



Memon Medical Institute Hospital
A Project of Memon Health & Education Foundation

GLIMPSES

NEWSLETTER

JANUARY - MARCH 2021





CEO MESSAGE



We are presenting the quarterly Newsletter of Memon Medical Institute Hospital for the period of January till March 2021.



It gives me immense pleasure to present **Glimpses**, a quarterly newsletter of Memon Medical Institute Hospital and highlighting the major events & the activities during the period of January till March 2021.

We have established Covid 19 Vaccination Center and started the vaccination services to the community, at large. We are a government approved vaccination center and delivering the services as per the international standards. We hope to continue to serve the community to prevent from Covid 19 pandemic and as the vaccination process accelerates in the country, the people will be safe from this disease. In this newsletter, we are updating our valued readers about various events and significant activities during the period of October till December 2020. We have specially prepared Urdu article on unique topic of Common Sports Injuries which contains useful tips and information on the subject.

Once again, my most heartfelt thanks to each and every one of you, for setting a wonderful example of dedication, professionalism and responsibility.

- Brigadier Dr. Malik Waqar Ahmad Awan TI (M)-Retd.



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CONTINUING MEDICAL EDUCATION RAMADAN AUR APKI SEHAT

April 8, 2021. Memon Medical Institute Hospital organized a Continuing Medical Education - CME on Ramadan Aur Apki Sehat on April 8, 2021. The CME was arranged at the hospital to create awareness among the doctors, paramedical and other healthcare professionals about the management of the Diabetes patients during the Ramadan.

Dr. M. Ashraf Ebrahim - Diabetologist was the Guest Speaker of the seminar who shared their views about the importance of individualism for the management of the Diabetes patients. he also emphasized that proper history from the junior doctors are also every important.

Dr. Nadeem Naeem Consultant Diabetologist, & Endocrinology & Metabolism of MMI Hospital delivered presentation on "Diabetes & Ramadan Practical Guidelines" which was on the latest guidelines. He said that the Diabetes treatment is based on Diet, educating the patients and the medicines guidelines. He explained the latest techniques about the medication to the consultants of different specialties. & Dr. Abdul Rehman Qureshi - Nephrologist of MMI Hospital delivered presentation on "Kidney & Fasting" was the other speakers. The event was attended by large number of healthcare professionals



COVID-19 VACCINATION CENTER

Memon Medical Institute Hospital has established Covid 19 Vaccination Center after the approval from Government of Pakistan. The center has been established as per the international standards and within the short time period to serve the community. The entire facility was setup under the supervision of Brig. Dr. Malik Waqar Ahmad Awan, TI (M)-Retd and fully equipped with the storage capabilities of international standard, trained staff including the Doctors and the paramedics, and comfortable environment. We have the capacity and the capabilities to handle mass vaccinations in the near future.



MEMON MEDICAL INSTITUTE HOSPITAL, DEPARTMENT OF ENDOSCOPY SAFETY OF EVERY PATIENT DURING PANDEMIC

Memon Medical Institute Hospital, Department of Endoscopy is serving the patients during the Covid 19 pandemic. We are performing every procedure with strict implementation of PPE guidelines for the safety of the patients, doctors and the staff.

The department is managed by Dr. Shoaib Siddique, Head of Department. The department performed more than 500 cases and not a single incidence of Covid 19 infection was reported.

This is a tremendous achievement of MMI Hospital that the patients are receiving Endoscopy as well as other services in a safe and secure through forceful infection control mechanism.

MMI Hospital offers endoscopy services at very affordable prices and serving to large numbers of patients from Karachi, other areas of Sindh as well as Balochistan. We have an experienced and renown Gastroenterologist, latest equipment, patient friendly staff and state of the art hospital infrastructure.





(Extract from a book Assurance implementation in Hospital made simple)

Dr. Haroon Diwan - GM Quality Assurance Department

It is the right of ill people to get better health services. And for this purpose, it is the basic responsibility of government to provide its people with the best health care facilities at an affordable price. As healthy people can contribute to the country's progress and the ailing nation makes a country unsuccessful.

