

heart matters

by **Tabba Heart Institute**

TABBA HEART INSTITUTE'S OFFICIAL NEWSLETTER ISSUE 42

**RAMADAN &
HEALTHY DIET**

**SPECIALITY
CLINICS**



**CARDIAC
REHABILITATION SERVICES**

ROLE OF COMMUNITY PHARMACY

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Hello Readers,

I am delighted to bring you the new issue of newsletter. It takes hours of rigorous work before a particular issue is produced and for this I really appreciate the hard work & dedication of my editorial team whose voluntary input to compile every issue with informative and captivating content has made our Heartbeat a coveted magazine.

The name of Tabba Heart Institute has become synonyms with quality and state of the art care. The hospital is now reckoned with the best in the industry and has been able to carve a special place in the minds of people it serves. This success hasn't come overnight though. It has years of meticulous planning on the part of leadership & then credulous and dedicated execution and tireless working on part of the employees which has made THI the best cardiac care hospital of the country. It is said that achieving something is difficult but sustaining and maintaining that success is even more difficult. And this is where the management of Tabba Heart Institute continuously strives to maintain as well as improve the high standards of service to all the patients it serves.

The issue has various informative articles including Structural Heart Program at the hospital, importance of medication safety and infection control in healthcare, healthy diet for Ramadan to name a few.

Last but not the least we have a special coverage of specialty clinics other than cardiology & cardiac surgery being done at Tabba Heart Institute.

A huge thank you to all the people who contributed writing the wonderful and inspiring articles, without which there wouldn't have been this newsletter issue.

Happy Reading!

Humble Editor,
Fahad Anwer Chishti

Editorial Team
Fahad Anwer Chishti
Farzana Amir Hashmi
Zeeshan Butt
Anila Shahbaz
Hania Kazmi

Preventive Cardiology and Rehabilitation

Rehabilitation: The only way to quick and safe recovery after a cardiac event

Studies suggest that heart gets weaker after any procedure or a cardiac event. We help patients to regain their lost power. Joining rehab further adds strength and safety during the recovery period because of intense monitoring and quick access with.

the team assures timely intervention to prevent any further complication. Cardiac Rehab at Tabba Heart Institute is one of its own kind and pioneer centre for cardiac rehabilitation with comprehensive and multi-disciplinary approach.

It comprises of state-of-the-art equipment and all the patients are monitored through Telemetry system operated by professionally qualified staff. Every patient receives customized diet & exercise plan based on their health condition.



Our Focus



Our focus is patient centered approach. All inpatients get consultation for diet and exercise before discharge. We take patient range from lower to higher risk.

We not only guide our patients but also their families on how to prevent heart disease and adapt a healthy lifestyle through patient group sessions and family counselling. This strategy prevented re-hospitalization and any complication after procedures, leading to better outcomes and reduction of stress levels.

TeleRehabilitation Services

We also offer Rehabilitation services at your doorstep through TeleRehabilitation. Those who cannot come to the hospital can join our program through this service. Patients from throughout the country are facilitated. Rehab team facilitates the patients at their utmost convenience.

Screening Clinics

We also offer Screening clinics to promote primary prevention, screening for all Cardiac risk factors and calculating your risk profile.

We are first and only institute to join an International Cardiac rehabilitation registry of ICCPR (International Council for Cardiovascular Prevention & Rehabilitation). The aim is not just to develop collaboration

Our Team



Our team includes Cardiologists, Nurses Therapists, Psychologists, Educators, & Dietitians. They all join hands to help you remodel your lifestyle so you can live a healthier life.

but also to establish the quality of CR delivery according to the international standards, and the effectiveness in terms of patient outcomes especially in low-resource settings.

Home based Physiotherapy

Home based physiotherapy is one of the key features of Preventive Cardiology and Rehabilitation. It provides customized and personalized treatment at your door step. During current era of COVID, chest physiotherapy helps in getting quicker recovery after COVID or any other chest infection. We offer physiotherapy in our outreach medical centers as well.

We also provide services for:



Sports related injuries



Better health during pregnancy & postpartum care



Help in Gait training



Support in healthy aging



Neck/back & all joint problems



Care after paralysis for supporting in speedy recovery

For the past few months me and my wife have been actively trying to STAY FIT, not only staying in shape but also gaining muscle strength, boosting endurance and a healthy heart.

Me and my Mrs. are very impressed by the services of Tabba Heart gym & we feel very valued here. We have been guided very professionally by the trainers & nutritionists.

We are very impressed with the environment & the staff here which is the reason why we are consistent here. Healthy environment like this also plays a role in mental fitness.

Shoaib and Noreen

Executive members of Rotary club but selected THI for fitness

TESTIMONIAL

Events Updates

World Patient Safety Day 2021

World Patients Safety Day was initiated to enhance the global understanding of patient safety, increase public engagement in the safety of health care and encourage global actions to enhance patient safety and reduce harm. THI QAD celebrated this day on 17th September & organized a poster competition and a Quality Improvement Project where the participants were given a chance to extend their ideas, suggestions & proposals for improving patient safety standards at THI.

