

Pakistan Society of Emergency Medicine is a permanent Member of "International Federation of Emergency Medicine"



Happy New Year "2024"

The new year is upon us. A lot of people look at it as a fresh start and make resolutions. They think about their health, prosperity, attitude, relations and other things deemed important for them. Some stick to the plan and most abandon it looking for the new plan and new year, and the plight goes on and on.

We the people who work in the Emergency Department across the globe also see new years coming and leaving and then coming again. For us taking care of our patients is most important aspect of our lives and most of us take pride in what we do day in and day out. It does not depend on any resolution and any new year. For us a year is a long time to adjust our aim or change our plan. We do it on a daily basis. Improving ourselves.

For us every coming day should be better than the day before. In other words, we constantly strive to improve our care as well as the way we provide the care. The quality of our work can never be static and it is robust dynamic mindset that becomes even healthier with the change. We believe the change makes us evaluate ourselves again and chance to improve it further.

So this new year, things will continue the same way for the Emergency Care Providers, whether we be doctors, nurses or paramedics or ED management people, as everyday. Working for the improvement of quality of our care with emphasis on teamwork and attitude.

While others will be busy making changes in their lives through resolutions, we will continue to work on improving ourselves. Let us hope that the message of quality care would give our patients the confidence they need to bring their problems to the Emergency Departments, so it gets the best solution through teamwork and positive attitude of the team providing the care.

TEAM

PSEM NEWS



PSEM NEWS FEED

Keeping you Informed



Inaugural Excellence in EMERGENCY Care Course cHALO

SMBBIT - Karachi 10th to 11th October



Pakistan Society of Emergency Medicine successfully conducted a Two Day Emergency care course on October 10th and 11th at **Shaheed Mohtarma Benazir Bhutto Institute of Trauma (SMBBIT) Karachi**, as national and international emergency physician come together for an exclusive Emergency Care Course. The trainees were provided with pivotal opportunity for medical professionals to learn, collaborate, and exchange expertise, ultimately strengthening emergency healthcare systems worldwide.

The course, organized by Pakistan Society of Emergency Medicine and College of Physicians and Surgeons Pakistan which offered a platform for emergency physicians from diverse backgrounds to enrich their knowledge and skills in providing critical care during emergencies. Here are some key highlights of the event:es, allowing participants to exchange experiences, build professional relationships, and establish international collaborations.

There were almost 35 Emergency Trainees who participated in the course from different institutions of the country.

Qualified emergency physicians shared their experiences and skills with participants and conducted the course through well prepared presentations, research works and simulation sessions.

Some renowned speakers from reputable institutions of the country and globe were part of it, which includes; Dr. Taj Hassan, Former President RCEM, Chairman International Committee & Lead cHALO programme, Dr. Abdus Salam Khan, Former

President PSEM, Dr. Adeel Khatri, Dr. Amna Javed, Dr. A. Asim Nayeem, Dr. Azer Shaikh, Dr. Ghazanfar Saleem, Dr. Hamid Shahzad, Dr. Immad Qureshi, Dr. Irfan Habib, Dr. Emad ud din Siddiqi, Dr. Zareen Qasmi, Dr. Danish Sami, Dr. Khalid Siddiqi, Dr. Mahreen Sulaiman, Dr. Mueed Ahmad, Dr. Omar Ghazanfar, Dr. Saqib Khawaja, Dr. Shahan Waheed, Dr. Shehzadi Resham, Dr. Sidra Ishaque, Dr. Tayyab Ali, Dr. Turab Fatima, Dr. Waqas, Dr. Waseem, Hassan, Dr. Zareen Qasmi were the trainers and speakers.

President PSEM, Dr. Khawaja Junaid Mustafa sent a video message for all the participants thanked specially to the speakers and the hosts SMBBIT. He mentioned the efforts of Dr. Taj, Dr. Salam and PSEM.

Dr. Muhammad Sabir Memon, Executive Director SMBBIT also graced the session with his welcome address and appreciated the efforts of PSEM and CPSP for the development of emergency medicine.

On the conclusion day Prof. Abdulah El Muttaqi, Councilor - CPSP also joined via videolink and admired the efforts of Dr. Taj, Dr. Abdus Salam Khan, PSEM and ensured complete support from CPSP in future for such events.



Certification: At the conclusion of the course, attendees received certification and CME points by **DOW University of Health Sciences (DUHS)**, attesting to their successful completion of the program, which will be recognized globally.

