



Ali  
Medical  
ISO 9001:2015

# NEWSLETTER

## JULY - AUGUST |2019



A Clean Bill Of  
Health Myomectomy  
& Omentectomy  
of a Giant Fibroid



Zantac (Ranitidine)  
Heartburn Medication  
May Contain Carcinogen



Overcoming  
Resistance of Quality  
Management  
Implementation



Workshop on  
Helping Babies  
Breathe (HBB)



Dengue Fever



Patients' Feedbacks



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## Myomectomy and Omentectomy of a Giant Fibroid

Uterine leiomyomas are the most common pelvic tumor in women arising from the smooth muscle of the myometrium (Parker WH, 2007). These tumors are present in approximately one-third of women of reproductive age. These neoplasms frequently cause abnormal period, pelvic pain, and pressure symptoms of surrounding organ. Large leiomyoma may compress the bladder and /or uterus, with potential for renal damage if not correlated. The presentation of uterine leiomyoma varies. Symptoms may include abnormal uterine bleeding or abdominal pressure and heaviness; however, most cases are asymptomatic (Sameer et al, 2015).



**Prof. Dr. Fareesa Waqar**  
Consultant Gynaecologist  
& Obstetrician

Treatment options include hysterectomy, myomectomy, uterine artery embolization, myolysis, and medical therapy. Surgery has been the mainstay of leiomyoma treatment. Leiomyoma, irrespective of location, was reported as the most common indication for hysterectomy according to the literature (Miller 1946; Toma 2004 & Kjerulff 2000). The choice of procedures depends on the age of the woman, reproductive potential, accompanied diseases, and anemia.



A 30 year old nulliparous women with no significant medical history presented to Gynaecology outpatient department (OPD) when she noticed she can't lose weight easily. On examination, her general appearance was good. Vital signs were within the normal ranges. The patient's history, including a focused family history, was non-contributory. Transabdominal ultrasonography revealed uterine mass measuring 34 cm × 34 cm.

She was advised to get removal of uterus from several different hospitals and doctors. Considering the age of the patient as well as the future pregnancy requirement, Dr. Fareesa Waqar performed successful myomectomy and omentectomy of a giant fibroid of child bearing age, newly married women at Ali Medical Center.

The patient was counselled about the diagnosis of uterine fibroid and underwent laparotomy after proper counselling and written informed consent. Four units of blood were prepared. Intraoperatively, the uterus was grossly enlarged by a large fibroid measuring 34 cm x 34 cm. Both ovaries and fallopian tubes were normal. Solid mass arising from fundus of uterus 34\*34 cm size. Very large blood vessels and lymphatic arising from omentum attached to right and left lateral walls of the mass. Another smaller fibroid 6\*6 cm size arising from posterior wall of uterus. The uterus was elevated out of the abdominal cavity and myomectomy of the large tumor was achieved through an abdominal midline incision.



Blood vessels and lymphatic omentum clamped cut and ligated. Fibroid mass removed by performing myomectomy with the help of ligasure. Smaller fibroid myomectomy performed from posterior wall of uterus, haemostasis performed differently and omentectomy performed.

The specimen was sent for formal histopathology. Results of histopathological examination confirmed the diagnosis of a benign fibroid of the uterus.

The patient's postoperative course was uneventful, and she was discharged on postoperative day four in highly satisfactory condition.

# ZANTAC (RANITIDINE) HEARTBURN MEDICATION MAY CONTAIN CARCINOGEN

Distribution of generic versions of the popular heartburn drug ranitidine (Zantac, Novartis) is being halted in markets worldwide by the manufacturer, according to a spokesperson for Novartis, after findings that the medication may have become tainted with a cancer-causing agent.

Dana Kahn Cooper, a spokesperson for Novartis, told Medscape Medical News: "A precautionary distribution stop of all Sandoz ranitidine-containing medicines in all our markets will remain in place under further clarification. This includes capsules in the USA. Our internal investigation is ongoing to determine further details. In case of concerns, adequate additional measures will be implemented in alignment with relevant Health Authorities as required."

The action was taken after regulators in the United States and Europe began investigating the discovery of a likely human carcinogen called NDMA, or N-Nitrosodimethylamine, in the medications last week, as reported by Medscape Medical News.

Ranitidine is taken by millions worldwide for gastrointestinal disorders and discomfort. Sandoz/Novartis is one of several generic drug makers that distribute it. French drug maker Sanofi makes branded Zantac sold without a prescription. Ranitidine is sold in both over-the-counter and prescription versions.



