

“WISHING EID MUBARAK TO ALL OF YOU”



SMBB INSTITUTE OF TRAUMA NEWSLETTER

Volume 3
Issue 2
2024

RESEARCH TOOLKIT & TECHNIQUES
6 DAYS A CRASH COURSE FOR BEGINNERS
22nd to 27th, April 2024 | 15 CME Credit Hours | 12th Floor, SMBB Institute of Trauma

Facilitators:
Professor Dr. Zafar Iqbal Haidari
Dr. Waqas Ahmad Farooqui
Dr. Qurat ul Ain Tahir
Dr. Syed Adnan Ali

Objectives:
• Fast Track Skills: Rapidly develop skills for real-world applications
• Hands-On Learning: Engage in practical exercises to apply knowledge immediately
• Effective Communication: Learn to present confidently and persuasively
• Ethical Research: Understand considerations in your work
• Time-Efficient: Techniques streamlined and efficient
• Networking Opportunity: Industry professionals

Target Audience:
Health Professionals

Registration Last Date: 15th April 2024
For PG & Healthcare Workers: \$26,119
For Faculty: \$10,000

Course Coordinator:
Mr. Nooruddin Rehman
0346-3124336
Dedicated email: info@smbbinstitute.org

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PAK TRAUMACON 2024
SEPTEMBER 19-22 KARACHI

**INTEGRATED TRAUMA CARE;
FROM CHALLENGES TO
ADVANCEMENTS**

**REGISTRATION WILL BE
OPENING SOON**

Our Editorial Team

Chief Editor: Dr. Muhammad Sabir Memon
The Executive Director, SMBBIT

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IT Assistant, SMBBIT

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CT-Scan Inauguration

Dr. Saad Khalid Niaz - The Caretaker Minister of Health, Social Welfare & Public Health Engineering Department, Government of Sindh inaugurated a new CT Scan Machine at Shaheed Mohtarma Benazir Bhutto (SMBB) Institute of Trauma Karachi. Prof. Mohammed Saeed Quraishy - Vice Chancellor Dow University of Health Sciences (VC-DUHS), Dr. Khalid Bukhari – Medical Superintendent Dr Ruth K.M Pfau Civil Hospital Karachi, Mr. Mushtaq Chhapra – Chairman Patient Aid Foundation, Prof. Tariq Mehmood – JPMC, Mr. Faisal Edhi – Chairman Edhi Foundation and Dr. Muhammad Sabir Memon - Executive Director of SMBB Institute of Trauma Karachi were also present at the occasion.

The Executive Director of the SMBB Institute of Trauma Karachi - Dr. Muhammad Sabir Memon highlighted the need and importance of this facility for trauma patients.

The new CT Scan Machine was made possible by the generous donations of Mr. Nadeem Yahya, Mr. Naveed Yahya, and Mr. Omer Sheikh. Their generosity demonstrates a noble commitment to strengthen healthcare infrastructure of the institute. This installation will enhance the diagnostic capabilities, and will improve patient care at SMBB Institute of Trauma Karachi.

The Honorable Health Minister expressed his gratitude to the donors, highlighting the importance of such donations in strengthening the healthcare sector. He highlighted the need of advanced medical equipment in ensuring accurate and timely diagnosis, which leads to better patient outcomes, especially in emergency and trauma care domains.

This is yet another step by the institute in the improvement of healthcare services to the people of Sindh as well as those who are referred from other parts of the country.



MoU PNEC, Saman-e-Shifa & SMBB Institute of Trauma Karachi

Samane Shifa Foundation (SSF), Shaheed Mohtarma Benazir Bhutto (SMBB) Institute of Trauma Karachi and Pakistan Navy Engineering College (PNEC) concluded a Memorandum of Understanding.

The purpose of this MOU is to Integrate and make a collaboration bridge between Industry & Academia for international standard medical devices and equipment. The resulting product will be globally acceptable by the medical industry as well as the commercial market.

The product will be selected, designed, developed, and manufactured through research and development, indigenization, terms of trade and reverse engineering projects. The products will be developed and manufactured by combined projects of university's faculty, students, renowned independent researchers. As a result, the industry will develop a strong sustainable industrial base in Pakistan for export of all types of biomedical devices and equipment.

