors who have trained under you, now standing beside you as your colleagues. I have also been associated with two NGOs in establishing, non-profit hospitals in Karachi.

**Q.** *Share your experience at JMCH.*

**A.** I joined JMCH in 2012 after my retirement from Lady Dufferin hospital, originally for one year, but was asked to continue. This was a challenge, as it was not easy to make changes to start with. But with cooperation from the ED, Mr. Adnan Sohail, the changes started taking effect. New protocols were introduced. Audits and workshops were conducted. OPD facilities were improved giving the patients more confidence. The faculty was completed, resulting in a better working environment. Now the volume of work has more than doubled, the quality of care has improved resulting in a lower Caesarean section rate and lower perinatal and maternal morbidity, thanks also to the efforts of the Pediatric Department. Best of all we have a very friendly faculty, with competent junior doctors and nurses. Without them no change would be effective.

**Q.** *In Pakistan how many female give importance to their health. If not, why do they neglect themselves.*

**A.** Not many women will see a doctor unless there is a problem. In the lower socio-economic class, besides lack of education, financial restraints and family pressure, mostly mother in law, prevents her from deciding what to do.

**Q.** *What would you like to do when you are not in hospital.?*

**A.** Most babies like to come into this world at night, which is why obstetricians have a "sleep deficit". I use my free time to sleep it off. I love to travel, read books, knit or cook when the mood allows.

**Q.** *Message for the young female doctors eager to go into Obstetrics & Gynecology*

**A.** Do not go into this field unless you have compassion. If you do decide to take up Obstetrics & Gynecology then get trained properly. Aim for the top most position, because that is always empty.



#### JINNAH MEDICAL & DENTAL COLLEGE

22-23, Shaheed-e-Millat Road, Karachi 7400-Pakistan. Phone # 34931886-9

Fax # 34938035 E-mail: [jmdc@jmc.edu.pk](mailto:jmdc@jmc.edu.pk), Website: [www.jmc.edu.pk](http://www.jmc.edu.pk)

#### JINNAH MEDICAL COLLEGE HOSPITAL

SR-6, Sector 7-A, Korangi Industrial Area, Karachi 7400-Pakistan.

Phone # 35071854-6-8, Fax # 35073163