



ASSOCIATION OF PHYSICIANS OF PAKISTANI DESCENT OF NORTH AMERICA

APPNA

1st GLOBAL HEALTHCARE SUMMIT 2018

December 17-22, 2018
Islamabad, Lahore & Karachi, Pakistan



Healthcare . Education . Advocacy

In Collaboration with:

- Sindh Institute of Urology & Transplantation
- Lahore Medical & Dental College
- Muhammd Medical College
- King Edward Medical University
- Jinnah Sindh Medical College Alumni Association of North America
- King Edward Medical College Alumni Association of North America
- Jinnah Sindh Medical University
- Dow Graduates Association of North America
- Aga Khan University Alumni Association of North America

www.appna.org

APPNA 2018

COMING TOGETHER

HEALTHCARE . EDUCATION . ADVOCACY

APPNA

Association of Physicians of Pakistani Descent of North America
6414 South Cass Avenue, Westmont, IL 60559-3209, USA

President's Message



History in the Making!

It is my absolute pleasure to welcome you to first ever APPNA Global Healthcare Summit ("GHS"). This Summit will become a premier world-class medical conference in Pakistan for Pakistanis from around the globe for years to come, which will continue to take place in December.

This year, Instead of the traditional one-day winter meeting, the APPNA GHS is being held over the span of five days in three major cities of Pakistan-Pindi/Islamabad, Lahore and Karachi, where Physicians of Pakistani origin from all over the world will gather to attend this medical education conference.

For the past 41 years, APPNA has been engaged in providing professional help by transferring knowledge and skills to our medical students and Physicians who are based in Pakistan. It is time that we strategically engage in working with the government of Pakistan and collaborate with all professional medical societies, pharmaceutical companies and medical device companies, to address the health care challenges of a rapidly developing Pakistan.

Our focus this year is on medical seminars, continued medical education, workshops that will cover multiple specialties of Medicine and Surgery. Some of the specialties that are covered this year are Anesthesia, Pain management, Regional Anesthesia, Cardiology, OB & GYN, Neurology, Dermatology, Aesthetic Medicine and Urology. Our scientific sessions in Lahore is being held at Lahore Medical and Dental College and King Edward Medical University. In Karachi, all sessions are planned at SIUT.

Our goal is to assist also to streamline the medical education, medical training and affordable healthcare delivery. Inviting the Vice-Chancellors of all the Medical Universities to discuss the medical curriculum and present their recommendations for the inclusion of the latest developments is also on the agenda.

I am truly thankful to Dr. Akhtar Hamidi, Chair of AGHS who has worked tirelessly with his team for the past 10 months to bring this state of the art conference to you. I am also very thankful to VC of JSMU Dr. Tariq Rafi for his unwavering support for this event.

My thanks go to the team of Co- Chairs and members Dr. Zahid Asghar, Dr. Muzaffar Khan, Dr. Namirah Jamshed, Dr. Aisha Najib, Dr. Mian Ahmed Hasan, Dr. Amir Jamal, Dr. Mansoor Alam, Dr. Rahat Naz, Dr. Razi Mohammad, Dr. Aman Khan, Dr. Altaf Hashmi, Dr. Sajid Sultan, and Dr. Adeeb Rizvi.

Social and cultural events including Banquets in Lahore and Karachi are expected to be attended by not only our members but also by other physicians from around the globe.

I thank you all for making this program a great success and I am very confident that you would thoroughly enjoy the event.

Iqbal Zafar Hamid, MD
President APPNA 2018

APPNA

Association of Physicians of Pakistani Descent of North America

WHO WE ARE

APPNA (Association of Physicians of Pakistani-descent of North America) was founded in 1977 to provide a network for physicians of Pakistani decent in North America. Today, APPNA, the largest Pakistani organization in the US, represents over 18,000 physicians of Pakistani origin in North America, with diverse contributions in their respective disciplines and to their local communities.

APPNA fosters scientific development, education, and improved delivery in the fields of medicine and healthcare.

APPNA champions Pakistani physicians and supports them in their assimilation, adjustment, and transition into North America.

APPNA institutes collaborates with other Medical organizations in North America to maximize the impact of their work. APPNA emphasizes a focus on charity work, in particular, medical relief and volunteer opportunities in Pakistan.

APPNA encourages improved healthcare delivery through medical education through strong linkages between APPNA and medical institutions in Pakistan.

APPNA informs and educates decision-makers involved in healthcare initiatives.

WHERE WE ARE

Association of Physicians of Pakistani-descent of North America (APPNA) is the second largest non-profit ethnic medical organization in the United States and our central office is located in Chicago. APPNA represents the interests of over 18,000 practicing physicians and thousands of medical students, residents, fellows and allied health members of Pakistani origin in the United States. It also serves as an umbrella organization for over 50 component societies situated in almost every state and representing different Medical Colleges of Pakistan.

NATIONAL REACH THROUGH COMPONENT CHAPTERS

APPNA serves as an umbrella organization for a network of over 50 component societies; Alumni, State and Regional chapter associations, and Specialty organizations. These organizations are located across the United States, each with their independent and joint objectives to help with the mission of APPNA.



