

WISHING EVERYONE A SAFE & HAPPY 2024



SMBB INSTITUTE OF TRAUMA
NEWSLETTER

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Clinical Excellence – Audit is the key Morbidity and Mortality (M&M) Meeting

Shaheed Mohtarma Benazir Bhutto Institute of Trauma has taken the step in good clinical governance. Morbidity and Mortality (M&M) meetings are now started at the Institute. The purpose, scope & responsibilities are as follows:

Purpose:

The SMBB Institute of Trauma is dedicated to providing trauma patients with the highest quality of care. The M&M review process is a critical component of our ongoing commitment to quality improvement, patient safety and professional development. The goal of the Morbidity and Mortality review guidelines for SMBB Institute of Trauma is to create a systematic and structured process for reviewing M&M cases within our institute.

Scope:

The M&M guidelines apply to all SMBB Institute of Trauma healthcare professionals, staff and departments. These guidelines cover the following topics:

- 1. Case Selection:** It defines the criteria for selecting cases for review within the Institute including mortalities and significant morbidities.
- 2. Data Collection:** It describes how to collect relevant medical records, clinical data and other documents pertaining to specific cases.
- 3. Root Cause Analysis:** It directs the systematic investigation of contributing factors and root causes of adverse events, with a focus on human, system and process variables.
- 4. Action Plans:** It provides a framework for creating action plans to address identified issues and avoid negative outcomes in future.
- 5. Education and Feedback:** It encourage the sharing of M&M review lessons learned in order to improve staff education, training and clinical practices.
- 6. Documentation:** The guidelines specify how to keep detailed records of M&M meetings, case presentations, root cause analysis and action plans.

Responsibilities:

The following responsibilities have been assigned to ensure the effective implementation of the Morbidity and Mortality Review Guidelines:

- 1. M&M Committee:** The M&M committee which is comprised of multidisciplinary healthcare professionals is in responsible of overseeing the M&M process, which includes case selection, review, root cause analysis and action plan development.
- 2. Chairperson of the Committee:** The chairperson of the committee is responsible for organizing and leading M&M meetings, ensuring case presentations and tracking the progress of action plans.
- 3. Healthcare Professionals:** All SMBBIT healthcare providers are responsible for attending M&M meetings, providing relevant information and actively participating in discussions to improve patient care and safety.
- 4. Department Heads:** Department heads are in charge of supporting the M&M process within their respective departments, including assigning staff to participate and facilitating action plan implementation.
- 5. Quality Management Department:** The Quality Management Department is in charge of assisting the M&M committee with data collection. record keeping and coordinating educational initiatives based on M&M findings.



Recognition of the exceptional work done by the team of SMBB Institute of Trauma Handing & Taking over to establish 100 bedded Trauma & Emergency Response Center at Baldia town by SMBB Institute of Trauma, Karachi

On 4th July 2023 under the chair of Honorable MNA & Federal Minister Health, Mr. Abdul Qadir Patel it was discussed to establish 100 bedded Trauma & Emergency Response Center and as per directive of higher authorities; Honorable, Federal Minister Health & Federal Minister for National Health Services, Regulations & Coordination, it is certified that the Abandoned Annual Development Plan scheme to establish 50 Bedded Hospital of Dawood Goth, Baldia Town, was handed over to Executive Director, Shaheed Mohtarma Benazir Bhutto, Institute of Trauma, Karachi for the establishment of 100 Bedded Shaheed Edhi Ameen, Trauma Emergency Response Center, Dawood Goth, Hub River Road, Baldia Town, District Kemari Karachi.

The possession of building with execution authority was taken over by SMBB Institute of Trauma. SMBB Institute of Trauma, Karachi will look after all the administrative matters of Shaheed Edhi Ameen, Trauma Emergency Response Center as Execution Agency.



Handing & Taking over to establish Shaheed Benazir Bhutto, Trauma & Emergency Medical Complex at Bin Qasim Town under SMBB Institute of Trauma Karachi

As approved by the Honorable Chief Minister Sindh on 8th May, 2023, Annual Development Plan Scheme, Establishment of Medical Complex at National Highway Near Razzakabad, Bin Qasim Town, Karachi was handed over to establish Shaheed Benazir Bhutto, Trauma & Emergency Medical Complex under SMBB Institute of Trauma Karachi.

The Executive Director of SMBB Institute of Trauma took the possession of the building with execution authority on 7th August 2023.

