

SIUTnews

OCTOBER 2021

Midterm Virtual Meeting of NUTS of SAARC



INDIA



PAKISTAN



SRI LANKA



NEPAL



BANGLADESH



MYANMAR



AFGHANISTAN



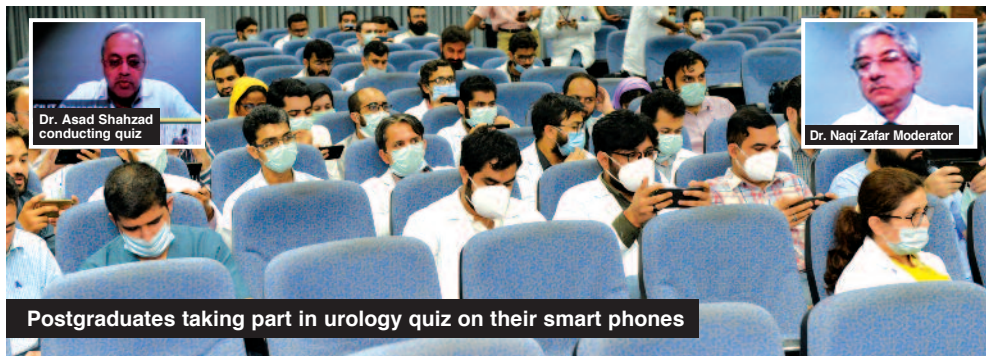
MALDIVES

A virtual meeting of the Nephrology, Urology and Transplant Society of SAARC countries was held from 24th to 25th September in the evenings 4:00 - 8:30 pm. Members of the society and guests registered from Pakistan, India, Sri Lanka, Nepal, Bangladesh, Myanmar and Maldives. This society was formed in Dhaka in 1994 and the first conference was held in Delhi

in 1995. Thus far 11 conferences have been held every two years. The 4th conference was held in Karachi Pakistan at SIUT in 2001. The 12th conference was to be held at SIUT in 2020 but was cancelled due to . This year a virtual conference was organized with active participation of SIUT faculty. Wide range of topics were discussed by leaders in the field. In nephrology the



Dr. Adib Rizvi with senior faculty



Postgraduates taking part in urology quiz on their smart phones

topics were Chronic Kidney Disease of Unknown Etiology, Acute Kidney Injury, Glomerular Disease and IgA Nephropathy. Main topics in urology were Renal Cell Carcinoma, Vesicovaginal Fistula (VVF) in the region, types of Urethroplasty, Stone Disease and Urinary Tract Infections. Transplantation topics included Molecular Diagnosis of Rejection, COVID-19 and Transplantation, Post-transplant infections and Surgical Complications, Long-term outcomes of transplant and Follow-up of Living Kidney Donors.

Each day began with a quiz for post-graduate students comprising multiple choice questions which were answered by registering on their mobile phones.

Nephrology quiz was conducted by Dr. Manisha Sahay from India and urology quiz by Dr. Asad Shahzad of SIUT. The virtual welcome reception was held on 24th which was attended by Prof.

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Adibul Hasan Rizvi Patron of the society, Dr. S.C Dash, founder member (India), Dr. Rezvi Sheriff, founder member (Sri Lanka), Dr. Sudha Khakurel (Nepal) past president, Dr. Sunil Shroff (India) past president and Dr. Mandhika Vijayrathan (Sri Lanka). Welcome address was given by Dr. K.L Gupta, President of NUTS of SAARC (India) and Dr. Mirza Naqi Zafar, Secretary (Pakistan). SIUT faculty gave the following lectures. ■

List of lectures by SIUT faculty

1. Dr. Rubina Naqvi	Community acquired AKI-25 years' experience
2. Dr. Nazarul Hasan Jafri	Long-term follow-up of FSGS
3. Dr. Sunil Dodani	COVID-19 in Transplantation
4. Dr. Rehan Mohsin	Role of Robotics in Nephron Sparing Surgery in RCC
5. Dr. Manzoor Hussain	Pattern and outcome of varied types of urethroplasty
6. Dr. Murli Lal	Burden of VVF in urology practice in SAARC region
7. Dr. Tahir Aziz	Long-term outcomes of renal transplant - Can we do better?
8. Dr. Mirza Naqi Zafar	Long-term outcomes of Kidney Donors

World Organ Donation Day

SIUT observed the World Organ Donation Day on 13th August. Every year this day is dedicated to spread awareness about the importance of organ donation to motivate the public to donate organs to save lives. In Pakistan 150,000 people die each year of end-stage organ failure. This figure includes 40,000 from kidney failure, 70,000 of liver and 15,000 of heart failure.

