

ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTHERN EUROPE

NEWSLETTER

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Dr. Hasan Jawed
Dr. Iram Saeed
Dr. Ambreen Sajid Rauf
Dr Mohammad Afzal Sawal
Mr. Naseem Waraich



APPNE

Annual Social Event

7 March 2020

At Sheridan Suite, Manchester

Book it Today

<https://appne.uk/members/secure-members-area/>

Free Annual CPD/CME Event

7 March 2020

At Vermilion, Manchester



Message from the President Dr Amir Burney

Dear all,
Assalamu Alaikum and greetings.

I hope you all had a wonderful time over the festive period. I wish you a prosperous and rewarding new year. It has been a year since we got elected as APPNE officials and it is simply amazing how quickly it has gone.

First and foremost, I would like to extend my gratitude to the APPNE Trustees, Executives and our valued members for their support and hard work over the past year. Our portfolio of activities and achievements over the last year is a reflection of efforts and hard work by our team.

You will be pleased to know that the APPNE Team and many of our valued APPNE members have independently organised or been part of more than 50 events since November 2018. These include educational and academic activities, operational and strategic meetings, signing of memorandum of understanding (MOUs), engagements with local and international organisations and networking activities. Our work has now been recognised in Pakistan at the highest Governmental levels and across Europe through our engagements with various organisations both within the medical fraternity and beyond.

Our newsletters and the Souvenir magazine which will be launched at the forthcoming APPNE 2020 event in Manchester will highlight these activities. Our membership base has been growing steadily over the year which is a testament to our collaborative hard work and a direct result of the many altruistic initiatives undertaken since we took office.

I welcome you all and extend an invitation to you and your family to our first annual APPNE EVENT in Manchester on 7th March, 2020. My team has been working very hard to organise this event and your participation is the real key to our success. We have organised both educational and social events for you and your families. I am especially reaching out to the younger generation of doctors and medical students to attend these events. Your support is essential and you are the future of APPNE.

I am humbled and proud to be your President and I look forward to your support and guidance for the coming year. The work goes on and we shall Insha Allah have another successful year.



Message from General Secretary Mr Irfan Akhtar

Dear Colleagues

It gives me a great pleasure to write for this newsletter which comes just before our Annual function.

APPNE has made a great progress since the last time I updated you, and I cannot thank you enough to our members who have given great ideas and participated in many projects and also the executives whose dedication and commitment is unparalleled.

As per our mission statement, we continued with our engagements with local doctors in UK, developed strong bonds with multiple universities in Pakistan and built good working relations with College of Physicians and Surgeons of Pakistan.

It gives me immense pleasure that the educational activities have received a very positive feedback and we are working around expanding the footprint in coming future. It would be essential that I thank my friends, worthy colleagues and members of APPNE who took time out at early weekend mornings to run lectures and tutorials which have become quite popular. Educational committee continues to gain popularity and we are receiving almost daily requests for advice on various aspects of working in NHS.

There are many upcoming projects and I will encourage the membership to actively participate, as it is you which brings strength and credibility to the association. The membership numbers are increasing, speaking volumes to the trust medical fraternity is putting in APPNE.

Our annual event is just round the corner, the executives and members are working day and night to make it a success. I would encourage that you attend with your families as APPNE is more than just professional activity but rather a platform for us to socially engage.

I look forward to seeing you on 7th of March in Manchester at CPD and annual event.

EXECUTIVE COMMITTEE UPDATE

The third Executive Meeting was held at Connect House, Nottingham on 29th September 2019. The meeting was attended by Dr Amir Burney, Mr Irfan Akhtar, Dr Afzal Sawal, Dr Aamir Ayub, Mr Naseem Waraich, Mr Syed Iftikhar Yusuf and Ms Sadaf Jafferbhoy.

Legal and disciplinary issues were discussed and it was agreed that members would breach the constitution if they are out of country and retained their membership or trusteeship. The committee agreed on the need of representation of the organization on social media and that the Social Secretary will monitor and appraise the organization of activities within and outside the UK. The Committee decided to hold the first annual event in the new year in Manchester and few suggestions for possible venues were made.

