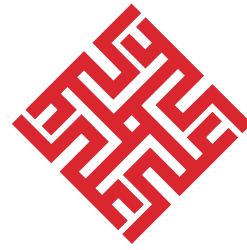


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Ali  
Medical

# newsletter

September, 2015 Edition 2



## Message from the CEO

I am immensely pleased and honored to join Ali Medical Centre as the Chief Executive Officer.

At AMC, I expect my team to strive to transform as we aim for a sustainable growth based upon "placing our patients at the heart of everything we do".

I am of the view that the employees in any organization are the "Real Creators" of value. I am a strong believer in developing and empowering Human Resource to innovate and overcome challenges eventually transforming dreams into reality. By the grace of Allah Almighty I am confident that we shall work together to make a difference raising the standards of healthcare to the next level.

Dr Hassaan Khan





## World Pharmacists Day at AMC

As delegated by the International Pharmaceutical Federation (FIP) last several years marks 25th September as the Annual World Pharmacists Day. World's pharmacists organize various activities that promote and advocate for the role of the pharmacists in improving health in every corner of the world.

This year's theme by the (FIP) for the pharmaceutical industry worldwide was

**Pharmacist: "your partner in health."**

Ali Medical Centre also celebrated this day with full fervor. The In Patient Department's Pharmacy in supervision of Manger Pharmacy Miss Anees Ur Rehman organized a session in which she evoked the role of Pharmacists. She also highlighted the services provided by the Pharmacists of AMC's newly established pharmacy department. Mr. A.Q Javed Director Drug Regulatory Authority of Pakistan and owner of Islamabad Drug House (IDH) graced the event as a guest of honor. And shared his views about this noble profession Pharmacy.

Moreover Pharmacy Managers from Shifa International Hospital Ltd (SIH), Kulsoom International Hospital (KIH), Quaid e Azam International (QIH), Maroof International Hospital (MIH) & Islamabad Diagnostic Centre (IDC) also participated in the celebrations with AMC. A skit was performed by the young and talented pharmacists, medical officers and fdo's which made the participants entertained and managed applauses of the attendants. The event concluded with a thanks giving speech by CEO Ali Medical Centre Dr. Hassaan Khan followed by refreshments for the guests and participants.



## Inauguration of In Patient Department at AMC:

Ali Medical Centre recently inaugurated its In Patient Department (IPD). Nursing Department arranged a ribbon cutting ceremony in which Directors, Managers and all other staff members of AMC participated. Chairman AMC Mr. Ali Raza Alvie by offering prayers did the honors. Sweets were distributed among the employees of Ali Medical Centre.



## Quote

“Working hard for something we don't care about is called stress; working hard for something we love is called passion”

Simon Sinek



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## PAP SMEAR

A PAP SMEAR is a simple, quick, and essentially painless screening test. The PAP Test is done during a pelvic exam. A doctor uses a device called a speculum to widen the opening of the vagina so that the cervix and vagina can be examined. A plastic spatula and small brush are used to collect cells from the cervix. Cells collected from a woman's cervix are spread on a microscope slide for examination. The cells are evaluated for abnormalities, specifically for pre-cancerous and cancerous changes. PAP Smears are recommended for all women starting at age 21 years or within 3 years of becoming sexually active, whichever comes first.

According to the American Cancer Society's most recent guidelines, all women aged 21 to 29 should have a Pap test every 3 years. Beginning at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years. This is called co-testing and should continue until age 65.



Dr Kulsoom Bibi  
Registrar

## “AMC Work for Women Health Gain”

AMC with the initiative of its Well Woman Clinic aims at providing the best of health care services specifically for the awareness and betterment of Women.

Ali Medical Centre inaugurated its Well Woman Clinic offering various services like Pap smear, IUD (Intra Uterine Device Insertion), Pipelle Biopsy, Family Planning Procedures etc. At this clinic women will be guided and treated with the best of consultations for a better understanding of how vital it is for a woman to be aware of her health and how she can be secured from any malicious disease caused by a little ignorance.



## Nursing: A Noble Profession



Shadia Aziz  
Director Clinical  
Nursing

Nursing is a highly acknowledged profession which has evolved through many transitions. Today, the nursing profession's transformation is a vision of Florence Nightingale's (founder of contemporary nursing) shown in the hospital designs, evidence-based medical care, and holistic patient centered care.

