



OPPORTUNITIES IN OT COMPLEX.....4



CONFERENCE.....5



ART FOR HEALTH.....6



Operation Theater Complex



newsletter

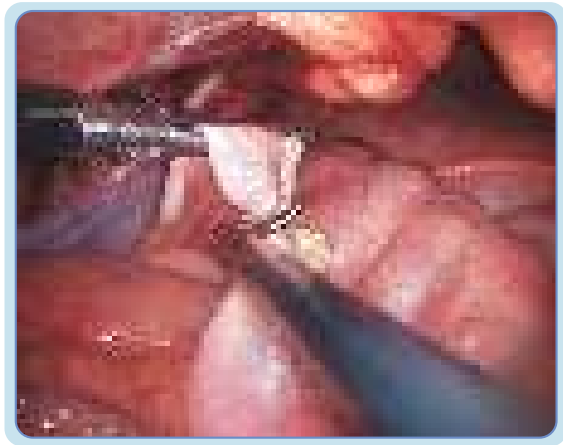
> ISSUE 02 | > VOLUME 01 | > 2009

- TO PROVIDE STATE-OF-THE-ART OPERATION FACILITIES TO THE UNDERPRIVILEGED
- FREE OF COST OPERATION TO ALL NEEDY PATIENTS COMING TO CIVIL HOSPITAL KARACHI
- PROFESSIONALLY QUALIFIED HUMAN RESOURCE DEVELOPMENT THROUGH TEACHING AND TRAINING FACILITIES
- POVERTY ALLEVIATION THROUGH GOOD HEALTH AND EDUCATION
- RESEARCH AND DEVELOPMENT ACTIVITY.

Paradigm Shift in Laparoscopic Surgery at CHK

Civil Hospital Karachi (CHK) is one of the oldest and largest teaching hospitals of the country with more than 900 in-patient capacity and busy out-patient services. These services are not only catering for patients from the metropolitan mega city of Karachi, a large number of patients are seen traveling from far fetched areas of Sindh and Balochistan. CHK stands tall with pride of being host of the first Laparoscopic surgery performed in Karachi back in early 90s. It was performed by Prof. Shafiq ur Rehman, then assistant professor at CHK, who brought his own equipment and instruments to introduce local doctors and surgeons with this mode of surgical technique.

The minimal access method of surgery grew fast in popularity throughout the country. However, CHK and the rest of the country did not keep pace with the growth and development of technology as seen in other developed and developing countries globally.



Continued on Page 3

Dowites' 78 OT Complex a centre of Continuing Medical Education (CME)

Continuing medical education (CME) refers to a specific form of education that helps the medical personnel to maintain competence, integrity, and innovation in their fields.

The knowledge can be conveyed as live lectures, interactive sessions, written publications, online conferences, symposia and audio visual workshops.

The aim of CME is to provide knowledge and skills generally recognized and accepted by the professionals of basic and clinical medical sciences and the healthcare providers.

Continued on Page 2

Dots G.I. Centre

The Dowites78 Surgical Complex took a giant leap forward, when it established a full fledged Endoscopic and Gastrointestinal unit on its upper most floor. All sort of Endoscopies, Gastrosopies, Colonoscopies and ERCP's along with interventional procedures like stenting etc. are provided Free of Cost to the patients.

The President and the Executive Committee of Dowites78 Operation Theatre Welfare Society – DOTS® take the opportunity to express thanks and gratitude to the Department of Health, Government of Sindh, and administration of Civil Hospital Karachi for their continues support and assistance.

A state-of-the-art Gastrointestinal centre is functioning from early September 2009. We are doing upper and lower GI Endoscopies and ERCP's on latest model videoscopes. This, like all other services provided at Dowites78 Operation Theatre Complex is absolutely Free of Cost with free consultations as well.

This central endoscopy and GI Care centre will not only benefit the patients, it will open new avenue for the training of young Physicians, Surgeons and technicians.

Dowites' 78 OT Complex a centre of Continuing Medical Education (CME)!

