

APPNA

Association of Physicians of Pakistani Descent of North America



Continuing Medical Education Program



APPNA
36th ANNUAL
WINTER MEETING
LAHORE Dec. 17th-19th, 2015

AN UPDATE IN MEDICINE
AND SURGERY 2015



Association of Physicians of Pakistani Descent of North America (APPNA)



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36th ANNUAL WINTER MEETING

In Collaboration with KEMU, AIMC and FJMU

LAHORE Dec. 17th-19th, 2015



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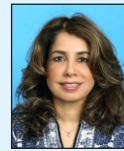


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APPNA WINTER COMMITTEE 2015



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Past President KEMCAANA



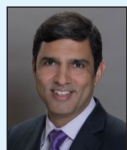
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Arif Toor MD
Advisor
Past President APPNA



Prof. Irshad Hussain Qureshi FRCP
Chair, KEMU Host Committee

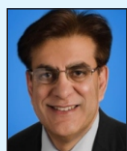


Prof. Shahid Imran Ali
Chair, AIMC Host Committee



Muhammad Rashid Javed MIT
APPNA Coordinator

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Mubasher Rana, MD, FACP
President APPNA 2015

It is my honor to welcome all the attendees to the 36th Annual APPNA meeting and CME program in Pakistan.

I would like to thank Professor Faisal Masud, Vice Chancellor KEMU, Professor Mahmood Shaukat, Principal Allama Iqbal Medical College, Professor Fakhur Imam, Vice Chancellor Fatimah Jinnah Medical University and the local faculty for their collaboration and providing APPNA an opportunity to organize the program.

APPNA is proud to continue its educational and charitable initiatives in Pakistan since its inception. Besides the CME program, this year we have organized the following initiatives:

1. Helping Young Physicians from Pakistan:

- a. APPNA is extremely active in helping young physicians in visa processing through its Young Physician's committee. Recently APPNA has added increased low cost housing in United States, mentorship and Loan program to its portfolio of services.
- b. APPNA is also helping young physicians obtain **Electives and Observerships** with a recently launched centralized online program.

2. APPNA Telemedicine: APPNA Telemedicine program has been launched where APPNA members will be able to securely interact with physicians in Pakistan and around the world, discuss cases and provide advice as needed.

3. APPNA MERIT organizes quality lectures on various topics by Doctors abroad. These lectures are delivered online and about 30 medical universities from Pakistan participate

4. APPNA Medical Corps: A group of volunteer physicians have been organized who are ready to serve during disaster and peace time in underserved areas. APPNA has developed relationships in different hospitals in Pakistan where these services can be rendered

5. APPNA Scholarships: APPNA Scholarship endowment is now over 2 million dollars and if we include the individual Alumni scholarship programs, it is well over 3.5 million dollars. These scholarships are benefiting students in need in various medical colleges and universities in Pakistan.

6. APPNA Hepatitis C Initiative: Has been active for over 5 years and has been very instrumental in educating the high risk population in Pakistan about Hep C prevention.



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7. APPNA Charities:

- a. During the **Heat Wave crisis** in Karachi, APPNA physicians worked on the ground and equipment including wheelchairs, gurneys, oxygen tanks, intravenous fluids, medications and water was donated to different hospitals in Karachi.
- b. APPNA is also holding **free eye camps** in various cities in Pakistan. Just this year over 12 eye camps have been held in different cities of Pakistan
- c. Over \$100,000 are invested in **clean water project** in Thar.

I am grateful to APPNA Winter Meeting host committee for their untiring efforts. Dr. Mohammed Haseeb, Chair host committee has spent countless hours in organizing the whole program and I cannot thank him enough. He has been ably assisted by the Co-Chairs Dr. Ayesha Najib, immediate Past President KEMCAANA; Dr. Raza Khan, President Allama Iqbal Medical College Alumni and Dr. Samina Hijab, President Fatima Jinnah medical College Alumni.

I am very grateful to Dr. Mohammed Jahanzeb for organizing a world class CME program and assembling a group of very accomplished speakers.

Thanks are due towards Dr. Muhammad Rizwan Khalid for organizing the ever so popular "Career Counseling Symposium" for senior medical students and young medical graduates.

