

# PAFP NEWS



## MRCGPCOURSE REPORT

Nobody thought that ALLAH will give us such a respect and success when a person put an idea of conducting a special and unique course for MRCGP [Int] under the supervision of Board members and examiners of Royal College, he is a great legendary member of Pakistan Academy of Family Physician, DR SHAHID SHAHAB (Chairman CME). This course is equally beneficial to Doctors who are not appearing in exam for up gradation of their knowledge. Some very important key features of this course to highlight the INETERNATIONAL standard and 100% result in previous days:

1. Supervision of Royal Colleges' Board members & Examiners
2. Lecture on a topic delivered by related fields' eminent consultant with latest guidelines and new strategies in that field.
3. MOCK TEST in each session
4. Answers and explanations of MOCK TEST
5. CD's, books, flash drives, and hand outs
6. Convenient twice a week classes in afternoon for busy practitioner
7. Collaboration of Fatima memorial hospitals family medicine department.(Lunch and tea for registered candidates)

All MCQS are discussed by FACULTY MEMBERS which consist of MRCGP passed doctors before each session to maintain the standard and quality.

In the end I wish that all candidates will pass their future exam or upgrade their knowledge to international standards so that dream of DR BASHIR (founder of PAFP) comes true.

## BOARD MEMBER & EXAMINERS OF RCGP:

- |                         |                  |
|-------------------------|------------------|
| 1. DR.NOOR AHMED AKHTER | 2. DR.NASIR SHAH |
|-------------------------|------------------|

## FACULTY MEMBERS:

- |  |                      |
|--|----------------------|
| 1. DR.TARIQ MEHMOOD MIAN(President PAFP) | 2. DR.SHAHID SHAHAB  |
| 3. DRAZHAR YUNUS                         | 4. DR.MISBAHULARFEEN |
| 5. DR.SOHAIB AHMED KHAN                  | 6. DR.MOHAMMED ALI   |
| 7. DR.ZULFIQAR AHMED                     | 8. DR.ASMA           |
| 9. DR.AZAM MOHIUDDIN                     | 10. DR.AHMED SOHAIL  |
| 11. DR.YUSUF IKRAM                       | 12. DR.NASIR SHAH    |
| 13. DR.NOORAKHTER                        |                      |

Courtesy by  
DR.MISBAHUL ARFEEN



## CHAPTER REPORT BY DR. ZAKA GHANI

By the Grace of Almighty Allah Pak PAFP(Regd) is growing like anything with many great achievements in the recent few months. PAFP(Regd) has opened several new chapters led by very energetic known family physicians along with their dedicated teams working day and night for the achievements of new horizons.

Above all I will not forget the dedicated and full-hearted support from Dr.Shahid Shahab, Chairman CME, who has guided me and played a vital role in opening of these new chapters. There are still many other chapters, which are in pipeline waiting to be opened. List of newly opened chapters is as follows:

1. **RAVIROAD CHAPTER**  
President: Dr.Asim Shafiq Gen.Sec: Dr.Muhammad Asif
2. **PESSI CHAPTER**  
Patron: Dr.Qamar ul Zaman President: Dr Touqeer Gen.Sec: Dr.Faheem
3. **WALLED CITY CHAPTER**  
President: Dr.Fazal ul Mannan Gen.Sec: Dr.Arshad Mahmood
4. **BAND ROAD CHAPTER**  
President: Dr.Sohail Razzaq Awan Gen.Sec: Dr.Pervaiz Zareef
5. **GANJ BAKSH CHAPTER**  
President: Dr.Irshad ullah Ghumman Gen.Sec: Dr.Adnan Sarwar
6. **BADAMI BAGH CHAPTER**  
President: Dr.Tanweer Gen.Sec: Dr.Kashif
7. **SAMANABAD CHAPTER**  
Patron: Dr. Farooq Khan President: Dr.Arif Jehangir Gen.Sec: Dr.Gulraiz Sh.
8. **GULSHAN E RAVI CHAPTER**  
President: Dr.Furqan Gen.Sec: Dr.Mubeen



### **DIABETES COURSE ARRANGED BY PAFP (Regd)**

(Report by Dr. Tahir Chaudhary)

Pakistan Academy of Family Physicians (PAFP) held a Diabetes Workshop in collaboration with Pakistan Endocrine Society (PES) at "Sukh Chain wellness club resort" Lahore. The main objective of this workshop was to train and update family physicians for the evidence based management of diabetes mellitus in their clinical set up. This was a six module workshop of total 15 credit hours started from 24<sup>th</sup> May 2009.. Each module was conducted on Sundays as follows;

**Module 1: Pathophysiology of Type 2 Diabetes:** This Module was taken up by Dr. Muhammad Tahir Ch Secretary General PAFP on 24<sup>th</sup> May 09. Dr. Tahir has done his Post graduate certification in diabetes with American diabetes association.