The programs conducted include Challenges and Opportunities in Patient safety during covid 19, Quality Improvement Projects, Medication Safety, Safety measures during Covid 19 pandemic, Implementation of RRT, Patient Safety & Health Care providers and Patient Safety and Quality Assurance at THI.



World Diabetes Day 2021

World Diabetes Day was celebrated in November 2021. Huge discounts were offered on the lab tests and screenings for the general public. Moreover, sessions were conducted on the campus which had a main theme of **Diabetes and its Management from Education to Practice**.

Individually, the sessions included *From Guidelines to Clinical Practice, New Approaches in Dietary Management and Diabetes Education – to bridge the gap.*

World Pharmacist Day 2021

THI celebrated World Pharmacist Day on 25th September 2021, in accordance with IPF theme of Pharmacy – Always trusted for your health. The Pharmacy Department of THI successfully conducted webinar series on major topics. An awareness video was made and shared on social media.

Sessions were conducted with the management and they were briefed about major Quality and Patient Safety projects initiated in 2021.



Workshop on Importance of Infection Prevention & Control by Infection Control Department

Here at THI we believe in IPC (Infection Prevention and Control) which is a practical evidence-based approach in preventing patients and health workers from being affected by avoidable infections. Our Infection Control Department organized a three-day workshop on the importance of IPC, with the collaboration of SHCC and WHO. The purpose was to raise awareness about the national guidelines of IPC which have recently been published. The sessions in the program included many important aspects of Infection Control and its eminent need in this era of pandemic.

Workshop was attended by professionals from different hospitals and a huge number of appreciation remarks were received.

Moreover our IC Department was awarded the Patient Safety Champion Award in the First National Safety Conference for Patient-Centered Care held at Indus Hospital.

Breast Cancer Awareness Month

Breast Cancer Awareness Month was celebrated by THI management and the theme was followed in the entire facility.

The THI team extends its support to all the victims of Breast Cancer throughout the world and encourages the masses to take preventive measures against the disease.



Doctors Meet up at Doctors Lane Medical Center, Hyderabad

Management of THI organized a Doctor's meet-up at our Centre at Hyderabad in which all the doctors of the vicinity were invited. They visited the THI medical Center and they were briefed in detail about the facilities being offered.

This was aimed towards the betterment of healthcare & to ensure the provision of the best cardiac facilities to people.



World Heart Day 2021

World Heart Day was also celebrated in the month of September 2021. THI team was on-air on many TV and Radio Channels including ARY, Geo, Aaj, Dawn, Samaa, and FM 105, in which cardiac health was talked about in detail by our Cardiologists. For the general public, awareness videos were circulated through social media & major discount offers were introduced on screening tests.

A session on cardiac health, its risk factors & the importance of a healthy diet was also conducted in KE for the management and the staff by our consultant cardiologist & Senior Clinical Dietitian.



Continuous Medical Education CME

Tabba Heart believes in the significance of Continued Medical Education for all healthcare providers. It helps the practitioners to learn and stay updated with all the evidence-based interventions in their respective fields.

It helps them to discover viable ways to improve patient care and helps them effectively manage their careers in the ever-changing landscape of the health industry. A number of CME sessions are organized by the CME Committee for the in-house medical team. Many sessions are conducted for the medical professionals of other facilities as well.

Some of the sessions conducted include Evolution of Clinical Pharmacy Practice in Pakistan, Hypertension and Heart Failure, Role of Empagliflozine in Heart Failure, Role of the paradigm shift in ACS Management, Safe use of Antibiotics, Challenges in the Clinical Management of Lipid Disorders, Adult Vaccination is better than cure, Evaluation and Management of Pain in Outpatient Clinic, etc. CMEs were also organized at the occasion of World health days.



Inauguration of Malir Cantt. Medical Centre

THI is expanding the healthcare services in different areas. The inauguration of Malir Cantt. Medical Centre was held in October 2021.

The ribbon-cutting was done by our Executive Director Dr. Bashir Hanif. Introductory discounts were offered on all services such as OPD clinics, laboratory and diagnostic services.