Prof. Dr. Syed Shahid Noor – Chairman SSF, Mr. Syed Sajjad H. Zaidi from PNEC and Dr. M. Sabir Memon – Executive Director of SMBB Institute of Trauma Karachi signed the MoU and the ceremony was concluded by Dr. Sabir Memon with gifts of Ajrak to all and a group photo session.



MoU Between PWA & Nutrition Department SMBB Institute of Trauma Karachi



This collaboration is intended to be a welfare agreement between the two organisations. No payment should be made between the two organizations; SMBB Institute of Trauma Karachi and PWA. Dietitians and Nutritionists of SMBB Institute of Trauma Karachi In providing the OPD services should be considered as external consultants and should be rewarded with acknowledgement letters on official letterhead by the PWA. Dietitians of Nutrition and Dietetics department SMBB Institute of Trauma Karachi wil provide proper nutritional assessment and counselling sessions to the registered thalassemia patients at PWA's Thalassemia Daycare Centre once a week.



MoU Between IQRA University Karachi & SMBB Institute of Trauma Karachi Promoting Inter-Institutional Exchange in Physiotherapy Education

In an effort to broaden educational horizons and promote inter-institutional collaboration, SMBB Institute of Trauma Karachi and IQRA University have entered into a Memorandum of Understanding (MoU). Spearheaded by Dr. Sana Nisar Senior Physiotherapist & Co-Ordinator Physiotherapy Department of SMBB Institute of Trauma Karachi and Dr. Sobia Assistant Professor from IQRA University, this partnership seeks to facilitate the rotational exchange of physiotherapy students between the two institutions.

Led by Dr. Sabir Memon, Chief Executive of SMBB Institute of Trauma Karachi, we are poised to make significant strides in preparing students for successful careers in physiotherapy. Through this agreement, students will have the opportunity to immerse themselves in different clinical environments, gaining valuable hands-on experience and exposure to diverse patient populations. By joining forces, SMBB Institute of Trauma Karachi and IQRA University Karachi are committed to providing students with comprehensive educational experiences that prepare them for successful careers in physiotherapy. This collaboration reflects our shared dedication to excellence in physiotherapy education and our commitment to nurturing the next generation of healthcare professionals.



Workshop on Mechanical Ventilator & Pain Management organized by Nursing Department SMBB Institute of Trauma Karachi

Workshop on Mechanical Ventilator:

We are excited to share with you the highlights of the workshop on Mechanical Ventilation, which took place at SMBB Institute of Trauma Karachi. This workshop provided an invaluable opportunity for healthcare professionals to deepen their understanding of mechanical ventilation principles, techniques, and best practices. Led by experts in critical care, the workshop covered a comprehensive range of topics, including:

- **Fundamentals of Mechanical Ventilation:** Participants gained insights into the basic principles of mechanical ventilation, including modes of ventilation, ventilator settings, and monitoring parameters.
- **Patient Assessment and Ventilator Management:** The workshop focused on the importance of patient assessment in determining appropriate ventilator settings and management strategies; participants learned how to tailor ventilator settings to individual patient needs while ensuring optimal oxygenation and ventilation.
- **Troubleshooting and Complications:** Attendees had the opportunity to explore common issues and complications associated with mechanical ventilation and develop strategies for troubleshooting and mitigating risks.
- **Advanced Ventilation Strategies:** The workshop delved into advanced ventilation strategies, including lung protective ventilation, recruitment maneuvers, and the use of adjunctive therapies such as high-flow nasal cannula and non-invasive ventilation.
- **Hands-On Training and Simulation:** Through hands-on training sessions and simulation exercises, participants had the opportunity to practice ventilation management techniques in a simulated clinical environment, enhancing their skills and confidence.

Overall, the workshop provided a dynamic and interactive learning experience, fostering collaboration, knowledge sharing, and professional growth among attendees.