**Module 2: Use of oral hypoglycemic agents in Type 2 Diabetes:** This module was conducted on 31<sup>st</sup> May 2009 by Dr. M. Imtiaz Hassan (FCPS), Medical Director Diabetic's Institute of Pakistan (DIP) Lahore.

**Module 3: Use of Conventional Insulins in type 2 diabetes:** This module was again taken up by Dr. Muhammad Tahir Ch on 7<sup>th</sup> of June 2009.

**Module 4: Gestational Diabetes:** Dr. Khursheed Khan, Associate Professor and consultant endocrinologist from Jinnah hospital Lahore was responsible for this topic taught on 14<sup>th</sup> of June 2009.

**Module 5: Insulin Analogues:** Dr. S. Abbas Raza, consultant endocrinologist from Shaukat Khanum Memorial hospital Lahore trained the participants in using insulin analogues on 28<sup>th</sup> of June 2009.

**Module 6: Meet the experts:** This final module was conducted on 25<sup>th</sup> of July 2009. An eminent diabetes expert Dr. Shahid Mahmood from Hameed Latif Memorial Hospital Lahore chaired this module along with Dr. S. Abbas Raza and Dr. M. Imtiaz Hassan. In this very unique session, the participants of this workshop held an open house discussion with these eminent experts and cleared any doubts and queries regarding the understanding of this disease and its management during their course.

At the end of this module, 40 participants from first batch were awarded certificates from Pakistan academy of Family Physicians and Pakistan endocrine society. President PAFP Dr. Tariq Mahmood Mian and Senior Vice President Dr. Saeed Ahmad presented shields from PAFP to the guest of honour Dr. Shahid Mahmood and all the members of the panel of experts including faculty members.

A second Batch comprising of 50 doctors has been started from 19<sup>th</sup> of July 2009 at "Mansionette" Lahore who will complete the same modules within next 2 months.

Pakistan academy of family physicians (regd) has many other training and CME programs in pipe line for family physicians. Details of these programs can be downloaded from PAFP website at [www.pafponline.com](http://www.pafponline.com).



### **PAFP (Regd) Collaborates with Contech International for TB-DOTS PPM Program**

By Dr. Naveed Bhatti

First Center Inaugurated in Zikariya Hospital by Dr. Darakshan Badar (Program Manger, Provincial T.B Control Program) and Dr. Naeem uddin Mian (CEO Contech International-Health Consultants) on 18 July 2009. Special training sessions were held for the members of PAFP (Regd) by Dr. Muhammad Ashraf Ch. (Program Manager, TB-DOTS PPM) from 15<sup>th</sup> -17<sup>th</sup> July 2009. Certificates of Training were distributed amongst the trained members of Pakistan Academy of Family Physicians (Regd).

### **PAFP (Regd) Signs MOU with MDM**

Pakistan Academy of Family Physicians (Regd) joined hands with MDM to provide medical assistance to Female Victims of Violence. A MOU was signed by Dr. Tariq Mehmood Mian, President PAFP (Regd) and Miss Lucy on 18<sup>th</sup> of July 2009 in Lahore.



## WORKSHOP ON CARDIOVASCULAR HEALTH

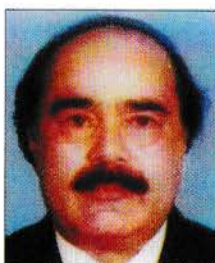
A certification workshop consisting of a series of four lectures for participants from PAFP was conducted at AIMC from 28.05.9 to 14.07.09.

It was a very informative and well conducted workshop, which attracted ninety busy Family Physicians who attended the lectures at regular intervals of two weeks.

The workshop was organized by Prof. Dr. Javed Akram, with the collaboration of PAFP, and sponsored by Messers Pfizer Pharma.

Two of the four excellent lectures were delivered by Dr. Javed Akram, while the other two were presented by Prof. Dr. Zubair Akram, ( whose presentation on ECG was liked most ), and Assos. Prof. Dr. Tariq Waseem. The final lecture had the distinction of having the legendary cardiologist Prof. M. Zubair as Chief Guest, who gave shields to the lecturers and certificates of participation to Dr. Tariq Mian, Dr. Saeed Ahmad and Dr. Tahir Chaudhry.