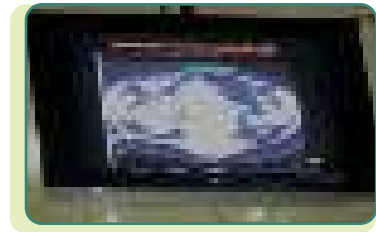
Continued from page-1

Dr. Fazal Wahab

In this regard Dowites' 78 operation theater complex is playing a vital role. Dowites' 78 operation theater (OT) complex started functioning on 13th September 2007 in the center of Karachi's biggest public sector tertiary care hospital. It was designed to cater the ever increasing needs of poor patients of Civil Hospital Karachi, with an aim to facilitate modern and hi-tech recommended health care in terms of surgery.

Dowites' 78 OT complex is not only providing free of cost operative care to the needy community through out the country but is also serving as a hub of CME. The well decorated, capacious and sophisticated seminar hall of OT complex provides recent and authentic medical knowledge to health community. MedInBytes is an innovative organization which promotes medical e-learning through its medical web portal organizes couple of live lectures, tutorials and workshops in OT Complex. Working in collaboration with OT complex staff, MedInBytes had organized **"Tutorials in Radiology"** 4 days workshop on 5TH, 12TH, 19TH and 26TH July' 2008 facilitated by Prof. Dr. Tamim Akhtar (Professor of radiology Ziauddin Hospital). Volunteers of MedInBytes organized lecture on **"Professional development"** on 16th December' 2008 in which Dr. Maimoona and Mr. umair enlightened the path of young doctors with realm of professionalism. Recently two session event **"Basics of research"** was organized on 21st march and 09th April' 2009, Dr. Momin Kazi taught basic methodology of research to the health community which was attended mainly by house doctors and post graduates. An ever needed lecture **"Unfolding the mysteries of ECG"** was arranged on 26th March 2009 and Dr. Syed Zahid Jamal (MD) Associate Professor of NICVD helped the audience to explore the mysteries of ECG.

Continuing medical education is not just to provide updates of clinical knowledge to health community, other learning is needed, including strategies for multidisciplinary and multiprofessional working and Dowites' 78 OT Complex is in the first line in these preceding. In future, Dowites' 78 OT Complex is serving as a platform of learning for the future doctors and the provision of modern surgical care to the poor class of our community, with which they were deprived of, in the Past.



Surgicon 2010 Karachi pre-conference live surgery workshop at Dowites78 Operation Theater Complex

Workshop

Monday, January 11, 2010

Upper GI Endoscopy
Lower GI Endoscopy
PEG
ERCP

Tuesday, January 12, 2010

Basic Laparoscopy
Difficult Cholecystectomy
Groin and Ventral Hernia Repair

Master Trainers

Prof Saeed Quraishy

Dr. Bader Siddiqui
Dr. Sahibzada Azizuddin
Dr. Iftikhar Ahmed

Workshop

Wednesday, January 13, 2010

Advanced Laparoscopy

Thursday, January 14, 2010

Bariatric Surgery
Dr. Ameer Khan

Friday, January 15, 2010

SILS

Master Trainers

Prof Mumtaz Maher
Dr. Aijaz Jabbar

Dr. Muffazal A Lakdawala

Prof Shafiq Ur Rehman
Dr. Haris

Paradigm Shift in Laparoscopic Surgery at CHK

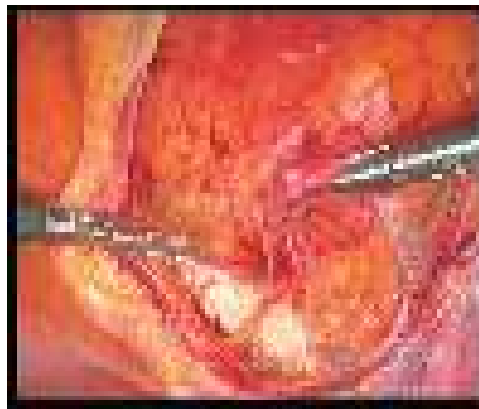
Continued from page-1

Laparoscopic cholecystectomy remained the only minimally invasive surgical procedure being done regularly at CHK for the next two decades, with a few other cases being done sporadically by a couple of enthusiastic surgeons, struggling for the acceptance of this newly developed method of surgery.

