



Ali
Medical
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Happy New Year

NEWSLETTER

JANUARY-2019

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I want to express my appreciation for a very finely run and professional facility. I always felt better after my interactions with my Primary Consultants (Ortho Spine Associates – Dr. Junaid & Dr. Ahmed). They were always accessible, friendly, very knowledgeable and never too busy to spend time with me and my family. They never left my room until every question was answered. And believe me, there were many!!! My recovery was beyond my expectations and the time needed to accomplish it was far less than I thought it would be.

From the minute I arrived, I was treated with the utmost empathy, kindness and respect... I have nothing but praise for the care I received as a patient at Ali Medical Centre. I cannot believe that I would have been treated with that same level of care, encouragement, support, positive reinforcement, kindness and respect that I received at Ali Medical Centre.

Words cannot describe my gratitude to your phenomenal staff for exceeding any expectations I had. It feels like I was at a 5 star hotel rather than a hospital... Due to my profession, I know many hospitals; phenomenal one from a good one from a poor one and believe you me... you are the BEST!!

Thank you for providing me with a most perfect place to recover from my disease (Disc Degenerative Disease) and going through a difficult decision and such a major spinal surgery (TLIF at O2 Levels). Each and every one took an interest in me and made me feel great. The words that come to mind when I look back at my last two weeks there are – inspirational, peaceful, caring, positive, professional, encouraging and friendly.

Thank You and may Allah bless you all as one can't pay for what I have received at Ali Medical Centre. (Jazaka'Allah)

Warm Regards,
Bilal Arshad Butt



LINGUISTIC PROBLEMS DUE TO DYSPHAGIA

Dysphagia? What is it?

Have you heard of Dysphagia?

Did you know that speech and language therapist evaluate and treat linguistic problem due to dysphagia?? Did you know that 89% of people with Brain Injury, Stroke, MS, and Parkinson's Disease have trouble with speech and swallowing?

Do You Have Changes in your voice? Difficulty or pain while swallowing? Feel like something is stuck in your throat after eating? Do you cough or choke when you swallow? You might have dysphagia and Speech Therapy can help!

Speech-language pathologists(SLP) plays a lead role in helping older individuals swallow safely.

According to the Agency for Health Care Policy and Research over 60,000 Americans die each year due to complications associated with dysphagia, including aspiration pneumonia. SLPs can evaluate, educate, and train with an ultimate goal of improving swallow functioning

What is Dysphagia?

Dysphagia is difficulty in swallow and is usually a sign of a problem with your throat or esophagus -the muscular tube that moves food and liquids from the back of your mouth to your stomach. Although dysphagia can happen to anyone, it is most common in people who have problems of the brain or nervous system.

There are many different problems that can prevent the throat or esophagus from working properly. Some of these are minor and others are more serious. If you have a hard time swallowing once or twice, you probably do not have a medical problem. But if you have trouble swallowing on a regular basis, you may have a more serious problem that needs treatment

What causes Dysphagia?

There are many conditions that can cause swallowing problems.

Some medications can cause dry mouth, which makes it hard to chew and swallow. Other causes include the following:



Ms. Aqsa Malik
Speech Therapist

Damage to your brain or nerves from:

- Stroke
- Brain injury
- Spinal cord injury
- Parkinson's disease
- Multiple sclerosis
- Amyotrophic lateral sclerosis (ALS, or Lou Gehrig's disease)
- Muscular dystrophy
- Cerebral palsy
- Alzheimer's disease

Problems with your head or neck, such as:

- Cancer in your mouth, throat, or esophagus
- Head or neck injuries
- Mouth or neck surgery
- Bad teeth, missing teeth, or dentures that do not fit well

What are the Signs of Dysphagia?

General signs of a swallowing problem may include:

- Coughing during or right after eating or drinking
- Wet or gurgly sounding voice during or after eating or drinking
- Extra effort or time needed to chew or swallow
- Food or liquid leaking from your mouth
- Food getting stuck in your mouth
- Having a hard time breathing after meals
- Loosing weight

As a result, you may have:

- Dehydration or poor nutrition
- Food or liquid going into the airway, called aspiration
- Pneumonia or other lung infections

You may feel embarrassed when eating. You may feel badly about your swallowing problems and want to eat alone.

Testing for Swallowing Disorders

An SLP can test you to see how you eat and drink. You want to see an SLP who works with adults with swallowing problems. The SLP will

- Ask you about your health, past illnesses, surgeries, and your swallowing problems
- See how well your mouth muscles move
- Watch you eat to see how you sit and feed yourself and what happens when you swallow
- Do special tests, if needed. The SLP can watch how you swallow using:

Modified barium swallow – you eat or drink food or liquid with barium in it. Barium shows up on an x-ray so the SLP can watch where the food goes.

