



HITEC-IMS

# NEWSLETTER



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## Committee Members:

### Patron

Maj Gen.(R) Hamid Shafiq

Prof. Dr Irfan Shah

### Committee

Asst. Prof. Dr Sadia Israr (In charge)

Prof. Dr Iram Tassaduq

Mr. Muhammad Mohsin Ali

## MESSAGES

**Dr Hamid Shafiq, Principal Medical Collage HITEC-IMS**



Dear Students, Faculty, and Staff, As we transition into the final quarter of the academic year, I would like to take this opportunity to reflect on some of our recent achievements and upcoming milestones at our institute.

We are proud to announce a Memorandum of Understanding (MOU) signed with the Rawalpindi Institute of Cardiology, which will provide invaluable training opportunities for our house officers and FCPS Part 2 trainees. This collaboration will further enhance the clinical skills of our graduates and ensure they are well-prepared for the challenges of modern healthcare.

In addition, we are preparing for an important inspection to upgrade our institute's capacity to accommodate 150 students, in accordance with the latest regulatory proforma. Our team is working diligently to ensure that we meet all required standards and continue to provide an exceptional learning environment.

Moreover, preparations are in full swing to obtain official recognition for our Nursing College. We remain committed to expanding our academic offerings and improving the quality of healthcare education.

On a lighter note, we recently celebrated Independence Day with great enthusiasm, highlighted by an inspiring motivational speech delivered by a renowned religious scholar. It was a wonderful reminder of the values we hold dear as a nation and as healthcare professionals.

As our students prepare for their final exams in the coming month, I encourage you all to remain focused and diligent in your studies. Your hard work and dedication will surely pay off.

Lastly, we are witnessing the close of the monsoon season, with heavy rains marking the end of another busy term. I wish you all success in your endeavors and look forward to the continued growth and development of our institute.

Warm regards,

Professor Dr Maj Gen (R) Hamid Shafiq HI(M)



## **Dr Ifran Shah, Principal Dental Collage HITEC-IMS**

Assalam o Alaikom and welcome to this 9<sup>th</sup> Issue of HITEC – IMS Newsletter.

This Newsletter regularly keeps us updated on all the major activities taking place in our two colleges (HITEC – IMS Medical College and Denal College). Not only us, but also this manuscript is our visible face to the external world, both nationally as well as internationally. Availability of the newsletter on our college website enables anyone anywhere in the world to open it and see what our students, faculty, staff and administration have been doing over the past three months.

Just last week, I received an email from one of my Italian Maxillofacial Surgeon friends telling me that “Irfan! You are working in a very active and vibrant institute, as is visible from the HITEC – IMS Newsletter”. This email, and in reality, the newsletter projecting us to the outside world made me abundantly proud. Well done newsletter team.

I wish and hope the readers will enjoy this latest issue as much as the past issues.



### Signing of MOU between RIC & HITEC-IMS

A memorandum of understanding (MOU) was signed between Rawalpindi Institute of Cardiology (RIC) and Medical College of HITEC-IMS on 29<sup>th</sup> August 2024. This ceremony was performed on the visit of Dr Maj Gen (R) Hamid Shafiq HI(M) Principal HITEC-IMS to the institute. This MOU would form a basis of collaborative working relationship and would also give opportunity to trainees in cardiology departments for enhancing their clinical competence to the level of excellence.



### Dr Maarij Saeed Elected as President APDSA Pakistan

Dental College HITEC- IMS is proud to announce, house officer Dr Maarij Saeed Rao (BDS Batch 2023) has been elected as President Asia Pacific Dental Students Association Pakistan and Country Representative in APDSA International for the year 2024-2025.

Currently APDSA Pakistan consists of 21-member dental colleges across Pakistan and has a network of 18 member countries in the Asia Pacific region internationally.

Dr Maarij started her journey with APDSA in her third year of BDS as an Associate of Director Continuing Education where she played an integral role in organizing 3 hands on clinical workshops in Dental College HITEC-IMS, Akhtar Saeed Dental College Lahore and Islamic International Dental College.





### Independence Day at HITEC-IMS

Keeping its traditions alive, Medical College of HITEC-IMS celebrated Independence Day with great fervor and enthusiasm on 13<sup>th</sup> August 2024. Principals of Medical and Dental College and school of paramedics, faculty members, students and staff participated in the event. All the participants were dressed in white and green. The day started off with a walk from Dental College to the front lawn of medical college. The walk was led by the principals of both Medical and Dental colleges. The front lawn of the medical college was beautifully adorned and a cake cutting ceremony was performed. The students paid tribute to those who participated in the freedom struggle. The principal while addressing the gathering advised students to work with honesty and dedication. The program culminated with songs and special prayers for the peace, solidarity, and prosperity of Pakistan.





