

HEPATITIS IS PREVENTABLE! TAKE ACTION. GET TESTED



THIS YEAR, MAKE IT HEPATITIS-FREE PAKISTAN

Globally, an estimated 325 million people are living with chronic hepatitis B or C, and it results in over 1.1 million deaths annually worldwide. In Pakistan, about 5% of the population suffers from hepatitis B, and roughly 3% from hepatitis C.

Welcome Aboard

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

- Noman Hussain (Financial Controller-Finance)
- Shoaib Alam (Sr. Manager-Human Resources)
- Azhar Ahmed (Physiotherapist-Physiotherapy)
- Hameed Ali (Ward Aid-Operation Theatre)
- Daniyal (Technical Support Officer-Information Technology)
- Shahrukh Ahmed (Registrar-Orthopedics)
- Namirah Iftikhar (PG Trainee FCPS I-Medicine)
- Syed Jibran Ali Shah (Assistant Manager-Purchase)
- Jahangir (Assistant Recovery Officer-Admission)
- Ayesha Noor Rafique (Quality Officer-Quality Management)
- Syeda Maham Zehra (PHP Developer-Information Technology)
- Zubia Afzal (Senior Registrar-Gynae and Obstetrics)
- Muhammad Asad Sheikh (Sr RMO-Cardiology)
- Maliha Muheed (HR Officer-Human Resources)
- Aleena Abdul Hameed (Receptionist-Reception)
- Masooma Jaffri (RMO-Emergency)
- Slasy Anum (Registered Nurse-Emergency Nursing)
- Talha Raza (Clinical Pharmacist-Pharmacy)
- Warda Yawar (RMO-Emergency)
- Owais Ur Rehman Khan (Deputy Manager-Human Resources)
- Izhar Ahmed Qureshi (CSSD Technician-Central Sterile Supply)
- Muhammad Yasir (Oracle Functional Consultant-Information Technology)
- Stephen Sarfaraz (Anesthesia Technician-Operation Theatre)
- Uroos Fatima (Registrar-Emergency)
- Muhammad Khurram Imam (RMO-ICU)
- Muhammad Atiyab (Pharmacy Technician-OPD Pharmacy)
- Syed Muhammad Abbas Ali (RMO-ICU)
- Muhammad Asif (Manager-Costing)
- Noor Ul Ain (Pharmacist-Pharmacy)
- Sabahat (Assistant Manager-Nursing)
- Muhammad Naveed (Assistant Manager Engineering Store-Maintenance)
- Kashmalla (PG Trainee FCPS I-Plastic Surgery)
- Alvia Saad (Registrar III-Emergency)
- Muhammad Kashif Khan (HR Executive-Human Resources)

Letter To The Editor

First of all, I would like to express my sincere admiration for the editorial board's initiative in spotlighting the importance of good maintenance practices at Patel Hospital. Your platform has provided a vital opportunity to emphasize how critical these practices are to ensuring a safe and effective healthcare environment. By addressing this topic, you have not only informed the community but also reinforced the importance of maintaining high standards in healthcare facilities, which is instrumental in safeguarding patient well-being.

Here at Patel Hospital, our maintenance team deserves commendation for their meticulous efforts in upholding these standards. The team consistently adheres to rigorous maintenance protocols, ensures that all medical equipment is regularly serviced and calibrated, and maintains the infrastructure to the highest standards. Their proactive approach includes frequent inspections and prompt repairs, which collectively contribute to a safe, hygienic, and efficiently run facility. This dedication is fundamental to preventing issues before they arise and ensuring a seamless operation that supports excellent patient care.

The hospital itself merits recognition for its unwavering commitment to excellence in healthcare. By fostering an environment where maintenance is a top priority, Patel Hospital not only enhances patient safety but also sets a benchmark for other institutions. This approach reflects a deep respect for both the patients we serve and the staff who work tirelessly to provide exceptional care. This commitment underscores the hospital's role as a leading healthcare provider in our community.