Workshop on Pain Management:

Workshop on pain management organized by Nursing Department of SMBB Institute of Trauma Karachi. This workshop provided an invaluable opportunity for healthcare professionals to delve into the latest advancements, techniques, and strategies in the field of pain management. Led by esteemed experts in the field invited from AKUH, the workshop covered a wide range of topics, including:

- **Understanding Pain Physiology:** Participants gained insights into the complex mechanisms of pain perception and the physiological basis of various pain conditions.
- **Multimodal Pain Management Approaches:** The workshop explored the importance of adopting a multimodal approach to pain management, incorporating pharmacological and non-pharmacological interventions to optimize patient outcomes.
- **Emerging Trends and Technologies:** Attendees had the opportunity to learn about the latest trends and technologies in pain management, including the use of advanced imaging techniques, minimally invasive procedures, and novel pharmacological agents.
- **Patient-Centered Care:** The workshop emphasized the importance of patient-centered care in pain management, with discussions on effective communication strategies, shared decision-making, and holistic approaches to addressing patient needs.
- **Interactive Case Studies and Workshops:** Through interactive case studies and workshops, participants had the opportunity to apply their knowledge and skills in real-world scenarios, enhancing their clinical reasoning and problem-solving abilities.

Overall, the workshop provided a stimulating and enriching experience for all attendees, fostering collaboration, networking, and professional growth.

1st Vascular Surgery Fellows Boot Camp

In a display of trans-departmental integrity, inclusivity, and a welcome to future vascular surgeons, the Department of Vascular Surgery SMBB Institute of Trauma Karachi as well as Vascular Surgery, SIUT launched a first of its kind, 2-days January, 2024.

The new year kicked off with a new way to welcome Vascular Surgery Fellows into the department. In what Dr. Ziad Sophie described as "China-styled Military drills", the fellows participated in a literal warmup, with Dr. Fahad Tariq himself leading the physical training. The fellows were then given an orientated tour of the SMBB Institute of Trauma Karachi by Dr. Waryam Panhwar followed by a joint breakfast attended by the faculties, fellows, Medical Officers and House Officers of Vascular Surgery Department.

The Bootcamp comprised a series of introductory lectures by senior faculty, clinical rounds, a tour of the Vascular Cath lab with a live Angiography lecture, a hands-on Endovascular Simulation in Dr. Fahad Tariq's Office, and a hands-on training session on AV fistulas by and in SIUT.

The bootcamp's Program directors, namely the esteemed Dr. Ziad Sophie, Dr. Fahad Tariq Berlas, and Dr. Erum Naz seemed enthusiastic in their welcome of the new Fellows and emphasized on developing a strong clinical acumen earlier in the training. Dr. Fahad Tariq's steps to orient the trainees with Endovascular Surgery via Simulators and Cath lab tour reflected his efforts to preemptively equip his trainees for the evolving preference to treat vascular disease via the Endovascular approach worldwide.



Visits

Rotary Club

The delegation of Rotary Club from their District 3271 visited Shaheed Mohtarma Benazir Bhutto (SMBB) Institute of Trauma Karachi during March. The group comprised of

1. Mr. Muhammad Hanif Khan District Governor – Rotary International.
2. Mr. Shaukat H. Khokhar – Chartered President - Rotarian Intellect.
3. Mr. Agha Sohail Asif RCKI PP, AG (2024-25).
4. Mr. Ovais Ahmed Kohari Rotary Foundation Chair, District Governor 3271 (2017-18).
5. Engr. Obaid Ur Rehman Khan Kamal Zai President Rotary Club Karachi Intellect

They were greeted by the Executive Director of SMBB Institute of Trauma Karachi – Dr. M. Sabir Memon, Dr. Qurat ul Ain Tahir – Consultant Emergency Department, Dr. Abid Abbas Sheikh – Head of Resource Generation Department and Mr. Asad Sajjad Khan from Marketing Department.

Detailed presentation on SMBB Institute of Trauma Karachi was given by Dr. Qurat ul Ain Tahir – Consultant Emergency Department. The session was very interactive, Rotary group took keen interest in different areas of working of SMBB Institute of Trauma Karachi.

They asked a lot of questions which were handled by Dr. M. Sabir Memon, who also highlighted the working and future planning of the trauma care in the province of Sindh. He highlighted the satellite centers of trauma care at Larkana, Razzakabad and Memon Goth.

After the presentation the delegation of Rotary club was taken to the different departments of SMBB Institute of Trauma Karachi. The delegation was very impressed by the cleanliness, the services, facilities and overall working of SMBB Institute of Trauma Karachi.

They discussed various areas in which Rotary Club can facilitate SMBB Institute of Trauma Karachi; the District Governor of the Rotary Club Mr. Muhammad Hanif Khan gave clear instructions to the President Rotary Club Karachi Intellect Engr. Obaid Ur Rehman to coordinate with SMBB Institute of Trauma Karachi and work on different proposals which could be taken up at a fast pace by the Rotary Club.