In a developing country like Pakistan, healthcare is a serious concern and a point to ponder for practitioners, researchers, and government officials. A variety of steps have been taken by the government of Pakistan and management of hospitals to improve the quality of patient care in hospitals. The healthcare industry is one of the most important industries in the service field. In Pakistan, both private and public entities are providing health services.

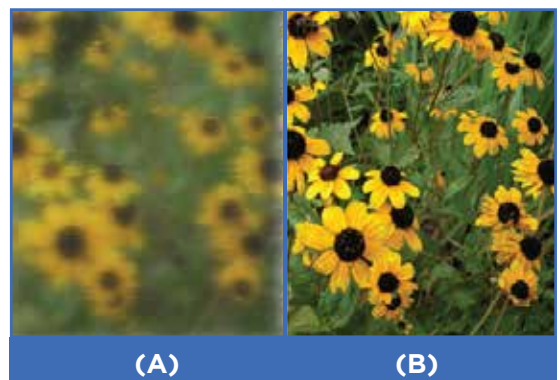
Quality Assurance Department (QA) of Hospital, focuses on hospital performance in quality services, patient satisfaction, and continuous improvement. The aim is that the services being provided are meeting international standards and is building patient confidence and by improving reliability in the work process and competence. Quality Assurance Department 'Commitment is to upgrade the Hospital Environment, safety, and health pertinent matters. The work being performed is an effective management system. Department of Quality Assurance is involved in formulating and preparing Quality Principles and associated departmental documentation. Valuable attributes are being incorporated accordingly which apply to the hospital's related framework and attentive on the performance, customer expectations, and enhancement.

So what is quality?

"In literature there is no universal, all-encompassing definition or model of quality exists" The difficulty in defining hospital service quality may account for the fact that no reliable instrument exists to measure quality. The general definition of quality according to the American Society for Quality is "a subjective term for each person has his or her own definition. To define quality let us take this photograph Irrespective of the personality of the person at this moment



All will agree the (B) picture is better than (A) why? Picture B has all the proper parameters which include brightness and evenness of illumination, contrast, resolution, geometry, color fidelity, and color discrimination of an observed image. What are these? These are characteristics of the photo which makes (B), a picture of good quality. Achieving the highest possible image quality relies not only on using the best available equipment but also on making correct parameter choices. Correct such as the use of exposure, lighting techniques, and post-processing techniques all affect the overall quality of an image. The image characteristic, in this B, has the desired characteristics which I call them Quality parameters, so to me



(A)

(B)

quality “has two meanings (a) the characteristics of product or service that bear on its ability to satisfy states or implied needs and (b) a product or service free of deficiencies” QA. Measure the actual performance, compare it with standards, and act on the difference” This definition basically says that quality is “meeting or exceeding customer expectations.” “Fitness for the intended use.”

Meeting customer expectations results in a satisfied customer. What do we mean by this? Have you eaten in a restaurant recently? If so, did you select a restaurant that you expected would dissatisfy you? Probably not. You selected from a list of restaurants that you expected would satisfy you. So, satisfying customers merely keeps you in the game. Delighting customers (exceeding customer expectations) is where competitive advantage can be found. Restaurants that deliver larger than expected portions or lower than expected prices or better than expected service or better than expected ambiance (order winners) have a competitive advantage over restaurants that simply satisfy customers (possess only order qualifiers). Hospitals fall in the scenario

Quality of care has become progressively significant in the assessment of healthcare services (Avis et al., 1995; Richards, 1999; Groenewegen et al., 2005). The healthcare industry is one of the largest and fastest-growing sectors in the service economy (Andaleeb, 2001).

Memon Medical Institute Hospital is a patient-centered Hospital. Quality Assurance,(QA) Department take your valued appreciation, feedback and complaints very seriously. QA staff is committed to listening, understanding, investigating and responding to your feedback and complaints in a professional manner. Any complaint that you provide does not compromise the level of care that you receive. On the contrary your information help us to further improve our services.



INAUGURATION MMIH LAB COLLECTION POINT (F. B AREA BRANCH)

Memon Medical Institute Hospital started its fifth lab Collection Point at Federal B Area on April 04, 2021. The Lab Collection Point has been setup at Pakistan Memon Jamaat to serve the patients visiting for the medical needs.