HR Insider Info

Welcome on board

Employee Name	Designation	Department
Gulnawaz Khan	Sr. Medical Technologist	Clinical Lab (Biochemistry)
Dr. Umm-e-Hani (R.Ph.)	Pharmacist	Pharmacy
Sayed Sami Uddin Qadri	Accounts Officer	Finance & Accounts
Dr. Jawaria Alvi	Medical Officer	CTS
Dr. Namra Fatima (R.Ph.)	Staff Pharmacist	Pharmacy
Dr. M.Nehal Nadir (R.Ph.)	Pharmacist	Pharmacy
Dr. M. Naveed Mirza (R.Ph.)	Pharmacist	Pharmacy
Rozina Saleem	Deputy Manager	Nursing Services
Dr. Areeba Nayab (R.Ph.)	Pharmacist	Pharmacy
Dr. Muhammad Ashar	Medical Officer	Cardiology
Bushra Alizah Khan	Senior Perfusionist	Cardiac Perfusion
Dr. Unsia Tauqeer	Medical Officer	CTS
Muhammad Moiz Ali	System Analyst	ICT
Umair Alam	Service Desk Officer	ICT
Dr. Jai Parkash	Medical Officer	CTS
Hania Kazmi	Senior Officer	PR

Stork Visit

Employee Name	Designation	Blessed with
Abdul Rasheed	Unit Assistant	Boy
Nelson Saleem	Registered Nurse	Boy
Zabloon	Nursing Assistant	Girl
Taimoor ul Hassan	Critical Care Technician	Girl
Ateeqa Bano	Nursing Assistant	Boy
Muhammad Owais	Porter	Boy
Muhammad Waris	Registered Nurse	Girl
Robinson	Porter	Girl
Syed Kamran	Porter	Girl
Shamsher Ali	Porter	Boy
Sana Jillani	Head Nurse	Boy
Nabeel Afzal	Registered Nurse	Girl
Ghulam Rasool	Registered Nurse	Girl

Obituary

Employee Name	Lost his/her	Department
Sarfaraz Masih	Father	Filter & Consultants Clinic
Syeda Shajia Saeed	Father	Clinical laboratory
M. Luqman	Father	Safety & Security
Saeed Ahmed	Brother	Facility Mgt. & Engineering Sr.
Jack Kalis	Sister	Nursing Services
M. Waqar	Son	Non Invasive Cardiology
Ejaz Younis	Employee	Nursing Services
Afzal James	Father	Nursing Services
Simon Sikander	Mother	Nursing Services
Irfan Ahmed	Brother	Administration

Moved ahead

Employee Name	Designation
Dr. Reema Qayoom	Consultant Cardiologist
Dr. Sumair Ahmed	Consultant Cardiologist
Dr. Syed Siddiq Ullah	Senior Instructor
Dr. Muhammad Amin	Instructor
Dr. Danish Yar	Instructor
Dr. Syed Zafar Ahmed	Instructor
Dr. Zuhaib Ahmed	Echo Fellow

Wedlocks

Employee Name	Designation	Got Married in
Noman Jaffer	Nursing Assistant	Dec-21
Alaina Maqbool	Registered Nurse	Dec-21
Simon Naveed	Registered Nurse	Dec-21
Rubaika Akber	Registered Nurse	Dec-21
Raheel Ahmed	Porter	Dec-21
Umer Rehman	Registered Nurse	Dec-21
Ifthikhar Ahmed	Nursing Assistant	Dec-21
Saeed Ullah	Registered Nurse	Dec-21

میڈیکل سروسز اب گھر بیٹھ

SERVICES OFFERED



TELE CONSULTATION



LAB SAMPLE COLLECTION



COVID-19 PCR TESTING



DIAGNOSTIC TESTS

- ECG
- ECHO
- AMBULATORY BP MONITORING
- EVENT RECORDER
- HOLTNER MONITORING



RADIOLOGY TESTS

- ULTRASOUND
- X-RAY



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STAR PERFORMERS

JULY - SEP '21



Shahbaz Haider
Assistant Head Nurse – Nursing Services



Love Jee
Porter – Nursing Services



Dr. Muhammad Amin
Fellow Cardiology



Asif ullah Khan
Senior Officer – SCM



OCT - DEC '21



Shair Aziz Khan
Senior CCT – Nursing Services



Syed Jafer Mushahadi Baba
Supervisor – Safety & Security



Dr. Syed Zafar Ahmed
Instructor – Cardiology



Haroon Rasheed
Senior Operator – FM & Engineering



HR Updates

Top 8 Soft Skills in Demand Today

"Soft Skills" is the term used for a collection of personality traits, positive attributes, social graces, communication abilities and competencies that enhance an employees relationship and performance on the job leading to a "total fit". To succeed in today's modern workplace; we need to have a mixture of both hard & soft skills.

Hard skills mean technical skills that are required for specific positions in the workplace. Soft skills are non-technical and related to the manner in which we work, our connection & interaction with colleagues, how we manage our work and how we manage our energy levels throughout the day.

Soft skills - that are more social than technical - are necessary for creating a dynamic workforce, and they are always in demand. Here are some of them!

Organization

Organization at work starts with knowing what tasks you have to handle during the day. You need to set an order of priorities & divide your tasks accordingly throughout the day. At the start of the week, set some weekly targets and break down how you are going to achieve set milestones on a daily basis.

Time Management

Time management doesn't just mean managing your own time effectively, but that of others as well. It means prioritizing important tasks, scheduling them through the day, avoiding distractions and completing pending tasks.