Dr. Omar Rasheed  
Vice President PAFP (Regd)



## ASTHMA WORKSHOP REPORT

Pakistan Academy Of Family Physician (Regd) is well known for the curricular and extra curricular activities. Continuous Medical education of Family Physicians being on the top priority, is the motto of the Academy. Pakistan Academy of Family Physician (Regd) arranged a battery of Interactive Workshops and Hand on Training Programs on different subjects. Recently PAFP (Regd) arranged a magnificent and well attended Asthma Workshop with Hand on Training Program on commonly used respiratory devices such as Nebulizer, Inhalers, Peak flow meter and monitoring and charting the asthma control. It was a four days workshop that will hopefully enable the Family Physicians to manage the asthma control according to the latest GINA Guidelines.

After the completion of first batch, second batch is underway and so far six more batches have been registered that shows great enthusiasm and interest of the Family Physicians to learn the management of asthma. I am thankful to Dr. Talat Saeed Consultant Pulmonologist and Head Department of Chest Medicine including Asthma and Lung Cancer Gulab Devi Chest Hospital and Dr. Zaheer Akhtar, Pulmonologist and Assistant Professor Gulab Devi PGMI for extending their efforts and participation as speaker.

I am also thankful to m/s Highnoon Laboratories Limited for their great support and sponsorship to arrange the series of workshops on asthma.

Dr. Tahir Saeed  
General Secretary Pakistan Chest Society (Pb)  
President Feroze Pur Road Chapter PAFP (Regd)  
Chairman Asthma Workshop



## PAKISTAN ZINDABAD

The crowd roared as Dr. Tariq Mian (president pafp) hoisted the flag of Pakistan with full enthusiasm while singing the national anthem. The patriotic fervour was seen at its best in academy office on 14th August when overwhelming majority of doctors attended the simple but graceful flag hoisting ceremony to display their love and devotion for the country.

After the flag hoisting ceremony, there was a quiz competition, speech competition and mili naghmas competition among children of doctors. The children actively participated and won lots of prizes provided by Pharmevo. After the program (President Pafp) Dr. Tariq Mian was invited to share his views on the occasion. In his speech he threw light on the importance of independence and pledged that pafp will continue for the welfare of the country.

After the closing ceremony, an appetizing and delicious breakfast was served to the attendants. Thank You Pafp For making my independence day wonderful. PAKISTAN PAINDABAD

Talha Asif  
s/o  
Dr. Muhammad Asif



## **CME Activities of PAFP (regd) in North Lahore A unique CME Programme**

For the last many years, PAFP (regd) is conducting its CME programme in North Lahore. I have the honour to host these meetings. A hall has been dedicated for this purpose. Computer and multimedia facilities have been provided.

This Programme was started by Professor Dr. Mahmood A Malik.

The Unique features of this Programme are:-

It starts at 8:30am on every Friday and concludes with breakfast at 10:30am. Issues of Practice management are discussed here and Personal experience are shared by the family physicians.

Topics of Practical importance are presented by the family physicians named by Dr. Shoaib Ahmad, Dr. Shahid Shahab, Dr. Fayyaz Mahmood Baig, and Dr. Azhar Mahmood. Different courses of ECG, X-rays and ultrasound have been successfully completed. This programme is so interesting that once a family physician attends this programme, he becomes a regular attendee of it.

**Dr.Saeed Ahmad**

Sr. Vice president PAFP (regd)



## **Applications invited for the Bashir Malik Gold medal Award A medal of Real Gold and a big Cash Prize**

PAFP (regd) invites applications for the "Bashir Malik Gold medal Award" in memory of its founder Dr. Bashir A Malik. This Award Consists of a medal of Real Gold and a big Cash Prize. It will be given on eve of the upcoming annual conference. The nomination will be based on getting the maximum scores. The Scores will include affiliation with the PAFP (regd), postgraduation, attendance in the CME Programmes and Conferences, holding CME programmes, Research work, Teaching experience, delivering Lectures and Published articles. The decision will be made by a Committee of

one PAFP member and two neutral members i.e Dr. Nasir Shah (FMH) and Professor Dr. Saulat Ullah Khan (PGMI). Submit your application with Dr. Naveed Bhatti in PAFP (regd) office.

**Dr. Shahid Shahab**

MBBS.MCPS.MRCGP

Chairman CME programme PAFP (regd)



## **Ravi Road Chapter of PAFP (regd) Honored to be the Host of Annual Ultrasound Course at Zakariya Hospital Lahore.**

Since the death of Founder president Dr. Bashir A Malik, Ravi road Chapter of PAFP (regd) has the honour of becoming the host of the annual certificated ultrasound course of PAFP (regd) at the Bashir A Malik CME center, Zakariya Hospital Lahore. This year the course is being conducted from 16 Nov. to 22 Nov. 2009, 3:00 pm.....6:00 pm daily.

As usual the course coordinator will be Dr. Manzoor Ahmad. Interested members can register themselves with me or with Dr. Naveed Bhatti.

**DR. Asim Shafiq**

President Ravi Road Chapter  
PAFP (regd)