From August 7, 2023 onwards, the authority of SMBB Institute of Trauma, Karachi will be responsible for all administrative affairs of the Shaheed Benazir Bhutto, Trauma & Emergency Medical Complex as Execution agency.



Inauguration of Physiotherapy Department

Physiotherapy and Rehabilitation Department of SMBB Institute of Trauma Karachi was inaugurated by the Executive Director SMBB Institute of Trauma - Dr. Muhammad Sabir Memon and Principal Liaquat National School of Physiotherapy - Dr. Syed Hassan Abbas Rizvi, other faculty members were also gathered to celebrate this milestone.

Dr. Muhammad Sabir Memon, delivered an inaugural address, stating; The Physiotherapy Department aligns perfectly with our mission to deliver exceptional healthcare services. We are committed to promoting the overall well-being of our patients, and the addition of this department will undoubtedly contribute to their faster and more effective recovery and we aim to add aesthetics and prosthetics facilities in future.

Dr. Syed Hassan Abbas - expressed his enthusiasm about the inauguration. He said that the physical therapy is a crucial service for traumatic patients and SMBB Institute of Trauma is continuously working towards health and aims to provide free of cost quality care for all. The Physiotherapy & Rehabilitation Department is equipped with new technology and staffed by a team of skilled and experienced physiotherapists. This new addition to the institute will provide specialized treatments and rehabilitation services for patients recovering from injuries, surgeries, and various medical conditions, ensuring a comprehensive approach to healing.



Physically and Emotionally Recovery After Physical Trauma

by Associate Professor Dr. Syed Hasan Abbas Rizvi (Physical Therapist)

Principal - Liaquat National School of Physiotherapy

Rehabilitation plays crucial roles in trauma care by helping patients recover physically and emotionally after a traumatic injury.

Physical therapy works on restoring mobility, strength, and function to injured body parts through exercises and stretches, manages neurogenic and musculoskeletal pain, improve overall well-being. Rehabilitation helps prevent complications like muscle atrophy, joint stiffness, or contractures that can arise from prolonged immobility after a traumatic injury and enhance independence in daily activities, providing techniques and tools to adapt to any physical limitations caused by the trauma.

After trauma patients have significant psychological impacts. Rehabilitation involves counseling and emotional support, patients coping with the mental and emotional challenges of recovery.

Rehabilitation of Fractures:

1. Rehabilitation of fractures involves a structured process to restore strength, mobility, and function to the injured area.
2. Immobilization initially, followed by controlled movement, weight bearing exercises promoted by physical therapist.
3. The goal is to promote healing through exercises, prevent stiffness, regain strength, and return the affected area to its normal function

Rehabilitation of Musculoskeletal dislocation:

The rehabilitation process for musculoskeletal dislocations involves several stages aimed at restoring joint function, stability, and strength.

1. Initially, the joint might need to be immobilized using a splint, brace, or sling to allow the affected area to heal properly and prevent subluxation.
2. After reduction, the joint requires rest to heal. Protection from further injury is crucial, and certain movements or activities might be restricted for a period and elevate it.
3. A physical Therapists design specific exercises to gradually improve range of motion, strengthen the muscles around the joint, and restore flexibility and function.
4. As the joint's strength and mobility improve, functional exercises are introduced to simulate daily activities and enhance joint stability and coordination.
5. The individual gradually returns to normal activities or sports under guidance, ensuring that the joint is strong and stable enough to handle the demands of these activities.

Rehabilitation of Sprains and Strains:

1. PRICE Method Immediately after injury, protecting the affected area is essential to prevent further damage. Resting the injured part reduces stress on the tissues and promotes initial healing, applying ice packs and using compression to control swelling, along with elevating the injured area, helps reduce inflammation and pain.
2. Gradually improve range of motion, strength, and flexibility. Physical therapy plays a crucial role in this phase to prevent stiffness and regain function.
3. Techniques like, mobilization, or manipulation performed by a therapist help improve tissue healing and flexibility.
4. Activities and exercises that mimic daily tasks or specific movements related to work, sports, or activities of interest are incorporated to facilitate a safe return to regular activities.

Educating individuals about proper body mechanics, techniques to prevent re-injury, and exercises to maintain strength and flexibility can significantly reduce the risk of future soft tissue injuries.

