



# News Bulletin

Oct 2016 - June 2017  
*Biannual*



**CARDIAC & GENERAL HOSPITAL**  
Where Patient Care Is At The Heart Of All We Do



ISO 9001:2008



## & General Hospital Specialty Hospital JCI 008 Certified

### Minimally Invasive/Laparoscopic Surgeries

Laparoscopic General Surgery and Gynecological surgeries are being performed by several consultants at Medicare with excellent results and fast recovery for the patients e.g. Total Laparoscopic Hysterectomies, Ovarian Cystectomies and Diagnostic Hysteroscopies.

### Maxillo Facial Surgery

Senior Professors are performing maxillofacial surgery at Medicare, concerned with the diagnosis and treatment of diseases affecting the mouth, jaw, face & neck. We are successfully treating patients with advanced orofacial tumors.

### CT Scan and MRI Services

Medicare provides 24 hours X-Rays, Ultrasound, CT Scan and MRI services. Radiology department also offers Echo, Stress echo, ETT, Ultrasound, Color Doppler, Holter and Ambulatory Monitoring.



### CME Lecture by Prof. Dr. Mansoor Ahmad

Prof. Dr. Mansoor Ahmad, Consultant Cardiologist, Medicare Heart Center, delivered a lecture on "Relationship Among Morning Blood Pressure Surge, 24-hour Blood Pressure Variability & Cardiovascular Outcomes" to the General Practitioners, Faculty & Staff of Medicare Heart Center. During the program he informed that BP normally fluctuates during the day and can vary from day to day in response to environmental challenges eg stress, activity, carrying out tasks.

Over the last 30 years, rates of CVD mortality have fallen in many parts of the world due to improvements in managing modifiable CV risk factors. There is growing evidence that morning surge in BP predisposes patients to adverse vascular outcomes particularly acute coronary syndrome, cardiac arrhythmias, sudden cardiac death, all-cause mortality, and stroke. Lt. Col (R) Dr. Baqar Nawab, Head of Administration, briefed about the hospital facilities with a tour of the hospital.



**We welcome Prof. Dr. Mansoor Ahmad**  
FRCP, Consultant Cardiologist

- Formerly Head of Cardiology at Liaquat National Hospital
- He has expertise in teaching & training in Interventional Cardiology
- Special Interest in Coronary Intervention & in Cardiac therapeutics
- Course Director of Revascularize course in Pakistan from 2000-2006
- President SAARC Cardiac Society 2004-2006
- Editor Pakistan Heart Journal 1999-2011



### **Chest Pain Unit & Emergency Angioplasty**

Under the supervision of senior Interventionist Cardiologist, Prof. Dr Mansoor Ahmad & Dr. Kaleemullah Sheikh, Medicare Heart Center is offering 24-hrs emergency Angioplasty with 100% results since June 2015. Department of Cardiology has started daily OPD from 9am to 2pm, Monday to Saturday.



**Medicare Cardia  
Multi Super S  
ISO 9001:**

### **Knee and Hip Replacement and 24 hours Orthopedic Emergency**

Led by Surgeon in Chief, Prof. Dr. Syed Shahid Noor, FRCS(Tr & Orth), FRCS(Eng), FRCS (Edin), MS, Trauma (University of Birmingham), AO Fellow (Germany), and his team of associates, Medicare is providing the highest quality of Knee and Hip replacement services. Dr. Shahid Noor's team of specialist orthopedic surgeons are also on call 24 hours for any kind of orthopedic emergency.



### **Critical Care Services**

Fully Equipped 10 bedded Intensive Care Unit and 13 bedded Coronary Care Unit. Prof. Dr Waqar Kashif (Fellowships in Nephrology and Critical Care Medicine, from Medical College of Wisconsin, USA.) & Anesthesiologists are available to provide critical care. ICU & CCU are equipped with Ventilators, Dialysis machines, Defibrillators, electronically controlled infusion pumps and well-trained Cardiac Nurses with medical and Para-medical staff. Patient Nurse ratio is 1:1.



### **Neuro Surgery & Poly Trauma Services**

Medicare is treating Head, Neck, Facial and Spinal Injuries. We welcome Prof. Dr. Salman Sharif, FRCS (Eng), FRCS (Neurosurgery), Head of Neurosurgery Department at LNH. Dr. Sharif is the first Neurosurgeon in Pakistan to use cutting edge technology. He is using modern state of the art image guided, computer assisted surgical device (Stealth station) to operate on brain tumors and complex spine procedures. Under the supervision of his team with Dr. Aleemuddin Sheikh and Dr. Mohsin Qadeer, we are providing excellent Neurosurgery and Poly Trauma services at Medicare.

### **24 Hours Surgical & Gynecological Emergency Services**

At Medicare we provide 24 hours Surgical and Gynecological Emergency Services such as Appendix, Hernia, Emergency C-Sections and Laparotomies. A highly qualified team headed by professors is on call 24 hours for our patients.



## NEW OPD

New OPD has opened in Wing II, with Clinics, assessment area, Mammography, Dialysis Unit, Vaccination Area, X-Ray, CT Scan, Dental Executive Clinic & Patients waiting area.

## 2<sup>nd</sup> Audit ISO 9001:2008

Surveillance Review of ISO 9001:2008 was conducted successfully in December 2016. Congratulations to the team members for all the hard work & dedication.

## Dementia and Depression

Dr. Anil Kumar, Assit. Prof. Department of Psychiatry, JMDC conducted a CME program on Dementia and Depression, focus on cognitive impairment in Depression on 14th February 2017. Prof. Dr. M.Iqbal Afridi, HOD Department of Psychiatry JMPC spoke on Cognitive Dysfunction in depression & Dr. Aziz B. Sona Wala, Consultant Neurologist, AKU, discussed "highlighted Alzheimer's and its Management." Professor Dr. S. Haroon Ahmed, president Pakistan Association for Mental Health (PAMH), founder Pakistan Psychiatric Society (PPS) was the Chief Guest.



## Fire Safety Training

Fire Safety Training for the Hospital Staff was conducted on Jan 17, 2017 for "Fire Safety Management" and March 04, 2017 for "How to use Fire Extinguisher" respectively.

## Free Breast Screening Clinic

Breast cancer is one of the leading cause of cancer deaths among Pakistani women. Early detection of the disease is the key for a better outcome. The World Health Organization has dedicated the month of October as Breast Cancer Awareness Month.

The department of Surgery at Jinnah Medical and Dental College in collaboration with the Administration, Marketing department and



Radiology department organized a Free Breast Screening Camp on October 30, 2016. Patients received free consultation and breast examination. The facility of breast ultrasound was made available on the same day. Patients were also given information booklets regarding breast cancer and self examination. This activity will continue every year in the month of October to spread awareness of breast cancer.

## ***Multi Super Speciality Hospital***

- Angiography
- Angioplasty
- Cardiac Bypass Surgery
- Cardiology
- Dentistry
- Dermatology
- Diabetology
- Dialysis
- Endocrinology
- Endoscopy
- Food & Nutrition
- ENT
- Eye Surgery
- Gastroenterology
- General Surgery
- Laparoscopic Procedures
- Medicine
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynecology
- Orthopedics
- Pediatrics
- Pediatric Surgery
- Psychiatry
- Pulmonology
- Rheumatology
- Urology

**24/7 Cardiac & General Emergency    Laboratory    X-Ray**  
**MRI    CT-Scan    Echo    ETT    Fluoroscopy    EEG**  
**Doppler Ultrasound    Mammography**

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