I also want to extend my sincerest thanks to Dr. Arif Toor for his contribution and Mr. Rashid Javed for all his help in organizing the tours and seminars.

One of the foremost tenets of APPNA is to foster scientific development and education in the field of medicine. We are proud to continue our part in transfer of expertise and promoting learning and education in Pakistan. We hope the attendees will benefit from the excellent topics and accomplished faculty.

Thank you for your attendance and welcoming APPNA to the great city of Lahore



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Prof. Faisal Masud (TI)
Vice Chancellor
King Edward Medical University,
Lahore.

It is a matter of great pride for me to write these lines on the occasion of the annual King Edward Medical University Symposium in collaboration with KEMU alumni/KEMCAANA/APPNA/KEMCA-UK. We welcome all our distinguished graduates back to their alma mater and hope that you will enjoy the excellent scientific program we have prepared as well as the legendary hospitality of Lahore.

King Edward Medical University is truly, the 'grandmother' of all medical institutions in our country. It has nurtured generations of brilliant doctors who have gone forth to serve their country and the world at large. We are proud of our alumni who continue to maintain the highest standards of professional ethics and competence wherever they have chosen to offer their services.

This scientific Symposium is part of our ongoing efforts to nurture research and inculcate a scientific spirit into our students and our faculty. As usual, we are grateful to our alumni who have always heeded our call and provided willing assistance whenever their alma mater has needed them, no matter the cause.

We are focusing significant efforts on maintaining our high standards of educational and clinical excellence and improving our research output. The growing output of high quality research papers from all departments of the university is indeed a welcome sign that our efforts are bearing fruit. Our goal is to develop KEMU into a leading centre of technological and research excellence, not just in Pakistan but in this entire region.

For this we need the assistance of our alumni in the form of your skills and your technological expertise for crucial capacity building in this country. And the alumni of KEMU have never disappointed us. They have been ready to come to the aid of their alma mater when it has mattered the most.

We welcome all of you to Lahore and to KEMU. We know that this symposium will be a memorable experience for all of its participants.



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Prof. Irshad Hussain Qureshi FRCP
Chair, KEMU Host Committee

It gives me great pleasure to write this message as “Chairman Organizing Committee of 35th Annual Scientific Symposium 2015 and Chair of 36th APPNA Winter Meeting 2015 Host Committee . This great scientific event is being held in collaboration with KEMCAANA, KEMU ALUMNI, KEMCA UK and APPNA.

King Edward Medical University is the most historic Institution in Pakistan and has produced a large number of undergraduate and Post Graduate Alumni who are serving in country and abroad. At present KEMU is running 85 different programs in the light of best international practices of 21st century. The Govt. of Punjab under kind supervision of CM Punjab have allocated additional land funds to further expand operations of King Edward Medical University.

This symposium provides a good opportunity to meet and chat with our old friends and colleagues from across the world. KEMU not only strives to enhance the quality of medical education but a due stress is also given to the holding of such seminars/meetings where student and young doctors get a good change to present their scientific researches and share the knowledge.

I am sure in the deliberations and celebrations of the next few days we will be able to adequately raise many issues and find answers to them. I wish all participants very pleasant experience.



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Mohammed Haseeb, MD FACC
Chair, APPNA Winter Meeting 2015
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WELCOME !

On behalf of the APPNA Winter Committee, I am pleased to welcome the APPNA delegates and all other guests attending the programs of our annual winter meeting in the historic city of Lahore. We are indeed grateful to the KE administration for being the hosts of the inaugural event and facilitating the educational programs.

The three day event highlighted by CME and Workshops in different specialties by recognized experts in their fields will be complimented by formal and informal interaction by the APPNA leadership with the local institutions for ongoing collaboration. A new era of access to specialty consultations from the US experts via TELEMEDICINE will be presented.

This year is very special for AIMC as it celebrates its 40th anniversary. We congratulate the AIMC Administration, their faculty and Alumni for their continued role in provision of quality medical education. Their participation in our CME program is also greatly appreciated.