Although the technology in terms of equipment was soon available in CHK, but training, environment and attitude of patients, general practitioners and surgeons themselves did not do much to enhance the utility of laparoscope locally. Deteriorating conditions of the then functioning operation theatres in CHK were another major factor in limiting the advancement of this patient friendly relatively new technology. Working environment in those, so called, operating rooms were highly frustrating and extremely depressing. Performing the routine work in that environment was a tough task in itself; rest aside the possibilities of progress and advancement in techniques.

The start of Dowite78 OT complex was like a dawn for the progress of Laparoscopic surgery in CHK. From the word "go" everything was in place for success. Two of the six general surgery theatres were equipped with laparoscopic equipment, along with facilities of live audio-visual communication with the DOT auditorium for sharing experiences, teaching and learning. In a short span of two years, laparoscopic surgery had changed in the Institute. From a place where only cholecystectomy was done by the senior most member of the team, to a time when number of procedures are being done by all trained team members. Today we are performing advanced

surgical procedures through the laparoscope in the new OT complex. These procedures include diagnostic laparoscopy for diagnosis, staging and taking biopsies, appendicectomy, inguinal hernioplasty, umbilical and paraumbilical hernia repairs, hiatus hernia repair and fundoplication, heller's myotomy for achalasia cardia, excision of hydatid liver cysts, colectomies and laparoscopic assisted abdominoperineal resection.



This has not only provided better services for the poor patients of CHK but it has also created a healthy attitude of progress and development among the consultant surgeons, as well as the surgical trainees in the university hospital.

Another step that was taken in the same regard was developing the culture of training workshops. In order to create awareness and improve skills, a series of workshops on basic and advanced laparoscopic surgeries have been conducted in the Dowite78 OT complex. This was only possible due to the availability of the state of art operating facilities along with a audio-visually connected **auditorium with a capacity of over 200**. The workshops at CHK in

last two years have included live demonstration of advanced laparoscopic procedures along with hands on training of faculty and postgraduate trainees in different surgical units. Trainers and facilitators from within the country and abroad have participated in these workshops, organized by faculty of Dow University of Health Sciences (DUHS). The surgical faculty and other surgeons working in CHK has shown immense interest and enthusiasm for these events and played a major role in their success. The support provided by the DUHS administration and Professional Development Centre (PDC) at DUHS has also been remarkable in conducting these workshops and training sessions. Presently, Dowite78 theatre complex is pleased at what it has achieved and is working with zeal and enthusiasm towards all that it will conquer in the field of developing laparoscopic surgery in Pakistan. Insha-Allah!



Author:

Dr. Muhammad Shahid Shamim
MBBS, FCPS, FRCS (Glasgow)
Dip Bioethics
Fellowship Advanced Laparoscopic Surgery
Associate Professor, Surgery
Dow University of Health Sciences

Opportunities in the Operation Theatre Complex

Dr. Masood Jawaid

Dowites Class of 1978 has managed to build and commission the most modern state of the art Operation Theatre Complex (OTC) at Civil Hospital, Karachi. Its main objectives are to provide state of the art operating facilities free of cost to the underprivileged patients of CHK, professionally qualified human resource development through teaching and training facilities and Research and development activities.

. In the past surgical teams had to operate in very frustrating working environment without proper OT tables, lights, limited sutures and other accessories. One important achievement of OTC is not only to stop the Not Available lists (sent to every ward on preoperative day by OT staff) but also provide other items including sutures, staplers and PPH which are now available free to every patient.

There are two OT tables with full facilities of laparoscopic surgery which are of great help to the Surgeons. Now in OTC laparoscopic cholecystectomy is performed routinely besides advance laparoscopic surgeries including Lap. Abdominoperineal Resection of Rectum and Laparoscopic hernial repairs.