A live awareness program was held on Facebook to increase awareness on organ donation. SIUT faculty, Dr. Murli Lal, Dr. Nasir Luck, Dr. Farina Hanif and Dr. Muddasir Laiq took part in a question and answer session. Famous actor Sania Saeed was also a panelist and pledged her organs for donation. Mr. Khaled Awan also pledged to be an organ donor. Panelists answered questions related to Religious acceptance, cultural factors, organ donation law, process of organ donation and brain death. The panelists informed that donation after brain death is allowed in Islam and deceased organ donation is an established medical treatment in all Muslim countries.

Sign-up today and be someone's hope. Pledge to become an organ donor, help build a viable donor base in Pakistan: <http://tx-society-pk.org/be-an-organ-donor.html>

In Pakistan so far more than 10,000 persons have pledged their organs after death. Unfortunately in the last 2 decades only five persons have donated their organs. These great people were Mr. Naveed Anwar, Ms Shamim Bano, Prof Razzak Memon, Mr Imran Shah and Mr Arsalan. Whereas corneal donors include renowned social workers Abdul Sattar Edhi and Ms Aban Jamal. Both of them were kidney failure patients but were passionate enough to donate their corneas after their death so someone could see in their life. ■



Dr. Murli Lal
Professor of Urology



Dr. Nasir Luck
Professor
Hepatogastroenterology



Sania Saeed
Actor/Activist



Farina M. Hanif
Associate Professor
Hepatogastroenterology



Dr. Muddasir Laiq
Associate Professor
Hepatogastroenterologist

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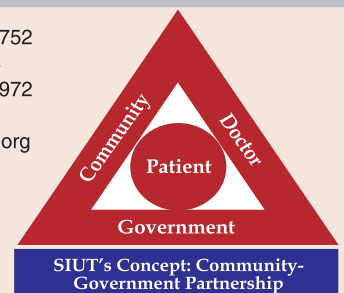
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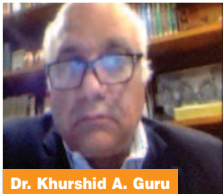
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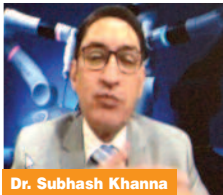
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Dr. Subhash Khanna



Dr. Rehan Mohsin



Dr. Asad Shahzad

Webinar on Role of Robotic Surgery in developing countries

SIUT organized a webinar on 10th July on the Role of Robotic Surgery in the fields of Urology General Surgery and Gynaecology. This was in collaboration with Dow University of Health Sciences Pakistan, Society of Surgeons Pakistan, Society of Obstetricians and Gynaecologists of Pakistan and Pakistan Association of Urological Surgeons (PAUS). The proceedings of the webinar were moderated by Dr. Irfan Rizvi, Department of Surgery, Virginia Hospital from USA. Dr. Rizvi highlighted the Role of Robotic Surgery in patients suffering from Colon and Rectal disease. The key note address was given by Dr. Khurshid Guru, Director Robotic Surgery, Roswell Park Cancer Center USA. His lecture focused on prospects of robot assisted surgery in developing countries and Robotic Surgery in cancer patients and its benefits in terms of less pain, less time and less expenditure. Dr. Subhash Khanna, Department of Gastroenterology Surgery, GSL Medical College (India) demonstrated an operation with live robotic surgery.

Other speakers included Dr. Shahriyar Ghazanfar, Prof. of Surgery and Robotics, Dow University of Health Sciences, Pakistan, Dr. Muhammad Waris Farooka, Prof. of Surgery National Hospital and Medical Services, Lahore and Dr. Rehan Mohsin, Prof. of Surgery and Robotics, SIUT and Dr. Asad Shahzad, professor of urology also presented in the webinar on their specialty.