PSEM & CPSP has a strong commitment to improving healthcare globally, and this course reflects their dedication to providing high-quality education for emergency care professionals. With the collective knowledge and expertise of emergency physicians from various corners of the world, this event aims to advance the field of emergency medicine and ultimately enhance patient care during critical situations.

By: **PSEM Admin**

The cHALO Programme PROGRESS AND PLANS for 2024

Vision, Passion and Commitment. The collaborative Hubs of Academic Learning Organisations (cHALO) Programme has provided these three ingredients in abundance over the past 2 years as it has evolved from humble beginnings into a truly international collaboration involving colleagues from around the world. It is wonderful to be able to update you on our progress and plans for 2024.

WHAT IS IT? – The original vision began from the leadership Summit led by PSEM in 2019 in Islamabad. Our mission that we launched was to ‘fast track’ emergency care development in Pakistan in order to meet the urgent needs of a nation. Since then we have run a highly successful virtual conference in 2019 and then finally launched 4 cHALO Centres in Karachi & Hyderabad in October 2023. It was wonderful to work with Dr Azer Sheikh and so many colleagues at SMBBIT and others in Karachi (including Indus Health, AKU & ChildLife) who made it such an excellent event. Our ambition is to have a national network of centres throughout Pakistan that can act as ‘hubs’ of learning supported by an international faculty from around the world. We know that there are already some centres that are already truly excellent and we look forward to working together for the greater good of all.

WHY IT IS IMPORTANT? - We believe that by enhancing the training of young doctors in Pakistan in the key skills required to care for critically ill and injured patients in Emergency Depts, we can significantly improve outcomes. Led by the PSEM team, and supported by charitable funding to help pump prime the programme, we were able in October 2023 to launch collaborative HALO Centres in Karachi at Indus Hospitals Health Network, the ChildLife Foundation and at the Trauma Centre at SMBBIT as well as form a link with the Civil Hospital, Hyderabad. In 2024 we want to significantly expand the number of physical and virtual cHALO Centres in Pakistan through partnership with colleagues. We are also fortunate to have been able to become part of the South Asian Collaborative for EMergency care (SACEM) which has been endorsed and supported by the International Federation for EM and the Asian Society for EM.

HOW YOU CAN GET INVOLVED ? – If you work in a system that wants to collaborate on a range of projects and become a ‘virtual’ cHALO Centre, then please contact the PSEM Secretariat to seek further information. You may potentially also be able to gain pump priming funds to become a physical cHALO Centre in the future. You can also contact me directly if you wish by email.

NEXT STEPS : On February 8th 2024 we will be launching the next phase of cHALO with the first of a series of monthly webinars. This will be in partnership with SACEM and have IFEM support which is wonderful. More information on that soon. Please join us.

In October 2024 we hope to be launching a number of cHALO Centres in Punjab linked to the next Conference in Lahore. This will be an exciting expansion of the Programme and steadily delivering on the joint vision that we built in 2019!. Thank you again to all those to date for your continuing support – we have achieved much in a short time and yet much more to do !

Dr Taj Hassan

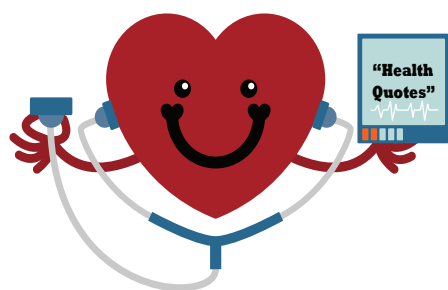
Chair, International Committee, PSEM.

WORLD FEDERATION FOR MEDICAL EDUCATION VISITS PAKISTAN

The medical education and creating doctors is an extremely important task and needs to be given highest priority by any nation. Pakistan is among those countries who help other developed and other countries to get medical doctors for their healthcare systems. The quality of their education is ascertained through an accreditation process. World Federation for Medical Education (WFME) is the world body to look into the quality of medical education and accreditate them. Pakistan is undergoing the process of accreditation, and it had put the request for the process. The preliminary steps were successfully taken and WFME decided to come and evaluate the body issuing license to Medical Doctors. Pakistan Medical and Dental council PMDC is the body in Pakistan who spearheads the medical licenses. WFME came to look into the process of medical education evaluation and how PMDC makes sure that quality control. The visit of WFME was a success and we are hopeful that the WFME will give us accreditation and the graduates of our medical colleges would have no problem in going all over the world for post graduate studies, employment or any other purpose.