Visits at Shaheed Mohtarma Benazir Bhutto Institute of Trauma Karachi

- Soorty Foundation
- Dr Amir Burney (UK)
- Dell Pakistan
- PNEC-NUST

Soorty Foundation:

Their compliance team visited of Soorty Foundation visited SMBBIT. Their visit was highlighted by a productive meeting with our Executive Director Dr Muhammad Sabir Memon, who gave them a thought-provoking tour of the facilities offered to trauma patients, all made possible by the generous support of the Government of Sindh. These services are provided completely free of cost, ensuring that patients receive the care they need during difficult times.

During the visit, the Soorty Foundation team commended the work of the SMBB Institute of Trauma especially to Dr Muhammad Sabir Memon for his efforts and his vision towards the trauma patients and praised the whole team for their dedication to delivering quality healthcare services to the community. The team had the opportunity to witness first-hand the positive impact, our institute has on the lives of trauma patients.

While acknowledging the existing support, the Executive Director highlighted the ongoing need for collaboration and support to sustain and advance healthcare services. The quality of service provided at SMBB Institute of Trauma has been made possible through collective efforts, and continued partnerships are crucial to ensuring that advancements in healthcare are not only maintained but expanded upon.

Soorty Foundation's team expressed their willingness to contribute to the institute's mission and recognized the importance of sustained support for the betterment of healthcare in our community. Their visit serves as a testament to the collaborative spirit that drives positive change in healthcare, and we look forward to exploring future avenues of partnership and support.



THE
SOORTY
FOUNDATION

A company set up under section 42 of the Companies Act, 2017

Dr. Amir Burney (UK)

Dr. Amir Burney - a DUHS Graduate who has worked at the Department of Orthopedics in CHK Visited SMBB Institute of Trauma.

Dr. Amir Burney is FRCS (Edinburgh), Masters in Sports and Exercise Medicine (Nottingham) and Masters in Medical Education (Nottingham).

As Director for Studies at University of Sheffield, Dr Burney oversees the clinical education of undergraduate medical students during their 3rd year. As the Academic Lead for Clinical Skills, he is responsible for the development and delivery of clinical skills education across all years of the course. He is also a tutor for the School of Nursing and the School of Dentistry and for the Post Graduate Certificate in Medical Education.

He had been the recipient of the Exceptional Contribution Award in Medical Education and for three continuous years he had received the 'Greatest Contribution to Teaching Award'.

Dr Burney is the Founding President of APPNE The Association of Pakistani Physicians of Northern Europe, which now comprises more than 1400 doctors, medical students and allied healthcare professions from the United Kingdom, Republic of Ireland and Germany.

He is an active member of the NHS Volunteer Responders (Royal Volunteer Service) and of the British Islamic Medical Association (BIMA), he has organized and led the program entitled 'Lifesavers' which teaches basic lifesaving skills to members of the local communities in Nottingham.

He was received by the Team of SMBB Institute of Trauma. Dr. Qurat Ul Ain briefed him about the Institute. The Executive Director of SMBB Institute of Trauma, Dr. Sabir Memon showed him various departments and discussed the clinical and academic achievements of the institute and the possible collaboration of SMBBIT through Dr. Amir Burney. He was very cooperative and has clearly told that he will remain connected and facilitate SMBBIT in various areas.



Dell Pakistan

Dell Pakistan's team had visited our institute. This visit reflected an important partnership between the corporate sector and healthcare, expressing their mutual dedication to community well-being.

The SMBB Institute of Trauma team welcomed the Dell Pakistan team, highlighting the significance of such collaborations in developing healthcare facilities in the region. The tour began with an overview of the institute's goal, services, and the impact it strives to create in the community.

Dell Pakistan team members actively engaged in interactive sessions with our technical team, gaining insights into the challenges and advancements in trauma care. These sessions fostered a constructive dialogue, allowing for a better understanding of the institute's needs and how technology solutions could contribute to enhance patient care and overall operational efficiency.

Dell Pakistan team has discussed about various healthcare solutions; that how innovative technologies could be seamlessly integrated into the institute's infrastructure. Their aim to visit SMBB Institute of Trauma was to find collaborative avenues that how Dell Pakistan play its role to enhance their current IT solutions and its infrastructure to streamline patient records, improve diagnostics, and enhance communication among healthcare professionals.