Endoscopic assessment – the doctor or SLP puts a tube with a light on the end in your nose. This scope has a camera on it, and the SLP can watch you swallow on a screen.

Treatments for Linguistic Problem due to Dysphagia

What treatment you need will depend on the problems you have. You may need medical treatment, such as medicines for reflux. In severe cases, you may need to get nutrition in other ways. These may include a tube through your nose or in your stomach. Your doctor will work with you if you need tube feeding.

The SLP can work with you to improve how you swallow. The SLP may suggest:

- Treatment to help you use your muscles to chew and swallow
- Ways you should sit or hold your head when you eat
- Strategies to make your swallow better and safer
- Eating softer foods or thicker drinks to help you swallow

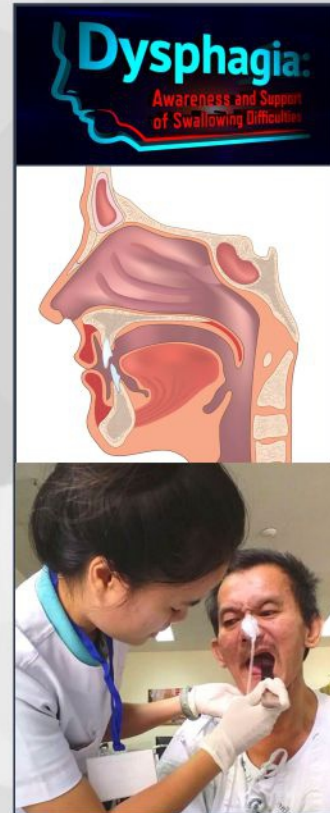
Your family or caregivers can help you by:

- Asking questions to understand the problems you have
- Making sure they understand what the SLP will work on

Following the suggestions your SLP makes

- Helping you with exercises
- Making food and drinks that you can swallow safely
- Keeping track of how much you eat and drink

Please reach out for advice if you are concerned about speech, language, feeding and swallow issues related to you and your loved ones. Speech therapy works



INAUGURATION OF JAZZ CASH SERVICES

Now you can pay through JazzCash mobile wallet and get 10% Discount on OPD Consultations, Dentistry, Laboratory, Radiology & other Diagnostics and 3% on Pharmacy.



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EXTENSIVELY DRUG RESISTANT TYPHOID IN PAKISTAN



Waqas Ahmad
Clinical Pharmacist

In Hyderabad, Pakistan, an outbreak of extensively drug resistant (XDR) *Salmonella enterica* ssp. *Enterica* serovar Typhi, resistant to chloramphenicol, ampicillin, trimethoprim-sulfamethoxazole, flouroquinolones, and third-generation cephalosporins was recognized in November 2016 and has now spread to Karachi home to more than 14 million people, more than 1000 cases have been confirmed by blood cultures. Recent history has demonstrated that once resistant enteric infections appear their global dissemination may be swift. For this reason WHO identified salmonellae as high-priority pathogens for development of new antibiotics. History of antimicrobial resistance in *Salmonella typhi*.

Antimicrobials	Year Efficacy established	Year Resistance emerged
Chloramphenicol	1948	1950
Ampicillin	1964	1970
Trimethoprim-sulfamethoxazole	1968	Late 1970s
Flouroquinolones	1985	1997
Ceftriaxone	2014	2016



Strategies to Combat XDR Typhoid:

- 1) It is a human-restricted pathogen and can be eliminated by means of modern sanitation and water-treatment measures, while good hand hygiene is best way to prevent the spread of these XDR microorganisms.
- 2) It can be prevented by timely vaccination against Typhoid, capsular polysaccharide typhoid vaccine can be given at minimum age of 2 years and revaccination after every 2 years, A new Typhoid Conjugate Vaccine (TCV) was prequalified by WHO in January 2018 that can be given to children as young as 6 months of age, in march 2018, the WHO released a new position paper recommending use of such vaccines in children 6 months of age or older in countries where typhoid is endemic.
- 3) By implementing Antimicrobial Stewardship Program to preserve the effectiveness of Antimicrobials that are still active against these XDR microorganisms. (Ceftriaxone, Cefixime and Azithromycin are still effective in Rawalpindi-Islamabad Region as shown by AMC Culture & Sensitivity reports)

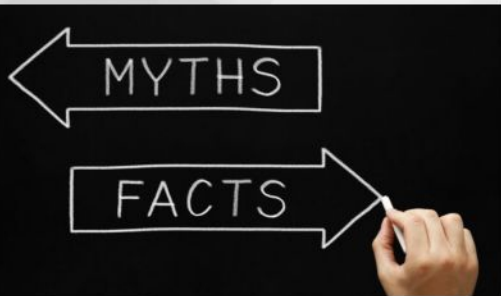
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A WAY FROM MYTHS, TRADITION & HUNCHES TO FACTS

Evidence-Based Practice (EBP) is the conscientious use of current best evidence in making a decision about patient care (Sackett, Straus, Richardson, Rosenberg & Haynes, 2000). EBP was introduced in the year 1992, grounding from Medicine which later was spread into Nursing, Psychology, and Education. According to American Nurse Association (ANA), 55% of all nursing practices are based on research findings and it is predicted by ANA and Institute of Medicine that by the year 2020, 90% of all nursing practice will be based on evidence-based research findings.