By: PSEM Admin

“HEALTH QUOTES”



“I HAVE CHOSEN TO BE HAPPY BECAUSE IT IS GOOD FOR MY HEALTH.” -Voltaire



“A CALM MIND BRINGS INNER STRENGTH AND SELF-CONFIDENCE, SO THAT'S VERY IMPORTANT FOR GOOD HEALTH.” - Dalai Lama”



““CREATE HEALTHY HABITS, NOT RESTRICTIONS.” - Anonymous

CHILDLIFE WINS 'BEST RESEARCH AWARD' AT INTERNATIONAL EMERGENCY MEDICINE CONFERENCE IN UAE

Emirates Society Emergency Medicine conference has evolved into a premier international platform over the years acknowledging physicians emergency with contributions towards Research in Emergency Medicine. ChildLife Foundation's recognition reflects its outstanding contributions to emergency medicine research and its dedication to improving children's health in Pakistan. This year's award not only acknowledges ChildLife's commitment to advancing emergency care but also highlights its significant impact on over 200 government hospitals of Pakistan in partnership with the government. Managing 750 Emergency casound Room (ER) beds in pediatric Emergency Departments (EDS) and offering 24/7 telemedicine support in secondary care hospitals, ChildLife's impact to date can be gauged by the fact that 7.5 million children have been treated free of cost in EDs with 4 times increase in the survival rate of critically ill children. The ESEM Awards were launched at the celebration of 10 is years' journey of ESEM to recognize excellence of physicians and their outstanding contributions towards Research in the field of Emergency Medicine. ChildLife Foundation, a consistent contributor, has been C awarded for the highest is research and abstract submissions since the conference's inception in 2014, held in Abu Dhabi from 6-9 December 2023. "We are honored receive the Best Research Award at ESEM Conference 2023, recognizing our unwavering commitment to contribute towards advancing emergency care for children. This achievement is a testament to the hard work and commitment to make Pakistan a child safe country", said Dr. Ahson Rabbani, CEO of ChildLife Foundation.

Reported by: **CHILDLIFE**

CERTIFICATION PROGRAM IN EMERGENCY MEDICINE (CPEM) CELEBRATES 4TH GRADUATION CEREMONY



CPEM celebrated its 4th Graduation Ceremony on 20th December 2023. Certificate Program in Emergency Medicine is a 12-month competency-based training initiative, crafted to empower physicians working in the Emergency Department with the essential knowledge and clinical expertise required to excel in emergency care. CPEM is an Indus Hospital & Health Network and University of Pennsylvania, USA collaborative effort.

CPEM has now completed 100 EM physicians across Pakistan and Bangladesh and is one of the organized certification programs for capacity building of non-trainee doctors that includes online didactics and simulations as well as 5 hands-on in-person workshops. This makes it reachable to the distant underserved areas of the country. Over the last 4 years, our graduates have not only been able to secure training positions within Pakistan but also abroad, but more importantly, the impact on the quality of care delivered by CPEM graduates in underserved areas has been phenomenal. They have brought a wave of change in their environment and departments, making them champions and leaders for the future.

This ceremony was organized to celebrate the efforts and achievements of our CPEM 23 graduates, local and international faculty, and our past CPEM graduates, who have now turned a full circle and have come back to this program to teach the new batch.

THE INDUS HOSPITAL & HEALTH NETWORK CONDUCTS 10TH ITERATION OF THE COLLABORATIVE ADVANCED TRAUMA CARE (CAT-C) PROGRAM IN DECEMBER 2023

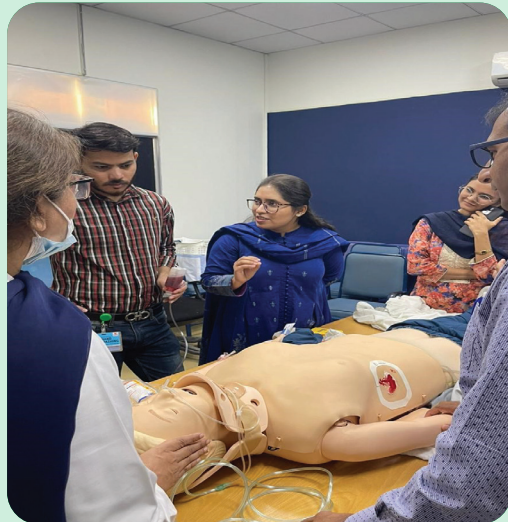
The Department of Emergency Medicine at the Indus Hospital & Health Network conducted the highly anticipated 10th Iteration of the Collaborative Advanced Trauma Care (CAT-C) program in December 2023. The first course in this series was conducted in September 2019 at Indus Hospital Karachi Campus. Since then it has expanded to 5 different cities across the country as well as internationally to Türkiye, Ethiopia, and Vietnam.