APPNA Mobile Health Clinic Units in Pakistan

An initiative by APPNA in 2018

APPNA Mobile Health Clinics were started earlier this year in Mirpurkhas area in collaboration with Muhammad Medical College. We started the program with 2 Mobile Clinics and Muhammad Medical College provided the physician, staff and medications. In the past 7 months, more than 17000 patients have been seen in small villages around Mirpurkhas. Because of the success of the program to provide healthcare to the most needy segment society of our country, we have decided to expand it. Keeping this expansion in mind, JSMUAANA has donated 2 Mobile Clinics to JSMU for their students, graduates, Residents and PGs to go around smaller communities and provide healthcare. 1 Mobile clinic is added in the fleet of Muhammad Medical college and the 4th one is donated to Bilquees/Razia Trust who provide Hepatitis Screening in interior Sindh. This trust is run by one of our graduate Dr. Sultan Laghari.

In the coming months, we will be adding another 3-4 Mobile Clinics.



APPNA Continuing Medical Education

The mission of the APPNA Office of Continuing Medical Education is to assist practicing physicians, advanced practice providers, and other health care professionals with educational activities to enhance their knowledge and skills in the subject area(s) offered, and apply the knowledge and skills to improve performance and patient outcomes in their practice settings. Our CME Program also dedicated to fostering scientific development and education in the field of medicine and to delivering better health care, irrespective of race, color, creed, or gender.

APPNA provides ACCME-certified Continuing Medical Education (CME) and offers live CME activities, including courses, conferences, and workshops, taking place at APPNA Summit. APPNA's long-standing commitment to offering quality continuing medical education for physicians and healthcare professionals supports our mission to optimize patient care. To this end, our programs are designed to engage learners in interactive learning sessions; provide the most up-to-date information and strategies; and develop or enhance skills that may be applied in clinical practice, research, or teaching.

In addition to CME activities there will be seminars and panel discussions on various health and social issues. We also offer exhibiting space at the APPNA Summit to a diverse spectrum of industry including but not limited to pharmaceuticals, biotechnology, investment, insurance, real-estate and not-for-profit organizations.



APPNA 1st Global Healthcare Summit 2018

COSMETIC DERMATOLOGY COURSE | LIVE DEMO

Friday, December 21, 2018 | 2 PM
at SIUT, Karachi, Pakistan

Learn from leading experts in the industry
Khalil A. Khatri, MD, Babar Rao, MD and Azfal Lodhi, MD

Learn the skills to keep your patients young and beautiful with live demos.
- Botox - Fillers
- PRP - Lasers

Course Introduction:
Neurology Sub specialists (stroke, Movement Disorders, Sleep and Neuroanatomy) from US and Pakistan will provide a concise practical overview of common Neurological presentations using Modern learning techniques of case based discussions and very practical workshops will review Acute stroke Care in Emergency Room and use of Botulinum Toxin (BOTOX) for Common facial injections including headaches.

Highlights:
Workshop I: Botulinum Toxin in Clinical Practice
Workshop II: Management of Acute Stroke in Emergency Room





For more information:
www.appna.org/2018-global-healthcare-summit/



APPNA 1ST GLOBAL HEALTHCARE SUMMIT
APPNA - Association of Physicians of Pakistani Descent of North America

Neurology Review for General Practitioners

A practical bedside hands on training program with workshops

December 18, 2018
Lahore Medical and Dental College, Lahore
December 21-22, 2018
Sindh Institute of Urology and Transplantation, Karachi

Course Faculty:
Prof. Arsalan Ahmad MD
Assistant Professor, University of Pakistan, Sindh, Tandoor - Medical University, Islamabad, Pakistan

Prof. Osama Rashid MD
Chief of Neurology, Sindh Institute of Urology and Transplantation, Karachi, Pakistan

Danish Bhatti, MD
Co-Director, Comprehensive Parkinson Disease Clinic, Neurology Program Director, Movement Disorders Pakistan, University of Medicine and Health Sciences, Faisalabad

Prof. Ahsan Javed, MBChB, FRCP
Chief, Department of Neurology, President Pakistan Society of Neurology, King Edward Medical University, Lahore, Pakistan

Sameel A. Khatri, MD, FAHA
King Saad bin Abdulaziz University for Health Sciences, Jeddah, Saudi Arabia

Shahid Raza, MD
Director, Movement and Stroke programs, Professor, Health Systems, Johns Hopkins MD, Clinical Professor, West Virginia University, School of Medicine, Morgantown, WV

Prof. Huda Shabbir, FRCPS
Chief, Department of Neurology, Dow University of Health Sciences, Karachi, Pakistan

Prof. Ashfaq Shaukat, MD, FRCP, FAHA
Co-Chair, FICP, Pakistan Neuroscience Group, University of Alberta, Edmonton AB, Canada

Munirah Saad Siddiqui, MD, FAHA
Co-Chair, FICP, Pakistan Neuroscience Group, Medical Director, Day Brain Rehabilitation (DBR) program.

Course Director



M. Irfan Sulaiman, MD
Johns Hopkins University, Baltimore, MD

AGENDA:
09:00 AM Registration
09:15 AM Welcome: Zafar Hamid, MD
M. Irfan Sulaiman, MD

Lecturers:
09:30 AM Interscalene Nerve Block
09:40 AM Supraclavicular Nerve Block
09:50 AM Infraclavicular Nerve Block
10:00 AM Femoral Nerve Block
10:10 AM Sciatic Nerve Block
10:20 AM TAP & QL Block

Live Demo on Standardized Patient
(10:30 - 12:30 AM 20 minutes on each station)
STATION # 1 Interscalene Nerve Block
STATION # 2 Supraclavicular Nerve Block
STATION # 3 Infraclavicular Nerve Block
STATION # 4 Femoral Nerve Block
STATION # 5 Sciatic Nerve Block
STATION # 6 TAP & QL Block

12:00 PM Adjourn

For information and registration please visit:
www.appna.org/2018-global-healthcare-summit/