EBP is considered a great problem-solving skill by many healthcare professionals across the globe, it not only improves the decision-making skills but also improves the clinical practices as well as the administrative issues.



Incorporating research-based or evidence-based practice in healthcare, it ultimately improves the quality and impact of healthcare, and thereby promotes quality health outcomes for individuals, families, communities and the healthcare system. EBP provide high-quality patient care, based on research and knowledge rather than because "THIS IS WHY WE HAVE DONE IT". It provides a strategy to ensure care is up-to-date and it reflects the latest research evidence.

Across the Globe, EBP is encouraged to effectively incorporate the knowledge and skill in clinical area to improve healthcare quality and safety of patients and it ultimately serves to influence behavior in terms of decision making.

At Ali Medical Centre (AMC), Healthcare Professionals primarily relied on evidence-based methodologies to achieve quality and value-based care. At AMC, emerging EBPs are disseminated among all healthcare professionals via continuing medical education and nursing education services including skill-building activities, until they achieve full competencies.

AMC is committed to translating evidence into clinical practice, with an increased focus to reduce the length of stay and prevention of hospital-acquired infection by implementing the following infection control practices;

- Hand hygiene
- Decontamination
- Antibiotic Stewardship

We at AMC have introduced Antibiotic stewardship into our clinical practices to improve patient outcomes, reduces microbial resistance, and decreases the spread of infections caused by multidrug-resistant organisms.

AMC is implementing the best evidence-based practices for patient care, discharge and follow-up instructions. Nursing and medical team is care rounding to reduce patient complaints and to enhance the patient satisfaction regarding their healthcare experience.

At AMC, Healthcare professionals are not only committed to providing quality care and safety, but they are also determined and focused to implement new emerging evidence-based practices.

Top management of AMC has provided culture and environment of practicing evidence-based medical and nursing research findings to provide effective care and treatment to the patients.



SCABIES

Scabies is an intensely pruritic skin infestation caused by a Mite known as *Sarcoptes Scabiei*.

Sign and Symptoms:

- Severe itching especially at night.
- Burrows on the skin.
- Papules, pustules, excoriations.

Diagnosis:

- Mainly clinical.
- Burrows are characteristic and pathognomonic.
- Positive family history plus history of contact, traveling, staying at motels etc.
- Demonstration of Mite in KOH preparation, under Microscope.
- Biopsy
- PCR

Complications:

- Crusted Scabies
- Secondary Infection
- Institutional Breakouts
- Erythroderma
- Nodular Scabies
- Blisters- Bullous Scabies.
- Wide Spread Eczema

Prevention and Cure

- All household contacts are to be treated at the same time.
- Launder the clothing, Bed Linens and Towels etc, with hot water.



Dr. Zartash Arshad
Consultant Dermatologist
& Cosmetologist



Treatment of Scabies:

- Scabicial treatment of choice is Permethrin 5%
- Repeat application is recommended after 7 days.
- Anti histamine for itching.
- Antibiotics for secondary infection.
- Crusted Scabies and Institutional outbreaks are treated with Ivermectin.



CUSTOMER SERVICES TRAINING

Trainer: Mr. Salman Farooq

Healthcare is a very specialized industry, excellent patient services is vital for a hospital. It ensure that we deliver what we promise. Customer services is also important for employees as they learn how to handle and manage patients and their attendants, and how to deliver services in best possible way.

Mr. Salman is seasoned professional with extensive experience in sales and marketing. He is also teaching and mentoring at leading educational institute of Islamabad and Lahore. He has been very generous to conduct customer services training at Ali Medical Centre. His vast experience reflected through his training and he kept all trainees engaged during multiple sessions. At Ali Medical Centre we focus on continuous improvement, thus keeping our vision mission and core values in view, he customized his training for our staff. The highlights of the training includes why we should improve, 10 commandments of customer services, types of difficult patients, how to handle difficult patients etc. Those who attended training are now conducting same training in their respective departments.



BIRTHDAY CELEBRATIONS

Birthday celebration of CEO, Dr. Hassaan Khan & Senior Manager Finance, Mr. Haris.



Editorial Board

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Editor: Sohaib Ahmad Khan (Manager BD)