The cooperation extended to us by the KEMU host committee led by Prof. Irshad Hussain and AIMC host committee led by Prof. Shahid Imran has contributed a lot in putting all the programs together. We thank them and also FJ faculty for their hospitality and endorsement of efforts by APPNA in giving back to Pakistan.

I am grateful to Dr. Mubasher Rana, President APPNA for his confidence in me to organize the program. Special gratitude is due towards my team comprising Dr. M. Jahanzeb, Chair CME; Co Chairs Dr. Ayesha Najib, Dr. Samina Hijab and Dr. Raza Khan & Dr. M. Rizwan Khalid who is organizing the career Counseling program. Mr. Rashid Javed, KEMCAANA Manager at KE and coordinator for APPNA Winter meeting 2015, deserves special recognition for his contributions in providing untiring support for the meeting.

We are not perfect, but will do everything to make this winter meeting a good experience for all. If there are any shortcomings or suggestions for improvement please give us your feedback either in person or via email.

Wishing you all a great winter meeting and best wishes for the coming year 2016.



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Mohammad Jahanzeb MD
Chair CME

APPNA CME CHAIR'S MESSAGE

Dear Colleagues

It gives me great pleasure to welcome you to attend the Continuing Medical Education (CME) program for the 2015 Winter APPNA meeting in Lahore. This year's program is perhaps the most diverse collection of topics, venues and workshops that allow for transfer of knowledge and technology which will prove to be inspiring and paradigm shifting. There will be separate CME credits offered at each venue. This would not have been possible without the depth of expertise of our faculty and their volunteer spirit to contribute, for which we should all be grateful. I thank Drs. Arif Toor and Mohammad Haseeb to ask me to put it together. Dr. Haseeb, along with our widely admired Past President of KEMCAANA, Dr. Ayesha Najb have been a tremendous support to make it happen, and have worked tirelessly for it.

Our counterparts in Lahore have done a fabulous job in providing logistic support to make it happen. Special thanks are due to Drs. Irshad Hussain of KEMU and Dr. Shahid Imran of AIMC for their superb organizational skills and responsiveness. Rashid Javed at KEMU has been instrumental in making things happen at that venue. Dr. Aasim Yusuf was generous enough to open a venue at Shaukat Khanum for two parallel workshops in pediatric and adult Hematology-Oncology.

I am also indebted to Dr. Tariq Aziz for bringing the support of Family Physicians to our meeting on Saturday at the Pearl Continental Symposium hosted by APPNA. I am very pleased that at that session, we will have the pleasure of hearing from the VC of KEMU, Principals of AIMC and FJMC, as well as the Vice President of CPSP. I want to also thank all of them for their hospitality and generosity for hosting us.

Our workshops at various venues span topics from Gastroenterology to Cardiology to Hematology-Oncology (at Shaukat Khanum), as well as Vascular Interventional Radiology. A very special, and historically popular, workshop on applying for residency training and tips for interviewing skills is also being held at KEMU on Thursday.

At the end of the day, success of any CME meeting is judged by its attendance and the audience evaluations. I urge all of you to make a point to attend and give us your honest criticism. We are counting on your support, enthusiasm, attendance and feedback for our future success.



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PROGRAM of EVENTS

Dec.17th

Inauguration of the 36th Annual Winter meeting

Venue: KE Library Hall

Time: Guests must be seated by 8:30 AM

Chief Guest: KEMU Chancellor, Governor of Punjab

Key Note Speaker: Prof. Ijaz Ahsan, FRCS (Past Principal KEMC)

Transportation from PC Hotel: KEMU Shuttle Pick up shuttle will leave at 7:30 AM for KE

CME: 11:00 AM to 2:00PM (KE Library Hall)

CITY TOUR of Lahore: Departs from KE at 2:00 PM

Transportation from PC : Punjab Tourism shuttle will leave PC at 1:30 and reach KE Patiala Block by 2 PM .

Career Counseling Symposium: 2:00 PM to 5:00PM (KE Library Hall)

Dec.18th

APPNA delegates invited to attend the 40th year anniversary celebration of AIMC. 9 AM to 11 AM

TRANSPORTATION: Shuttle provided by AIMC will leave from PC at 8 AM for AIMC

CME at AIMC Auditorium: 11:30 AM to 2 PM

WAGAH TOUR: Punjab Tourism Shuttle will leave from PC at 1:15 PM and pick up remaining guests from AIMC.