Dr. Ilyas Yamani - Clearwater - Florida

Dr. Ilyas Yamani – A graduate of Dow University of Health Sciences – Class of 1990 visited SMBB Institute of Trauma Karachi during January. He was received by our Executive Director, Dr. M. Sabir Memon, who had also graduated from DUHS in the same year.

Dr. Yamani is a Diplomat of American Board of Internal Medicine, Masters in Medical Management from Carnegie Mellon University, Masters in Clinical Service Operations from Harvard Medical School, Lifestyle Medicine Health Coach Faculty, PhD Candidate at Lifestyle Prescription University, Certified Practitioner, Dr. Dean Ornish Lifestyle Medicine, Chief Care Officer & Cofounder of Dawn Health and CEO, Medical Director & Founder at All Care Medical Consultants, Pennsylvania.

A detailed meeting followed by his visit to different departments of SMBB Institute of Trauma Karachi was carried out. Dr. Yamani was very impressed by the overall working as well as the management of the Institute. Several areas of mutual cooperation were discussed. Dr. Yamani is Councilor East Region of DOGANA, which is a 501-3C non-profit, alumni of graduates of Dow University of Health Sciences residing in North America. Dow graduates are serving communities across United States. And DOGANA is the largest medical alumni from Pakistan and affiliated with APPNA (Association of Physicians of Pakistani Descent of North America).

Dr. Yamani will be delivering a talk at DOGANA Retreat (May 17-19, 2024) at Dallas on SMBB Institute of Trauma Karachi and he will create a Trauma Center Friends Group in USA which will organize fund generation activities for the victim of trauma that are treated at SMBB Institute of Trauma Karachi.



Dr Sajid Mehmood - Chicago - USA

Dr. Sajid Mehmood, – A graduate of Dow University of Health Sciences – Class of 1990 visited Shaheed Mohtarma Benazir Bhutto (SMBB) Institute of Trauma Karachi during January. This is his second visit, during December 2022, he not only visited SMBB Institute of Trauma Karachi, but he had also delivered a talk on “The Basic Concepts of Critical Care”.

He was received by our Executive Director, Dr. M. Sabir Memon. Dr. Sajid Mehmood has done MD, FACCPC and he is an ABIM Certified - Critical Care Medicine Fellow of the American College of Chest Physicians Consultant Intensivist at Northwestern Medicine, Huntley Hospital & West Suburban Hospital. President, Quality Care Inpatient Associates, SC Consultant Intensivist, Tele ICU Advocate Aurora Health.

He was so impressed during his last visit that in spite of his very short visit to Pakistan, he ensured a visit to SMBB Institute of Trauma Karachi again. He discussed a lot of areas of cooperation.

He is chairing APPNA Spring Session at Chicago from April 25 to 28, 2024 and he will present a talk on SMBB Institute of Trauma Karachi there. He has also offered to facilitate SMBB Institute of Trauma Karachi in getting 501-3C non-profit status in US in order to organize and channelize monetary support from the Pakistani Medical Community in USA.

He has also offered basic training to SMBB Institute of Trauma Karachi doctors through Zoom Sessions, TeleICU and several other collaborative and supportive avenues.



Glimpses of His Previous Visit



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Call for Abstracts

Details & format
for the abstracts will be
shared soon.

PROGRAM:

Pre-Conference
Workshops

Inauguration
Ceremony

Traumacon
2024

Closing
Ceremony

Trauma Prevention
Event



**SHAHEED MOHTARMA
BENAZIR BHUTTO
INSTITUTE OF TRAUMA**

Conference Secretariat:

13th Floor, Shaheed Mohtarma Benazir Bhutto Institute of Trauma, Karachi - Pakistan.
Tel: +921-99216520 Emails: info.paktraumacon@smbbit.gos.pk

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Pre-Conference Workshop by Orthopedics Department SMBB Institute of Trauma Karachi

We are delighted to announce the successful inauguration of the 2nd International Pak TraumaCon 2024, marked by the execution of the inaugural Pre-Pak TraumaCon workshop. This event was organized by the Department of Orthopedic Surgery at SMBB Institute of Trauma Karachi. Under the guidance of Dr. Syed Akmal Sultan (Course Director) and Dr. Mukesh Kumar (Co-Director), our department has cultivated a peer-to-peer teaching environment tailored for postgraduate trainees.