Health Canada has halted further distribution of products containing ranitidine marketed by any companies, whereas Sandoz Canada is recalling its oral prescription products. Existing stocks of ranitidine can still be sold in Canada while the agency investigates, according to a news release.

Ranitidine that is manufactured by another company, India-based Saraca Laboratories Limited, is also being recalled in some countries in the European Union, according to a statement from Germany's Federal Institute for Drugs and Medical Devices. The statement does not indicate which countries are specifically involved.

NDMA is the same impurity that fueled a recall of numerous so-called sartan blood pressure and heart failure drugs beginning last year, as reported by Medscape Medical News.

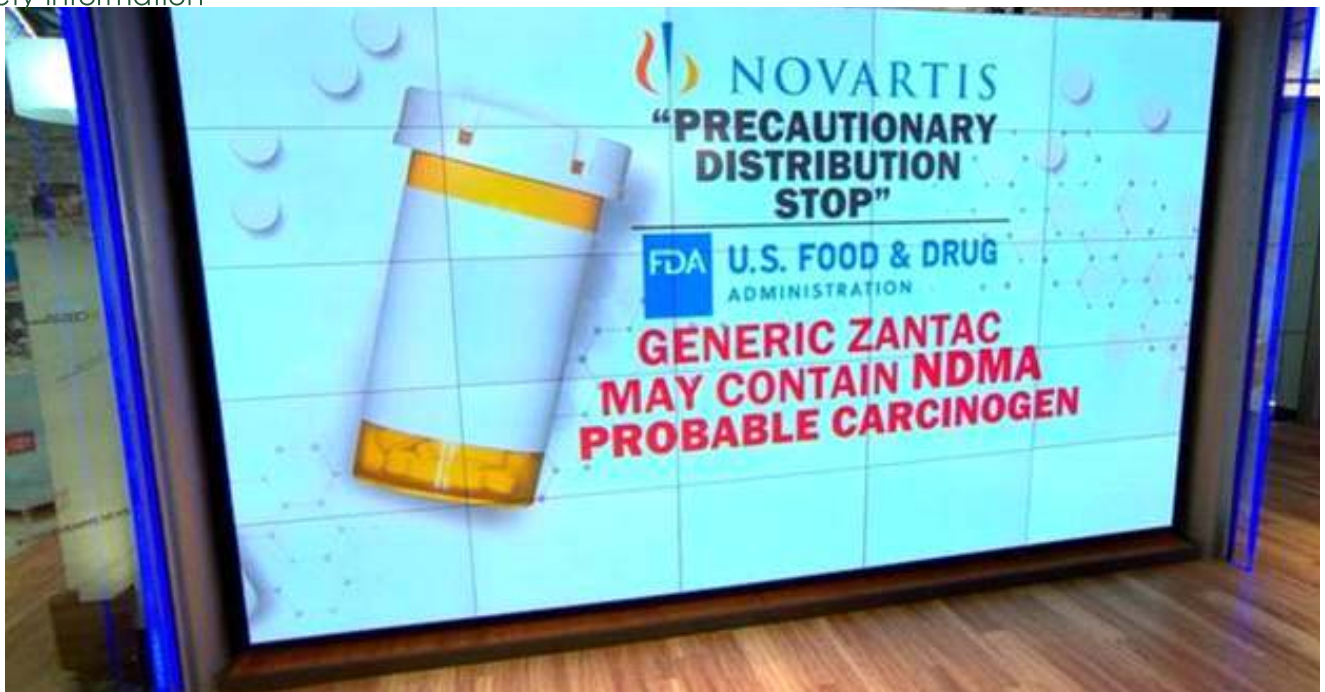
## References:

<https://www.medscape.com/viewarticle/918659>

<https://www.fda.gov/safety/medwatch-safety-alerts-human-medical-products/zantac-ranitidine-safety-information>



**Dr. Waqas Ahmad**  
Clinical Pharmacist



With the remarkable progress in quality management, the world has entered the era quality management accompanied by immense changes in hospitals as well as in other industries. Organizations around the world have given great emphasis toward improving the quality of their products and services to satisfy customers' need.

The aim of implementing the quality management in hospital is to improve the processes of services provision and to enhance the number of satisfied clients as well. Quality management implementation in hospitals have revolutionized the many aspects in caring. Hospitals are seeking change, and are focusing on understanding what client's needs.



**Amara Sundus**  
QA Officer



People confronted by altered circumstances frequently experience grief and will go through a distinct conversion process before taking on their new roles. The length of time at each stage varies depending on the situation, the type of support provided, and individual adaptability. Each step has its own set of recognizable characteristics. Accepting and understanding these stages will provide an opportunity for the project team—as agents of improvement—to reduce resistance and move system improvements forward.