Dinner for APPNA delegates hosted by the Principal AIMC

Dec.19th

All Events at PC, Lahore

Cardiology update 9:00 AM – 11 AM

CME : 11 AM to 2 PM

Lunch 2:00 PM

Annual Banquet: 8:00 PM to 12:00 MN

Guests must be seated by 7:45 PM

Entrance to Banquet Hall will be closed by 7:45 PM



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Thursday December 17th, 2015

Time	Presenter	Subject	Learning Objectives	
11:00 AM - 11:20 AM	Dr. Naheed Usmani <i>Associate clinical Professor of Pediatrics University of Massachusetts Medical School</i>	Healing from a distance; Telemedicine Models to Improve healthcare in Pakistan	<ol style="list-style-type: none"> 1. Participants will be able to tell the differences between Telehealth and Telemedicine. 2. Participants would know how access to care improves with telemedicine. 3. Participants would know different models of Telemedicine. 	
11:20 AM - 11:40 AM	Dr. Kamran Chima <i>Professor of Pulmonary Medicine and Critical Care Services, Service Institute of Medical Sciences</i>	Updates in Sleep Apnea	<ol style="list-style-type: none"> 1. to understand the pathophysiology of obstructive sleep apnea. 2. To understand the role of positive airway pressure therapy in obstructive sleep apnea. 3. To know the current status of Adaptive Servo Ventilation in central apnea in heart failure patients. 	
11:40 AM - 11:50 AM	Dr. Saira Afzal <i>Associate Professor of Community Medicine KEMU</i>	Life perspective and social health of acid burn victim in Pakistan: A qualitative study	<p>To identify the consequences of acid burn violence on women's social health.</p> <p>(b) identify and understand the context associated with life perspective and feelings of acid burn victim.</p> <p>(c) identify the formal and informal support offered to acid burn victim.</p>	
11:50 AM - 12:10 PM	Mohammad Jahanzeb <i>Professor of Clinical Medicine Division of Hematology/Oncology Medical Director, USYvesteer Deerfield Beach Associate Director of Community Outreach University of Miami, Miller School of Medicine</i>	Genomic Medicine and Lung Cancer: A Revolution of Sorts	<ol style="list-style-type: none"> 1. Enumerate different types of non-small lung cancer 2. Know the importance of mutation testing. 3. Explain the improvements in overall survival of patients in the result of targeted therapy. 	
12:10 PM - 12:30 PM	Faisal Sultan <i>CEO ShaukatKhanum Memorial Cancer Research Center</i>	Hospital Information System as a Quality Improvement Tool	<ol style="list-style-type: none"> 1. Hospital Information Systems – areas where measurable impact is known. 2. Use of QA standards and benchmarks in an automated system to ensure compliance. 3. Risks and downsides of automation. 	
12:30 PM - 12:40 PM	Dr. Somer Masood Malik <i>Assistant Prof. Surgery, KEMU</i>	Assessment of Depression & Anxiety Amongst First and Final Year		
12:40 PM- 1:00 PM	Mobeen Rathore <i>Professor of Pediatrics and Chair HIV/AIDS Research education and Services University of Florida, Jacksonville</i>	Immunization Update	<ol style="list-style-type: none"> To describe the latest recommendations for new vaccines. To understand new recommendations for travel vaccines. To describe the effectiveness of Dengue vaccines. 	
1:00 PM - 1:10PM	Hamid Ansari <i>Assistant Professor of Plastic Surgery, King Edward Medical University, Lahore</i>	Challenges regarding Reconstruction of Larger Soft Tissue Defects around Knee. Our experience with proximally based Sural Artery Fasciocutaneous Flap.		
1:10 PM - 1:30 PM	Asif Azeem <i>Clinical Associate Professor of Medicine, Michigan State University, Grand Rapids Michigan</i>	ERCP Clinical issues	<ol style="list-style-type: none"> After participating in this activity the attendees will be able to appreciate the variable presentation of gallstone. disease. the role of imaging in the evaluation of these patients. finally the use of ERCP in these situations. 	