Lastly, I would like to commend your newsletter for serving as an invaluable resource. By covering critical topics like facility maintenance, you provide essential insights that benefit both healthcare professionals and the public. Your dedication to highlighting important issues and facilitating informed discussions is greatly appreciated and plays a crucial role in supporting the ongoing improvement of healthcare services.

Thank you for your continued efforts and for being a catalyst for positive change in our community

Sincerely,

Ashar Hassan Zaidi

H.O.D - Maintenance

EDITORIAL BOARD

Dr. Ghulam Murtuza
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Muhammad Ahsan Khan
Graphic Designer

WORLD HEPATITIS DAY:

RAISING AWARENESS, PROMOTING PREVENTION, AND SAVING LIVES

World Hepatitis Day is observed annually on July 28 to highlight the impact of hepatitis on the liver. It includes types A, B, C, D, and E, presenting unique challenges. Globally, an estimated 325 million people are living with chronic hepatitis B or C, and it results in over 1.1 million deaths annually worldwide. In Pakistan, about 5% of the population suffers from hepatitis B, and roughly 3% from hepatitis C. The prevalence reflects critical gaps in prevention, screening, and treatment services, especially in low- and middle-income countries.

HEPATITIS A

Hepatitis A is a significant concern in Pakistan, primarily due to poor sanitation and water quality. The disease has a high incidence rate with periodic outbreaks, especially affecting younger populations in areas with inadequate hygiene. Screening for Hepatitis A typically involves serological tests to detect antibodies. Common symptoms include jaundice, abdominal pain, fatigue, and nausea. Although the disease is generally self-limiting, effective management of outbreaks remains crucial. Vaccination stands as the most effective preventive measure, while improved sanitation, safe food handling, and access to clean water are also essential in reducing the incidence of Hepatitis A.

HEPATITIS B

Hepatitis B is a significant health issue in Pakistan, affecting approximately 5% of the population. High transmission rates are primarily due to unsafe medical practices, mother-to-child transmission, and insufficient vaccination coverage. Screening for Hepatitis B involves blood tests to detect surface antigens and antibodies. The disease can present with acute or chronic symptoms, though it is often asymptomatic, underscoring the importance of widespread screening. Vaccination is highly effective in preventing Hepatitis B, while ensuring the safety of medical practices and screening of blood products are also crucial in reducing transmission.

HEPATITIS C

Pakistan has one of the highest rates of Hepatitis C globally, affecting about 3% of the population. The disease is often spread through unsafe medical procedures and the sharing of needles among drug users. Screening for Hepatitis C involves blood tests for antibodies and viral RNA. Symptoms can range from mild to severe, including jaundice and abdominal discomfort, with chronic infections potentially leading to cirrhosis and liver cancer if left untreated. Prevention efforts focus on ensuring the safety of medical procedures, using sterilized equipment, and screening blood products, while harm reduction strategies like needle exchange programs are also effective in reducing transmission.

HEPATITIS D

In Pakistan, Hepatitis D occurs only in individuals already infected with Hepatitis B, making co-infection a concern in areas with a high burden of Hepatitis B. Screening for Hepatitis D involves testing for antibodies and the virus, and symptoms can be more severe in cases of co-infection. Prevention of Hepatitis D is closely tied to controlling Hepatitis B through vaccination and safe medical practices. Effective management of Hepatitis B significantly reduces the risk of Hepatitis D.

HEPATITIS E

Hepatitis E, similar to Hepatitis A, is transmitted through contaminated food and water, and in Pakistan, the incidence is significant, particularly during outbreaks linked to poor sanitation and contaminated water sources. Screening for Hepatitis E involves serological tests to detect antibodies, with symptoms including jaundice, abdominal pain, and fever. While the virus is usually self-limiting, it can be severe in pregnant women. Preventive measures focus on ensuring access to clean water, proper sanitation, and improving hygiene practices and public health infrastructure to prevent Hepatitis E outbreaks.