It was a general consensus that in the future, robotic surgery will become the landmark in the field of surgery because of its benefits which include significantly less pain, less blood loss, less risk of infection, less scarring, shorter hospital stay and quicker recovery time. ■

Awareness Session on Prostrate Cancer

Awareness session on Prostrate Cancer was conducted live on Facebook page of SIUT on 1st September 2021. The Panelists were Dr. Asad Shahzad Hasan, Professor of Urology, Dr. Harris Hassan Qureshi, Associate Professor of Urology and Dr. Syed Najeeb Niamat Ullah, Consultant Medical Oncologist.

The Panelists discussed risk factors for

Prostate Cancer and informed that commonly the risk of prostate cancer increases as one ages beyond 50 years. The risk may increase if a blood relative, such as a parent, sibling or child, has been diagnosed with prostate cancer and that individuals having healthy weight are less prone compared to obese individuals.

They emphasized that Awareness about Prostate Cancer is lacking in Society and said that individuals should seek detailed check-up when they have the following symptoms, blood in urine, difficulty in passing urine, feeling that bladder has not emptied fully, frequent urination specially at night. Large number of people attended the session with many questions related to Prostrate Disease. ■

Dr. Asad Shahzad Hasan
Professor of UrologyDr. Harris Hassan Qureshi
Associate Professor of UrologyDr. Syed Najeeb Niamat Ullah
Consultant Medical Oncologist

World Patient Safety Day

This day was established by the World Health Assembly in 2019 through a resolution on "Global action on patient safety". It is observed every year on 17th September.

Every year a new theme sheds light on the importance of patient safety where it is decided to reduce preventable harm in health care and accomplish widespread health coverage.

Purpose of the day is to improve universal awareness of patient safety, endorse worldwide action to avoid and decrease needless damage in health care. Expand public commitment in health care safety initiative.

According to WHO there is a significant burden of harm to women and newborns due to exposure to unsafe care. Therefore, this year's World Patient Safety Day is dedicated to the need to prioritize and address safety in maternal and newborn care, particularly around the time of childbirth, when most harm occurs. This is especially important in the context of disruption of health services due to the COVID-19 pandemic, which has further compounded the situation.

In the developing countries women's experiences during childbirth are also affected by issues of gender equity and violence, World Patient Safety Day highlights the importance of respectful care and its association with safety. ■



CBEC's Activities in 2021

In 2021, SIUT's academic arm, the Centre of Biomedical Ethics and Culture (CBEC, SIUT) focused on transitioning its activities to the virtual realm, adapting its formal programs and outreach events to online platforms. Despite the continuing ebb and flow of COVID-19, the Centre carried on with its educational programs through web-based modalities, and generated bioethics conversations through a series of webinars (#CBEContheweb) for regional and local audiences.

In June 2021, CBEC's 9th batch of Postgraduate Diploma in Biomedical Ethics (PGD) students crossed the finish line, after successfully meeting the program's grade requirements and passing an online examination that tested their critical thinking abilities and bioethics knowledge. The 10 graduating students, who belong to different parts of Pakistan and Kenya, are now in the process of implementing bioethics teaching projects in their own institutions. Meanwhile, the Centre's current batch of Master in Bioethics (MBE) students are presently engaged in research and thesis development as part of their MBE requirements.

Concurrent to the Centre's educational engagements, CBEC faculty worked on various ethics-related projects: At SIUT's request, Associate CBEC Faculty Dr. Ali Lanewala ran a series of sessions on *Akhlaq ki ahmiyat* for nursing staff and MSOs which ended in April 2021. The Centre's faculty also worked in collaboration with the World Health Organization (WHO) on the production of two bioethics teaching films, 'Colours of Reality' and 'A Tale of Two Worlds'. The films highlight ethical issues in public health research relating to gender, social justice and consent and will soon be available for free dissemination on the Centre's website.



Dr. Niveen Abu-Rmeileh



Nurses attending the last session of the year long series *Akhlaq ki Ahmiyat*

Nurses attending the last session of the year long series *Akhlaq ki Ahmiyat*

Notable outreach events at CBEC in recent months include a webinar on August 7, 2021, "Vaccination in a pandemic: obligation or choice?". Hosted by CBEC in collaboration with Medical Microbiology and Infectious Diseases Society (MMIDSP), Pakistan, the webinar attracted a large number of participants from relevant backgrounds. This was followed on August 26, by an online session with Dr. Dominique Martin of the School of Medicine, Deakin University, Australia on "Teaching

bioethics online: building strong foundations for diverse curricula." Geared towards participants involved in bioethics teaching, the session gave a foretaste of two longer workshops on bioethics pedagogy that the Centre is planning to run in November and December, 2021.