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Friday December 18th, 2015

Time	Presenter	Subject	Learning Objectives	
10:00 AM - 10:30 AM	Dr. Rizwan Khalid Assistant Professor of Clinical Medicine, Cardiology University of Rochester Medical Center	Secondary Prevention of Coronary Artery Disease	<ol style="list-style-type: none"> 1. Review the latest ACC/AHA guidelines for secondary prevention of CAD. 2. Review latest advances in treatment of patients with established CAD. 3. Review the evidence behind key guidelines in secondary prevention of CAD. 	
10:30 AM - 11:00 AM	Dr. Lubna Naeem: Principal Physician at Internal Medicine of Stone Oak, San Antonio, Texas	Impact on Health and social wellbeing of communities through APPNA women and children affairs committee awareness campaigns"	<ol style="list-style-type: none"> 1-The promotion and adoption of beneficial health behaviours which have greatest impact in reducing the risk of chronic diseases that can be more effectively and inexpensively treated at an early stage is an important area for public health. (Childhood obesity awareness campaign). 2- Awareness campaigns used to encourage medical screening that allows for early detection of health problems such as breast cancer. Early diagnosis and treatment of breast cancer is associated with higher survival rates and lower treatment costs 	
11:00 AM - 11:30 AM	Dr. Khalid Kamal Assistant Clinical Professor, Pediatrics Wayne State University, Michigan	Improving Global Pediatrics: Connecting the Dots	<ol style="list-style-type: none"> 1. Understand the scope of the issues in global health related to children and adolescents. 2. Appreciate how various nations, societies, and associations have succeeded in solving pediatric problems. 3. Coming together to know each other, and to help solve global health problems mutually. 	
11:30 AM - 12:00 PM	Dr. Muhammad Aslam Associate Professor of Psychiatry University of Cincinnati / VA Medical Center	Current and emerging therapies for Alzheimer prevention	<ol style="list-style-type: none"> 1. Definition and prevalence of Alzheimer Dementia. 2. Current FDA approved Therapies for Alzheimer Dementia. 3. Emerging new treatments for Alzheimer Dementia. 	
12:00 PM - 12:30 PM	Dr. Samina Hijab Pediatric Critical Care Expert, Alexian Pediatric Specialty Group, Hoffman Estates, Illinois	Updates in Pediatric Critical Care	<p>Define sepsis and describe its epidemiology. Describe the role of mediators and identification and assessment of the patient in severe sepsis and septic shock. The Surviving Sepsis Campaign (SSC) recommendations and guidelines for the management of severe sepsis and septic shock.</p>	
12:30 PM - 1:00 PM	Arif Muslim MD, FACC	Update on Treatment of Hepatitis C		



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Saturday December 19th, 2015

Time	Presenter	Subject	Learning Objectives	
09:00 AM - 09:20 AM	Dr. Atique Mirza Cardiology Mini Symposium Moderator	Introduction of topics and opening remarks		
9:20 AM - 9:40 AM	Maria Viqar, MD FACC FHRS Consultant Cardiac Electrophysiologist	Update and current guidelines for the treatment of hypertension	<ol style="list-style-type: none"> 1. Understanding of hypertension as a CAD risk factor. 2. Non-medicinal and Medical treatment. 3. Guidelines for treatment of hypertension. 	
9:40 AM - 10:00 AM	Athar Ansari, MD MRCP, FACC	Update and management of peripheral arterial disease (PAD)	<ol style="list-style-type: none"> 1. Understanding of PAD risk factor. 2. Medicinal and Medical treatment 3. Indications for peripheral intervention. 	
10:00 AM - 10:20 AM	Rizwan Khalid, MD, FAAP	Management of Atrial Fibrillation and stroke prevention	<ol style="list-style-type: none"> 1. Understanding of Atrial Fibrillation. 2. Understanding of Rate and rhythm control. 3. Anticoagulation. 	
10:20 AM - 10:40 AM	Dr. Atique Mirza Cardiology Mini Symposium Moderator	Risk stratification of coronary artery disease for primary and secondary prevention	<ol style="list-style-type: none"> 1. Understanding the CAD risk factors. 2. Understanding primary and secondary prevention. 3. Addressing the risk stratification for CAD risks. 	
11:30 AM - 12:00 PM	Prof. Faisal Masud Vice Chancellor, KEMU	Potassium ATP Channel and Insulin		
12:00 PM - 12:30 PM	Professor Fakhar Imam Vice Chancellor FJMU	Outreach Program of Fatima Jinnah Medical University, Lahore	<ol style="list-style-type: none"> 1. Development of community programs. 2. Expanding clinical and teaching base of Fatima Jinnah Medical University, Lahore. 3. Breaking the barriers and exposing Postgraduate Students and doctors to serve out of Lahore. 	
12:30 PM - 1:00 PM	Prof. Mahmood Shaukat PRINCIPAL AIMC	Standardizing and making CME Meaningful in the developing Countries		
1:00 PM - 1:30 PM	Prof. Khalid Masood Gondal Vice President CPSP	Trainee and Trainer Perspective about E Log System of Monitoring		