Creativity

Creativity is another important soft skill that allows us in problem solving by coming up with creative ideas & innovative concepts. It enables us to overcome prejudice and to come up with solutions that are more efficient and effective.

Critical Thinking

Critical thinking is the ability to think reasonably, detaching yourself from personal bias, emotional responses and subjective opinions. It involves using the data at hand to make a reasonable choices without falling prey to the temptations of doing things simply because they've always been done a certain way.

Punctuality

Being punctual is perhaps the easiest soft skill to master on this list. Punctuality has a lot to do with discipline, but if you are able to show up on time, it'll help you achieve more.



Social Skills

Social skills are what we all use to interact and communicate with other people. These skills include both verbal skills (the way we speak to other people) and non-verbal skills (our body language, gestures, and eye contact). Strong social skills can facilitate interpersonal interactions, which can in turn lead to effective job outcomes.

Teamwork

Teamwork is all about knowing how to work collaboratively with a group of people in order to achieve a shared goal.

Teamwork is an important soft skill that you need to master if you want to excel in almost any workplace today.

Communication

Good communication skills help us to express our ideas and viewpoints more efficiently. Communication is all about knowing how to communicate truthfully, respectfully & openly, speaking out with your ideas and thoughts, listening actively and respecting the opinions of others and your overall body language.

Speciality Clinics

At Tabba Heart Institute, we also offer OPD consultation from other specialties

DIABETOLOGIST



DR. ZAHID MIYAN

MBBS, MCPS, DOCTOR OF
MEDICINE (INTERNAL MEDICINE)



**DR. SYED TANVEER
UL HUDA**

MBBS, DIPLOMATE AMERICAN
BOARD OF INTERNAL MEDICINE



**DR. M. YAQOOB
AHMEDANI**

MBBS,
FCPS (MEDICINE)

HEMATOLOGIST



**DR. UROOJ HAIDER
HASHMI**

MBBS,
FCPS (CLINICAL HEMATOLOGY)

PULMONOLOGIST



DR. ASMOONI YOUNUS

MBBS, FCPS (MEDICINE),
FELLOWSHIP IN
PULMONARY MEDICINE



DR. NISAR RAO

MBBS, DTCC (DIPLOMA IN TUBERCULOSIS &
CHEST DISEASES) MCPS (PULMONOLOGY)
FCPS (PULMONOLOGY), FRCP (EDIN)

INFECTIOUS DISEASES



**DR. AZIZULLAH KHAN
DHILLOO**

MBBS, FCPS (MEDICINE)
FCPS (INFECTIOUS DISEASES)

ENT



**DR. MUHAMMAD
WASIF**

MBBS,
FCPS (OTORHINOLARYNGOLOGY/ENT)

NEPHROLOGIST



**DR. SUMBUL NASIR
MAHMOOD**

MBBS, DIPLOMAT AMERICAN BOARD OF INTERNAL MEDICINE,
DIPLOMAT AMERICAN BOARD OF NEPHROLOGY

GERIATRICIAN



DR. SELLAL AHMED

MBBS, DIPLOMAT AMERICAN BOARD OF INTERNAL MEDICINE,
DIPLOMAT AMERICAN BOARD OF GERIATRICS

GENERAL PHYSICIAN



**DR. YUSUF KAMAL
MIRZA**

MBBS,
FRCS (EDINBURGH)



**DR. SYEDA NOSHEEN
ZEHRA**

MBBS, FCPS (MEDICINE),
MCPS (MEDICINE)

NEUROLOGIST



DR. QURAT UL AIN

MBBS,
FCPS (NEUROLOGY)



**DR. ASAD AKRAM
FARUQI**

MBBS, FCPS (NEUROLOGY),
POSTGRADUATE CLINICAL FELLOWSHIP
IN NEUROVASCULAR (STROKE)

GASTROENTEROLOGIST



DR. SHAHID MAJID

MBBS, FCPS (MEDICINE),
FCPS (GASTROENTEROLOGY), MCG (MEMBER
OF AMERICAN COLLEGE OF GASTROENTEROLOGY)

PSYCHIATRY



DR. RAZA UR REHMAN

MBBS, FCPS (PSYCHIATRY), DIPLOMA IN
HEALTH PROFESSIONS EDUCATION,
MPE (HEALTH PROFESSIONS EDUCATION)

Key Achievements

Cardiac Rehabilitation joins International Registry

After an extensive review and audit of our Rehabilitation services and its features **ICCCR (International Council for Cardiovascular Prevention and Rehabilitation) has offered us to join their registry. Now Tabba Heart Institute is the site for ICCPR registry.**

Despite the recommendations & potential benefits, there are only few Cardiac rehabilitation registries around the globe & all of them are in developed countries. There is no registry in developing countries where the need is greatest and evidence is least available. It was needed to promote research, test the effectiveness & cost-effectiveness of CR in areas where it is not yet investigated.