It takes a tremendous personal commitment to go into the nursing profession. Nursing is no more a menial occupation. The noble profession advocates education, prevention, collaboration, coordination of care, and adheres to a high standard of care. Nurses play an essential role in not just the physical or emotional care of patients, but in prevention of disease, and monitoring of trends. Nursing continues to expand into a distinct element of the health care team, providing care and service to those in need worldwide. However unfortunately the foremost challenges in health care today is the shortage of qualified nurses in clinical practice. With the lowest registered nurses to population ratio in the nation, the nursing shortage is critical in our country as well worldwide.

“As nurses, you can be proud -as I -am of how you are fulfilling your professional role, evolving and developing evidence based practice and making sure that our patients are the focus of everything we do”

I believe that AMC nurses will make substantial contributions to care delivery as the roles of nursing continue to evolve within the context of value-based healthcare.

# Breast Feeding: It is your right, anytime, anywhere!

- Breast Feeding is part of fundamental human right, the right to food and to health.
- Breast Feeding contributes to children's right to the highest attainable standard of health by providing the best food for infants and protection against diseases.
- Breast Feeding is a nutritionally balanced food for infants and acts as in the same way as immunization, reducing the chance that they get certain diseases.
- Breast Feeding also contributes to every woman's right to health by reducing her risk of getting Breast and Ovarian Cancer, Iron Deficiency, Anemia and Osteoporosis.

**Rights can be lost, but if we don't take measures to protect them, they can be denied.**

## OUR AIM AND GOAL IS :

- To raise awareness about the fact that breast feeding is the right for both mother and child.
- To provide information about the formal and local mechanism that exists internationally and that either do or should exist on national level.
- To stimulate a shift in public thinking so that this right is respected, protected, facilitated and fulfilled at household community, and government level of every country.

By: Dr. Firdaus Awan Pediatrician



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- Intra Uterine Device Insertion/Removal
- Nor Plant Insertion/Removal
- Pap Smear
- Pipelle Biopsy
- Mirena Coil Insertion
- Cervix- Uteri Cauterization
- Family Planning Counselling

## Clinical Test for Diagnosing Back Pain

Mostly doctors had made X-Rays, MRI and Laboratory test of the patients, but in more than eighty percent of the cases, no abnormalities were found. The muscular efficiency of that eighty percent who had no obvious reasons for their back problems. There are six key tests for back patients.



Dr. Nadir Anjum  
MD (PT)

### 1-TEST FOR HIP MUSCULAR STRENGTH

Lie flat on your back on the floor with your hands clasped behind your neck and with your legs straight and keep your knees straight and lift your feet so that your heels are ten inches above the floor. You pass the test if you can hold that position for ten seconds. This test shows if your hip flexors have sufficient strength.

### 2-TEST FOR HIP AND STOMACH MUSCULAR STRENGTH

Lie flat on the floor, again with your hands clasped behind your neck, have someone hold down your legs by grasping the ankles, or hook your ankles under a heavy chair, roll up to a sitting position. You pass if you can do two sit ups. This test reveals whether or not your hip flexor and stomach muscles combined are strong enough to handle your body weight.

### 3-TEST FOR STRENGTH OF STOMACH MUSCLES

Lie flat on the floor with your hands behind your neck, only this time have your knees flexed, heels close to the buttocks, make sure your ankles are held down, now roll up to a sitting position.

### 4-TEST FOR BACK MUSCLES STRENGTH

Turnover on your stomach. Put a pillow under your abdomen, close your hands behind your neck and lie flat on the floor. Have your helper hold the lower half of your body steady by placing one hand in the small of the back and other on the ankles. Now lift your trunk and hold it steady for 10 seconds. This test reveals whether or not your back muscles are strong.

### 5-TEST FOR THE STRENGTH OF LOWER BACK MUSCLES

Stay on your stomach, folding your arms under your head, Make sure the pillow is still under your abdomen, have your helper hold your back steady with both hands, now lift your legs up, being sure to keep your knees straight and hold the position for ten seconds. This test shows the strength of your lower back muscles.

### 6-TEST FOR THE MUSCLES IN THE BACK OF THIGHS

In this test stand up straight, making sure your feet are together, relax lean over and touch the floor with your fingertips without bending your knees. If you can pass this test, you have sufficient flexibility in your back muscles and hamstrings. If you fail, it is because these muscles have become shortened and tense, not because your arms are too short or your legs are too long.

**Editorial Board:** Patron: Ali Raza Alvie | Editor: Tooba Javed