



# QUARTERLY REVIEW

Jinnah Medical & Dental College  
Jinnah Medical College Hospital

Jan - March 2013

## ACHIEVEMENTS

### MEDICARE CONSULTANT CLINICS

Operated by Jinnah Medical College Hospital

Medicare is providing Consultant Clinics facilities under one roof for DENTISTRY, DERMATOLOGY, ENDOCRINOLOGY, ENT, GENERAL SURGERY, GASTROENTEROLOGY, INTERNAL MEDICINE, NEUROLOGY, NEUROSURGERY, OBSTETRICS & GYNAECOLOGY, OPHTHALMOLOGY, ORTHOPAEDICS, PAEDIATRICS, PSYCHIATRY, UROLOGY & URGENT CARE CENTRE. Consultants are available from 9:00am to 9:00pm.



**CARDIAC SERVICES** were started last year at Medicare Clinics. Cardiologist is available in the morning & evening for consultation. Cardiac related non-invasive tests like ECG, Echocardiography (ECHO) & Exercise Tolerance Test (ETT) are being conducted throughout the day.

### MEDICARE DIAGNOSTIC CENTRE

We serve as a Centre for Diagnostic Excellence not only for our Medicare Clinic patients but also for patients of all hospitals in the vicinity as we have facilities like: **LABORATORY**: All investigations (Microbiology, Histopathology, Hematology & Biochemistry) are done under the supervision of qualified Pathologist. Specific tests reports can be collected within 6-hrs. **ULTRASOUND**: With Color Doppler facility.



### CT SCAN AT JINNAH MEDICAL COLLEGE HOSPITAL

The advancements in Diagnostic tools has enhanced and eased out diagnostic procedures, especially in the imaging field. JMCH since its inception has been focusing on best possible diagnostic & therapeutic measures to be offered at bare minimum cost for the underprivileged population of Korangi Industrial area. Four Slice CT -Scanner is the only functioning facility in Korangi & Landhi area.

### RECOGNIZED

The College & Hospital has been recognized by Pakistan Medical and Dental Council for undergraduates studies & housejob and College of Physicians and Surgeons Pakistan for Post Graduate Training like FCPS in Surgery, Medicine, and very shortly in Obstetrics and Gynaecology as well.

## ACADEMIC COUNCIL





## CONVOCATION-2013

JINNAH MEDICAL & DENTAL COLLEGE awarded 327 Degrees for the MBBS graduates of 2011 and 2012, BDS graduates of 2011 and 2012 and Doctor of Pharmacy graduates of 2010 and 2011. The Convocation ceremony was held on 16th February 2013 at Jinnah Medical College Hospital, Korangi Campus.

Dr Syed Tariq Sohail, Chairman S. M.Sohail Trust, in his welcome address highlighted the importance of ethical practice. Professor Dr. S.M.Rab, as Chief Guest in his keynote speech emphasized the importance of acquiring a high degree of skills & knowledge. Professor Dr Mumtazuddin Haider, JMDC Principal spoke about College development. He said that the College is listed in the WHO Directory and many of our graduates are working all over the world including UK and US, bringing credit and honor to the Country and JMDC. Professor Dr. M. Qaiser, Vice Chancellor, University of Karachi spoke about the expectation of the community from the Doctors and the role of JMDC in producing good doctors.

## POSITION HOLDERS

The following graduates received the Dr. Syed Tariq Sohail Academic Achievement Award for having the best overall academic record in their graduating class:

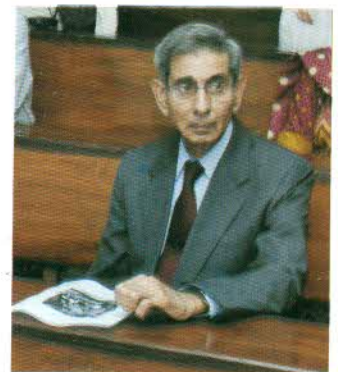
Muhammad Owais Musani	MBBS Class of 2011
Aisha Ghazal	MBBS Class of 2012
Hareem Sultan	BDS Class of 2011
Nida Fatima Jamal	BDS Class of 2012
Rahma Hashmi	Pharm D Class of 2010
Saniya Shiraz Alwani	Pharm D Class of 2011



## JMDC- LECTURE SERIES CONTINUOUS MEDICAL EDUCATION

**VENTRICULAR DEPOLARISATION VECTORS: EFFECTS OF EXERCISE** was presented by Dr. CW Vellani MD (Wales), FRCP (London) Distinguished University Professor of The Aga Khan University at JMDC Medicare Campus on 13 March 2013.