### **Seerat Conference**

The SEERAH Society HITEC-IMS organized an insightful event for the young doctors on Tuesday 13<sup>th</sup> August 2024 in the college which highlighted the major purpose of creation of humans and duties of young doctors being righteous and caring based on teachings of Quran. The event was graced by the chief guest Col (R) Dr. Sarfraz Dogar, Director HITEWT Brig (R) Imran Ahmed Malik SI (M), Worthy Principals of both the medical and dental colleges, Directors Admin medical & dental college. Audience comprised of the faculty members, House officers from both the colleges. The program commenced with a welcome note by the president and general secretary of the Seerah society followed by the recitation from the holy Quran and Naat e Rasool (SAW). The principal medical college Maj Gen(R) Dr. Hamid Shafiq HI (M) welcomed the Chief Guest by giving a brief account of his qualifications and services for the community both as a health professional and a religious scholar.



Principal medical college presented a shield to the Chief Guest as a token of thanks. The event was a successful blend of learning, reflection, and creativity.

### **Curriculum Review Meeting at NUMS**

A series of meetings were conducted by Academic directorate NUMS to review the curriculum of second year MBBS. Faculty representatives from all affiliated medical colleges attended the meeting. The document was developed with the consensus of all participants. Assessment blue printing for the second professional examination was also finalized.



### Basic Life Support Workshop at Dental College HITEC-IMS

As part of the Faculty and Staff Development Program of the Institute, a two-day BLS workshop by Lifesavers Foundation was conducted at Dental College HITEC IMS on 2<sup>nd</sup> and 3<sup>rd</sup> September, 2024 organized by the Department of Oral & Maxillofacial Surgery. Dr Zeeshan Baig from the Lifesavers Foundation facilitated the workshop. Participants learned and practiced the steps of Basic Life Support including ventilation, chest compressions, application of Automated External Defibrillator, and choking management in adult and paediatric patients on mannequins. A total of 39 participants, including the Principal, Vice-Principal, all the Clinical Heads of Departments, Professors, Associate and Assistant Professors, Registrars, and a few faculty members from basic sciences including HODs, and one of the Dental Surgery Assistants completed the workshop successfully.



### Advanced Cardiovascular Life Support Workshop

On Wednesday, 4<sup>th</sup> September 2024, a successful Advanced Cardiovascular Life Support (ACLS) workshop was held at HIT Hospital, with active participation from 25 healthcare professionals representing HIT Hospital, IMC Hospital NESCOM, and Margalla general Hospital PMO. The workshop aimed to enhance the life-saving skills of doctors and nurses, ensuring they are well-prepared to handle critical cardiac emergencies. The comprehensive training was led by experienced instructors from AFIC. Participants actively engaged in hands-on simulations, team-based learning, and real-life scenarios, providing them with a practical environment to apply ACLS protocols effectively.





### **Military Trauma Life Support Course**

A group of participants were sent to AFPGMI by HITEC-IMS to attend the MTLS (Military Trauma Life Support) Course from 11<sup>th</sup>-13<sup>th</sup> September, 2024. The course was specially arranged for HITEC-IMS by the efforts of the worthy principal Maj. Gen (R) Hamid Shafiq (HI).

It was the first course of its kind being attended by civilians and only materialized after PMDC recently (PMDC Accreditation Standards 2024) laid down that local courses in line with ACLS / ATLS are also acceptable for the faculty of medical colleges.

The participants were welcomed by Maj. Gen Sohail, Brig. Ayesha and Col. Dr Izza. Maj. Gen Sohail highlighted the importance and layout of the course.

The two- and half-day course was very well laid down covering all the topics of trauma. The participants got a chance to do hands on practice on Mannequins and animal cadavers under the supervision of the esteemed faculty.





### **“Radiant Smiles” Workshop by Dental Collage**

Dental College HITEC-IMS recently organized, in collaboration with Asia Pacific Dental Students Association – Pakistan, a one-day hands on workshop “Radiant Smiles; Workshop on Teeth Whitening Operative Department at HITEC dental hospital. The chief facilitators were; Head of Dept Operative Dentistry Prof Dr Beenish Qureshi, Assistant Prof Dr Sharaz Ahmad and Head of Department Pediatric Dentistry Dr Amna Riaz. The workshop was coordinated by representatives of APDSA- Pakistan at HITEC-IMS.

