



# QUARTERLY REVIEW

Jinnah Medical & Dental College  
Jinnah Medical College Hospital

July - September 2013

## World Heart Day at JMDC

**ACT NOW TO PROTECT THE HEARTS OF THOSE YOU LOVE!**

Global theme of the World Heart Day "Take the Road to a Healthy Heart" focused on Lifestyle changes to prevent & control Cardiovascular diseases with a special focus on women & children. The Day was organized at JMDC on September 18, 2013 with the view of raising awareness among the general population. The program was initiated with the presentation of Minhal Shafiq, a 4th Year MBBS student, who highlighted and introduced the importance of WHD. Dr Tariq Farman (JMDC Consultant Cardiologist) while addressing the audience, stated that cardiovascular diseases are the world's largest killers. He said the risk factors for heart disease and stroke include high blood pressure, cholesterol, glucose levels, smoking; inadequate intake of fruit and vegetables; overweight, obesity and physical inactivity. He stated that hundreds of heart patients were getting timely and effective cardiac treatment at the Medicare Consultant Clinics. He said that JMDC is contributing its efforts to provide better education and training to the undergraduates so as to serve humanity in every nook and corner of the country after graduating from the College. The World Heart Day program ended leaving with the message that simple lifestyle and proper medications can help lower the risk for heart disease, besides eating a healthy diet for **HEALTHY FAMILIES & HEALTHY HEART.**



## SKILLS LAB AT JMDC

Clinical Skills Lab at JMDC provides an opportunity to medical students to acquire clinical skills in a safe environment before being exposed to real life patients. In the *FIRST YEAR* the students learn about;

- Donning and doffing of gloves
- Hand washing & disposal of sharps
- Preparation of first aid kits
- How to stop bleeding, caring for a bee sting & managing first degree burns
- The station on vitals, prepares them for taking temperature and respiratory rate in the first part and pulse/blood pressure in the second part
- Basic life saving skill is incorporated in the station i.e how to relieve a choking victim and CPR to resuscitate a patient with cardiac arrest
- Glucometer competency enables students to check Blood Glucose level



In the *SECOND YEAR* more advanced skills are added in the stations. Inhaler use (Metered Dose Inhaler) and how to nebulize patient (small volume nebulizer), Glucometer competency, Disposal of sharps, CPR & choking are taken as refresher. The students are introduced to ECG machine of which there are three stations: placing electrodes, taking 12 lead ECG and learning to read an ECG tracing. Each station is assessed by a checklist and students are reassessed till they are competent. Mandatory attendance is 90%, and all students have to secure a pass grade to ensure eligibility to sit in the annual examination.

## ACADEMIC COUNCIL MEETING

Academic Council Meeting was scheduled on September 05, 2013 at the College Boardroom. The meeting was followed by a lunch to honor Prof. Salma Akram in appreciation to her dedicate 22 years association with the College. The Chairman & the Principal JMDC in their address praised her teaching skills, maintaining discipline, besides participation in the College extracurricular activities.



## CAMPAIGN ON AWARENESS & PREVENTION AGAINST CORRUPTION

"Corruption is a serious threat to development, democracy and stability. It is a known factor that corrupt practices distort markets, decreases productivity and lowers economic growth. In this context, NAB is making all out efforts for establishment of a corruption free society through its multi-pronged strategy of Awareness, Prevention and Enforcement. However, this uphill task cannot be achieved without public participation" said Mr Saeed Ahmed Shaikh, NAB Deputy Director, while delivering the lecture for the JMDC faculty & students on September 25, 2013.



## PSYCHIATRIC CO -MORBIDITY AND MEDICAL PRACTICES

Awareness lecture and discussion was conducted on September 16, 2013 at JMCH Auditorium. 45 min talk was delivered by Asst. Prof. Psychiatry Dr Tabassum Alvi followed by discussion. Participants in the program including JMCH HODs, Associate, and Assistant Professors, PG trainees and house officers. It highlighted different diseases including Diabetes Mellitus, Cardiovascular, Stroke, Migraine, Somatization, Gastrointestinal, Liver diseases and their cause and effect relationships with Psychiatric diseases.

## ELECTROCONVULSIVE TREATMENT (ECT) SERVICES AT JMCH

ECT services have started at JMCH in August 2013, with remarkable results in patients. ECT is an emergency treatment for patients who are

- Harmful for self or others especially suicidal plans and act on severe self neglect
- Post partum psychosis
- Resistant Psychosis

### WELCOME

Prof. Dr. Mahadev Harani  
HOD, Pathology & Director Laboratory Services

### PROMOTIONS

Congratulations to faculty members on moving to next level. We hope that they will continue to work with the same zeal & spirit in their new capacities.

Prof. Dr. Imrana Khan  
HOD, Biochemistry

Dr. S.M.Ashraf  
Associate Professor, Surgery

Dr. Umair Hassan  
Asst. Professor, Dental Oral Biology

### PROFESSIONAL & CONTINUING EDUCATION

JMDC sponsors & encourages professional & continuing education programs which have a significant role in progress & development. Following were the programs that our faculty/staff participated.

NAME	FIELD	TOPIC	VENUE
Lt.Col. (R) Dr. Baqar Nawab	Administrator	Scientific Sessions on Cardiac Interventions	NICVD
Dr. Marium Iqbal	Dentistry	Advance Course Leadership Program Evaluation	AKUH

## POST GRADUATE TRAINING PROGRAM

JMDC offers a structured training program for post graduate education that is recognized by the College of Physicians & Surgeons, Pakistan (CPSP). The program has received full accreditation for FCPS training in Surgery & Medicine since October, 2009 & June, 2012 respectively and very shortly in Obstetrics and Gynaecology as well. Much emphasis has been laid by our faculty to carefully design these training programs as per CPSP requirements with regular monitoring of the residents academic activities. The implementation of the program has had a very positive impact on patient care at JMCH.