Identification of Myocardial Ischaemia is a difficult clinical problem. The simplest indicator is depression of the ST segment of the electrocardiogram during a graded exercise tolerance test. However, sensitivity and specificity vary considerably, with median values of 63% and 77% respectively. Nevertheless, the test is useful when considered alongside clinical observations, especially the history. Electrophysiological effects of Ischaemia on the magnitude of depolarisation vectors were explored at the AKU. Vectors recorded during exercise were reduced to varying extent in the first half during ventricular depolarisation and enhanced during the second half. Changes were greater in patients than healthy volunteers. Further investigation is needed to understand the mechanisms of change in vectors induced by exercise.

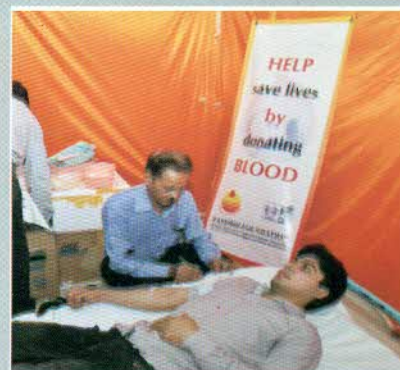


## MOLECULAR AND CELL BIOLOGY OF PRIMARY BRAIN TUMOR

**Dr Syed Ather Enam** MD, PhD, FRCS, FACS Professor of Neurosurgery-The Aga Khan University delivered the lecture on Friday, 11<sup>th</sup> January 2013. The topic was "MOLECULAR AND CELL BIOLOGY OF PRIMARY BRAIN TUMOR" Dr. Enam informed that Brain tumors have been his interest for last several years. Half of all the brain tumors that arise from the brain itself are lethal and will kill in a couple of years and he is interested in finding out the ways that they grow so that we may be able to control their growth and surgically remove the rest. Stem cell transplantation for neurological problems is another area that he is involved in. Regeneration for spinal cord injury and various interventions including the stem cell transplantation may be used to help recover the spinal cord after injury. Even if we are able to achieve as little as ten percent recovery in someone who has suffered from a complete spinal cord injury, it will make big difference in that person's life.



## SOCIAL RESPONSIBILITIES



### BLOOD DONATION CAMP

Every citizen's life is precious and it is our responsibility as individuals to do whatever we can for one another in times of need. Blood donation will not just help someone; it will give someone a chance to live.

A Blood Donation Camp was planned at JMDC on 13th March 2013 in collaboration with the Fatimid Foundation. The Blood Donation camp aimed to provide quality blood banking to any deserving patients. More than 101 bags were donated from the Students, Faculty & Staff.



### DENTAL CAMP

JINNAH MEDICAL AND DENTAL COLLEGE organized Free Dental Camp from 19-22nd February 2013 to highlight the importance of oral hygiene. Free Consultation and Dental Checkup were provided to more than 200 patients, & treatment was provided at special discounted rates. JMDC management appreciated the efforts of faculty & the staff of Dental College for organizing a free dental camp to improve the oral health.

### SKIN CAMP

A Free Skin Camp was organized on 7th March 2013 at JMCH in which free medicines were given to around 45 patients of different diseases of skin, hair & nails.

### HEALTHY HEART

On the inauguration of Medicare Heart Institute, the management arranged FREE HEART CHECKUP for the general public at the Medicare Outpatient Department. Team from JMCH included Medical Officers, Nursing & Paramedic staff, JMDC students, Laboratory technologists, ECG technicians, and senior Coordinators from the management. Patients were facilitated by Free Weight and Blood Pressure checkups, BMI tests, Blood Sugar & Cholesterol. Moreover, free consultation was provided and over 200 patients were screened. Special discount of 50% was extended (06 months) for investigations like laboratory-ECG –ECHO& ETT for registered patients.

### PSYCHIATRY CAMP

Two Psychiatry Camp were planned under the JINNAH MEDICAL COLLEGE HOSPITAL. One was held at Hafiz Welfare Clinic, Sharifabad Colony Korangi & another one organized at Al Maria Medical Center Korangi Chakra Goth, to facilitate poor and needy people of the locality.