The institute is immensely grateful for the Dell Pakistan team's visit, which signifies a step towards fostering stronger ties between the corporate and healthcare sectors. Such collaborations play a pivotal role in creating a robust and sustainable healthcare ecosystem.



Pakistan Navy Engineering College PNEC-NUST

A distinguished team of Researchers from PNEC-NUST visited the SMBBIT Institute of Trauma a renowned facility dedicated to offering free specialized care to trauma patients. The primary objective of this esteemed visit is to explore research collaboration between the two organizations. During the meeting, the research team eloquently presented an overview of their ongoing research projects, delving into crucial areas such as Artificial Intelligence, Equipment Calibration, Data Science, and innovative solutions in healthcare. The PNEC-NUST research team was warmly welcomed by the Executive Director of SMBBIT Institute of Trauma.

PNEC-NUST and SMMBBIT discussed integration and making a collaboration bridge or link between Industry & Academia for an international standard for medical devices and equipment. The objective will be to develop a product that is globally acceptable by the medical Industry and the commercial market.

It was also discussed that the product will be designed, developed, and manufactured through R&D, indigenization and reverse engineering projects. The products will be developed and manufactured by combined projects of university's faculty, students renowned independent researcher and industry to have a strong sustainable industrial base in Pakistan for export of all types of biomedical devices and equipment.

The road is long, but the intents were mutually agreed and it was decided to move forward and continue meeting for future healthcare projects.

Members from NUST-PNEC team who visited SMMBBIT are following:

1. Dr Syed Sajjad Haider Zaidi (Director R&D)
2. Dr. Arshad Aziz (Professor)
3. Dr Imtiaz Hussain (Assistant Professor)
4. Mr Samiullah Awan (Assistant Professor)
5. Mr Naeem Raza (Deputy Manager Corporate Communications & Industrial Linkages)



SMBB Institute of Trauma's Participation in Health Asia International Exhibition & Conferences

SMBB Institute of Trauma participated in Health Asia International Exhibition & Conferences. Health Asia is the Biggest Annual Health & Medical Industry Event of Pakistan. These 3 days annual event was held at Expo Center Karachi from 19th to 21st October.

The exhibition showcased medical equipment, surgical instruments, hospital equipment, pharmaceutical and diagnostics equipment.

Thousands of visitors from healthcare and community were there. It provided a great opportunity to present SMBB Institute of Trauma in order to increase awareness about its trauma care work. This event had also provided an opportunity to push SMBB Institute of Trauma's donation drive.

Health Asia provided an opportunity to serve SMBB Institute of Trauma to project its Free of Cost service to the trauma patients.

Health Asia also provided a learning and growing opportunity because latest and innovative healthcare knowledge was shared at the conference and the exhibition.



Dr. M. Sabir Memon – Executive Director of SMBB Institute of Trauma along with his team also visited the stall. Dr. Azer Shaikh HoD Emergency Medicine and his team; Dr. Beenish and Dr. Qurat ul Ain, Dr. Zarnab from SMBB Institute of Trauma Pharmacy, Mr. Daniyal Aslam from Finance, Ms. Anum from Administration, Mr. Haris ur Rehman from procurement also visited the stall and the exhibition, The team of SMBB Institute of Trauma managed the stall and also moved around and introduced themselves and their Institute to a lot of exhibitors.



Dr Azer Shaikh from SMBBIT at Emergency Medicine Leadership Course

Indus Hospital & Health Network (IHHN) hosted the second edition of the Emergency Medicine Leadership Course from November 6th to 10th, 2023, at Avari Towers, Karachi. Meticulously designed by esteemed course directors Dr. Syed Ghazanfar Saleem and Dr. Saima Ali from IHHN, and Dr. Megan Rybarczyk from the University of Pennsylvania, this five-day course aimed to equip physicians, nurses, and administrators with the skills to assume leadership roles in their respective emergency departments.

Each day of the program provided layers of expertise and real-world perspectives, equipping participants with a comprehensive toolkit for leadership in emergency medicine.



The course featured a distinguished lineup of community leaders, including Dr. Munawwar Khursheed from NICVD; Dr. Azer Shaikh from SMBB Institute of Trauma; Dr. Ahson Rabbani and Mr. Shazad Farooq from Child Life Foundation; Dr. Shahan Waheed from AKUH; Dr. Ali Kashan from SRMS; and Mr. Tariq Aziz, Dr. Saba Laila Aslam, Dr. Lubna Mushtaq, Dr. Adeel Khatri, Dr. Sama Mukhtar, Mr. Fawad Rashid, and Dr. Rabia Bega from IHHN.