Insha'Allah joining the registry will be quite beneficial for us because registries involve systematic collection of clinical data which are used for assessment of the appropriateness (process) and effectiveness (outcomes) of health care. Therefore, registries provide a strong evidence-based approach to assess the effectiveness and quality of healthcare service we are providing to our patients.

The aim of this project is not only to develop collaboration with the International CR Registry (ICRR) but to establish the quality of CR delivery, and the effectiveness in terms of patient outcomes, in low-resource settings. The purposes of the registry is to optimize care, evidentiary support for CR advocacy / policy and research. Cardiac Rehabilitation is burgeoning in low-resource settings now days, the ICCPR will support us in standardization and optimization of CR delivery at Tabba Heart Institute to meet international certification.



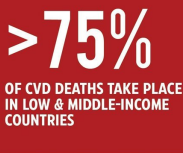
Tabba Heart Institute is the first site who have joined ICCPR among low to moderate income countries. Till now only Pakistan, Iran & Qatar have been qualified to join the registry.

Clinical Research Department initiates Pakistan's First Longitudinal Study on cardiovascular disease risk assessment



Cardiovascular diseases (CVD) are one of the leading causes of mortality worldwide, causing approximately 32% of annual deaths.

The risk of cholesterol-associated CVD varies among different ethnicities; however, the risk is fourfold in the South Asian (SA) population compared to other races. Furthermore, almost 75% of all CVD deaths are in low & middle-income countries (LMIC), where there are limited health resources and a multitude of health-seeking barriers. In order to address the increasing risk and burden of cholesterol-associated CVD in the SA population residing in LMIC, **Tabba Heart Institute & Getz Pharma** formally launched the **PAK SEHAT** project, which is the **most extensive first-of-its-kind, longitudinal cohort study on Atherosclerotic Risk Assessment in the young Pakistani Population.**



This study will recruit healthy men (35-45 years) and women (45-55years) from selected urban and rural areas of Pakistan who are asymptomatic (no history of CVD & stroke).

Relevant anthropometric measurements, laboratory tests, body composition analysis & radiological tests will be conducted at baseline & at the follow-up to assess and track the deposition of cholesterol in

blood vessels over the period of 10 years. This would allow assessing the participants risk factor profiles and follow-up for 10 years to document the incidence of cholesterol associated CVD.

Pakistan Study of Premature Coronary Atherosclerosis in Young Adults (PAK-SEHAT) will be a nationwide study conducted through Pakistan's first state of art mobile clinic.

Tabba Heart Institute's Research department has ongoing projects investigating the whole spectrum of cardiovascular diseases that include large scale data collection in cardiovascular diseases, experimental studies and dissemination of knowledge through public engagement, social media, seminars, conferences and research publications.

Pharmacy Updates

Where Antibiotics are not needed

Submitted by: Areeba Nayab
Community Pharmacist

Antibiotics can save lives, but any time antibiotics are used, they can cause side effects & contribute to the development of antibiotic resistance.

You can do harm by prescribing antibiotics when they are not needed. Remind your patients that antibiotics are only needed to treat certain infections caused by bacteria, not viruses like SARS-CoV-2.

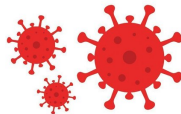
Message for Patients



1 Antibiotics do **NOT** treat viruses, like those that cause colds, flu or COVID-19.



2 Antibiotics are only needed for treating certain infections caused by bacteria, but even some bacterial infections get better without antibiotics.



3 An antibiotic will not have an effect on virus. Respiratory viruses usually go away in a week or two without treatment.



4 When antibiotics aren't needed, they won't help you and the side effects could still cause harm, especially severe diarrhea, since that could be a *Clostridioides difficile* (*C. difficile* or *C. diff*) infection, which needs to be treated immediately.



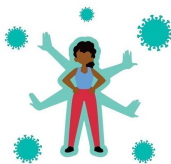
5 Taking antibiotics can contribute to the development of antibiotic resistance.



6 If you need antibiotics, take them exactly as prescribed.



7 Talk with your healthcare professional if you develop any side effects. Do your best to stay healthy and keep others healthy by cleaning hands by washing with soap and water for at least 20 seconds or using a hand sanitizer that contains at least 60% alcohol; covering your mouth and nose with a tissue when you cough or sneeze; staying home when sick; & getting recommended vaccines, such as the flu vaccine.



8 Antibiotics aren't always the answer. Everyone can help improve antibiotic prescribing and use. Improving the way healthcare professionals prescribe antibiotics and the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance and ensures that these life-saving antibiotics will be available for future generations.



9 Common antibiotics public may not know. Flagyl (metronidazole), Entamizole (Diloxanide Furoate/ Metronidazole Benzoate), Vibramycin (Doxycycline) etc.