## STUDENTS ANNUAL FUNCTION & MUSIC COMPETITION

The biggest social event of the College was arranged on September 28, 2013 at Bahria Auditorium. All Medical, Dental & Pharmacy students made tremendous efforts to make this event successful. Exhilarating student's performance in Singing, Drama & Dancing drew round of applause from the audience. The event was attended by faculty members, staff & College students. In the end judges awarded prizes to the winners & certificates to the participants. The music competition was judged by the noted music Ustad, Mazhar Umrao Khan & Mr. Fateh Abass, a well-known singer. Viewers were impressed by the quality & standard of all participants and lauded the College for organizing the event and nurturing the students in becoming well-rounded individuals.



## BLS & LIFE SAVING TECHNIQUES

Basic Life Support Programs with Life Saving Techniques is a relatively short training sessions to prevent severe health damages or death and hold the life till the medical attention arrives. A two day training session for the Life Saving Techniques was organized on August 31 & September 02, 2013 at JMDC Auditorium. In co-ordination with First Response Initiative of Pakistan (FRIP). Students from MBBS 3rd Year & BDS 2nd & Final year learned about Basic Life Support (BLS) & the simple life Saving Techniques to minimize preventable morbidity & mortality caused by trauma/injury in the form of accidents & natural disasters. Team of Dow Medical Doctors conducted an interactive workshop where they gave practical demonstration. The workshop comprised with question & answers, as well as a presentation of informative videos & tips. Certificates were distributed to all the participants.





## Q&A Session with

### Dr. Imran Afzal

HOD, Forensic Medicine

**Q)** Tell us about your educational background?

**A.** I did my schooling from Quetta. Then went to St. Patricks College and did my inter from there and graduated from Sindh Medical College Karachi. I wanted to become cardiac surgeon but luck was not with me so did my Post graduations in Chest Medicine, MRCP, D.C.N, Dip card and Forensic Medicine.

**Q)** When did you know a career in medical education was for you?

**A.** After I became Doctor & did my graduation.

**Q)** What subjects do you like to teach?

**A.** Always thought teaching is very difficult, responsible & demanding job so remained away till I joined JMDC seven years ago that also coincidentally. I don't know I am good teacher or not, as students are the best judges. Every subject in medical education is interesting but I think you should teach in which you think you are good & doing justice to students. I am in Forensic by default & enjoy teaching this subject.

**Q)** Are your activities limited to teaching or you get involved in extracurricular activities?

**A.** I used to be very active in extracurricular activities of College because:  
1) I like this Institution & wanted best for it.  
2) There were very limited people so I was in charge of sports for quite some period of time. Introduced Cricket & other sports where it is now. For that I had to put extra time & effort but now everything is done by experts & professionals so I am relaxing.  
3) Always took special interest in Annual Functions organizing, attending & enjoying.

**"Here I would like to tell my colleagues, senior, junior faculty members to please attend College functions with families & show that you are part of Institution".**



**Q)** How did you balance your family life with your profession?

**A.** I believe in giving quality time rather quantity time, only then you can balance everything.

**Q)** What do you do when you are free?

**A.** Socializing & Hunting.

**Q)** Importance of Forensic Medicine for Medical students?

**A.** In our country the situation where there are Bomb blasts, Killings & Muggings etc every where it has become more important that medical students should have knowledge of medico legal cases more to assist government in reaching right persons & arresting them through D.N.A & other important investigative methods. In poison cases where insecticide are easily available & cheapest method for both homicidal & suicidal poisoning, acid throwing all these things make Forensic medicine an important subject in our part of world.

**Q)** Any habits you would like to inculcate in the minds of your students?

**A.** I want my students to learn & respect values of fellow students, parents teachers & elders. They should interact with teachers & answer back with good sense of humor. Same goes for teachers also but there should be a line not to be crossed. Respect comes first. Students should participate in sports & extracurricular activities on compulsory basis. This will also benefit them in future.

## INHOUSE CRICKET MATCH

Cricket Match at JMDC is always exciting for all Cricket Lovers. MBBS/BDS/PHARM D & Nursing students were given a chance to express their love for Cricket from 02 to 13 September, 2013 at UBL Sports Complex. The ground was ringing with the cheers of the students for their team. BDS students stood first position. The pictures from the event say it all.



## CONDOLENCE MEETING

Management & faculty members expressed their feelings of grief & sorrow at the sad demise of fellow member Prof. Dr. Rafique Ahmed Memon, legendary Professor of Operative Dentistry who passed away on August 31, 2013. The deceased was the founder and pioneer of Dental Section, Jinnah Medical & Dental College, Karachi. Addressing the condolence meeting, JMDC Chairman, Dr. Syed Tariq Sohail & Dr. M. Mohsin Girach, Head of Dental Section complimented to Dr Memon as a dedicated Dental Doctor, a brilliant teacher and a nice friend. JMDC management, faculty and staff will ever remember dedication and the services he rendered for JMDC. Allah Almighty may bless the departed soul.



### JINNAH MEDICAL & DENTAL COLLEGE

22-23, Shaheed-e-Millat Road, Karachi 7400-Pakistan. Phone # 34931886-9, Fax # 34938035.

E-Mail: [jmcd@jmc.edu.pk](mailto:jmcd@jmc.edu.pk). Website: [www.jmc.edu.pk](http://www.jmc.edu.pk)

### JINNAH MEDICAL COLLEGE HOSPITAL

SR-6, Sector 7-A, Korangi Industrial Area, Karachi 7400-Pakistan. Phone # 35071854-6-8, Fax # 35073163