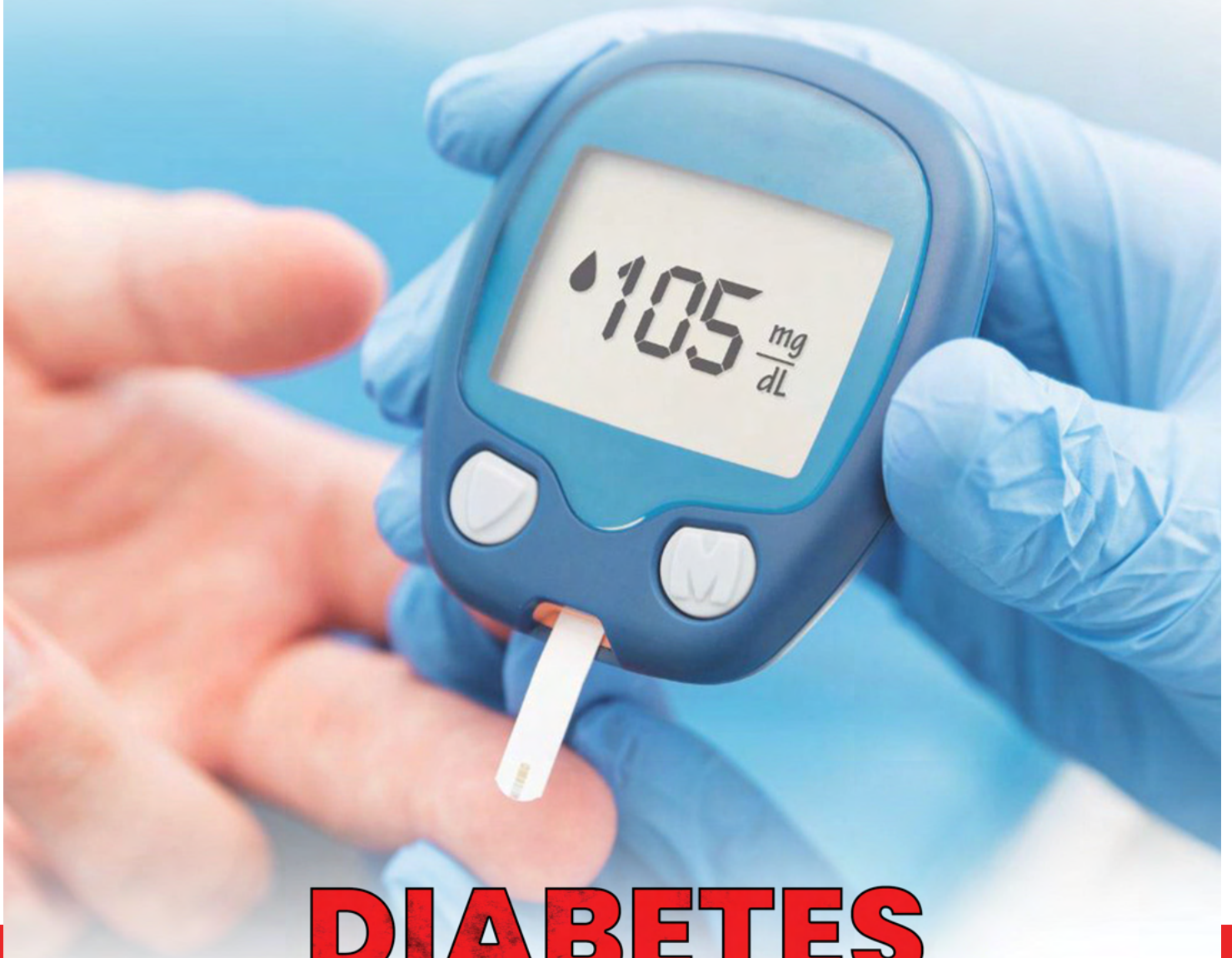


21ST CENTURY'S HEALTH DILEMMA



DIABETES THE SILENT THREAT!