APPNA 1st Global Healthcare Summit
December 17-22, 2018 | Islamabad, Lahore & Karachi

Ultrasound Guided Regional Anesthesia Workshop

Lahore Dental & Medical College, Lahore
Tuesday December 18, 2018 @ 9:00am - 12:30pm
The Sindh Institute of Urology & Transplantation, Karachi.
Friday December 21, 2018 @ 9:00am - 12:30pm

Course Director



M. Irfan Sulaiman, MD
Johns Hopkins University, Baltimore, MD

AGENDA:
09:00 AM Registration
09:15 AM Welcome: Zafar Hamid, MD
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STATION # 5 Sciatic Nerve Block
STATION # 6 TAP & QL Block

12:00 PM Adjourn

Faculty

Dr. Syed Muhammad Abbas
The Sindh Institute of Urology & Transplantation, Karachi, Pakistan.

Dr. Hassan Ahmad
Tamesse General Hospital, Greater Manchester, United Kingdom.

Dr. Nazeer Ahmad
Hamad Medical Corporation, Doha, Qatar.

Dr. Usaid Ali
Alama Iqbal medical college /JINJHAM hospital/Karachi associates Lahore, Pakistan.

Dr. Nalla Asad
Services Institute of Medical Sciences, Lahore, Pakistan.

Dr. Leena Ayub
Lahore Medical & Dental College/Ghanki Trust Teaching Hospital, Lahore, Pakistan.

Dr. Usman Basir
Khalid associates / Queen Elizabeth University, Glasgow, United Kingdom.

Dr. Aman Iqbal
Shalimar Medical & Dental College, Lahore, Pakistan.

Dr. Saadia Khaleeq
Services Institute of Medical Sciences, Lahore, Pakistan.

Dr. Rubaya Inshad Khan
Aga Khan university, Karachi, Pakistan.

Dr. Hina Lodhi
Lancaster Royal Balfourham/University Hospital of Lancaster, United Kingdom.

Dr. Shoaib Malik
Jinnah Postgraduate Medical Center, Karachi, Pakistan.

Dr. Dawood Naveed
University of Texas/WF Southwestern Medical Center, USA.

Dr. Ahsan Rafique
University of Texas/Southeastern medical center, USA

Dr. Arfar Mukhtar Siddiqui
Shaheed Jinnah Hospital Lahore, Pakistan

Dr. Safia Zafar Siddiqui
Civil Hospital/Dow University of Health Sciences Karachi, Pakistan

Dr. M. Irfan Sulaiman
Johns Hopkins University, USA.

Registration is required to attend the workshop.
Please register at:
www.appna.org/2018-global-healthcare-summit/

In Collaboration with:







APPNA Promoting Continuing Medical Education

APPNA Projects

Your contribution at work for humanity!

Every APPNA meeting in 2018 will have a project, that they will support. In the last 40 years, APPNA has completed multiple projects and ran excellent Social Welfare, Disaster and educational programs on both sides of the pond.

Our members work hard and surely, your monetary contribution go a long way to help our people in need. APPNA is proud to share some of these philanthropic achievements over the years.

- APPNA free Clinics
- APPNA Medical Missions
- APPNA Telemedicine project
- APPNA Institute of Public Health
- APPNA Muskan(Cleft lip and Palate repair project)
- Munirabad School With TCF
- Thar Well projects
- Cytogenetic lab
- APPNA eye camps
- APPNA sponsored Rehabilitation projects.

Your continued support in the form of attendance and participation at our meetings and Seminars will continue to provide much needed help to our people and we will continue to make you proud of your contributions.



APPNA Medical Corps (AMC)
Medical Mission to
Cleft Hospital, Gujrat, Pakistan
February 19 - February 21, 2018

Volunteer Doctors from United States of America
Performing Cleft Lip/Palate and Eye Reconstructive Surgeries
and Outpatient Clinics at Cleft Hospital Gujrat from February 19-21, 2018

Educational Conferences at:
Cleft Hospital, Gujrat on February 20
Civil Hospital, Gujranwala on February 21
King Edward Medical University on February 22

Participating Volunteer Physicians in the Medical Mission:
Dr. Iqbal Zafar Hamid Anesthesiologist, APPNA President
Dr. Farooq Shahzad Pediatric Maxillofacial Plastic surgeon
Dr. Hassan Shah Pediatric Oculoplastic surgeon
Dr. Dawood Nasir Anesthesiologist
Dr. Vaqar ud Din Syed Pediatric Anesthesiologist
Dr. Unser Khan Anesthesiologist
Dr. Kaleem Sayyed Patient Safety and Risk Management expert
Dr. Mubasher Rana Nephrologist

Chair APPNA 1st Global Healthcare Summit's Message



Dear APPNA members,

It is my distinct pleasure to welcome you to 1st APPNA Global Healthcare Summit being held in three major Pakistani cities, Islamabad, Lahore and Karachi between December 17 & 22, 2018.

This conference is one of its kind in many ways as it is first ever to be held in Pakistan at such a grand scale where internationally renowned faculty will be presenting on diverse subjects and topics in medical education and healthcare. It is spread over 5 days in 3 different major cities of Pakistan; Islamabad, Lahore and Karachi.