The key to coping with resistance is to understand those affected by reforms and then actively take steps to address their issues. Systems and processes exist in their current state because someone got them to that level of refinement. Flawed and inconsistent as these practices may now appear, at some point in the past, an effort—possibly heroic—was made to coordinate activities and relationships to create a sense of order.

Fear and anxiety are a natural response to change, but they can be dealt with. However, this requires an atmosphere of openness where people can speak their mind and be listened to. At Ali Medical following strategies have been adapted to overcome the resistance of implementing the quality principles;

- Two way communication
- Group participation and decision making
- Training and development
- Motivation
- Appreciation

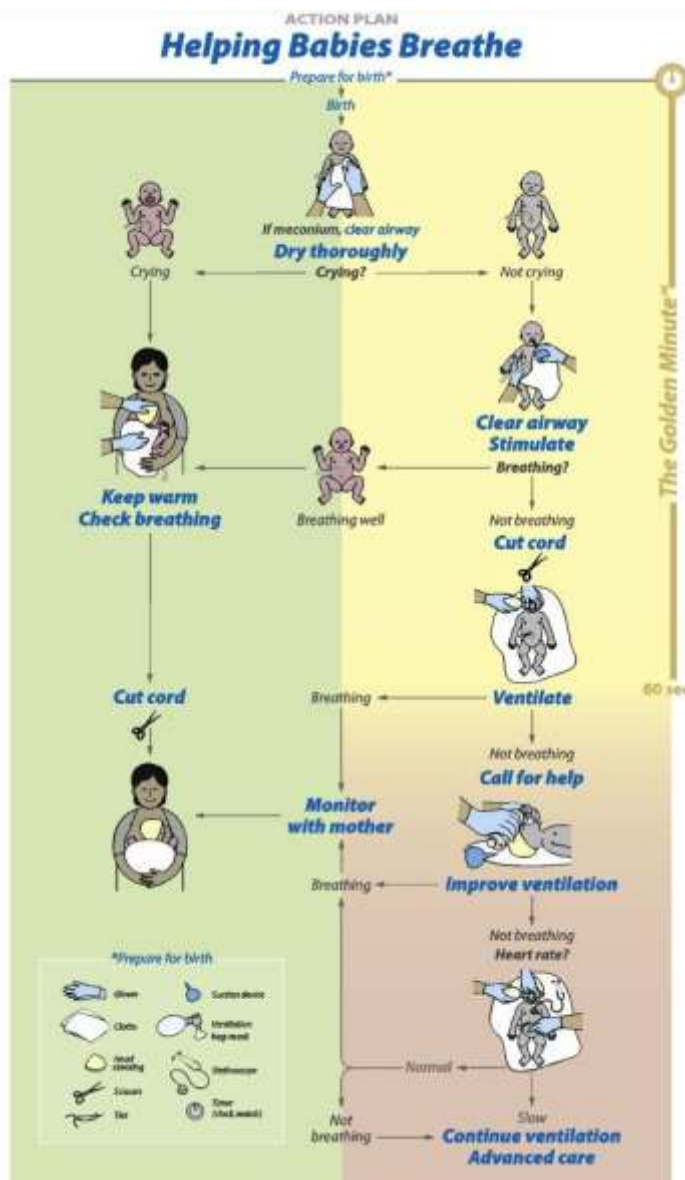
The inclusion of trainings and group discussion has modified attitudes and behaviors. Being an agent for change has contingencies, and one of them is followers. In most organizational and social-political settings people have options. They can quit, go on strike, reduce their output, protest and sabotage directives, or engage in a campaign to overthrow the status quo and gain control. As change needs to be more than a spectator pursuit and LUCKILY in AMC top management influence is so strong to keep employees motivated and employees are also working dire hard to enhance the satisfaction of clients taking services from AMC. Ultimately, change needs to be more than a spectator pursuit.

HBB is an integral part of a comprehensive package of obstetric, intrapartum, and postpartum care and referral for pregnant women, new mothers, and neonates. Planning for HBB needs to occur in the context of national strategies and training programs for these services. Planning needs to be grounded in the local context of pregnancy, birth, and delivery.

The goal of this workshop is to train nurses and Doctors on advanced evidence based practices to care for healthy newborns and those who are not breathing at birth. Ideally, at every birth, there should be a person who can provide essential services to both mother and infant and who is skilled and equipped to help babies breathe.