Taking care of yourself daily allows for effective diabetes management and a long, healthy life. Diabetes impacts various body parts, emphasizing the need to control blood glucose, blood pressure, and cholesterol.

Welcome Aboard

We extend a warm welcome to the individuals who have become part of the Patel Hospital family in the last three months.

Faizan Feroze (Manager - Food Services)
 Hassan Khan (Manager Nursing - Nursing)
 Sajid Ali (Manager Nursing - Nursing)
 Mahjabeen Munir (Deputy Manager - OPD Pharmacy)
 Muhammad Farrukh Afzal (Assistant Manager-Finance)
 Hadiqa Ansari (Senior Executive Marketing - CRD)
 Muhammad Ammad (Graphic Designer - CRD)
 Junaid Khan (Accounts Assistant - Finance)
 Muhammad Anas (Pharmacist - Pharmacy)
 Nadia Bibi (OT Technician - Burns Unit)
 Maria Komal (RMO - Pediatrics)
 Ali Jahangir (NES Instructor - Nursing Services NES And PIN and AHS)
 Rahama Siraj (RMO - ICU)
 Imran Khan (CSSD Technician - Central Sterile Supply)
 Hifza Ashraf (Pharmacist - ER Pharmacy)
 Kulsoom Shafiq (Registered Nurse - Nursing)
 Sheikh Anees (Supervisor - Food Services)
 Johar Sultana (Library Incharge - PIN and AHS)
 Amber Khawaja (Registered Nurse - Emergency Nursing)
 Anil Kumar (Registrar - Emergency)
 Umair Khan (Incharge - Welfare)
 Ayesha Abdul Qadir (Pharmacist - Pharmacy)
 Nausheen Gul (Senior Registrar - Gynae and Obstetrics)
 Waqar Ahmed (Librarian - PIN and AHS)
 Arsalan Ali (Admin Assistant - Administration)
 Syed Kazim Raza Rizvi (Sr. Security Guard - Security)
 Hamid Ameer Ali (Supervisor - Laboratory)
 Zaeem Ahmed (Sr. HR Executive - Human Resources)
 Ahsan Shahid (PGME Assistant - Seminar)
 Sadaf Jamal (Registrar - Emergency)
 Abdul Ahad Hafeez (Security Supervisor - Security)
 Nirda Fatima (Officer - Internal Audit)
 Muhammad Osama Khan (Biomedical Technician - Biomedical Engineering)
 Muhammad Asad (Radiographer - Radiology)
 Dr. Zehra Batool (RMO - ICU)

LETTER TO THE EDITOR

I extend my true felicitation to the Editorial board and all stake holders for giving such a platform to discourse profoundly. I advocate Nurses' role and its position in developing nation. A Nurse plays a pivotal role in any health care system. Without which effective coordination and collaboration seem dreadful. They would bridge the gap between health care practitioners and patients. Thus, they work as the backbone for any Health care system. The role of a nurse, over time, has become more diverse. Based on the recent past pandemic of the COVID-19 outbreak, nurses were the ones assisting the doctors and reaching out to patients with significant information to disseminate, handling that information, administering care, uplifting the spirits, and preventing the disease. Not only are nurses vital to patient care, but they are also members of the administration and management team. Keeping self- health on the verge of counteracting the burden of the disease, without thinking for their own lives, nurses have come up front to save millions of people around battling with the catastrophic disease of the era.