The workshop, titled 'Principles of Femur Fracture Management,' featured a hands-on saw bone session and facilitated interactive discussions, sharing of tips and tricks for managing complex cases, and imparting common and practical approaches to femur fracture management. Through these sessions, participants' decision-making skills were enhanced, contributing to their professional growth and competence.

We are grateful for the mentorship provided by distinguished professionals such as Prof. Dr. Ghulam Mehboob, the first FCPS Orthopedic Surgeon of Pakistan, and Dr. Zaki Idrees, a Senior Consultant in Trauma Orthopedics with national and international recognition as a faculty member of AO Trauma. Their guidance has enriched the educational experience of our workshop attendees.

The success of this event stands as a testament to the unwavering commitment to excellence in both clinical practice and academic endeavors at the Shaheed Mohtarma Benazir Bhutto (SMBB) Institute of Trauma Karachi, under the visionary leadership of Dr. Sabir Memon. His foresight and dedication have been instrumental in shaping the institute's pursuit of excellence in orthopedic surgery.

Reflecting on our achievements, we're motivated to keep collaborating and push for more progress in orthopedic surgery. Our dedication to innovation and excellence fuels our anticipation for continued success and advancement in our shared goals.



Pre- Conference Workshop by Thoracic Surgery Department



Department of Thoracic Surgery SMBB Institute of Trauma Karachi has arranged a pre-conference workshop on DECODING THORACIC TRAUMA.

The aim of this workshop was to bring an understanding of the basics of thoracic trauma among junior doctors who are working in trauma centers and in emergency settings.

National and international speakers were invited to deliver their talks and were enthusiastic to make thoracic trauma easier through clinical and radiological approaches. They shared their experiences and also shared real time scenarios.



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22nd to 27th, April 2024

15 CME Credit Hours

12th floor, Seminar Hall at
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FACILITATORS

Professor Dr. Zafar Iqbal Haideri

MBBS Dow University of Health Sciences (DUHS), Mphil (Biochemistry), Mphil (Int. Community Health), PhD in Public Health / Epidemiology (Oslo), Post Doc (Canada) Professor of Public Health, School of Public Health (SOPH) at Dow University of Health Science (DUHS).

Dr. Waqas Ahmed Farooqui

M.Sc (Stats), PhD (Stats), Associate Professor of Biostatistics, School of Public Health at Dow University of Health Science (DUHS).

Dr. Qurrat ul ain Tahir

MBBS, MRCS, FCPS, Consultant General Surgeon Emergency Department SMBBIT, Researcher at National and International Healthcare Systems in Pakistan, The United Kingdom, and North America.

Dr. Syed Adnan Ali

PHD in Statistics University of Karachi.
Statistical Reviewer of Elective Medicine Journal
Regional Coordinator of Scholarly Research Publisher (IJSR)

Objectives:

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- Hands-On Learning: Engage in practical exercises to apply knowledge immediately.
- Effective Communication: Learn to present findings confidently and persuasively.
- Ethical Research: Understand and practice ethical consideration in your work.
- Time-Efficient Techniques: Master strategies for streamlined and efficient research processes.
- Networking Opportunities: Connect with peers and industry professionals for future collaborations.

Target Audience

Health Professionals & Postgraduate Trainees.

bring your laptop with yourself

Mandatory Registration for All Health Professionals & Postgraduate Trainees.

Registration Last Date: 15th April, 2024

For PG & Healthcare Worker: 5000/= PKR Complete Course (Per Session 1000/= PKR)

For Faculty: 10000/= PKR Complete Course (Per Session 2000/= PKR)

Course Coordinators

Mr. Nooruddin Rahujo

0346-3124336

Department of Research and Development (DRD) SMBB Institute of Trauma.

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Mr. Tanveer Ahmed

0333-2478034

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SHAHEED MOHTARMA BENAZIR BHUTTO INSTITUTE OF TRAUMA

Trauma can strike anyone, at any time,
and when it does, it's often a matter of life and death.
SMBB Institute of Trauma is a beacon of hope for those facing the
darkest moments of their lives by providing **FREE OF COST** trauma care services

Your donation, no matter how big or small, can make a difference.

Support our mission and give your
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