Teaching while live surgery is being performed is not easy. Patient's safety must remain the paramount concern for all personnel and in this regard teaching takes a secondary role even within "teaching" hospitals. Operation Theatre Complex has an excellent Seminar Room with facilities of live surgery demonstration which helps in

teaching and training of students and residents. Many live surgery workshops have already been successfully organized in the complex. As all documentation in OTC is computerized this provides an excellent opportunity to promote research culture by initiating studies since valuable data is now available which can be retrieved easily. The successful completion and commissioning of the OTC has proved that with devotion, dedication and vision, one can make a difference in healthcare system



**It takes five years to learn when to operate
and twenty years to learn when not to.
-Anonymous**

Co₂ Laser is now available in ENT OT

Prof. Jawed Alam
& Dr. Atif Hafeez

The OT complex is indeed a place you love to work in. The splendid atmosphere compels you to put more effort in delivering your best to the patients & to work at your full potential to upgrade the facilities of OT complex. Department of Otorhinology-Head & Neck surgery never lagged behind in these efforts. In fact the department has taken lead

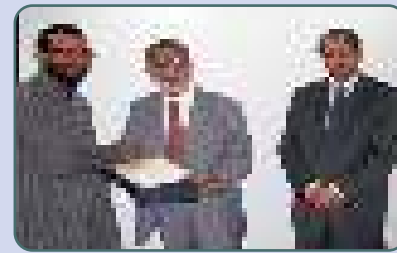


Organizer & Participant of LASER Course

in bringing a latest, state of art facility in this OT complex for the ultimate benefit of poor patients coming to the Civil Hospital Karachi. By the efforts of Prof. Jawiad Alam and Prof. M.

Saleem Marfani, Edhi foundation has donated Co₂ LASER equipment in the large benefit of patients. Now LASER surgeries can be performed by the Department of ENT for the various indications of larynx, pharynx and oral cavity and nose allowing to preserve the voice and swallowing function. In order to get the doctors of the department acquainted, a LASER Surgery course was also organized between 27th to 28th March. Dr. Sarwar Khan from KRL Hospital Islamabad was kind enough to conduct the course.

This course comprised of lectures, surgical videos & live surgeries as well. The course was attended by more than 70 participants from all over Pakistan. Before the formal beginning of course, the inauguration ceremony of LASER equipment was held. Prof. Masood Hameed Khan was the chief guest & Faisal Edhi was the guest of honour at the ceremony. Prof. Masood Hameed Khan admired the efforts of Department of ORL in getting this



Faisal Edhi Receiving Souvenir From Prof. Masood Hameed

equipment. He also appreciated the leading role of the Department in organizing various work-Shops & courses to train the doctors belonging to ENT speciality not only from Karachi but also from all over the country.

All participants praised the format, the quality and the standard of the course. The surgeries performed during the course included tonsillectomy, turbinectomy, vocal nodules excision. Participants enjoyed the live surgery demonstration of LASER techniques most of them for the first time. attended by more than 70 participants from all over Pakistan.

DOTS Eye Care Centre

This centre provides State of Art services in the field of Ophthalmology covering both the surgical and medical aspects of Eye Care. The services include the operative facilities for Cataract with Implants (IOL) using latest Phacoemulcification machines. The comprehensive evaluation for and surgery for Glaucoma and other oculoplastic surgery is routinely performed. The unit is especially equipped with latest machines used in medical and surgical retinal diseases. Fluorescein Angiography, Optical Coherence Tomography (OCT), and recent induction of **RetCam** for evaluation of pediatric retinal problems like cancers of the eyes and problems of premature new born infants are most updated and unique.

The facility of **Electro Diagnostic Tests (EDT)** of the eye is a recent induction. This machine is used for functional evaluation of retina and will perform **Electro Retinogram ERG, Electro Oculogram EOG and Visual Evoked Potentials VEP**. Ours is the only centre in Pakistan which has a complete set up with comprehensive software updates of this kind. This will help evaluation of hereditary disorders of Retina and Optic Nerve. Most expensive surgery of Retina in complex cases are routinely performed with an effort to train the juniors as part of teaching commitment.

This service is free of charge and can only continue if community feels the responsibility of sharing the ongoing Expenses by their generous donations.