CAT-C is a collaborative venture of the Emergency Department at Indus Hospital and the Global Emergency Medicine section of Emory University and Grady Memorial Hospital, Atlanta, Georgia, USA. The program is endorsed by Pakistan Society of Emergency Medicine and aimed at providing inter-professional training and developing trauma teams to reduce morbidity and mortality in trauma-related cases. This simulation-heavy program consists of didactics delivered online as study material and a 3-day hands-on workshop. The course is extremely popular amongst both nurses and doctors, who work as teams and are overlooked by a mix of local and international faculty facilitators.

The course was attended by medical officers and residents from Emergency Medicine, Urology, Orthopedics, General Surgery, and Anesthesia, as well as Emergency Resuscitation Nurses who make a key component of trauma care teams.

The International faculty trainers' team included: Dr. Anna Yaffee, Associate Professor and Director of Global Health in the Emergency Medicine Section at the Department of Emergency Medicine Emory University, Atlanta, Georgia, USA RN. Emily Russell, Trauma Nurse Specialist at Grady Hospital, Atlanta, Georgia, USA, and Dr. Viqar Qurashi, Orthopedic and Trauma Surgeon based in Birmingham, United Kingdom; along with Local Faculty from Indus Emergency Department.

This year, a Training of Trainers' course was also introduced to the Karachi cohort. Where 18 selected participants from current and past courses were given the opportunity to be trained as CAT-C trainers. The successful candidates were handed certificates and special CAT-C pins at the closing ceremony.



LAUGHTER SIDE



PATIENT: MY HAIR KEEPS FALLING OUT. WHAT CAN YOU GIVE ME TO KEEP IT IN?

DOCTOR: A SHOEBOX.



WOMAN ON THE PHONE: "MY HUSBAND ACCIDENTALLY SWALLOWED AN ASPIRIN, WHAT SHOULD I DO NOW?" "GIVE HIM A HEADACHE!" SAYS THE DOCTOR.



WHY IS A DOCTOR ALWAYS CALM?
THEY HAVE A LOT OF PATIENTS.



DR. IMMAD QURESHI ELECTED EMSAS CHAIR AT RCEM

PSEM is glad to share that Dr. Immad Qureshi has been elected as **EMSAS CHAIR** at Royal College of Emergency Medicine (RCEM), that's the Chair for National Body for Emergency Medicine Specialists.

This brings him on RCEM council as an elected official, the **First Pakistani** International Medical Graduate to hold both these positions. He attended my first RCEM diploma ceremony as council member on 7th December 2023, sharing the stage with RCEM Patron, the Princess Royal, HRH Princess Anne. Also, achieved his Fellowship of Faculty of Sports and Exercise Medicine from Royal College of Surgeons in Ireland & Royal College of Physicians of Ireland.



EDITOR'S CAUSERIE

WHY WE ADVOCATE TIMELY CARE AS OPPOSED TO THE BEST POSSIBLE CARE?

Emergency department sees patients which are unscheduled and come when they have a problem that needs urgent attention. This problem can be either an accident or a medical illness that requires definitive treatment by the particular speciality. The care at the emergency department is different as opposed to OPD or outpatient care, where that particular specialist will see the patient at any scheduled time and prescribe treatment. But in the Emergency Department, that particular specialist may not be available to treat the patient. Now the option is to either let the patient wait for the particular specialist or treatment of that patient by the Emergency Doctor.

The Emergency Department staff is well versed in vast majority of patient conditions and treatment, and they know the ways to treat the patients optimally. The patient then can be followed up by the doctor specialist either as inpatient or as outpatient if the patient is stable enough to be discharged. This brings us to the point that is this dilemma that needs to be worked on. The timely care is worth enough to settle for less than the best care?

Looking at the financial and human logistics, it is neither feasible nor practical to have the specialist available in the emergency departments. As the complaints the patients will seek the remedy of are myriad and all those specialists cannot be made available in the Emergency Departments across city or country. Thus, there are two options, firstly either let the patients wait till the suitable time that particular specialist can come and see the patient, or secondly let the next best resource be made available to bridge this specialty gap. This gap should be filled by the trained Emergency Doctor. This doctor should be proficient in dealing with unscheduled and undifferentiated patients of all ages. This approach is safe and also cost effective and doable.



By: **Dr. Abdus Salam Khan**

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