REFERENCES: <https://www.cdc.gov/antibiotic-use/week/toolkit.html>

Pharmacy Updates

The role of Community Pharmacy in Safe Medication

Pharmacists are the drug experts. Community pharmacists are supposed to be the most accessible health professionals to the community, as they are available to provide personalized advice about health and medicine. Prior to the dispensing process, the community pharmacist provides a clinical review of prescribed medications to ensure that the treatment is appropriate. Community pharmacy, also recognized as retail pharmacy, is the most common type of pharmacy that enables the public to access proper medication and seek advice about their health.

Most community pharmacies have a commercial store with a arrangement of medicinal goods only available with a prescription and those that can be purchased without prescription, over-the-counter. The community pharmacist plays a vital role in patient safety by ensuring that patients properly understand their medications.

Community pharmacists are ready to provide counseling to patients & addressing any questions they may have regarding factors such as dosage, administration, storage, potential side effects and how to taper medications for acute events.

Undoubtedly, community pharmacists are a valuable resource for supporting public health initiatives.

Role of a Community Pharmacist



Processing prescriptions: checking the prescription from the doctor and preparing the medication for the patient.



Pharmacist may offer consultation services for the management of complex diseases.



Inspection for drug interactions: Making sure that the medications and doses are suitable for the patient considering their co-morbidities and other medicinal history.



Dispensing medications includes labeling the medication appropriately with instructions how to use medicine and their respective side effects.



Ensuring that there is no expired medicine in pharmacy by carrying out scheduled expiry activity in pharmacy.



Authentic advice: Facilitating patients to understand their health and medicines and giving appropriate advice.



Counseling of healthy lifestyle: Supporting patients to make healthier choices, increase their physical activity, eating more nutritious food, exercising more often or stopping smoking.

TABBA HEART INSTITUTE
BECOMES THE

1ST EVER HOSPITAL FROM SOUTH ASIA
TO WIN THE PRESTIGIOUS AWARD



FOR

MEDICATION SAFETY INITIATIVE ON SAFE USE OF CONCENTRATED ELECTROLYTES

FROM ISMP (INSTITUTE FOR SAFE MEDICATION PRACTICES) - AN ECRI AFFILIATE

General Updates

Tabba Heart Institute Community Health Services Program

The Community Health Service Program (CHSP) is grounded & structured to create accessibility to primary healthcare promoting early screening to cardiovascular diseases for adequate protection.

This program launched last year has three scopes:



Penetrating into vulnerable/remote areas of Pakistan for cardiac screening



Provide technical support to government or semi govt healthcare facilities (conduct cardiology clinics at subsidized rates)



Build capacity of human resource task force of gov't/private setups into Cardiac Emergency Response

Tabba Heart Institute has successfully executed

15 CHSP Cardiac Screening and Medical Camps

at various localities of Karachi, rural Sindh & Northern Pakistan (Gilgit Baltistan)

Covering around

2000+

individuals with average to lower income cohort of the population, with limited access to specialized cardiology services



CHSP is comprised of WHO STEP TOOL on non communicable diseases, cardiology consultation, screening for Echocardiogram scan, and cardiac specific laboratory tests that can early identify any risk factors which can later lead to CVDs.

Health Awareness

Safe Medication & Infection Control for Patient Safety

Modern healthcare is a multidisciplinary approach, it is considered with clinical competency, good communication and quality teamwork to ensure effective and safe patient care. Despite of taking lots of patient safety measures, there are times when unintended harm occurs to the patient. It is related to many factors upon which the common priority failures are related to patient assessment and communication between health professionals.

Another aspect is patient safety, which requires provision of clean and safe environment. It is highly essential to prevent patient from acquiring any infections. For this, health care workers should have to follow prevention protocol while dealing multiple patients at the same time. It is a key priority to strive for **'Standards for better health'**.

Simultaneously, Medication safety has a major role in patient care plan as well as health care delivery care. The best practice is to follow correct patient identification before and during administration of medication along with the assessment of the patient.

Participation of all health care workers in the quality care treatment and stay of the patient are the core values. A shared responsibility of the patient is a critical requirement for effective teamwork and outcome of the patient.

Providing patient a comfortable, safe environment and quality treatment or care plans are essential for the patients. Medication safety, clinical expertise, treatment choices, infection prevention and proper communication amongst health care workers & with the patient's family are the most common safety measures and it has a great role in patient's recovery outcome.