This summit will transform what our organization has offered to fellow physicians in Pakistan so far by arranging a state of the art academic and scientific sessions, CME lectures, seminars, hands-on training and social forum. To achieve our goal, we have invited clinicians, academicians and scientists who are well reputed and highly regarded in their respective disciplines, from across the globe thus elevating our training to international standards. This conference will benefit physicians, medical students, scientists, and business professionals working in related fields. We shall also be providing training in Basic Life Support to first responders such as police officers, fire fighters, ambulance drivers. We have invited Vice Chancellors of various universities to brainstorm about how APPNA can assist them in improving the standard of medical education in Pakistan. There will also be a discussion about how APPNA can assist new doctors transitioning to the workforce in the United States.

Attendees will spend one day in Islamabad, two days each in Lahore and Karachi, engaging in Scientific, academic and social dialogue benefitting our attendees, the people of Pakistan, and the medical, academic, and scientific community internationally.

We are excited to partner with Sindh Institute of Urology & Transplant (SIUT) and other medical universities as we kick off the 1st APPNA Global Health Care Summit.

To reach out healthcare professionals who are unable to attend the conference and the general public, various events during the 1st APPNA Global Healthcare Summit will be televised by our media partner, HUM TV. Additionally, most events will be live-streamed on various social media. For the families of the attendees, we have arranged tours of various point of interest, social activities, banquets and entertainment programs.

We hope that you find it very productive, educational, entertaining and relaxing. On behalf of my host committee, I wish you a very pleasant and enjoyable stay. Please do not hesitate to contact me or any member of the host committee if we can be any assistance to make your stay better.

Enjoy!!!

Best Regards,

Akhtar Hamidi, MD, FAPA, CCHP

Chair APPNA 1st Global Healthcare Summit



Dr. Zahid Asgher
Co-Chair



Dr. Razi Muhammad
Co-Chair



Dr. Muzafar Khan
Co-Chair



Dr. Namirah Jamshed
Co-Chair



Dr. Ayesha Najib
Co-Chair

Host Committee



Dr. Saqib Masroor
Chair RESA Committee



Dr. Irfan Mirza
Chair CME-AGHS Committee



Dr. Anwar Naqvi
Prof of Urology & Transplantation, SIUT



Dr. Altaf Hashmi
Prof of Urology & Transplantation, SIUT



Dr. Malik Hameedullah
Executive Administrator
NICVD Karachi



Dr. Sajid Sultan
Prof. Pediatric Urology, SIUT



Dr. Nasrullah Malik CEO
Ambidex Private Limited



Laiq Ahmed Siddiqui



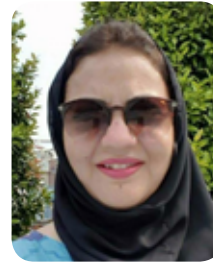
Dr. Amanullah Khan
Country Manager
IQVIA-IMS Health Pakistan



Dr. Rahat Naz



Dr. Abdul Jabbar Memon
Deputy Director Development
Health Department Govt. of Sindh



Dr. Rooma Tariq



Dr. Iqbal Khan, FCPS, FRCS
General/Hair Restorative Surgeon
Jinah Post Graduate Medical Centre



Dr. Shahid Rafiq
Chair, Adhoc Committee for Society
for Physicians in Academic Research



Dr. Mansoor Alam
President JSMUANA



Dr. Mian Ahmed Hasan
President KEMCAANA



Dr. Aamir Zain Jamal
President DOGANA



Dr. Namirah Jamshed
President AKUAANA



Dr. Danish Bhatti



Dr. Babar Rao
Chair, MERIT Committee



Dr. Faiqa



Dr. Saiqa



Dr. Khurshid Khan



Dr. Shafiq Cheema



Dr. Dr. Tariq Cheema



Dr. Ali Hashmi



Dr. Bilal Ashraf



Dr. Kamran



Dr. Naeem Aftab



Dr. Awais Masood



Dr. Hassan Shahryar



Goher Mughees

Co-Chair APPNA 1st Global Healthcare Summit's Message



It is with great pride, enthusiasm, and anticipation that I invite you all to attend the First Global Summit of Association of Pakistani Physicians of North American Descent (APPNA) 2018.

As a Dow graduate of 1985, who has spent more than a decade of his life training and working in the west, I have many experiences similar to most of you. However, I have returned to Pakistan and chosen an underprivileged region of Mirpurkhas for establishing Muhammad Medical College and its 500 bedded teaching hospital in 1998.

Needless to say, this has changed the focus and direction of my life.

I found lots of support from APPNA in helping and treating the underprivileged people of Pakistan. For example during the floods in Sindh in 2010, when we held dozens of medical camps and made efforts to rehabilitate the victims, in collaboration with APPNA. This was when I witnessed and was overwhelmed by the keen desire of doctors of APPNA to payback to Pakistan.

Then about a year ago, I received a call from the current president and my classmate from Sindh Medical College, Dr. Zafar Iqbal Hamid who came out with an idea of taking the health facilities to the doorstep of poor villagers through "Mobile Health Clinics". For this APPNA provided us with 3 ambulances. They were equipped with resources and took a doctor and a dispenser to the local villages where one room/clinic was available. Those who understand the financial state and psyche of the poor villagers in Pakistan, know how difficult it can be for them to travel to the hospitals located in the cities. The reluctance is even greater when it comes to women and children. It is a huge service that doctors arrive at their doorstep with medicines. Those who require admissions are transferred to Muhammad Medical College Hospital, Mirpurkhas.