The fourth Executive Committee Meeting was held on 15th December 2019 at Walsall, attended by Dr Hasan Jawed, Dr Imran Ghanghro, Dr Amir Burney, Dr Irfan Akhtar, Dr Hisham Haq and Dr Aamir Ayub. Issues around organizing the annual event were discussed particularly membership renewals and organization of sub-committees which will be responsible for various aspects of management of the event. A local organizing committee will be formed which will include non-executive members but the role of LOC will be defined. It was decided to hold a CME on the same day as the annual event which will be the responsibility of the Education Committee. It was agreed that we would seek help from members to volunteer in organizing the event.

An official invitation for our annual event along with an offer for patronage will be sent to the Pakistan High Commissioner, Mr Nafees Zakaria. The Executive Committee decided to invite some key people to one forum and introduce APPNE, the strategy for which will be discussed amongst executive members. It was also agreed that the quarterly newsletter will be shared widely and will be sent to other organisations. The need for updating our official website was once again discussed and this task was taken up by General Secretary and Acting Joint Secretary.

The executive team will continue to discuss issues around organizing of the event and the next Executive meeting will be held after the annual event, the date and the venue will be confirmed closer to the time.



APPNE

ONE VOICE, ONE COMMUNITY
REGISTRATION REPRESENTATION COLLABORATION

ANNUAL MEET 2020

On 7th March 2020



USMAN FAROOQ!

Renowned Pop Sensation

DINNER

LIVE MUSIC

EXHIBITION STALLS

CHILDREN ENTERTAINMENT



ABDULLAH AFZAL

English Actor
&
Stand-up Comedian

Details

CPD Event:
Translate Recent Medical
Advances into Practice
& Poster Competition
Timing: 4pm to 6pm

Venue:
Vermilion
Manchester
M40 8AD

Ticket
Members £30 | Non-Members £35

Contact Details:
Corporateaffairs@appne.uk
visit: www.appne.uk

Annual Meet 2020:
Timing: 6pm till late

Venue:
The Sheridan
371 Oldham Road
Manchester M40 8RR

APPNE attends Sindh Doctors Annual Meeting



The Executive team of Sindh Doctors Association (SDA) invited the President of APPNE and APPNE officials to attend the SDA UK conference on 14th September, 2019. Dr Amir Burney, Mr Umar Daraz Khan and Mr Awais Shaikh attended the meeting. There was a healthy discussion between the APPNE Executives and other guests on matters related to doctors, both in Pakistan and Europe with particular emphasis on issues around working collaboratively and seeking higher education in British Pakistani Community.

Memorandum of Understanding -APPNE & IPPA

APPNE And The Irish Pakistani Professionals Association (IPPA) recently signed a Memorandum of Understanding which sets the terms and understanding between the two organisations.

IPPA is a group of professionals from different fields of life who believe in collective efforts of a society to promote integration without compromising on cultural values. IPPA envisions raising respect and honour of the Irish Pakistani diaspora and transfer Pakistani values to the next generation of Irish Pakistanis. APPNE is actively building partnerships with likeminded and forward thinking organisations within Europe and Pakistan and welcomes the cooperation and patronage within the Republic of Ireland.



APPNE Overseas Meetings

Meeting with Minister of State & Special Assistant to Prime Minister for Overseas Pakistanis & HR Development

The APPNE delegation met Mr Zulfi Bukhari, Honourable Minister for State & Special Assistant to the Prime Minister for overseas Pakistanis on 3rd December 2019.

The visiting team comprised of Dr Amir Burney, Mr Irfan Akhtar and Dr Ambreen Sajid Rauf. At the meeting, matters of mutual interests pertaining to the overseas workforce including doctors and nurses, primary healthcare in Pakistan, undergraduate and postgraduate training including improving English as a foreign language, communication skills and opportunities to work collaboratively were discussed.