Author: Monia Zeeshan
Head nurse - ER Department
Tabba Heart Institute

**ACCORDING TO THE JOURNAL OF
MEDICAL ETHICS AND HISTORY
OF MEDICINE (2017)**

**NON-MALEFICENCE PRINCIPLE OF MEDICAL
ETHICS, ENSURING PATIENTS' SAFETY AND
PREVENTING ANY INJURY OR DAMAGE TO**

**THEM IS A
MAJOR
PRIORITY FOR
HEALTH CARE
PROVIDERS**

**ACCORDING TO MEDICATION
SAFETY STRATEGIES
IN HOSPITALS (2014)**

**MEDICATION REVIEW IS
COMMONLY UNDERSTOOD AS THE SYSTEMATIC
ASSESSMENT OF AN INDIVIDUAL PATIENT'S
MEDICATION THERAPY BY A HEALTHCARE
PROFESSIONAL WITH THE AIM OF OPTIMIZING
TREATMENT BENEFIT, MINIMIZING POTENTIAL
MEDICATION HARM AND IMPROVING HEALTH
OUTCOMES**

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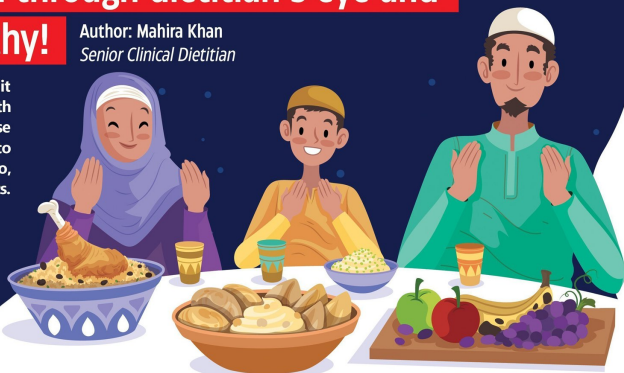
Nutrition Updates

See this Ramadan through dietitian's eye and make it healthy!

Author: Mahira Khan
Senior Clinical Dietitian

Ramazan is a month of extremes when it comes to dietary routine. This year, with the holy month of Ramazan, let's promise to eat healthy, which means, we need to see what kind of food items we turn to, to ensure replenishment of lost nutrients.

Keeping that in mind, here are some pointers one should follow to ensure that whatever you eat for sehr or iftar keeps you healthy in prime condition.



DO NOT SKIP YOUR SUHOOR



It's extremely important that you don't skip this meal. The food choices you make will affect your energy through out the day.

BALANCED DIET IS THE KEY



Eating whole grains paired with healthy fats and proteins will provide long-term energy for e.g. Shami Kabab, Yoghurt, whole wheat chapati, oatmeal.

INDULGE IN MORE FIBROUS FOODS



Eat fresh foods in sehr & iftar including plenty of fruits and vegetables, chickpeas, beans to prevent constipation and for early satiety.

ALWAYS PRACTICE PORTION CONTROL



Do not restrict yourself from eating those pakoras and samosas but eat it in moderation. Remember excess calories will be stored as fat & will lead to weight gain.

CONTROL HYPERACIDITY



Limit your deep fried, spicy foods and caffeine to control your acidity. You should have just one fried item in your iftar plate Either choose Samosa or pakora Choice is yours!

WATCH YOUR SALT INTAKE



Do you know salt is falling all around us? Those papri which you eat with your chola chaat and the chaat masala you just added in your fruit chaat contains salt. These salty foods not only increase your blood pressure but also increase your thirst during fasting hours.

LIMIT SUGARY ITEMS



Watch your sugar intake during whole day. Do not overindulge yourself with over sweetened desserts. Have home-made desserts more often.

STAY HYDRATED



Keep yourself hydrated after iftar to compensate during fasting hours. **DO NOT** drink soft drinks, carbonated beverages instead take lemonade, lassi, shakes and smoothies or sattu.

صحت عامہ اور آگاہی

غذا اور مثبت مزاج

تجوید: حبیہ بیگ
ماہر غذائیت

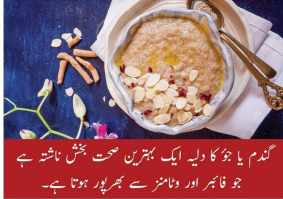
ہم جو کچھ بھی کھاتے ہیں اس کا اثر نہ صرف ہماری جسمانی صحت بلکہ ہماری نفسیات اور ہمارے مزاج پر بھی ہوتا ہے۔ اسی طرح غذا کا انتخاب، مقدار اور کھانے کے اوقات ہماری صحت اور کام کرنے کی صلاحیت پر براہ راست مثبت یا منفی طور پر اثر انداز ہوتے ہیں۔ ہمارے لئے ضروری ہے کہ ہم غذا منتخب کرتے ہوئے ان سب چیزوں کو دھیان میں رکھیں اور درج ذیل ہدایات پر عمل کرتے ہوئے اپنے مزاج کو خوشگوار بنائیں۔

ناشستہ ضروری ہے

ہماری روزمرہ خوراک براہ راست جذبات اور رویے پر اثر انداز ہوتی ہے۔ اس لیے اپنے صبح کے معمولات میں توازن لا کر آپ سارا دن اپنے موڈ کو بہتر بنا سکتے ہیں۔ دن شروع کرنے کے لیے درج ذیل تجاویز پر عمل کریں:



اگر آپ غذا میں پروٹین کو ترجیح دیتے ہیں تو ابلایا ہوا انڈا، آبلت، خاکینا یا انڈے کا سلاڈ وغیرہ ایک بہترین انتخاب ہو سکتا ہے۔