For improving the hospital's quality, the nurse's contribution is markedly prominent. Any hospital's image is sorted through the Nursing force's indulgence in satisfying care levels to patients. Nurses not only provide bedside care but eventually have accrued positions in the hospital management hierarchy. They not only assist doctors in surgeries but follow through with the care till the patient's home. They train and oversee other nurses and educate patients and family members regarding continuing and post-hospital care during discharge. The diverse role of a nurse can be articulated from performing a physical examination, obtaining health histories, counseling the patients, advocating for the rights of patients and colleagues, interpreting patient information and making critical decisions about needed actions, conducting research in support of improved practice and patient outcomes. To add on, we learnt that during COVID-19 offering self to have home health visits and tele-health encounters is yet a new dimension and an unexplored Nursing paradigm in many regions of Pakistan. Any organization that fully encompasses Nursing contributions, would boom and flourish extensively if they are considered care-partners and not sub-ordinates.

I express my gratitude to Patel hospitals' vision and authorities whereby, we are empowered to lead.

Best Regards,
Shaheena Salman Alwani
 HOD Nursing & Nursing Education Services.

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The Increasing Rate of Diabetes in Pakistan: A Silent Killer

Diabetes mellitus (DM) stands as a significant global public health concern, characterized by chronic elevation of blood glucose levels resulting from impaired insulin secretion or action in carbohydrate metabolism. There are two main types: type 1, typically initiated in childhood and immune-mediated, and type 2, typically occurring in later life, often associated with pancreatic diseases. The rising prevalence and associated mortality make it an emotional, economic, and socioeconomic burden. Diabetes contributes to cardiac-related deaths, blindness, renal failure, depression, and suicide. A study in China explored the chronic complications of diabetes, revealing.

Approximately 463 million adults worldwide have diabetes, with 90% suffering from type 2 diabetes mellitus. Pakistan, ranking 3rd globally in diabetes prevalence, reported rates of 11.77%, 16.98%, and 17.1% in 2016, 2018, and 2019, respectively. In 2022, the International Diabetes Federation estimates that 26.7% of adults in Pakistan, around 33 million people, are affected by diabetes. This alarming figure is steadily increasing annually, with concerns that many cases go undiagnosed, elevating both actual prevalence and the risk of complications due to untreated conditions.

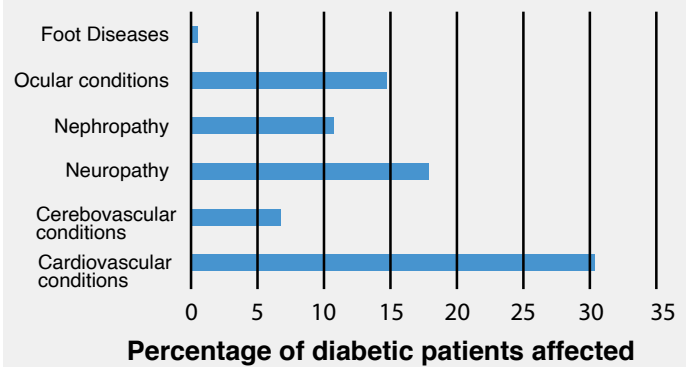
According to the WHO, diabetes claimed 1.5 million lives in 2019, ranking as the leading cause of mortality. In Pakistan, a higher vulnerability to diabetes-related deaths is observed due to its prevalence in low and middle-income countries.

Genetics and lifestyle changes, like obesity and sedentary habits, contribute to diabetes. Pakistan's obesity rates (57.9%) and central obesity rates (73.1%) are notably high. This trend, coupled with processed food consumption and little physical activity, raises concerns for future diabetes cases, including a recorded 10.91% of adults being pre-diabetic in 2018.

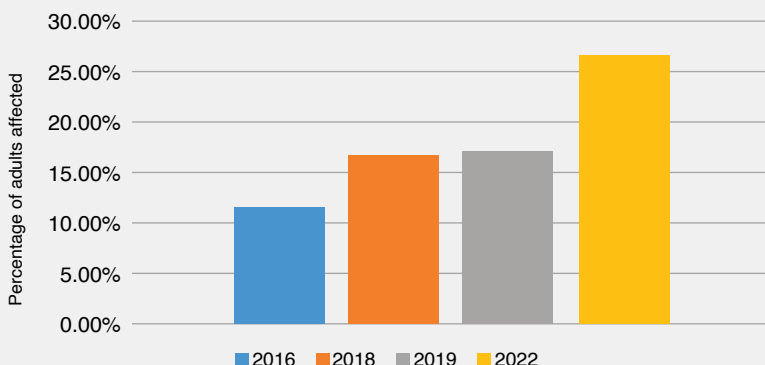
Urban areas in Pakistan exhibit a significantly higher diabetes incidence (15.1%) compared to rural areas (1.6%). The shift to urban lifestyles intensifies the risk, highlighting the urgent need for preventive measures.

