

Workshop on Urethroplasty

SIUT organized a workshop on Urethroplasty from December 9-11. The workshop comprised lectures, case discussions and live surgeries. Urethral structure disease is as old as history of mankind and is described in old Greek and Egyptian literature. Advances have been made in the management of urethral structures which comprise anastomotic urethroplasty and buccal mucosal grafts. The diagnosis and evaluation have refined the staging of the disease. In addition to classic retrograde and antegrade urethroplasty, intraurethral ultrasound and MRI techniques can now easily define the extent of injury and fibrosis.

Continued on page 2



Urethroplasty Surgery

Seminar on Urodynamics

A two day course was held at SIUT on Urodynamics on November 11-12. Urodynamics studies is the diagnostic evaluation of the functions of Bladder, Urethra and Sphincters and forms the scientific basis of management of functional disorders. The indications for performing urodynamic studies include urinary incontinence, lower urinary tract symptoms, neurogenic bladder and other congenital anomalies. Many patients develop end stage renal disease due to structural anomalies of the lower urinary tract. Urodynamics are an essential part of evaluation of these patients before kidney transplantation. Urodynamics are now an essential first line investigation. The two day course included lectures, case discussions, practical demonstrations and video sessions. There were two different sessions. Day 1 focused on pediatrics and Day 2 on adults. The faculty included Dr. Rizwan Hamid from University College London UK, Mr. Eskinder Solomon, Clinical Scientist from Guy's Medical School London, Dr. Murli Lal Professor of Urology SIUT, Dr. Bashir Ahmed Associate Professor, Pediatric Urology SIUT. Dr. Sadia Nishat, Assistant Professor, Neurology SIUT and Mr. Asim Ahmed Manager, Physiotherapy SIUT ■



SIUT team along with the participants of the seminar

Breast Camp at SIUT

In Pakistan it has been estimated that each year more than 83,000 cases of breast cancer are reported and nearly 40,000 women die of the deadly disease. In our country, one in nine women develops breast cancer at some stage of her life. Even though breast cancer has a genetic predisposition, it is important to know that nearly 70% of newly diagnosed cases are not because of a genetic background. Therefore, it is important for every woman above 40 years of age to make sure she has a screening test done. The recommendation is usually an annual ultrasound between 40 to 50 years and a mammogram biannually between 50 and 80 years. For patients with family history it should be annual mammography.

Continued on page 3

Press Conference "Patients with No Family Donor"



A press conference was held at SIUT to highlight the plight of patients with End Stage Renal Failure who have no family donors. The aim of the press conference was to create awareness and need for deceased organ donation in Pakistan where each year about 200 patients die of End Stage Organ Failure. This includes kidney, liver, heart, lung and other organs.

Continued on page 4

Workshop on Urethroplasty

Uroflowmetry is used to assess the success of procedures. The frequency of disease is rising specially in developing countries due to increase in road traffic accidents and inflammatory conditions. Faculty included Mr. Paul Anderson, Consultant Urologist, Dudley group of hospitals NHS U.K, Mr. Stephen Payne Professor Bournemouth University UK, Mr. Majed Shabbir, Consultant Urologist Guy's and St. Thomas Hospital, Dr. Manzoor Hussain, Professor of Urology SIUT and Dr. Ameet Jesrani, Radiologist at SIUT ■



Participants

Visitors to SIUT



Mr. Paul Anderson

Mr Paul Anderson is the Consultant Urological Surgeon at Dudley Group of Hospitals, NHS Foundation Trust, UK where he leads a nationally recognised GURS service. He is well known nationally and internationally on BXO/Lichen sclerosis and the management of adult hypospadias problems. His other clinical areas are Peyronie's and urethral surgery ■



Mr. Stephen Payne

Mr Stephen Payne is Visiting Professor at Bournemouth University. He was trained at the Royal Free Hospital, Institute of Urology and the Portsmouth Hospitals. He set up and runs tertiary services for the North-west in complex andrology, male factor infertility and urethral reconstruction. Currently chairman of the national Intercollegiate Examination Board in Urology, he is the Associate Editor of BJUI Knowledge ■



Mr. Majed Shabbir

Mr. Majed Shabbir was appointed as a consultant urological surgeon to Guy's and St. Thomas' in 2012. He performs a range of general urological procedures and has special interest in genital reconstruction, urethroplasty, Peyronie's disease, erectile dysfunction including implant surgery, and the investigation and management of male factor infertility ■