Helping Babies Breathe is focused on the **Golden Minute®** following birth when Stimulation to breathe and ventilation with bag and mask can save a life. **Helping Babies Breathe** teaches the initial steps of neonatal resuscitation to be accomplished within The Golden Minute to save lives and give a much better start to many babies who struggle to breathe at birth. HBB neonatal resuscitation techniques that have been shown to reduce neonatal mortality by up to 47% and fresh stillbirths by 24%.

Nursing Department of AMC had arranged 02 days free workshop on **Helping Babies Breathe** with the collaboration of IMDC (Islamabad Medical & Dental College of Nursing) for Nurses and doctors. This workshop was conducted on 8th, 9th Aug 2019 in Ali medical Center by Doctor Rabail Tariq. She is the master trainer from university of Chicago, United States of America. Total 23 participants attended this workshop. The participants will get certificates from AMERICAN ACADEMY OF PEDIATRICS.



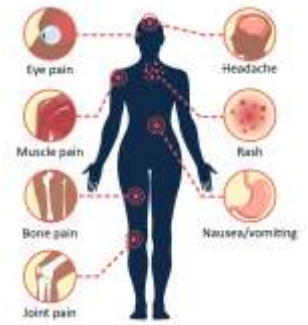
## Tips to prevent dengue hemorrhagic fever

### Cause:

- Dengue virus is carried by yellow fever mosquitoes. Former patients can be re-infected with different strains of the disease.

### Symptoms:

- High temperatures, 39-40 degrees Celsius, for 2-7 days body ache
- Nausea; vomit
- Rashes
- Shock related to blood clots complications- kidney failure, hepatitis
- Low platelet counts; easy bleeding; blood in vomit



### Treatments:

There is not a particular medication for dengue hemorrhagic fever. Treatments are based on symptoms.

- Fever medications (paracetamol, do not take aspirin); wet towels to lower body temperatures.
- Adequate drinking of water; solution of mineral salts in case of dehydration.
- Immediate hospitalization after more than 3 days of fever and shock.

### Prevention:

- Mosquito repellent lotions; clothing minimizing skin exposure.
- Elimination of stagnant water sources; larvicides; mosquito fogging.



## Effective Home Remedies for Dengue Fever



PAPAYA LEAVES



CORIANDER LEAVES



FENUGREEK SEEDS



NEEM LEAVES



HOLY BASIL



POMEGRANATE JUICE



DRINK WATER



ORANGE JUICE



BARLEY GRASS

“

*Very neat and tidy hospital. Patient was attended really well by all the staff members.*

”

**Fazal ur Rehman**

“

*Very nice service. Thank you all of you. I really love this hospital.*

”

**Kaneez Bibi**

“

*Well mannered staff especially Ghalia very cooperative. Dr. Anwar Hussain is also very good.*

”

**Shameen**

“

*The staff behavior is excellent. They have dealt with us nicely. Good treatment.*

”

**Mrs Balquees Khalid**

“

*Today my mother had a procedure to remove wart. The staff handled it wonderfully. Made it easy for us especially Dr. Adeel, Dr. Sumbul, Nurse Nazneen, Staff Mr Zia ur rehman, Wajid Abbasi, Arsalan, Qayyum, thank you so much especially Mr. Zia ur Rehman for his cooperation always.*

”

**Huma Butt**

“

*We have been visiting Dr. Ishfaq Naeem Orakzai regularly since the birth of my first daughter, and this time I came to him again after the birth of my second daughter. His diagnosis are usually immediate, his behavior exemplary, and his treatment has a certain "shifa" associated with it in my opinion. He is compassionate and displays empathy towards his patients and their parents. Ali Medical Centre needs a "lot" of more doctors like him!*

”

**Hajra Khan**

“

*I had kidney transplant surgery from Ali Medical Centre. I am very satisfied and I thank all the doctors and staff for their cooperation especially Shah Raees Khan.*

”

**M. Jamil**

## Aesthetic Surgery Services



Liposuction and body contouring



Tummy tuck (abdominoplasty)



Nose Job (Septorhinoplasty)



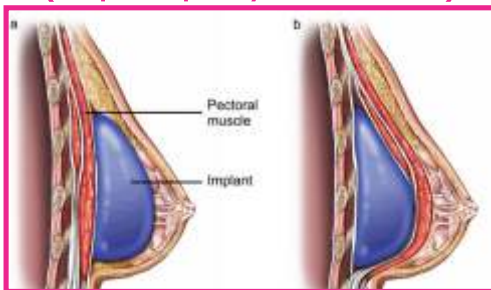
Face lift



Eye brow and Eye lid rejuvenation (blepharoplasty and brow lift)



Scar revisions



Breast augmentation



Ear reconstruction



Fat transfer and fat grafting



PRP therapy

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