The National Action Plan for Non-communicable Disease Prevention, Control, and Health Promotion in Pakistan (NAP-NCD) aims to prevent and control diabetes through surveillance, risk factor control, and healthcare provider education. Strategies include capacity building for primary care physicians, implementing screening methods like 'RAPID,' and establishing a nationwide diabetes care program focusing on registration, treatment, and referral protocols.

Concerns about healthcare service scarcity, particularly in rural areas, highlight the need for fair fund allocation. Many Pakistanis earning less than \$3 per day face challenges in accessing insulin or diabetic medicines. Addressing this requires increasing healthcare centers, staff training, and revising budget allocations to enhance affordability.



Prevalence of diabetes in Pakistan



Education plays a vital role in creating awareness. Initiatives like World Diabetes Day and the Pakistan Diabetes Leadership Forum, along with media involvement, are crucial for spreading awareness and combating sedentary lifestyles. Encouraging exercise and dietary changes, especially among the elderly, can contribute to long-term disease prevention. Monitoring and maintaining outdoor spaces like parks are essential to promote physical activity, ensuring a sustained effort against diabetes.

Diabetes Dynamics: *Strategies for Successful Management*

Diabetes stands as a significant ailment demanding continuous dedication to your treatment plan. Yet, the diligence pays off; meticulous diabetes management significantly lowers the risk of severe, potentially life-threatening complications.

Taking care of yourself daily allows for effective diabetes management and a long, healthy life. Diabetes impacts various body parts, emphasizing the need to control blood glucose, blood pressure, and cholesterol. Managing these factors helps prevent associated health issues.

1. Manage your diabetes ABCs

A for A1C: Aim for an HbA1C below 7%. Ask your healthcare team for your specific goal.

B for Blood pressure: Target below 140/90 mm Hg, but consult your doctor for your specific goal.

C for Cholesterol: Keep LDL ("bad" cholesterol) in check to prevent artery blockage. Seek your doctor's guidance on your cholesterol numbers. Stopping smoking aids diabetes management and lowers risks of heart issues. Working on these ABCs reduces the likelihood of heart attacks, strokes, and other diabetes-related problems.

2. Take your medicine

Stay consistent with your prescribed medications for diabetes and other conditions, even when feeling good or meeting health goals. They help manage your ABCs. Ask about aspirin for heart health and discuss any affordability or side effect concerns with your healthcare provider. Explore more about diabetes medications, including insulin.

3. Arrange Regular Physical And Eye Examinations:

Schedule two to four diabetes checkups each year, along with your yearly physical and eye exams. Your healthcare provider will assess your health, screen for diabetes-related complications like kidney or nerve damage, and check for signs of heart disease. Additionally, your eye specialist will examine for retinal damage, cataracts, and glaucoma.

4. Maintain Dental Hygiene:

Diabetes can increase susceptibility to gum infections. Ensure you brush your teeth twice daily using fluoride toothpaste, floss once a day, and schedule dental checkups biannually. If you notice bleeding, redness, or swelling in your gums, reach out to your dentist promptly.

5. Daily Aspirin:

For those with diabetes and cardiovascular risks, a doctor might suggest low-dose aspirin to lower heart attack and stroke risks. Consult your doctor to determine if it's suitable for you.

6. Manage stress:

Prioritize tasks, practice relaxation techniques, ensure adequate sleep, and maintain a positive outlook. With commitment, diabetes won't hinder an active, healthy life.