When I heard about the First Global Summit of APPNA, I saw it as yet another opportunity to participate in the efforts of DR. Zafar Iqbal Hamid, Dr. Akhtar Hamidi and other distinguished members of APPNA to establish a chain of services through which they wish to payback to their motherland. Hence with a team of senior & junior doctors and students of Muhammad Medical College, Mirpurkhas, I started working on it with full zeal. Of course, we would do everything possible to make it as comfortable for all those attending the summit, which included excellent CME activities and workshops, along with a wonderfully organised banquet at PC hotel. All this couldn't be possible without Mr. Laiq Siddiqui's tireless efforts.

Who can ever thank Professor Adeeb Rizvi and his team at SIUT for providing the venue for the CME activities and workshops and helping with the logistics. May Allah bless them so they continue their great work till the ends of time.

I look forward to see you soon.

Professor Syed Razi Muhammad
Co-Chair, APPNA 1st Global Healthcare Summit 2018
Dean & Professor of Surgery
Muhammad Medical College, Mirpurkhas.

Co-Chair APPNA 1st Global Healthcare Summit's Message



Dear Members,

With great pleasure, my team and I welcome you to Lahore to attend the First APPNA Global Health Summit.

The city of Lahore is a cultural hub, a city of beautiful gardens and colleges. We welcome you to our historic city with open arms and warm hearts.

My team has worked tirelessly to ensure a successful two day convention, and to make all the arrangements for your trip and stay in Lahore an enjoyable, safe, and pleasant one.

Our efforts will be rewarded if you leave with bountiful ever lasting memories and a rekindled relation with our Motherland. Allow me to express my deepest gratitude to our team members, especially for Mr. Goher Moghees Ahmed, and all our sponsors who supported us financially to make this event a huge success. Even though it is only for two days, the duty to arrange a meeting at this scale was a daunting task. I am thankful to the president of APPNA, Dr. Iqbal Zafar Hamid, for trusting me and awarding me the responsibilities of organizing this summit.

Please enjoy your short stay in Lahore, and may you have a safe return trip home.

Thank you

Dr. Zahid Asgher
Co-Chair, APPNA 1st Global Healthcare Summit 2018



Message from Dr. Adeeb ul Hassan Rizvi, Founder SIUT



Allow me to warmly thank the organizers of APPNA for giving me the privilege of co-hosting the 1st Global Healthcare Summit which will be held in Karachi on the 20th – 21st of December 2018. The President of APPNA Dr. Iqbal Zafar Hamid has taken the Association to a higher level of educational standard by arranging this Global Healthcare Summit, I immediately felt engaged in his vision and endeavor and offered my full support.

On behalf of my staff members and colleagues we will do everything possible to make your visit successful and purposeful, I can assure you that the members of APPNA will have a great learning experience at SIUT.

SIUT has a long tradition of hosting many international conferences but this will be a unique conference in a sense that it will cover diverse disciplines of medicine.

Sindh Institute of Urology & Transplantation is excited to welcome you all.

Looking forward to see you in December in Karachi.

Dr. S. Adibul Hasan Rizvi
Professor and Director
SIUT, Karachi



President Elect's Message



APPNA GLOBAL HEALTH SUMMIT is one of a kind for Pakistan and goal is to promote education and learn from mutual experiences. This conference is being held in three cities of Pakistan instead of the two-day conference in one city.

The goals are to improve first responders understanding of pathology, bringing healthcare administrators in power to be a better their respective facilities and bringing investment opportunities in Pakistan.

Organizing a curriculum that will include lectures, seminars, workshops, and pre-conference workshops in areas including, but not limited to, ENT, Anesthesia, Pain service, Cardiology, and Urology. Our premier medical conference will be held at the Sindh Institute of Urology and Transplantation ("SIUT") and will include speakers from around the world.

APPNA will be inviting best speakers from around the globe and subject matter experts to give their opinion and to add Vice Chancellors of medical Universities and Higher Education Commission of Pakistan to get their input.

APPNA like to invite all US-based physicians and academicians who may be interested in having a working relationship with not the only USA, but UK, Australia, and other developed countries.

Thanking you,

Sincerely,

Naseem A. Shekhani, MD
President-Elect, APPNA 2018



REHMAN MEDICAL INSTITUTE

A Healing Touch!

Rehman Medical Institute was founded in 2002 on the principle that the people of Peshawar and Khyber Pakhtunkhwa deserves a state-of-the-art healthcare facility which does not compromise on the quality of treatment and services it offers. Providing international standard of services is not just something we do, it is the driving force behind our belief that our people deserve the best in healthcare.

We are based in Peshawar but we keep an international perspective. Visit us some time and witness our commitment to quality in healthcare and higher education.

RMC

REHMAN
MEDICAL COLLEGE

RCD

REHMAN COLLEGE OF
DENTISTRY

RCN

REHMAN COLLEGE OF
NURSING

RCRS

REHMAN COLLEGE
REHABILITATION SC

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OF
SCIENCES

RCAHS

REHMAN COLLEGE OF
ALLIED HEALTH SCIENCES



111-REHMAN

www.rmi.edu.pk

Message from Vice Chancellor Jinnah Sindh Medical University



With great pleasure, I welcome all the alumni, representatives of APPNA, and JSMU-AANA, to the Jinnah Sindh Medical University, your alma mater, your home. As you are aware, your alma mater, in its avatar of a university, has become a degree awarding institution, expanding its role exponentially in the medical education and the healthcare sectors. The University that began in challenging circumstances, has come a long way becoming the largest public sector medical university in Sindh in terms of enrolment, and home to seven institutions imparting high caliber medical and allied health professions education degrees, diplomas, and training courses.

The alumni of Sindh Medical College have been instrumental in the creation of the University and have been consistent in their support for this institution. It is, in every way, an institution that alumni own and must feel welcome to engage with any time.