گندم یا جو کا دلیہ ایک بہترین صحت بخش ناشتہ ہے جو فائبر اور وٹامنز سے بھرپور ہوتا ہے۔



ناشستہ کے چناؤ میں ملٹی گرین برین، بچی کے آسنے کی روٹی، کم چکنائی والا دودھ، کم چکنائی والا پنیر اور پھل شامل کریں۔

اگر گھر میں ناشتہ کرنے کا وقت نہ ہو تو آفس میں ناشتہ کر کے اپنے دن کا اچھے سے آغاز کیا جاسکتا ہے۔ بیکری کی اشیاء جیسے بکٹ، رسک، کپ ایک، جیسیڑ وغیرہ خون میں شکر کی مقدار میں اضافے کا باعث بنتی ہیں۔

ایک ہی وقت میں زیادہ کھانا کھانے کے بجائے، پورے دن میں وقفہ وقفے سے چھوٹے حصوں میں کھانے کی کوشش کریں۔ دوپہر/رات کا کھانا اناج، سبزیاں، دہی، گوشت اور سلاڈ سے بھرپور ہونا چاہیے۔ چھلکی اور سمندری غذا میں اومیگا تھری فیٹی ایسڈ ہوتا ہے جو دماغی صحت پر بہترین اثر ڈالتا ہے۔



فاسٹ فوڈ

فاسٹ فوڈ خراب صحت کا نسخہ ہے۔ اس میں عام طور پر اضافی کیلوریز، سوڈیم اور غیر صحت بخش چکنائی ہوتی ہے۔ فاسٹ فوڈ کا زیادہ استعمال ہمیں چوچڑا بناتا ہے۔ کم وقت میں تیار شدہ کھانے سے ہم کچھ وقت تو بچاتے ہیں مگر باقی دن کمزور کارکردگی کا شکار رہتے ہیں۔ اس لیے ہمیں چاہیے کہ بھوک لگنے سے پہلے اپنے کھانے کا انتظام کریں۔

اسٹینکس

جب آپ سوچ رہے ہوں کہ دفتری اوقات کے دوران آپ کیا کھا سکتے ہیں، تو نمکین چپس یا اسٹینکس کھانے کے بجائے درج ذیل غذائیں لیں جو تسلی بخش اور صحت کی ضامن بھی ہوں:


چھل، بشمول کیلا، سیب، نارنگی، آڑو، انگور، اور کوئی دوسرا پھل جس کو چھیلنے اور کاتنے کی ضرورت نہیں ہو۔ تمام پھلوں میں وٹامن بی، وٹامن سی، وٹامن ای، کیروٹین کے علاوہ پوٹاشیم زیادہ مقدار میں پایا جاتا ہے۔




صحت مند چکنائی شامل کرنے پر بھی غور کریں۔ مختلف قسم کے میوے، بھنے ہوئے بیج کو اپنے ڈیسک پر ایک جگہ رکھ لیں۔ یہ سب اومیگا 3 فیٹی ایسڈز کے علاوہ فائبر اور پروٹین سے بھرپور ہوتے ہیں۔

یہ آگاہی نہیں ہے جس کی ہمیں ضرورت ہے۔ یہ ایک ایکشن پلان ہے جو بہتر زندگی گزارنے میں مدد کرتا ہے۔



 ST 01, Block # 2, Federal B. Area
Karachi - 75950

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MEDICAL CENTERS

(CLINICS - LAB & DIAGNOSTIC - PHARMACY)

KARACHI

DHA, PHASE II

Commercial Area 'B', DHA Phase 2, near Tooba Masjid

MALIR CANTT.

Abdul Sattar Edhi Market, X-20 Chowk

NORTH KARACHI

Markaz e Irfan, Sector 5C-4, near Powerhouse Chowrangj

NORTH NAZIMABAD

Block L, Main Shahrah e Jahangir rd., near 5 Star
Chowrangj

HYDERABAD

DOCTOR'S LANE

Shop # 14/15, Doctors lane, Saddar Cantt.

QUETTA

JINNAH ROAD (OPENING SOON)

Near Imdad Chowk, Jinnah rd.

LABORATORY COLLECTION UNITS

ADAMJEE NAGAR

Sana Complex, Dhoraji Colony, adjacent to Zubaida
Medical Centre

BAHADURABAD

Dulara Residency, Alamgir rd., near Char Minar Chowrangj

GULISTAN-E-JOHAR

Eastern Pride, adjacent to Johar Chowrangj, Block 15

LUCKY ONE MALL

Lower Ground Floor, adjacent to Hyperstar

MAIN UNIVERSITY RD.

Al-Ahmed Mansion, Gulshan e Iqbal, Block 13-B, opp.
Bait ul Mukaram Masjid

NAZIMABAD

Tabish Dahelvi rd., Nazimabad #3, near Abbasi Shaheed
Hospital