GENERAL AWARENESS AND CONCLUSION

Raising awareness about hepatitis is vital for reducing its burden. Education on transmission, symptoms, and prevention empowers communities to take action. World Hepatitis Day highlights the global and local challenges of hepatitis, emphasizing the need for ongoing prevention, screening, and treatment efforts.

By **DR. MUHAMMAD DANISH**

Senior Registrar Gastroenterology Dept, Patel Hospital

W.H.O. HEPATITIS:

GLOBAL IMPACT AND REGIONAL STRATEGIES

According to the WHO, an estimated 4.5 million premature deaths from Hepatitis could be prevented in low- and middle-income countries by 2030 through vaccination, diagnostic tests, medicines, and education campaigns.

GLOBAL IMPACT AND PUBLIC HEALTH CHALLENGE:

- **Morbidity and Mortality:** According to WHO, viral hepatitis is responsible for 1.1 million deaths each year, making it one of the leading causes of death worldwide. Most deaths are due to complications such as cirrhosis and liver cancer.
- **Regional Variations:** The burden of hepatitis varies significantly across regions, with the highest prevalence in low- and middle-income countries.
- **Economic Burden:** The financial impact of hepatitis is substantial, encompassing direct medical costs, loss of productivity, and long-term healthcare for chronic liver diseases.

HEPATITIS IN ASIA : A REGIONAL FOCUS:

Asia, particularly East, and Southeast Asia faces a significant burden of hepatitis, especially Hepatitis B and C. Here's an in-depth look at the region:

Hepatitis B Poses a significant health challenge in Asia, with the highest prevalence globally. Countries such as China, India, Indonesia, and the Philippines report some of the highest rates of chronic Hepatitis B infection, with prevalence in East Asia approaching 6% and in certain countries as high as 10%. The primary transmission mode in this region is vertical transmission, where the virus is passed from mother to child during childbirth. Unsafe medical practices and blood transfusions also contribute to the spread.

Hepatitis C is also prevalent in Asia, particularly in countries like Pakistan, India, and Egypt. Pakistan has one of the highest prevalence rates globally, around 4.8%. Unsafe medical practices, including the reuse of needles and the use of contaminated blood products, are major sources of transmission.

Hepatitis E presents a major public health issue in South Asia, notably in countries such as India, Bangladesh, and Nepal. The disease is often linked to outbreaks caused by contaminated water supplies.

PUBLIC HEALTH CHALLENGES:

- **Access to Healthcare:** In many parts of Asia, access to healthcare is limited, particularly in rural areas. This hampers efforts to screen for, diagnose, and treat hepatitis effectively.
- **Awareness and Education:** Public awareness about hepatitis remains low in many Asian countries, leading to underdiagnosis and a lack of preventive measures.
- **Stigma:** Social stigma associated with hepatitis can prevent people from seeking testing and treatment, further exacerbating the spread of the disease.

MITIGATION AND MANAGEMENT STRATEGIES

- **Vaccination Programs:** The WHO supports universal vaccination, particularly for Hepatitis B, which has significantly lowered incidence rates in many countries, including those in Asia.
- **Screening and Treatment:** WHO guidelines stress the importance of early screening for Hepatitis B and C to facilitate early diagnosis and treatment. Effective antiviral therapies can manage the virus and mitigate liver damage.
- **Public Health Initiatives:** The WHO's Global Health Sector Strategy aims to eliminate hepatitis by 2030, targeting a 90% reduction in new infections and a 65% reduction in deaths.
- **Community Engagement and Education:** Raising awareness about hepatitis transmission and prevention through education campaigns and outreach is crucial to reducing stigma and promoting testing and vaccination.

CURRENT RESEARCH AND FUTURE DIRECTIONS:

Research is ongoing to develop vaccines for Hepatitis C and to enhance the availability of the Hepatitis E vaccine. New antiviral treatments are being developed to improve efficacy and accessibility, particularly in low-income regions. Global efforts are focused on strengthening health systems, improving surveillance, and expanding access to care and treatment.