Meeting With Provincial Health Minister

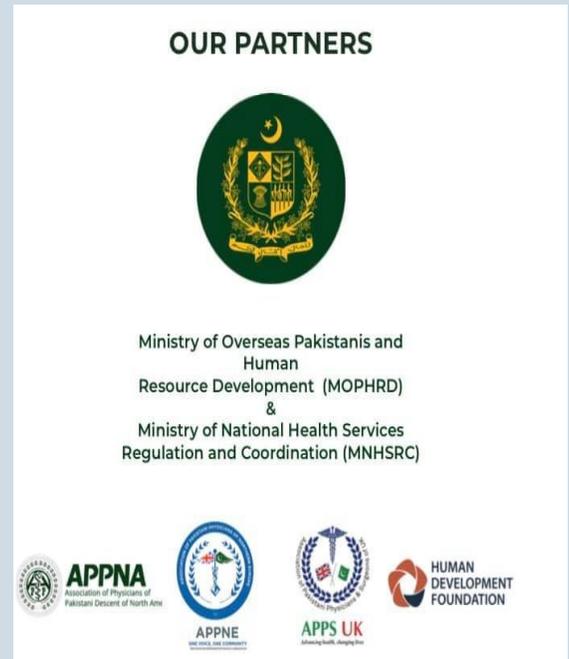
The APPNE delegation met the Honourable Provincial Minister of Health, Punjab, Professor Yasmin Rashid at the offices of the Specialised Health Care and Medical Education Department in Lahore, Pakistan on 2nd December 2019.

Matters of mutual interests pertaining to primary healthcare in Pakistan, women's health, undergraduate and postgraduate training and opportunities to work collaboratively were discussed.



Yaran-e-Watan: Pakistan Diaspora Health Initiative

APPNE is delighted to announce that it is now an official partner for the Yaran-e-Watan program of Government of Pakistan. It is a collaborative project between Ministry of National Health Services and Ministry of Overseas Pakistanis and Human Resource Development. On one hand, where it is a testament to our hard work for the past year, it is also a matter of honour and pride to be recognised as a stakeholder partner for the program. The organisation with its strong professional membership base will strive to deliver and contribute to this unique program. We are seeking expressions of interest from APPNE members to help in relevant initiatives in future.



MOU APPNE & Shaheed Zulfiqar Ali Bhutto University

APPNE Team met Professor Tanwir Khaliq, Vice Chancellor of Shaheed Zulfiqar Ali Bhutto Medical University and signed a memorandum of understanding on 3rd December, 2019 agreeing to work synergistically helping both the Pakistani and the European Pakistani Diasporas furthering educational and academic activities.

We look forward to a collaboration, which will focus on undergraduate and postgraduate teaching and training, research and audit, exchange of information and sharing knowledge and information.