The inauguration ceremony was attended by Mr. Ajaz Saya Hon. Chairman of Memon Health & Education Foundation MHEF, Mr. Iqbal Bilwani Deputy Chairman MHEF, Mr. Reyaz Ahmed Hon. General Secretary MHEF, the trustees of MHEF and the office bearers of Pakistan Memon Jamaat





Common Sports Injuries سے متعلق عام چوٹیں



1۔ موج اور دیگر ٹیشوز کا پھٹ جانا۔

کھیلوں یا دیگر ورزشوں سے سب سے زیادہ زخمی ہونے والے ٹیشوز میں لیگمنٹس (Ligaments) اور گوشت کے پٹھوں کا ٹوٹ جانا ہے۔ بازو اوقات روزمرہ کی معمولی سرگرمیاں بھی ان کا سبب بن سکتی ہیں۔ یہ چوٹیں مناسب علاج مانگتی ہیں ورنہ انہیں ٹھیک ہونے میں طویل وقت لگ سکتا ہے۔

ٹشو کی چوٹ کی اقسام:

بنیادی طور پر یہ ان اقسام پر مشتمل ہوتی ہیں

(1) شدید اور فوری توجہ دلانے والی چوٹیں (Acute Injuries) ان کا سبب کوئی حادثہ، اونچائی سے گرنا یا دیگر جسمانی ضربیں ہو سکتی ہیں۔ کسی جوڑ (joint) کا اچانک مڑ جانا بھی اس طرح کی چوٹ کا سبب بن سکتا ہے۔ اس طرح کی چوٹ کیلئے آرام، برف (Ice)، گرم پٹی (compression bandage) اور متاثرہ عضو کو اونچا رکھنا شامل ہے۔ متاثرہ حصے پر وزن نہ ڈالنے کی ضرورت بھی پیش آ سکتی ہے۔ موج: جوڑ کو بنیادی طور پر یکجا/ اور رابطے میں رکھنے والی ٹشو (Tissue) کو رباط (Ligaments) کہتے ہیں۔

ان رباط (Ligaments) کو لگنے والی چوٹیں موج (Sprain) کہلاتی ہیں یہ معمولی نوعیت کا کھینچاؤ بھی ہو سکتا ہے جو عام علاج سے درست ہو جاتا ہے جبکہ موج انتہائی شدید بھی ہو سکتی ہے۔ جس میں رباط (Ligaments) مکمل طور پر ٹوٹ کر الگ ہو جاتے ہیں۔ اس صورتحال کے علاج کیلئے سرجری (Surgery) کی ضرورت ہوتی ہے۔ اس کی عام مثال گھٹنے صلیبی رباط (Cruciate Ligaments) ہے۔ ان میں زیادہ عام ACL (Anterior Ligaments Cruciate) کی چوٹ ہے اس کا علاج نہایت چھوٹے پیرے سے کیمرے کی مدد سے ممکن ہے۔ اسے Arthroscopic (ACL) Reconstruction کہتے ہیں۔ میمن میڈیکل انسٹی ٹیوٹ ہسپتال میں یہ علاج کامیابی سے کیا جاتا ہے۔

ٹشو کے استعمال کی زیادتی والی چوٹیں

اس طرح کی چوٹیں عام حالات میں فوری طور پر توجہ میں نہیں آتی اور ایک خاموش درد کی صورت میں پٹھوں کو متاثر کرتی ہیں۔ ان کا سبب پٹھوں کا مسلسل ضرورت سے زیادہ استعمال ہوتا ہے ان میں پٹھوں کی رگوں کی مسلسل سوزش (Tendinitis) اور جوڑوں کے اطراف لگے خاص کشن کی سوزش (Bursitis) شامل ہیں۔