ART FOR HEALTH

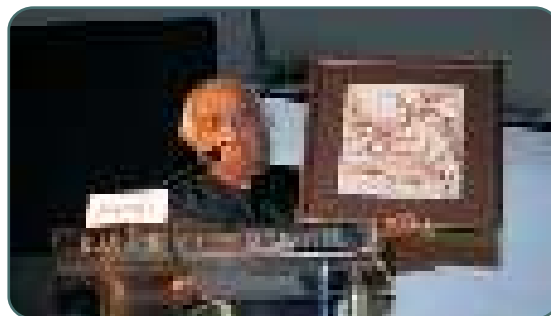
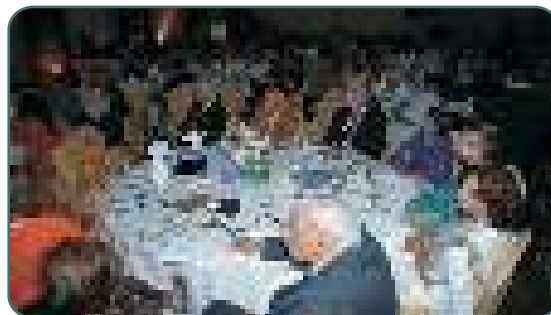
Dowites78 Operation Theatre Welfare Society held "ART FOR HEALTH" an exhibitioncum-auction of more than 130 pieces of Art work donated to the society by renowned artists of the country.

The main objective was to utilize the proceeds from these art pieces for supporting Free of Cost Surgeries to benefit the poor and needy patients of Civil Hospital Karachi.

The event took place in two steps. The exhibition and sale of more than 90 paintings was carried out at Alliance Francaise Karachi from March 19 to 21, 2009. The selected 40 paintings reserved for auction were also displayed and available for bidding. The auction followed on April 11, 2009 conducted by Mr. Anwar Maqsood. The painting by late Mr. Ismail Guljee was sold to the highest bidder at the price of Rs. 280,000/=. The art work by Ghalib Baqar, Abdul Hayee, Mansoor aye, Tabinda Chinoy, Riaz Rafi, Mashkoor Raza, Mona Naqsh, Amin Guljee, Athar Jamal, Tassadduq Sohail and many more was highly appreciated by the art collectors. The quality work by junior artists like Baqar Raza, Shumaila, Shehzad Zar etc. was also acknowledged.

The generated donations from this event are around 4.3 million. The society pays its heartiest thanks to all the artists who donated their priceless work for the promotion of our noble cause, the philanthropists who donated handsome amount against the collected paintings and all our well wishers whose unconditional support made this memorable event happen.

The society plans to organize another such event in February 2010 for which artists have already started to donate their precious work.



REPORT:**Surgeries performed from September 07 to September 08**

Surgeries	September-07	October-07	November-07	December-07	January-08	February-08	March-08	April-08	May-08	June-08	July-08	August-08	September-08	Total Surgeries
ENT Unit-I					15	46	71	65	58	60	76	62	49	502
ENT Unit-II					13	49	58	70	57	55	72	85	48	507
EYE Unit-II						46	110	109	98	77	79	68	65	652
Oro-Maxillo-Facial Surgery												10	14	24
Paediatrics Surgery												50	36	86
Plastic Surgery												43	46	89
Surgical Unit-I	20	19	30	28	54	61	71	81	59	56	68	80	47	674
Surgical Unit-II	13	7	25	19	57	52	81	56	53	69	79	45	41	597
Surgical Unit-III	10	19	18	15	62	56	54	69	63	63	54	67	41	591
Surgical Unit-IV	13	19	26	23	49	60	61	62	54	57	63	68	37	592
Surgical Unit-V	17	8	27	23	62	39	58	57	53	63	71	46	35	559
Surgical Unit-VI	10	6	20	7	43	44	45	55	45	45	57	48	36	461
Vascular Surgery												20	17	37
Total Surgeries	83	78	146	115	355	453	609	624	540	545	619	692	512	5,371

Surgeries performed from October 08 to October 09

Surgeries	October-08	November-08	December-08	January-09	February-09	March-09	April-09	May-09	June-09	July-09	August-09	September-09	October-09	Total Surgeries
ENT Unit-I	83	64	44	89	52	59	63	57	56	75	90	76	94	902
ENT Unit-II	79	55	50	54	72	41	81	69	77	72	75	53	67	845
EYE Unit-II	107	113	80	101	96	10	150	119	103	109	146	83	170	1,387
Neuro Surgery							1	4						5
Oro-Maxillo-Facial Surgery	8	15	14	11	8	13	17	19	20	20	16	13	19	193
Paediatrics Surgery	41	72	23	47	54	43	63	69	65	61	62	59	63	722
Plastic Surgery	62	64	46	68	52	58	66	63	64	71	82	38	91	825
Surgical Unit-I	58	80	47	65	61	55	56	49	40	68	46	49	76	750
Surgical Unit-II	64	61	34	68	56	54	62	52	63	52	49	37	72	724
Surgical Unit-III	52	57	44	58	37	42	30	41	42	51	41	47	62	634
Surgical Unit-IV	44	62	30	53	44	56	62	60	43	64	59	47	64	688
Surgical Unit-V	42	49	27	45	43	36	46	29	37	31	30	22	37	474
Surgical Unit-VI	58	76	52	66	52	54	60	48	61	59	51	42	66	745
Vascular Surgery	28	31	28	19	22	25	22	24	27	39	31	27	28	351
Total Surgeries	726	799	519	744	649	546	809	703	698	772	778	593	909	9,245