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APPNA PROJECTS

APPNA Telemedicine Project

This year we are pleased to announce that APPNA Telemedicine is becoming a reality with a clear mission and simple objectives. This intervention will become win win for all physicians involved.

Our Mission: To improve health care quality and access to specialist medical care in Pakistan, for under-served populations.

Our Goals and Objectives: To set up Internet based consultations between specialists in USA and referring doctors from Pakistan in order to improve patient care through recommendations for latest treatments and timely access to specialist knowledge. This will also update Pakistani physicians on the principles of evidence-based medicine as practiced in USA.

The Adhoc Committee for Telemedicine is seeking volunteer consultants for this project, in all fields and specialties.

APPNA needs it's members to donate their skills and expertise. To sign up for this project, please click on the following link.

<http://appna.org/telemedicine-project>

APPNA MERIT (Medical Education & Research International Training & Transfer of Technology)

Established in 2008 it is a permanent ongoing collaboration with Pakistan's medical teaching institutions to help them develop 21st century medical education, research and practice. Highlights include

Live teaching grand rounds are beamed every week from the US to 20+ medical schools and universities in Pakistan including KE, FJ, AIMC, AKU, DOW, Nishtar, Khyber, Quaid e Azam MC, Liaquat, Army MC, PIMS, Shifa etc with audience participation. Disciplines include all specialties including Anesthesia, Cardiology, Critical Care, Oncology, Dermatology, GI, Radiology, Neurology, Pathology, Pediatrics, Radiology, Psychiatry, etc.

APPNA Hepatitis C and APPNA Chest Initiative managed by KEMCAANA

APPNA hepatitis C initiative and APPNA Chest Initiative are working to spread awareness of Hepatitis C and Harmful effects of Smoking respectively. Both these Initiatives are sponsored by APPNA and are locally managed by KEMCAANA. Every year APPNA Hepatitis C awareness day is celebrated in November and Anti-Tobacco Awareness Day is celebrated in February. The awareness days are marked with lectures, seminars, and rallies throughout Pakistan. More than 150 medical institutions, including all major medical universities, hospitals and clinics participate in these activities annually. There have been participants from rural areas and small cities in this campaign. Over the last few years, the campaigns have reached all corners of Pakistan and have made presentations to the Federal Minister of Health and Coordination, Chief Minister of Punjab, and the Government and Health professionals in Khyber Pakhtunkhwa.

APPNA Scholarship Fund

APPNA Alumni Scholarship Project has made great strides since its inception in 2013. Contributions have exceeded \$650,000. This is being invested in the dedicated APPNA Scholarship Account, according to the APPNA Finance Committee Guidelines. The assets are held by, Stephens Inc., member NYSE/SIPC, and managed by Senior Vice President Hank Bashore, with whom we have had a relationship for over 25 years.

Nishtar Medical College and King Edward Medical College Alumni have raised substantial funds for this important project. This entitles their contributions to be matched dollar for dollar, thus doubling their contribution towards scholarships for their respective medical colleges.



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