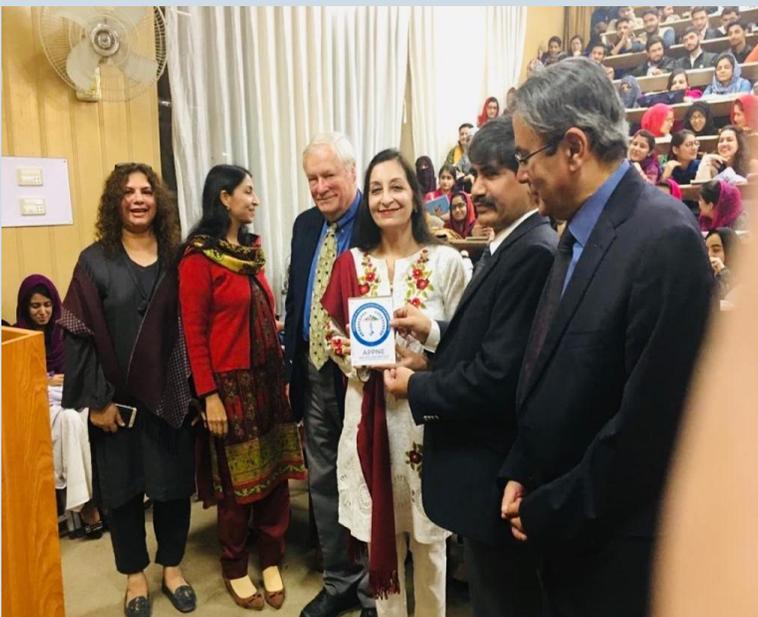


MOU APPNE & Rawalpindi Medical University

On 4th December 2019, the APPNE delegation met The Vice Chancellor, Professor Mohammad Umar at the offices of the Rawalpindi Medical University (RMU) in Rawalpindi, Pakistan. The visiting team comprised Dr Amir Burney, Mr Irfan Akhtar and Mr Khurram Siddique. Professor Mohammad Umar was highly receptive and welcomed the APPNE team. The VC was highly impressed by the achievements of APPNE. The meeting lasted well over an hour and opportunities to work collaboratively and synergistically were identified and agreed mutually to implement in future. Following the meeting, an MOU was signed between APPNE and RMU. The President of APPNE also presented a memento to the VC and extended an invitation for the upcoming annual event.



Meeting at King Edward Medical College



Dr Ambreen Sajid Rauf, Consultant Gynaecologist and Obstetrician and Executive Member APPNE visited her Alma Mater King Edward Medical University. She met with Vice Chancellor Professor Khalid Gondal, Professor Saira Afzal and the faculty at KEMU and delivered a talk about APPNE. This was a highly successful visit with aims of mutual collaboration, facilitating medical education and training of doctors in Pakistan and Europe.

Overseas Educational Activities

SECOND BREAST SURGERY WORKSHOP

The APPNE Education team are proud to share our overseas educational activity, which included a two-day workshop on Breast Cancer held at Jinnah Post-graduate Medical Centre (JPMC) on 16th and 17th December 2019 in Karachi. Professor Shameem Qureshi and Mariyah Anwer at JPMC Ward Two were key organisers of the event. As an APPNE educational initiative, this was a free of cost event. Mehboob Mirza (Breast Surgeon), Sadaf Fatima Jafferbhoy (Breast Surgeon), Sohail Anwar (Breast Oncologist), Humaira Khan (Breast Radiologist) and Mirza Sharjeel Baig (Breast Pathologist) represented the APPNE team. Eminent surgeons, radiologist and pathologists attended the workshop not only from Karachi but also from Larkana, Peshawar and Quetta. The two-day workshop included lectures on Breast radiology and pathology, medical and surgical management of Breast Cancer.

Live demonstration of common breast procedures followed by a panel discussion of a selection of cases of breast cancer patients. The workshop was concluded by vote of thanks by the organisers, Professor Tariq Mehmood and Mr Mushtaq Chapra (Chairman, Patients AID Foundation).



Lecture On Oncoplastic and Aesthetic Surgery



The second overseas APPNE educational event was organised at Muhammad Medical College (MMC) in Mirpurkhas, Sindh on 2nd January 2020. This was an interactive session on Oncoplastic and aesthetic breast surgery, which attended by 4th year and final year surgical residents and senior clinicians. Following the lectures, participants had the opportunity of exploring the options for training options in the United Kingdom and discuss complex issues related to management of breast cancer. This was indeed a great effort towards transfer of skills and knowledge by Ms Sadaf Jafferbhoy (Consultant Breast Surgeon) and Mr Umar Daraz Khan (Consultant Plastic Surgeon).

Symposium on Breast Surgery: Challenges & Updates

APPNE was part of an educational event held at Aga Khan University Hospital, Karachi on 3rd January 2020. The session included lectures by APPNE members Mr Umar Daraz Khan and Ms Sadaf Fatima Jafferbhoy on innovative muscle splitting technique for aesthetic procedures and oncoplastic techniques in Breast Cancer management. The session was broadcasted live in various other cities of Pakistan. This was a wonderful opportunity to share ideas and experiences with colleagues and experts in Pakistan. A wonderfully hosted and organised event by Dr Zia Ul Islam at Aga Khan Medical University (AKU). APPNE is thankful to Dr Zia-ul-Islam for inviting APPNE members as guest speakers to this event.