The workshop started with an informative lecture on various teeth whitening procedures, delivered by Prof Dr Beenish Qureshi, followed by a comprehensive demonstration on vital and non-vital bleaching and at home bleaching procedures, by Dr Sharaz Ahmed and Dr Amna Riaz. After a short break, the participants were given ample time for hands-on activity, where they, under the supervision of the facilitators, performed and practiced vital bleaching on volunteer patients diagnosed with fluorosis, excessively stained teeth etc. Following the hands-on activity Principal of Dental College HITEC-IMS presented shields and certificates to the facilitators and participants respectively.



### **Sterilization Mastery: Empowering Young Dental Professionals and Assistants through Autoclave Operation Workshop**

An engaging workshop on Operating an Autoclave was conducted by Cross Infection Control Committee for young doctors, house officers and dental assistants aimed at enhancing their understanding of sterilization processes in dental settings at Dental College HITEC-IMS. The event incorporated a comprehensive program that included pre and post-tests, hands-on demonstrations, and informative lectures.

A key highlight of the workshop was the hands-on demonstration, where participants actively engaged with an autoclave and ultrasonic cleaners under the guidance of experienced facilitators. This practical session allowed them to familiarize themselves with the equipment, understand its functions, and learn best practices for optimal performance.



### **Workshop on MCQS Construction**

A workshop on structured viva was conducted by the department of Anatomy and medical education on 30<sup>th</sup> August 2024. The workshop was organized with the objective of training the junior faculty to enable them to construct MCQS according to NUMS guidelines. Prof Asma Hafeez discussed the various components of MCQS followed by hands on training of the participants. The session concluded after having a critique on the MCQS facilitated by Dr Salma Ambreen. The participants appreciated the efforts of the facilitators



### **Workshop on History Taking Through Role Play**

Keeping with its commitment of innovative teaching methodologies and student centred learning a work shop on History Taking Through Role Play was arranged by the department of Medicine in their tutorial room. Students were given different scenarios and were asked to perform the task of history taking. Professor Dr Syed Waseem Akhtar facilitated the activity. The students were excited after the workshop and were of the opinion that activities should be a regular part of academic activities.





### **Academic Council Meeting**

A meeting of academic council was convened on 20<sup>th</sup> August 2024 in the conference room of HITEC-IMS. It was attended by all departmental heads, associate deans, advice principal. The meeting was chaired by Principal HITEC-IMS. The meeting started with update on the implementation of decisions taken in previous meeting of academic council. The council was appraised about the requirements to increase the number of admissions from 100 to 150 students. The council agreed to work on the guidelines provided by PMDC for enhancement of number of students.



### **Cross Infection Control Day**

HITEC-IMS Dental College held a special event on 13<sup>th</sup> September 2024, to mark Cross Infection Control Awareness Day at the HITEC Dental Hospital. The event aimed to educate and raise awareness among dental professionals about the critical importance of cross infection control in clinical settings.

The event was organised by the Cross Infection Control Committee, chaired by Dr. Izhar Khan. It began with a presentation that outlined the committee's progress under Dr. Izhar's leadership.

Dr. Izhar provided an overview of the committee's efforts, followed by Dr. Maarij Saeed, who presented a statistical evaluation of the infection control performance across various departments.

Following the presentation, the committee participated in a formal pledge to uphold and promote stringent infection control practices, led by the Principal and the Cross Infection Control Committee. The day continued with departmental visits, where the Principal, committee members, and faculty observed poster presentations by final-year students. In his closing remarks, the Principal of HITEC-IMS Dental College stressed the growing significance of infection control in modern healthcare.



## Health Promotional Activities by Community Medicine Department

Monkey pox (M Pox) is an emerging viral infection. World Health Organization has declared M Pox outbreak as a public health emergency of international concern. Few cases of M Pox have been reported in Pakistan.

HITEC-IMS has always played a pivotal role in improving community well-being by promoting knowledge. To educate the community of HIT, Department of Community Medicine developed a pamphlet highlighting the causes, mode of transmission and prevention of disease.

Department of Community Medicine organized an awareness campaign targeting M Pox and conjunctivitis among teachers and students of Govt Boys School and F.G School Taxila. The primary goal was to educate the students on preventive measures, symptoms, and proper responses to mitigate the spread of these conditions. Awareness campaign targeting HIT population is in process.



## Awareness Lecture on Mpox Virus

An awareness lecture regarding the Mpox virus was arranged by the Department of Oral & Maxillofacial Surgery on 19<sup>th</sup> August 2024 at Dental College HITEC-IMS. This lecture session was facilitated by the Principal Dental College-HITEC IMS, Prof. Dr. Irfan Shah. The global statistics and updates of Mpox surge were discussed in the session. He also provided awareness regarding the early diagnosis, signs, symptoms, oral manifestation, and the preventive measures that should be taken by the health care providers. All clinical faculty including the house officers attended this interactive awareness session.