Over the five days, participants immersed themselves in the various multifaceted aspects of leadership.

- Day 1: Comprehensive overview of the Emergency Department (ED).
- Day 2: The exploration, focusing on Emergency Medical Services (EMS) and Media.
- Day 3: In-Depth focus on Risk Analysis.
- Day 4: Delved into the intricacies of using ED Data.
- Day 5: Deep dive into the critical aspects of ED management.

Dr. Abdul Bari Khan, President of Indus Hospital & Health Network, emphasized the significance of the gained knowledge and collaborative efforts made throughout the course in his closing remarks. The event concluded with a certificate ceremony, recognizing each participant's commitment to excellence in emergency healthcare leadership.

The Emergency Medicine Leadership Course by IHHN is a prime example of the collaborative effort, dedication, and expertise, needed to shape the future leaders of emergency medicine and foster a community dedicated to advancing healthcare in Pakistan.



Participation in Career Fair at Jinnah Sindh Medical University (JSMU)

The SMBB Institute of Trauma participated in the Career Fair at Jinnah Sindh Medical University for Pharm D Students, showing its commitment to developing collaboration and engagement between academic institutions and healthcare organizations. The event provided an opportunity for students pursuing a Doctor of Pharmacy (Pharm D) degree to explore career options, receive insight into the pharmaceutical industry, and meet with professionals from diverse healthcare industries.

Representatives from the SMBB Institute of Trauma interacted with students, providing valuable information about the institute's mission, vision, and the various career pathways accessible to Pharm D graduates in trauma care. The institute highlighted its state-of-the-art facilities, research activities, and unique learning opportunities for students interested in the intersection of pharmacy and trauma medicine.

Through engaging discussions and interactive sessions, SMBB Institute of Trauma left a lasting impression on the Pharm D students, inspiring them to consider a fulfilling and impactful career in pharmaceutical care within the arena of trauma medicine.



Pakistan Association of Plastic Surgeons (PAPS) Meeting

Pakistan Association of Plastic Surgeons (PAPS) Sindh Chapter monthly meeting is conducted in different teaching hospitals of Karachi. The November 2023 meeting was conducted in the Department of Plastic Surgery SMBB Institute of Trauma, and it turned out to be a huge success.

All the renowned Plastic Surgeons of Karachi attended this academic activity including the President of PAPS himself. Vascular and Oral Maxillofacial surgeons of our institute were also present.

It served as a great learning and interactive opportunity especially for Plastic Surgery trainees, Novel and rare cases were discussed among the faculty.



This meeting was organized in Bay 5 on 1st Floor of SMBB Institute of Trauma followed by a scrumptious breakfast.

It would not have been possible without the support of our administration department especially Dr Muhammad Sabir Memon.



Advocating Trauma Prevention: SMBB Institute of Trauma's Representation in 'Trauma Awareness Walk'

In a significant effort to raise awareness about the prevention of trauma, particularly resulting from accidents, the Executive Director of SMBB Institute of Trauma - Dr. Muhammad Sabir Memon participated in the 'Trauma Awareness Walk.' The event was led by Prof. Dr. Shahid Rasool, with the honorable presence of Mayor Karachi - Mr. Murtaza Wahab, at the Jinnah Postgraduate Medical Center.

The Trauma Awareness Walk served as a platform to highlight the critical importance of preventive measures in reducing the impact of accidents on individuals and communities at large.

Prof. Dr. Shahid Rasool, Executive Director – Jinnah Postgraduate Medical Center, played a pivotal role in leading the Trauma Awareness Walk. His participation underscored the collaborative effort among healthcare professionals and community leaders to address the rising incidence of trauma, particularly resulting from accidents.

Mayor Karachi - Mr. Murtaza Wahab, lent his support to the cause, further emphasizing the need for a united front in advocating for trauma prevention. His presence not only symbolized civil leadership but also highlighted the gravity of the issue and the collective responsibility required to address it.

The representation of SMBB Institute of Trauma in this awareness initiative, spearheaded by Dr. Muhammad Sabir Memon, showcased the institute's dedication to its mission of advancing trauma care and prevention. By actively engaging in community-focused events, the institute demonstrated its commitment to making a positive impact beyond the confines of its medical facilities.





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