Lecture Series in Urology

Mr Shabi Ahmed, Consultant Urological Surgeon visited Pakistan to deliver lectures and transfer of skills at various medical university including Dow University of Health Sciences (DUHS) and Liaquat University of Medical and Health Sciences (LUMS).



Shaheed Benazir Bhutto

Teaching for Medical Students

Dr Amir Burney conducted teaching sessions for Third year medical students at Shaheed Benazir Bhutto Hospital. His topic for teaching was 'Taking nearly perfect clinic history.' Dr Amir Burney stressed upon the importance of good communication skills in clinical practice.

APPNE was very impressed by the knowledge and professional behaviour of the students. It was a pleasure meeting faculty members, especially Professor Naeem Zia and many other distinguished clinicians on the day. .



Teaching Session for Post Graduate Surgical Trainees & Faculty of Surgery



Dr Amir Burney conducted an interactive presentation for Postgraduate surgical trainees and the surgical faculty at Shaheed Benazir Bhutto Hospital. His topic of presentation was 'Teaching in the Clinical Environment' which was widely appreciated by the participants. This interactive session received highly positive feedback.

Mr Khurram Siddique Consultant General Surgeon also gave a talk on 'Risk Management', which generated a large interest by the participants. There was post presentation Q&A session, which allowed participants to ask questions in relation to the topics presented.

Teaching Session for Post Graduate Surgical Trainees & Faculty of Surgery



As part of the ongoing APPNE overseas educational initiatives, APPNE General Secretary and Consultant Surgeon Mr Irfan Akhtar visited the surgical department at Benazir Bhutto Shaheed Hospital and conducted teaching sessions for Post-graduate surgical trainees and the surgical faculty. His topic of presentation was 'Complex Abdominal Wall Repairs' which was widely appreciated by the participants. This was a highly interactive session, which received highly positive feedback.

APPNE Trustee Awarded

The College of Physicians and Surgeons Pakistan awarded an Honorary Fellowship to Mr Amir-ul-Haq Khan Consultant General Surgeon an Honorary Fellowship of the College in December 2019 in recognition of his professional achievements, academic successes and contributions of excellence in the field of surgery.

APPNE is proud to have one of our very own to be recognised and honoured.



National Educational Activities

The Educational Committee organised a training day in Leicestershire on 1st September 2019. This programme was aimed for International Medical graduates addressing issues in day to day practice in the NHS. Consultants from various medical specialties were the speakers at this event and covered various topics including Communication Skills, Portfolio enhancement, Stress and Burnout and NHS pensions. The speakers stressed the need for good communication to be an effective team player, challenges faced by International graduates and various strategies to prevent burn out were discussed.

Some of the comments from the participants were

Wonderful event

Relevant topics to junior doctors

Enthusiastic speakers



**Association of
Pakistan Physicians
of Northern Europe**

EDUCATION EVENT SEPTEMBER 2019
(1st September 2019, 10 am- 2 pm)

Address :
Markfield Institute of
Higher Education, Ratby Lane,
Leicestershire LE67 9SY
5 Minutes from junction 22 M1

Booking Information :

- For Registration, www.eventbrite.co.uk
- Programme details available at: www.appne.uk
- Further information, education@appne.uk

Communication Skills :

- Challenges for International Graduates.
- How to break bad news.
- An effective written communication.
- Q&A

Enhancing your ePortfolio :

- Projects that make a difference.
- Teaching in a clinical environment.
- Q&A

Survival in NHS :

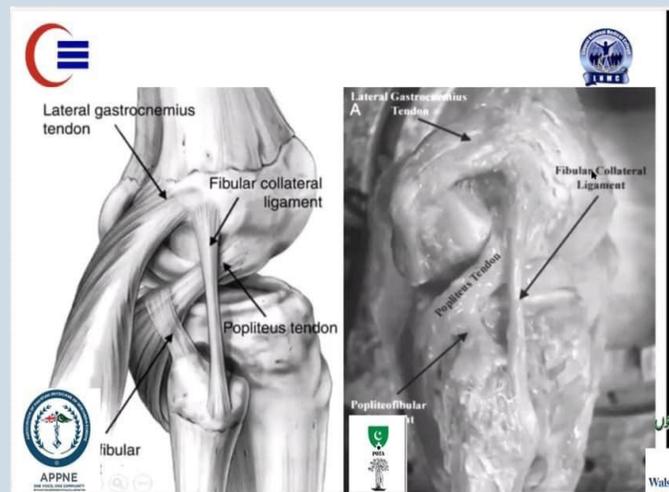
- How to identify stress at work place?
- Burn out in Medical professionals.
- Q&A