As JSMU's role has expanded, so have the opportunities for alumni to come home and become involved with the university in various roles. We appreciate your mentoring and guidance for our current students, we welcome your expertise in teaching continued medical education programs to our faculty, we seek your interest in raising funds for the renovation and development of the university infrastructure, and we require your active role in raising the research profile of the university.

As we sit down together to discuss the way forward for the university, I must reiterate my promise to the alumni, that JSMU will always be like your home, a place that will honor your trust by utilizing your services and contributions, and a worthy avenue to give back to your motherland.

Welcome to JSMU, welcome home!

Dr. Tariq Rafi
Vice Chancellor
Jinnah Sindh Medical University



Message from Vice Chancellor Lahore Medical and Dental College



It is a pleasure for me to welcome APPNA to conduct their CME Session in our college Lahore medical & Dental College, Lahore. The "1st Global Healthcare Summit 2018" laboriously prepared by APPNA is commendable, and the programme will enlighten the participants with newer trends in practice such as latest Hepatitis C treatment updates, improving patient safety to improve clinical outcomes, as well as CVS complications in pregnancy. Innovative workshops will be run parallel adding to the enriched CME session.

Since its inception in 1977, Dearborn, Michigan, APPNA has worked endlessly to liaison with other associations, and also led to creation of Alliance of International Medical Graduates. Latter helped in creating equality in licensing for foreign medical graduates, thus, increasing the number of Pakistani physicians in all USA states from 2,000 in 1982 to 15,0000 today. APPNA SEHAT, a primary health care project serving rural areas in Pakistan, was established in 1988, set the wheels of philanthropy in our country with various projects over the years including over two million in aid for earthquake victims in 2005 and over 1.3 million for flood relief efforts in 2010.

We at LMDC are looking forward to welcome international and national guests and participants on a platform to share ideas and expand knowledge.

Professor Abdul Majeed Chaudhry
Principal
Lahore Medical and Dental College, Lahore



President JSMUAANA's Message



It is with great pleasure that I welcome you all to Karachi for the APPNA 1st Global Healthcare Summit.

JSMUAANA is honored to have partnered with APPNA in organizing this exciting event in Karachi.

I would like to Thank Dr. Iqbal Zafar Hamid President APPNA 2018 for his vision which inspired this extraordinary summit.

Thank you Dr. Akhtar Hameedi Chair Host Committee APPNA 1st Global Healthcare Summit for all his hard work and devotion to make this a successful summit.

Hope you all enjoy and benefit from an amazing continuing medical education (CME) program which is brought to you by the outstanding efforts and hard work of Dr. Irfan Mirza CME Chair APPNA 1st Global Healthcare Summit and the SIUT team.

I would also like to Thank Professor Tariq Rafi Vice Chancellor Jinnah Sindh Medical University for all his help and support.

A special thanks to Dr. Rahat Naz for her dedication and commitment in making this a successful event.

Lastly this meeting would not have been possible without the tireless efforts of our Meeting Coordinator Mr. Laiq A. Siddiqui who has worked day and night to make this meeting a huge success.

I would also like to thank each and every one of you for being an integral part of JSMUAANA. It is that bond of friendship and camaraderie that brings us all together and keeps us united. Hope you all have a great time in Karachi.

Long Live JSMUAANA

Mansoor Alam
President JSMUAANA 2018

President KEMCAANA's Message



My Dear Friends and Colleagues:

It is a great honor for me to be a part of the First Global Healthcare summit organized by APPNA. As the President of King Edward Medical College Alumni Association of North America, it will be my great pleasure to welcome you all to the Joint KEMCAANA/APPNA symposium at the King Edward Medical University Main campus in Lahore on December 19th.

In the last 50 years, Pakistan has produced many eminent physicians who have excelled in their fields all over the globe. Many of them are internationally recognized as thought leaders in their disciplines. These scholars have however had limited opportunities to do something for Pakistan. I must commend Dr Iqbal Zafar Hamid, President of APPNA this year for being a true visionary and for taking the bold step to arrange the first significant International Healthcare conference in Pakistan. This will be the first time that many scientists of Pakistani descent will come back home and be a part of educational activities to teach, guide and mentor future scholars.

I must also acknowledge Dr Akhtar Hamidi who is a great foot soldier of APPNA and has been working very hard for many months to work out the nuances of arranging this conference . It is also my pleasure to applaud Dr Zahid Ashar , another committed member of APPNA for his efforts to put together this historic event.

My note would be incomplete if I do not thank Dr Ayesha Najeeb for her years of committed service to ANNPNA and KEMCAANA. Dr Najeeb is the Chair of KEMCAANA Scientific Education and Research Committee and has been the driving force behind the KEMCAANA annual symposiums for many years. I would also like to offer my sincere thanks to Professor Ayesha Shaukat for her continued commitment to promoting scholastic activities at King Edward Medical University. She was my class fellow at King Edward and is now there on faculty. She is the force behind putting together the King Edward Medical University International Symposium every year.

In the end I sincerely thank you all for making the trip to Lahore and for participating in the Global Healthcare submit. Please do not hesitate in letting me know if I your need any assistance.

Sincerely,

Mian Ahmed Hasan, MD, FACC
President KEMCAANA 2018
Tel: (954) 854-6667

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Secretary's Message



Dear APPNA Members and Delegates APPNA Winter Meeting

Welcome!