Both camps were organized under the supervision of Psycharity Department JMCH. 65 patients were examined in the first camp and in the second camp 75 patients were examined.

Maximum numbers of patients were suffering from Depressive disorder while two patients of substance abuse were also seen and provided medications for one week. All the patients were referred to JMCH for further management.





## Q&A Session with Principal JMDC

### Prof. Dr. Mumtazuddin Haider

M.S (G.SURGERY),M.Sc(Anatomy), FRCS(England)

- Q-** What exactly was the source of inspiration behind choosing surgery?  
**A-** Prof. V.N Singh, HOD surgery unit I Patna Medical College, has been inspiring person who encouraged me to take up surgery as a career in 1964.
- Q-** What is the greatest feat of being a surgeon?  
**A-** Patients are cured of their illness except cancer.
- Q-** What are the most important qualities or personality traits a surgeon should possess?  
**A-** Energetic , dynamic and quick decision maker.
- Q-** What are common health-related issues that you frequently see in our population?  
**A-** Ignorance, poverty & delaying consultation.
- Q-** Whom do you share more camaraderie within your family?  
**A-** My doctor wife who is a driving force in all matters.
- Q-** How does your family co-up with your professional commitments?  
**A-** With understanding the profession demands.
- Q-** What do you like to do for pastime when you are not working?  
**A-** Rest at home.
- Q-** Do you recall any extra ordinary experience while doing the surgery?  
**A-** Nothing in particular, every operation adds up to experience.



- Q-** What tips or guidelines would you like to give to the patients, to reduce pre-procedure anxiety?  
**A-** Good counseling.
- Q-** You have been associated with JMDC since its inception; tell us about its origin & how JMCH is benefiting the patients?  
**A-** Dr.S.Tariq Sohail is a visionary person & the grooming of Late Mr. S.M.Sohail did for him resulted in the form of Medicare Hospital, then Jinnah Medical & Dental College in the year 1998-1999. Since then College has marched forward in academic & patient care management.
- Q-** Being a Principal of JMDC, say few words about the college & what is your message for the new medical graduates?  
**A** A honest, ethical practice and not personal benefits only. Do not run behind money, money will run behind you.
- Q-** Lastly, any message to the aspiring doctors in the field of general surgery?  
**A-** Always discuss with your seniors in field, remain up- to-date and progress in skill with knowledge.



Dr. Zainab Hasan- Assistant Professor, Department of Community Medicine, JMDC

**SPRING SMART:** Warming temperatures, cool breeze, spring showers and fragrance of colorful flowers herald the advent of spring. It brings with it an invitation for a fresh start to health. It also brings easily preventable seasonal illnesses. To help you help yourself, here are some smart tips to a healthy spring for your whole family.

**WALKING** is a proven strategy to stay physically active, fit and in shape. Warm spring temperature is an opportunity to start or restart a walking routine. Head to your nearest park or walking track early in the day or evening. Exposure to fresh air replenishes the oxygen in the blood, refreshing the mind and releasing stress. Start a regular walking routine at a normal pace. For the more physically fit people, start slow and gradually build up the speed and duration. It helps joint mobility, relieves muscle stiffness, improves muscle tone, strengthens the heart and helps maintain and loose weight. If you suffer from heart ailments or respiratory illness, consult your doctor before starting.

**LIGHT GARDENING** and maintaining flower pots relaxes the body, provides good exercise and an exposure to sunlight which is good for the bones especially for stay at home housewives and elderly people.

**ALLERGIES:** If you suffer from asthma and pollen or other spring allergies, now is a good time to consult your doctor and keep your allergy medicines/inhaler readily available.

**CONSUMPTION** of water by most people is reduced during winter. Make conscious efforts to drink water and fluids to prevent dehydration. Dehydration causes fatigue and worsens illnesses like flu and diabetes.

**THE RISING TEMPERATURES** and moisture from showers are also the start of mosquitoes, cockroach and fly breeding. Clean out webs and dark corners where insects can hide. Use repellents and nets to prevent from infections like malaria, dengue, typhoid and diarrhea.

Spring is also a time for many viral illnesses like flu and measles. Make sure that your family is adequately vaccinated, wash your hands regularly and separate any infected person from other people. Visit a doctor immediately when children or elderly get sick.

### SPRING at JMCH



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