The next outreach event at CBEC (7th in the #CBEContheweb series) is an online session on September 11, 2021, with Dr. Niveen Abu-Rmeileh, Professor of Epidemiology and Public Health at

Birzeit University, Palestine. Titled "Research in abnormal conditions: Views from a Palestinian researcher," the session promises to provide insights into the unique challenges of living and working in an occupied territory. Following this, the Centre will run a three day hybrid workshop, from October 20-22, 2021, on "Ethics in Public Health Emergencies" with a small group of attendees in Karachi and online participants from Kenya. ■

The Transplantation Society Master Classes

TTS organized a series of 14 masterclasses on various topics on Transplantation in 2021. In all 14 Master Classes were held and Dr. Mirza Naqi Zafar of SIUT was invited to give a master class on HLA matching in living related renal transplantation. There were two presentations, the first was given by Dr. Medhat Askar from the USA on Outcome with HLA matching results in deceased renal transplant. Both speakers highlighted the importance of HLA matching in selection and allocation of donors and the beneficial effect of HLA matching in the ERA of modern potent immunosuppressants. Dr. Zafar emphasized the importance of HLA matching in living donor transplantation where immunosuppression can be tailored according to HLA matching instead of a standard protocol for all patients. This he emphasized can reduce over immunosuppression as well as save costs. ■



Zoom discussion with SIUT North America (SIUT NA) on 4th Wave Covid-19 experience at SIUT



Maliha Qureshi
SIUT North America



Dr. Fazal Akhtar
Nephrology – SIUT



Dr. Mirza Naqi Zafar
Pathology – SIUT



Dr. Asma Nasim
Infectious Diseases – SIUT



Dr. Fakhir Raza
Critical Care – SIUT



Dr. Sunil Dodani
Infectious Diseases – SIUT



Dr. Barkat Charania
Board Member SIUT-NA

The fourth wave of COVID-19 hit Pakistan in August - September with Delta Variant. The national command and operation center (NCOC) for COVID-19 extended restrictions to 27 cities to control this wave of COVID-19 pandemic. Under the restrictions, markets closed twice a week and all indoor activities e.g. weddings, Shrines and Cinema Hall were closed.

SIUT-NA has been helping SIUT during this period with grants specifically for COVID-19 services which helped in procurement of ventilators, monitors and equipment for covid ICU and Wards. SIUT wishes to thank Dr. Shahid Sheikh APPNA, OHIO USA, Medwish International and SIUT NA for sending containers full of supplies of personal care equipment for SIUT frontline workers.

SIUT NA has started a series of zoom sessions with the theme "SIUT its Expansion of Excellence" to introduce its services amongst Pakistan Expatriates and others in NA. One of such sessions was on the SIUT experiences of the 4th wave of COVID-19 pandemic.

The discussion host was Ms. Maliha Qureshi and

discussants were Dr. Fazal Akhtar, Dr. Mirza Naqi Zafar, Dr. Asma Nasim, Dr. Fakhir Raza, Dr. Sunil Dodani and Dr. Barkat Charania, Founder Member and Board Member SIUT NA. The experts reported that in 2021 over 10,000 patients were screened in a dedicated Covid Clinic and 670 patients admitted in Covid Wards. The admitted patients were provided the best available medicines resulting in very good outcomes. The laboratory tested 31,000 individuals for COVID-19 by PCR test where overall positivity rate was 11.2% while during the 4th wave positivity rate jumped to over 18% in the SIUT lab.

SIUT started vaccinating general public and health care workers in February 2021. Thus far 56,750 people have been fully vaccinated. Over 4000 transplant and dialysis patients have been vaccinated by Pfizer vaccine. The rest were given Chinese vaccines Sinopharm, Sinovac two doses and Cansino, Pakvac single dose vaccines.

The concluding remarks were given by Dr. Barkat Charania, who praised SIUT's efforts during this pandemic. ■

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