



# AL-SHIFA TRUST EYE HOSPITAL

Rawalpindi/Sukkur/Kohat/Muzaffarabad/Chakwal

## ENVISIONING VISION

JUNE 2024



### AST EMPOWERS VISUALLY IMPAIRED WITH ORCAM MYEYE DEVICES

Al-Shifa Trust Eye Hospital (ASTEh) recently held a special event to enhance accessibility for the visually impaired. Six deserving individuals received life-changing OrCam MyEye devices, promoting independence for recipients.

OrCam MyEye is a portable, artificial vision device that allows visually impaired people to understand text and identify objects through audio feedback, describing what they are unable to see.

President of Al-Shifa Trust Eye Hospital, Maj. Gen. (Retd) Rehmat Khan, and Chief Guest Justice Retd Mansoor Ahmed graced the occasion. The event was also attended by the senior management of Al-Shifa Trust and other members.

Al-Shifa's commitment to empower the visually impaired aligns perfectly with the spirit of the SDGs 1 (No Poverty), 4 (Quality Education), and 8 (Decent Work and Economic Growth). By promoting inclusion, we are helping to build a brighter future for all.





# AL-SHIFA TRUST EYE HOSPITAL HOSTS FIRST LIVE PEDIATRIC CATARACT SURGERY

Al-Shifa Trust Eye Hospital (ASTEh) successfully organized a live pediatric cataract surgery on May 17, 2024. This event served as a pre-congress training workshop for the 25th Annual Islamabad Congress of Ophthalmology (AICO).

The live surgery was performed by Dr. Sumaira Altaf, Head of the Pediatric Ophthalmology Department, and Prof. Dr. Hanif Malik, Senior Consultant, Pediatric Ophthalmology. Their expertise provided valuable insights for the attending audience. The surgery was witnessed by doctors and ophthalmology trainees in the ASTEH auditorium and also broadcasted live on Zoom for online participants. This ensured maximum reach and educational benefit for a wider audience.

The occasion was graced by Maj Gen (R) Rehmat Khan, President of ASTEH, Prof. Dr. Wajid Ali Khan, Chief of Medical Services and Dean, Dr. Amer Yaqoub, President of OSP Federal, and other senior members of ASTEH and OSP.

The event was a great success, thanks to the collaborative efforts of the Pediatric Ophthalmology Department, Administration, IT and Marketing team. The event was sponsored by ALZA Pharmaceuticals. Given the positive response, the President and Dean have pledged to organize similar educational events in the future, promoting continued training and awareness within the field.





## ASTEh & PSYO COLLABORATE ON WET LAB FOR OPHTHALMOLOGY RESIDENTS



Al-Shifa Trust Eye Hospital hosted its first-ever wet lab event on May 17, 2024, in collaboration with the Pakistan Society of Young Ophthalmologists (PSYO). The lab was supervised by Dr. Aziz Jan Bashir, Dr. Abdul Hanan, and the Oertli Group. Twenty residents from across the country were selected to participate and received training from 4 of our esteemed young eye surgeons: Dr. Osama Anwar, Dr. Shehroze Hasnain, Dr. Saad Bin Sohail, and Dr. Muhammad Saad. Through the wet lab, the residents enhanced their cataract surgery skills and expressed great satisfaction with the training.

President of Al-Shifa Trust Eye Hospital, Maj. Gen. (Retd) Rehmat Khan, and other members of senior management visited the wet lab surgery and demonstrated their support for the initiative. After the successful completion of the program, participants received certificates and souvenirs presented by the Chief of Medical Services and Dean, Prof. Dr. Wajid Ali Khan.





## AST PARTICIPATES IN WORLD KERATOCONUS CONGRESS

The World Keratoconus Congress took place in Dubai on April 19 and 20, 2024, drawing renowned ophthalmologists from across the globe. Senior Consultant Prof. Dr. Abdul Moqeet and Associate Prof/Consultant Dr. Hassan Mansoor from Al-Shifa Trust Eye Hospital's Cornea Department, represented Pakistan at the conference.

Prof. Dr. Abdul Moqeet presented his original work on Deep Anterior Lamellar Keratoplasty (DALK), which has gained recognition for



its effectiveness. He simplified the technique, popularly known as the "Big Bubble" technique, using inexpensive, and readily available instruments, making it accessible to corneal surgeons. His innovation received widespread appreciation at the conference.