(Tendinitis) مسلسل ورزش یا کھیل کود سے بسا اوقات پٹھوں کی رگوں کو دوبارہ سے نارمل حالت میں آنے کا وقت نہیں ملتا۔ اس طرح نارمل ٹشو سوجن کا شکار ہو کر خراب ہو جاتے ہیں۔ اس طرح کی سوزش میں (T.A. Tendinitis) شامل ہیں۔ یہ عموماً داؤں، خاص ورزشوں یا شدید صورت حال میں سرجری سے ٹھیک کیا جاتا ہے۔

احتیاتی تدابیر (Prevention)

اسپورٹس انجری عموماً اُس وقت سامنے آتی ہیں جبکہ لوگ اپنی ورزش/کھیلوں کی سرگرمیوں کو اچانک بڑھا دیتے ہیں بہت سی ایسی نرم ٹشو کی چوٹیں (Soft Issue Injuries) کو مندرجہ ذیل تدابیر اختیار کر کے روکا جاسکتا ہے۔

1۔ مناسب ساز و سامان (Proper Equipment) کھلاڑیوں کے مناسب جوئے، پہنے کے کپڑے اور حفاظتی سامان کا استعمال بہت ضروری ہے۔

2۔ متوازن ورزش

جسمانی پٹھے اور اعضاء وقت کے ساتھ ساتھ خود کو ڈھالتے ہیں۔ کسی بھی ورزش/سرگرمی کو بتدریج جسمانی سکت کے لحاظ سے ہی بڑھانا چاہئے۔ جب جسمانی سکت وقت کے ساتھ بڑھ جائے تو ورزش کی شدت یا وقت کو بڑھایا جاسکتا ہے۔

3۔ جسم کو ورزش سے پہلے تیار کرنا (Warm Up)

خون کے دوران کو جسم کے ہر حصے میں ورزش سے پہلے میں ورزش سے پہلے پہنچانے سے بہت سی اسپورٹس انجریز سے بچا جاسکتا ہے۔ چند منٹوں کی بھاگ دوڑ، سانس کی بحالی کی ورزشیں اس کام کیلئے کافی ہیں۔

4۔ پانی کا مناسب استعمال

ایک تحقیق کے مطابق آدھا لیٹر پانی ورزش سے 15 منٹ پہلے، آدھا لیٹر پانی ورزش کے بعد اور ہر 15 منٹ بعد ورزش کے دوران پانی کا استعمال ڈی ہائیڈریشن، ہیٹ اسٹروک اور پٹھوں کے کھینچاؤ سے بچاتا ہے۔

5۔ بتدریج ورزش ختم کرنا (Cool Down)

کم از کم آخری 10 منٹ کی ورزش کو بتدریج آہستہ کرنا چاہیے۔

5۔ پٹھوں کو کھینچنا (Stretching)

ورزش کی ایک قسم Stretching بھی ہے۔ اسکے لئے بتدریج پٹھوں کو کھینچنے سے مزید ورزش کیلئے انہیں تیار کیا جاسکتا ہے۔

6۔ آرام (Rest)

پٹھوں کی تھکن سے بچنے کیلئے کچھ وقت یوں آرام کا مقرر کرنا چاہیے۔

Dr. Syed Muhammad Azfar
MBBS, FCPS(Ortho)
Orthopedics+Sports Medicine

ZAKAT



NAYI UMEED KA SAHARA

OUR CONTRIBUTION, AT A GLANCE!

JAN 2019 - DEC 2019		JAN 2020 - DEC 2020	
SERVED 51,786 PATIENTS	RS. SPENT 195.73 MILLION	SERVED 45,821 PATIENTS	RS. SPENT 210.34 MILLION

Donate Your ZAKAT to MMI Hospital
to give hope to those who deserve it the most!

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OUR LAB COLLECTION POINTS

DHA

Shop 2-6 Plot No. 1 - C/I, Ittehad Lane 5, Phase VI,
DHA Karachi.
Tel: +92-21-35848417

DHORAJI

Shop # 5 & 6, Kathiawar Square Opp Kibriya
Masjid, Dhoraji Colony, Karachi.
Tel: +92-21-34947474

BAHADURABAD

Z-96 Memon Terrace, National College
Chowrangi, Alamgir Road, Bahadurabad, Karachi.
Tel: +92-21-34893737

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Robson Road, Near Jama Cloth Market Off M.A
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