ACHIEVEMENTS & EVENTS

CARR (COMMUNICATION, ATTITUDE, RESPONSIVENESS, RESPECT & CARE) WORKSHOP:

Patel Hospital's NES Department hosted the CARR (Communication, Attitude, Responsiveness, Respect & Care) Workshop. This enriching event focused on enhancing key skills essential for exceptional patient care and fostering a supportive, respectful environment.



TOP MERCHANT AWARD-GOLOOTLO:

Patel Hospital is honored to receive the "Top Merchant Award" from Golootlo for its exceptional services and dedication. This recognition highlights our commitment to delivering quality healthcare and making a positive impact on the lives we serve.



MOU WITH SOLCRAFT:

Patel Hospital takes a significant step forward in sustainability! We are proud to announce our partnership with SOLCRAFT to install solar panels, advancing sustainability and creating a greener future.



GLIMPSSES OF INDEPENDENCE DAY CELEBRATION:

May Pakistan shine ever brighter with each passing day, blessed with the gifts of health, growth, and unity. As we celebrated this momentous occasion, we honored the spirit of independence that guided us toward a future filled with prosperity and well-being for all.



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FOR MORE INFORMATION: UAN: 021 111 174 174

ASTHMA MEDICAL CAMP

Patel Hospital hosted a Free Asthma Medical Camp, offering comprehensive screenings and personalized consultations to enhance respiratory health. The event raised awareness, provided insights into respiratory health, and attracted a large, diverse audience.



FREE OBS & GYNAE MEDICAL CAMP

Patel Hospital organized an Obs & Gynae Camp, offering free consultations on infertility, high-risk pregnancies, and family planning. The event attracted many attendees and provided valuable medical advice.



HEPATITIS SCREENING CAMP

Patel Hospital organized a Free Hepatitis Medical Camp for World Hepatitis Day. The camp provided essential screenings and crucial advice on hepatitis prevention, treatment, and management, helping hundreds take proactive steps for their health.



HEPATITIS AWARENESS SESSION AT AL-KARAM TOWEL

Patel Hospital organized a Hepatitis Awareness Session for World Hepatitis Day at Al-Karam Towel Industries. Led by our expert Hepatologist, the session offered valuable insights into hepatitis diagnosis, prevention, and treatment. The event was well-received by the management and staff.



HR CORNER:

PH Summer Internship Program 2024

This summer, we proudly launched the PH Summer Internship Program 2024, designed to attract and nurture talented graduates from various universities. With 144 applicants, the program featured a rigorous selection process, including assessment tests and interviews, resulting in the top candidates being chosen by their respective department heads for this valuable opportunity.

At the outset, clear objectives were set and communicated to the interns. Regular feedback was gathered from both interns and their mentors throughout the program, allowing us to monitor progress and address any challenges. Additionally, a specialized training session on "Professionalism" was held to reinforce our dedication to developing future professionals.

By the program's conclusion, all objectives had been successfully met, and the feedback from interns was exceptional. The collective efforts of the Patel team involved made this program a significant success, paving the way for new achievements and growth.





CME ON WORLD NO TOBACCO DAY BY DR ATTA UR REHMAN



SESSION ON GENERAL SURGERY EMERGENCIES IN PREGNANCY BY DR FARIHA ASHRAF 12 JULY 2024



WORLD MULTIPLE SCLEROSIS BY DR BUSHRA AMMAD



CME ON WORLD BREASTFEEDING WEEK BY DR AZMINA KHAN 09 AUG 2024



COGNITIVE ERRORS OF DEPRESSION BY DR HANNAH PASHA 02 AUG 2024



SESSION ON ABDOMINAL PAIN IN EMERGENCY SETTINGS BY DR JUNAID ZAMAN



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