Highlights

Name of Surgery	Count
Laparoscopic Surgery	1228
Cancer Surgery	1869
Hernia Surgery	2401
Thyroid Surgery	418
Surgery on Lens of Eye	1032
Vitrectomy Surgery on Eye	331
Thoracic Surgery	27
Functional Endoscopic Sinus Surgery	170
Tympanoplasty (Ear)	51



Endoscopic Technology

GIMMI



Harmony® LED Surgical Lighting and Visualization System

STERIS



Operation Table


STERIS



Modular OT Turnkey Solution

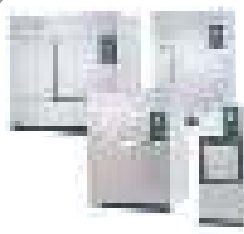
Weiss Klimatechnik GmbH
Air-Conditioning Systems for Hospital

WEISS TECHNIK



MICROWAVES DISINFECTION SYSTEM: ECOSTERYL

AMB



Sterilizers

STERIS



LAP Mentor II
Medical Simulators

Simbionix™



Simbionix Mentor™ Product Line

Simbionix™



MEDI URGE (Pvt.) Ltd.
Medical Equipment Supply & Services Company

Head Office: 5-B, Agro Flats, 41-Shadman Market Lahore 54000, Pakistan. Ph: +92-42-37581746-37566339
Fax: +92-42-37566340 E-mail: info@mediurge.com

Karachi Office: Office # 10, 2nd Floor, Hilltop Arcade, Gizri Boulevard D.H.A. Phase IV, Karachi.
Ph: +92-21-35861608, 35371576 Fax: +92-21-35861679

Islamabad Office: House # 428, Street # I, I-8/4, Islamabad, Ph: +92-51-4441488 Fax: +92-51-4432858



Operation Theater Complex

newsletter

Surgery for Free
Your Support Can Help Save Lives

SURGERIES

- Cancer Surgery
- General Surgery
- Eye & Retinal Surgery
- ENT Surgery
- Plastic Surgery
- Vascular Surgery
- Facio-maxillary Surgery
- Paediatric Surgery
- Neuro Surgery
- G.I. Care Center
- Eye Care Center

Please **Donate** generously Sponsor life saving operation

Your donation, however small or big will go a long way in alleviating sufferings and ill health.

ZAKAT ACCOUNT	DONATION ACCOUNT
Dowites78 OT Complex CHK A/C No. 010-2120-3 United Bank Ltd. Baba-e-Urdu Road Branch, Karachi.	Dowites78 Operation Theatre Welfare Society A/C No. 010-2282-6 United Bank Ltd. Baba-e-Urdu Road Branch.

All Donation / Zakat are exempted from Tax Vide CITCos V/2006/482

Contact Us:
Dowites'78 Operation Theatre Complex
Civil Hospital Karachi, Pakistan
Ph: 021-9216114-15, 021-2030951 Fax: 021-9216113
Email: dowitesotc@yahoo.com

Visit us at:
<http://surgeryforfree.pk>
we are waiting for your comments



MANAGING EDITOR :
Dr. Ashfaq Ahmed Bhutto

EDITORIAL BOARD :
Fakiha Rasheed
Dr. Ghazala Tariq
Dr. Mabel Zaki
Dr. Masood Javed
Dr. Seema Rehmanv

Printed at: **The Times Press (Pvt) Ltd.**
Tel: 4932931-3 Email: timekhi@cyber.net.pk