Dr. Rizwan Hamid

Dr. Rizwan Hamid FRCS(Ed), FRCS(Urol), MD(Res) is Consultant Urologist at University College London Hospital. He is also the Clinical Lead for Neuro-Urology at London Spinal Injuries Unit, Stanmore. He has a wide range of experience in urological surgery, neuro-urology, reconstructive and female urology. He has published more than 80 peer-reviewed publications and 6 book chapters on neuropathic bladder dysfunction, incontinence and reconstructive surgery ■



Mr. Eskinder Solomon

Mr Eskinder Solomon, BEng, MSc, is a Consultant Clinical Scientist at Guy's and St. Thomas NHS Hospital with a special interest in functional urology and three-dimensional ultrasound. He also teaches urodynamics on national courses run by the Royal College of Surgeons and the British Associations of Urological Surgeons to urology registrars and consultants ■

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World Diabetes Day

The World Diabetes Day was held on 23rd November at SIUT. Diabetes is on the rise in Pakistan and now the country has the fourth highest number of diabetics with 19.4 million patients. Estimates show that 8.5 million people with diabetes are undiagnosed. Globally 463 million people suffer from diabetes with 4.2 million dying each year due to the disease complications. To observe the day there was an open house where people were tested for blood and urine glucose levels, vital signs followed by consults with dietitians and physicians. Dr. Fatema Jawad, Consultant Diabetologist at SIUT informed those who had come for screening that diabetes increased the risk of other diseases to patients, like kidney failure, stroke, vision problems, heart ailments and liver disorders. She called for adopting a healthy lifestyle, regular monitoring and awareness education to prevent and counter the diseases and their complications. Speakers included Dr. Sobia Qureshi, Dr. Fauzia Mushtaq, Dr. Fatema Ali Lanewala, Dr. Sajid Bhatti and Dr. Warda. Over a hundred people came to SIUT for the screening program ■



Dr Fatema Jawad



Breast Camp at SIUT

In this milieu SIUT took the initiative to arrange its first ever breast camp in the designated month for breast cancer on 23rd October 2019. The arrangement of information sheets and primary data collection of the individuals who would come to the camp was undertaken. On the day the services provided to the attendees were history, clinical examination with a screening ultrasound of the breast. In the event of any suspicion the patient was guided to come for a mammogram (free of cost) and this would be followed with the needful line of management.

In addition groups of 15 to 20 individuals were collected in a room and awareness of breast cancer information was given with ample time for questions and answers. The focus of this awareness was who should visit the doctor, how to conduct self-examination and clarifying some of the myths associated with the disease ■



Dr Usra Parvez educating people for recognizing early signs and symptoms of breast cancer

SIUT Transplant Coordinators attend workshop in TABRIZ

A four member team from SIUT comprising of Dr. Muddasir Laeeq, Ms. Farida Mazhar, Mr. Razi Ahmed and Ms. Sanobar Ambreen attended a 7-day workshop in Tabriz, Iran. This program aimed at highlighting the successful Irani Model of Deceased Organ Donation. The workshop was facilitated by Dr. Omid Ghobadi and Dr. Katayoon Najaf Izadeh

The workshop aimed at family counseling for deceased donor donation and the process of donation for transplantation. SIUT Transplant Coordinators visited various hospitals giving further exposure for a detailed awareness in Deceased Organ Donation Program ■



From left to right Muddasir Laeeq, Omid Ghobadi, Sanobar Ambreen, Katayoon Najaf Izadeh, Farida Mazhar and Razi Ahmed

54th SIUT Student's Volunteer Program

The voluntary service program for school and college Students, was initiated by SIUT in 2006. The programme is conducted on the SIUT's premises during summer and winter vacations in which students are encouraged to engage in community service by helping the patients at SIUT. The program over the years has received an overwhelming response and thus far more than 6,550 students have successfully completed the training program. The training spanned 30 hours during which the participants interactively engaged themselves with the admitted patients as well as the outpatients especially the pediatric patients. During the training, the students are rotated through various departments including OPDs, dialysis, transplantation, lithotripsy, radiology, clinical laboratory, cancer, hepato-gastroenterology and medical and surgical sciences. An interactive and educative session of first aid and cardiopulmonary resuscitation was undertaken by the Pakistan Red Crescent Society. Prof Adib Rizvi, Director of the SIUT, said the program provided an opportunity for our future generations to experience the sufferings faced by the underprivileged population and inculcates in them the spirit and motivation to support the society. The students in their speeches expressed their thoughts and said that the program was a life-changing experience for them. The participants also applauded M s. Zainab Imran (SIUT



SIUT Volunteers singing the SIUT song



Volunteers in Nursing Dept.