Although DALK with the big bubble technique enjoys global acceptance, its adaptation in Pakistan is hindered by constraints in surgical training and costly instrumentation. Nevertheless, Al-Shifa has incorporated the procedure into its routine with minor modifications, providing an effective alternative to full-thickness keratoplasty and other lamellar keratoplasty techniques, thus aligning with evolving global trends.

## PATIENT STORY OF THE MONTH

Baby Hadia came from Faryab Afghanistan with an eye tumor measuring 40 cm in length and 25 cm in width, weighing 400 grams. Her father Sayed Noor Ahmed travelled miles away from home as suggested by doctors there to bring his baby girl to AST.

A rare complicated case of a large tumour of eye in this 6 months old baby was successfully treated here. Sayed Noor Ahmed's hopes and prayers to save his baby's life have been answered.

We save lives and enlighten sight!



# IMPACT OF ACCO CAMPS AROUND PAKISTAN DURING THE MONTH OF MARCH, APRIL AND MAY

Al-Shifa Center for Community Ophthalmology (ACCO) continues its mission to provide essential eye care services to the underserved communities. ACCO teams in Rawalpindi, Sukkur, Kohat, Muzaffarabad, and Chakwal are actively running community eye screening, school screening camps, and surgical eye camps.



## Al-Shifa Center for Community Ophthalmology ACCO Camps Summary for Mar, Apr & May 2024

Sr. No.	Description	March-2024		April-2024		May-2024		Total Data
		Surgical Eye Camps	Screening Eye Camps	Surgical Eye Camps	Screening Eye Camps	Surgical Eye Camps	Screening Eye Camps	
1	No. of Camps	2	28	3	18	5	15	71
2	OPDs	5,305	10,925	6,060	6,745	12,429	5,327	46,791
3	Surgeries	410	-	452	-	1,126	-	1,988
4	Glasses	1,323	3,530	1,682	3,103	1,802	3,108	14,548
5	Medicine	2,375	4,481	3,266	2,739	5,996	1,582	20,439



## INTERNATIONAL NURSES DAY CELEBRATION AT AL-SHIFA TRUST



Al-Shifa Trust Eye Hospital celebrated International Nurses Day with a special event to honor our dedicated nurses. Maj Gen (R) Rehmat Khan, President of Al-Shifa Trust Eye Hospital, was the chief guest, joined by other senior management members.

The Operating Theatre (OT) team performed a tableau showing the daily life of a nurse. The event ended with awards and certificates given to nurses for their outstanding performance.

The Pakistan Institute of Ophthalmology (PIO) also celebrated International Nurses Day. PIO nursing students showcased their talents through various performances, adding energy to the event. Mr. Murtaza Raziq, Registrar of PIO, gave a speech highlighting the vital role of nurses in healthcare.

We thank all our nurses for their hard work and compassionate care.

## UNIVERSITY OF FAISALABAD OPTOMETRY STUDENTS VISIT AL-SHIFA TRUST EYE HOSPITAL

Students from the Optometry Department at the University of Faisalabad visited Light House, the Low Vision Rehabilitation Center at Al-Shifa Trust Eye Hospital. The visit aimed to enhance their understanding of vision impairment and rehabilitation methods. Ms. Mehreen, Manager LightHouse, introduced the students to OrCam MyEye device, low-vision assistive technology, and other advanced gadgets available at the Light House.





## AL-SHIFA TRUST EYE HOSPITAL UNDERGOES SUCCESSFUL CPSP ACCREDITATION INSPECTION

The College of Physicians and Surgeons of Pakistan (CPSP) conducted an accreditation inspection of the Ophthalmology units (Unit I to Unit VI) at Al-Shifa Trust Eye Hospital (ASTEH) on May 21st, 2024. The team was welcomed by Chief of Medical Services and Dean, Prof. Dr. Wajid Ali Khan, Prof. Dr. Mahmood Ali, Dr. Aziz Jan Bashir, Dr. Iram Maqsood and Mr. Murtaza Raziq.

Team CPSP thoroughly assessed ASTEH's facilities, including the lecture halls, library, teleconference hall, and skills lab in PIO and the departments in the hospital, including OT, Children Eye Hospital, Lighthouse Low Vision Rehabilitation Center, Centre for Eye Cancer, and Research Centre.



## FIRST-AID TRAINING FOR AL-SHIFA'S PARAMEDICAL STAFF

Al-Shifa Trust Eye Hospital Rawalpindi in collaboration with Rescue 1122 organized a free first-aid workshop for paramedical staff. Participants received hands-on training in CPR and fire extinguisher use, and certificates were awarded upon successful completion of the written exam.







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