Finance :

- NHS Pensions: is it the right way forward?
- Q&A

Hip Arthroscopy Made Easy

Mr Munawar Shah, Consultant Orthopaedic Surgeon, Manor Hospital, Walsall has successfully continued his Web Based Orthopaedic Training in collaboration with Pakistan Orthopaedic Association. The sessions are conducted via zoom technology on a regular basis and many orthopaedic trainees across the globe have benefited from Mr Shah and his team's expertise. The course has been of immense benefit to candidates taking the Fellowship in Orthopaedic Surgery (FCPS) at the College of Physicians and Surgeons of Pakistan.



Message for Members

APPNE is keen in conducting educational activities and help young doctors of Pakistani descent in the UK. We have created a GI forum and would welcome members with GI specialist interest to join us.

Members interested in joining the poster judging panel at the upcoming CME event can send their expression of interest to the education team on education@appne.uk by 16th February 2020.

We are constantly receiving requests from medical students and junior doctors from Pakistan for electives and observerships. If you would like to get involved in our educational activities or can help in getting attachments in your local hospital, please contact us on education@appne.uk

If you are interested in joining us on Yaraan-e-watan project, you can write to us on info@appne.uk

The Newsletter editorial team would like to hear from you. If you have been recognised for any achievements locally or internationally, then do let us know. APPNE team will highlight your achievements in the newsletter. Please email your write up or photos to info@appne.uk

Editorial: Mehboob Mirza, Imran Ghanghro, Sadaf Jafferbhoy, Hasan Jawed & Iram Saeed

Website: www.appne.uk

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Instagram: [appne_official](https://www.instagram.com/appne_official)

Facebook: [Association of Pakistani Physicians of Northern Europe](https://www.facebook.com/AssociationofPakistaniPhysiciansofNorthernEurope)

Forthcoming Events

Walsall Healthcare NHS Trust **NHS**

**WALSALL MANOR HOSPITAL
SECOND ST3 SURGICAL INTERVIEWS COURSE**



**WALSALL MANOR HOSPITAL,
MLCC, ROOM 10
29TH FEBRUARY 2020
9:30AM TO 4:00PM**

Lead Consultant:
Mr. Naseem Waraich,
Consultant Colorectal Surgeon

For registration:
Mr. Muhammad Ali Karim
muhammad.karim@nhs.net

Mr. Salman Mirza,
Consultant UGI & Bariatric Surgeon
Divisional Director Surgical Services

Mr. Shadi Abdelrahman
shadi.abdelrahman@walsallhealth
care.nhs.uk

Caring for Walsall together



Critical Appraisal Skills Course, Date TBC

Facilitators

Dr Waqas Waheed MD MRCPsych

&

Nadine Mirza MPhil

The University of Manchester

Wali Waheed MPH

The University of Leicester

Workshop Contents

Formulating the clinical question, Primary hypothesis, Subgroup analysis, Confounding
Types of study design, Sampling, Bias, Matching, Randomisation, Blinding,
Reliability, Validity, Outcomes, Describing and summarising data, Risks and odds,
Null hypothesis, p values, Appraising a randomised Controlled Trial
Appraising a systematic review

CESR Workshop , Competency achievement towards successful outcome, Date TBC

Facilitator, Dr Iqbal Naeem

Workshop Objectives

Getting familiar with the process of application through CESR, Introduction to Intending Learning Outcomes (ILO's) required to meet for CESR success, Domains and competencies required to achieve ILO's, Strategies to gather supporting evidence for the application