It's been an honor for me to serve APPNA as your Secretary this year. 2018 has been an Iconic year with changing the future course of APPNA. The procedure and policies put forth by the Membership, APPNA Council and the APPNA Executive Committee with help of APPNA's various committees has been unprecedented. APPNA is at a new Dawn and is moving steadily to what it is all about - Philanthropy and Service to its members and its communities.

The winter meeting and Global Healthcare Summit is just a small yet very powerful reflection of our educational and Philanthropic endeavors. This meeting is just a start of setting a stage for our educational commitment and will continue to grow stronger every year.

I encourage your deep involvement in whatever capacity you can! As collective work and wisdom is by far better than individuals and the only way we can attain higher objectives.

United we stand!

Regards

M. Sohail Khan MD
Secretary APPNA 2018

Treasurer's Message



Dear Appna friends

We the Pakistani American Physicians are always looking for any chance to share the wealth of knowledge and science with our Alma Mater and colleagues back home.

APPNA's first global health care summit will provide opportunities for learning, networking and giving back to our motherland.

Many talented and outstanding physicians from America, England, and Australia who are passionate about serving our motherland in terms of promoting cutting edge and state of the art learning experience in the form of continued medical education and workshops will be united to share their experiences.

Pakistan faces many health challenges and one gigantic health challenge is Hepatitis C, lack of screening and treatment resources for general population. APPNA feels collaboration with the Pakistan will provide cost effective service a to combat this epidemic.

This six day summit also provides multitude of presentations, entertainment and sight seeing opportunities of our beautiful and culturally rich motherland.

This is an exciting opportunity for all of us to network, give back and enjoy the gracious hospitality as offered by the host committee of first APPNA Global Summit 2018
See you at the Summit and have a great time.

Lubna Naeem M.D
Treasurer, APPNA 2018

Immediate Past President's Message



One of the main components of APPNA's charter is to improve the healthcare education, research and healthcare delivery. Global health summit is a step forward towards accomplishment of APPNA's goals. I am glad to share with you that in 2017 APPNA started Mobile health clinic project in USA. 4 mobile health clinic units are launched in collaboration with ICNA Relief USA. These units are equipped with all the bells and whistles to operate as an outpatient care clinic and are stationed one each in Northeast, southeast, Midsouth and

Midwest regions of USA. This year North Carolina and North Florida areas were hardly hit by Hurricanes Florence and Michael respectively, causing severe devastation resulting in billions of dollar property damage and effecting thousands of people in the area. For the first time APPNA/ICNA mobile clinic unit was swiftly moved to the area and started serving the effected people by providing healthcare. Multiple towns and villages were covered in Hurricane hit areas.

This year Mobile clinic project has been started in Pakistan also and multiple mobile clinics already serving in various rural areas of Pakistan. Hopefully in the future this project will keep on growing and, it will expand APPNA's medical mission throughout USA and Pakistan, contributing it's share in provision of healthcare delivery to masses of USA and Pakistan.

APPNA is at forefront of community service in USA and Pakistan, our work has included community projects all over the country, through APPNA free clinics, global medical missions and ongoing food pantry program. I hope that all of these and other projects will continue for years to come. I am thankful to Dr. Hamid for his ongoing support and to Dr. Naseem Shekhani, our president Elect for his commitment to support these projects next year as well.

Sincerely,

Sajid Chaudhary, MD.

Immediate Past President APPNA 2018

CME Sessions

TUESDAY, DECEMBER 18, 2018			LAHORE		
Start	End	Session Name	Speaker Name	Title	Location
9:00am	10:00am	Cardiovascular Complications in Pregnancy	Afshan Hameed, MD, FACOG, FACC	Clinical Professor, Obstetrics & Gynecology School of Medicine - Clinical Professor of Cardiology Medical Director Obstetrics, University of California , Irvine	Lahore Medical and Dental College
10:00am	11:00am	Updates on latest Hepatitis C Treatment	Nora Terrault , MD	Professor of Medicine, Director Viral Hepatitis Clinic, University of California , San Francisco	Lahore Medical and Dental College
11:00am	12:00pm	Improving Patient safety Improves Clinical outcomes	Kaleem Sayyed , MD, MPH	Health care Administrator, Chief of Quality ,Clinical Systems Program Office South Central VA Healthcare System	Lahore Medical and Dental College
WEDNESDAY, DECEMBER 19, 2018			LAHORE		
Start	End	Session Name	Speaker Name	Title	Location
8:30am	11:30am	CME Sessions	Please see the details on www.appna.org/2018-global-healthcare-summit/		King Edward Medical University
FRIDAY, DECEMBER 21, 2018			KARACHI		
Start	End	Session Name	Speaker Name	Title	Location
8:30am	9:25am	"Leave a Legacy" - Plenary Session	Dr. Adeeb ul Hasan Rizvi	Founder SIUT Karachi	SIUT, Karachi
9:30am	10:20am	Update in Viral Hepatitis	Bilal Hameed, MD	Associate Professor of Medicine, Program Director ,Hepatology Fellowship Program, University of California, San Francisco	SIUT, Karachi
10:30am	11:20am	Post Traumatic Stress Disorder	Asim Shah, MD	Executive Vice Chairman , Professor ,Menninger Department of Psychiatry and Family and Community Medicine, Division of Community Psychiatry, Baylor College of Medicine - Chief of Psychiatry , Ben Taube Hospital/Harris Health System	SIUT, Karachi
11:30am	12:20pm	Improving Patient safety Improves Clinical outcomes	Kaleem Sayyed , MD, MPH	Health care Administrator, Chief of Quality ,Clinical Systems Program Office South Central VA Healthcare System	SIUT, Karachi
2:00pm	2:50pm	Cerebrovascular Accidents	Dr. Danish Bhatti		SIUT, Karachi
SATURDAY, DECEMBER 22, 2018			KARACHI		
Start	End	Session Name	Speaker Name	Title	Location
9:00am	9:50am	Cardiovascular Diseases in Pakistan	Dr. Hanif Bashir	President, Pakistan Society of Interventional Cardiology - Secretary, Faculty Cardiology, College of Physicians and Surgeons Pakistan (CPSP) - Executive Director, Medical Director	SIUT, Karachi
10:00am	10:50am	Management of Diabetes Mellitus	Dr. Sara Nadeem	Agha Khan University Hospital, Karachi, Pakistan	SIUT, Karachi
11:00am	11:50am	State of the Art Treatment for Pakistan's Drug and Alcohol Crisis	Mahjabeen Islam, MD FAAFP, FASAM	Clinical Associate Professor of Family Medicine, University of Toledo ,College of Medicine - Medical Director , Recovery Center ,Toledo	SIUT, Karachi
1:30pm	2:20pm	Breast Cancer - A Global Perspective	Rabia Bhatti , MD	Clinical Assistant Professor of Surgery, Midwestern University. - Director Breast Programs Resurrection Medical Center Chicago, St. Mary's and Elizabeth Medical Center Chicago, West Suburban Medical Center Oak Park	SIUT, Karachi
2:30pm	3:30pm	Genetics	Rizwan Naeem, MD	Professor, Albert Einstein College of Medicine, NY	SIUT, Karachi