Volunteers in Radiology Dept.

Volunteer) when she sang the SIUT song. The concluding certificate awarding ceremony included junior and senior volunteer speeches, parents sharing their views, SIUT patient's performances, narration of their life stories and distribution of certificates and gifts. The concluding ceremony was largely attended by the parents, teachers and senior volunteers ■

Press Conference Highlights the Plight of Patients with No Family Donor

SIUT performs over 500 kidney transplants each year. However, hundreds more do not have family donors. The answer to save their lives is deceased organ donation and also for those dying of liver, heart, lung and other failure. SIUT Director, Prof. Rizvi said patients continue to suffer and there is a rising number of patients on dialysis. Deceased organ donation is the only way forward. He requested the media to promote this very important campaign on Deceased Organ Donation.

Dr. Nasir Luck, a physician at the SIUT, highlighted Islam's perspective on deceased organ donation and said that Islam and all other religions value deceased organ donation, since all religions value human life above everything else. He said that the deceased organ donation program was being widely practiced in all Muslim countries except Pakistan.

Dr Sadia Nishat, Neurologist at SIUT, presented the details of the notification issued by the Sindh government which directs and explains the lawful procedure and modalities of deceased organ donation.

The notification has also defined the role of public and private sector hospitals regarding cases of brain death and coordination with the Sindh Human Organ Transplantation Authority (HOTA), which is the regulatory body for organ donation and Transplantation. A helpline has also been established at 0300-0064682 to facilitate the organ donation process ■



From left to right, Jaffar Bilgrami, Zubeida Mustafa, Adib Rizvi, Aijaz Khanzada, Sadia Nishat, Nasir Luck and Farida Mazhar



Patients with No Donors

Students visits to SIUT

Every year different schools, colleges and universities in Karachi organize visits of their students to SIUT as part of their curriculum for Voluntary Work in Society. In the last quarter over 200 students visited SIUT from Civic School, Gulshan-e-Iqbal, PECHS Girls School, Aisha Bhawany Academy, Sheikh Kalifa Bin Zayed College, DHA, Social Welfare Department, University of Karachi, Mehran University of Engineering and Technology Studies. The SIUT Media and Resource Generation Unit briefed the students about the history and achievements of the Institute and Prof. Rizvi's philosophy of "Free Care with Dignity".

Students who were accompanied by their teachers were taken around departments of Dialysis, Transplantation, Outpatient Clinics, Radiology, Lab Services and Engineering Services. Students spent time in pediatric wards and OPD where they distributed drawing books and stationary items among children. Students from Civic School also presented a cheque for donation to SIUT – A great gesture as it came from their pocket money. All students showed interest in SIUT's Student Volunteer Program and wished to register to be able to perform community service in SIUT ■



Civic School



P.E.C.H.S Girls School



Sheikh Kalifa Bin Zayed College



Social Welfare Department, KHI University



Mehran University of Engineering & Technology Studies



Aisha Bhawany Academy

Pakistan Medical Association Literary Festival focus on "Deceased Organ Donation"

Pakistan Medical Association's Literary Festival was held in Karachi in October. "Deceased Organ Donation Program" initiated by SIUT was also part of the festival aimed at creating awareness and educating the society at large on Deceased Organ Donation. The Festival aimed to highlight health and medical issues which are prevalent in society. SIUT setup a dedicated stall to promote awareness in masses of the deceased organ donation program. Each

year over 200,000 people die of End Stage Organ failure including kidneys, liver, heart and other organs. Students and general public filled up donor forms to become organ donors. On the last day of the festival a theatrical play "Dil Ki Awaz Suno" conceived and produced by Ms Sheema Kirmani was staged for the audience. The play aimed to bring awareness and promote deceased organ donation in Pakistan ■



Ms Sheema Kirmani with theatrical team Presenting "Dil Ki Awaz Suno"



SIUT Team at DOD stall

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Please visit www.situt.org



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