ACHIEVEMENTS & EVENTS

Health Asia 2023

Patel Hospital shone at 'Health Asia 2023,' spotlighting our Cardiology department. Through a Cardio Challenge and insightful seminar on "Cardiovascular Diseases", hospital showcased its leadership in comprehensive healthcare. Our presence made a resounding impact, cementing Patel Hospital as a standout in the healthcare realm.



Patel Stallions

Patel Stallions - A Volunteer-ship program to empower youth collaborated with Beaconhouse Schooling System (Gulshan Branch) in which the students visited our Paeds ward and get connected with the little stars. A first aid training session was also conducted for the students. This program aims to foster collaboration with the youth, who represent the future of our nation.

Empower Youth for Better World!



World Pharmacist Day 2023

Patel Hospital consistently honors the hard work of its exceptional employees. The vibrant celebration of World Pharmacist Day 2023 showcased our unwavering commitment to recognizing their dedication. The spirit of the celebration resonated with the passion and excellence that define Patel Hospital, creating a memorable and uplifting atmosphere for all.



Cardio Walk 2023

At Patel Hospital, our mission is to fuel heart health, and this year, we took a significant stride with the 'Cardio Walk' on World Heart Day 2023. In collaboration with the Rotaract Club Karachi, our dedicated staff, alongside experienced doctors, shared valuable insights on cardiovascular well-being. The event was a dynamic fusion of information and action, with our team participating in the cardio walk, radiating enthusiasm and unity in our pursuit of heart health excellence.



HR CORNER

The HR department organized Level 3: Leadership (The Care and Growth Model) for our young employees to help them develop their leadership skills. Mr. Shahbaz Aftab, a certified corporate trainer from the International Training Consultancy Firm "Schuitema," led the highly interactive session. The workshop included a range of individual and group activities, providing the employees with a comprehensive learning experience.



E.N.T Medical Camp

Patel Hospital organized Free E.N.T. Medical Camp, focusing on raising awareness about common ear, nose, and throat-related issues such as hearing loss, sinusitis, and tonsillitis.

Cardio Medical Camp

A FREE Cardio Camp was organized at Patel Hospital where participants received guidance on nurturing their heart's health from our cardio experts. The camp aimed to promote awareness of preventive measures and improve understanding of cardiovascular health.

Breast Cancer Awareness Camp

A Free Breast Cancer Awareness Camp was organized at Patel Hospital, where participants received guidance on breast health from our expert doctors.

The camp's objective was to promote awareness of preventive measures and enhance understanding of breast health.

Diabetes Medical Camp

Patel Hospital organized free Diabetes Camp in honor of Diabetes Awareness Month, aiming to gather crucial insights and knowledge on effectively managing diabetes. Timely diagnosis can potentially save lives, making it crucial to seize such opportunities for early intervention.



Corporate Awareness Sessions

Session on Neurology at KE & SUPARCO

Patel Hospital successfully organized a highly informative corporate awareness session on Neurology at **K-Electric** & **SUPARCO** Karachi. This event delivered valuable insights into neurology and related diseases, such as epilepsy, Alzheimer's disease, and stroke, and cultivated a deeper understanding of these critical health aspects.



Breast Cancer Awareness Session

We organized sessions at **Al Karam Textile Mills**, **FedEx**, **TCS** and **The City School** to commemorate Breast Cancer Awareness Month. This event was dedicated to embracing the power of **Pink**, symbolizing hope, courage, and unity. Attendees had the opportunity to gain valuable knowledge about breast cancer, covering everything from prevention to early detection.



CME on World Pneumonia Day



1st Otocon Conference & 4th Endoscopic Workshop Certificate Distribution



CME on World Stroke Day



Medical Errors Workshop



Protocol Presentation by Internal Medicine Department



World Pharmacist Day 2023





PATEL HOSPITAL
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