Scientific Workshops

MONDAY, DECEMBER 17, 2018			ISLAMABAD		
Start	End	Session Name	Location		
8:00AM	3:00PM	Scientific and Research Workshop/Seminar	Army Medical College		
TUESDAY, DECEMBER 18, 2018			LAHORE		
Start	End	Session Name	Workshop Director	Title	Location
9:00am	12:00pm	Acute Stroke Management in ER	Drs Qasim Bashir Dr. Shahid Rafiq	President Pakistan Stroke Society APPNA Education Coordinator	Lahore Medical and Dental College
9:00am	12:00pm	Hepatitis C	Dr. Bilal Hameed	Professor of Medicine, Director Viral Hepatitis Clinic, University of California, San Francisco	Lahore Medical and Dental College
9:00am	12:30pm	Regional Anesthesia	Dr. Irfan Suleman	Assistant Professor Anesthesia	Lahore Medical and Dental College
FRIDAY, DECEMBER 21, 2018			KARACHI		
Start	End	Session Name	Workshop Director	Title	Location
9:00am	12:30pm	Ultrasound Guided Regional Anesthesia Workshop	Dr. Irfan Suleman	Assistant Professor, Johns Hopkins University, Baltimore, MD	SIUT, Karachi
9:30am	12:25pm	"Train the Trainers" Medical Education	Dr. Razi Muhammad	Dean Muhammad Medical College, Mirpurkhas, Sindh	SIUT, Karachi
2:00pm	5:00pm	Cosmetic Dermatology Updates	Dr. Khalil Khatri & Dr. Babar Rao		SIUT, Karachi
2:00pm	5:00pm	Communication Skills for Students and Physicians	Dr. Razi Muhammad	Dean Muhammad Medical College, Mirpurkhas, Sindh	SIUT, Karachi
SATURDAY, DECEMBER 22, 2018			KARACHI		
Start	End	Session Name	Workshop Director	Title	Location
9:30am	12:25pm	Acute Stroke Management in ER	Drs Qasim Bashir Dr. Shahid Rafiq	President Pakistan Stroke Society APPNA Education Coordinator	SIUT, Karachi
9:30am	12:25pm	Ob/Gyn - Evidence based standards in Contraception	Dr. Shama Munim	Professor Ob/Gyn, Agha Khan University, Karachi, Pakistan	SIUT, Karachi
9:30am	12:25pm	BLS/ACLS Certification	Dr. Asad Hasan	Associate Professor, SIUT, Karachi, Pakistan	SIUT, Karachi
1:30pm	4:25pm	BOTOX for Facial Injections	Dr. Danish Bhatti	Director Parkinson Disease Clinic, Un	SIUT, Karachi
1:30pm	4:25pm	Cardiology	Dr. Zahid Jamal	Associate Professor, NICVD, Karachi, Pakistan	SIUT, Karachi
1:30pm	4:25pm	Ethical Issues on Organ Donation	Dr. Anwar Naqvi, Dr. Altaf Hashmi & Dr. Sajid Sultan		SIUT, Karachi

* CME awarded by APPNA is AMA Category 1A CME

TOTAL 13 hrs of AMA PRA CATEGORY 1 CREDIT ACTIVITY

ALL CME AND WORKSHOP ACTIVITY IS OFFERED UNDER RESA COMMITTEE

Tentative schedule, final schedule may change, please check the Appna web site for final schedule.

APPNA 2018

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ڈاکٹرز کی ٹیم نہ صرف باریک بینی سے رپورٹس کا جائزہ اور معیار کے نظام کو دیکھتی ہے بلکہ اپنی پیشہ وارانہ رائے سے بھی مریضوں کے ڈاکٹرز کو آگاہ کرتی ہے اور یہ سب چیزیں جلد رپورٹنگ کے ساتھ یکجا ہیں۔

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info@drkpharmasolutions.com



Switzerland Office
DRK Pharma Solutions GmbH
38 Chemin De La Blonde,
1253 Vandoeuvres, Geneva, Switzerland
info.ch@drkpharmasolutions.com