

ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTHERN EUROPE

President

Dr. Amir Burney

General Secretary

Mr. Irfan Akhtar

Joint Secretary

Mr Mehboob Mirza

Finance Secretary

Mr. Awais Shaikh

Social Secretary

Dr. Hisham ul Haq

Executive Members

Dr. Aamir Ayub

Mr. Syed Yusuf Iftikhar

Mr. Naseem Waraich

Dr. Imran Ghanghro

Ms. Sadaf Jafferbhoy

Dr. Hasan Jawed

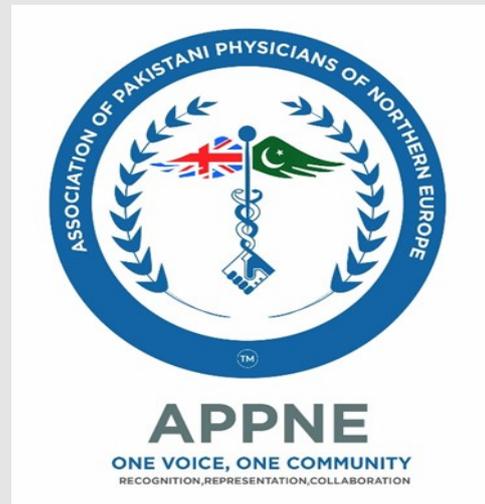
Dr. Iram Saeed

Dr. Ambreen Sajid Rauf

Dr Mohammad Afzal Sawal

NEWSLETTER

October-December 2020



EDITORIAL COMMITTEE

**Imran Ghanghro, Sadaf Jafferbhoy,
Hasan Jawed, Amir Burney,
Iram Saeed**

EDITORIAL

Our latest newsletter is reaching you at another historical juncture of APPNE as an organisation. In the past two years, we have witnessed APPNE gaining more and more strength in becoming a unified and strong voice of the Pakistani healthcare community. We have engaged actively in education and training, supporting and guiding younger members and lobbying for the causes of Pakistani and wider medical diaspora at all levels.

Our achievements on their own and in collaboration with other organisations and institutions, in less than two years have been many and significant. These include organisation of numerous high quality educational and training events in UK and Pakistan, participation in high profile academic & research initiatives particularly during COVID crisis, lobbying for special in-service death benefits for frontline healthcare staff during the pandemic in the UK, successful campaign resulting in abolishment of immigrants healthcare surcharge (IHS) for healthcare professionals in UK, active support of stranded IMGs during the pandemic, helping them with GMC registration process, successfully lobbying the government to allow them to change their visa status in-country, facilitating their search for employment and the list is endless.

These notable achievements have not gone unnoticed; a large number of Pakistani medical graduates have taken up the membership as a token of their trust, our congregation of nearly 800 is growing further in size by each passing day. The association is in the midst of its second general elections for the office bearer posts. We thank you all for believing in our dream of having a singular democratic representative organisation of Pakistani doctors and helping in making this come true. We still have a long journey ahead; let's embark on this journey together, in bigger numbers, with increasing fervour and firmer dedication.

MESSAGE FROM PRESIDENT



It has been an absolute honour and privilege to serve as your Founding President. I will thank Allah SWT for all His blessings through the course of my life and work. As I write this last presidential message, I feel a sense of great joy, pride, achievement and a realisation that nothing is impossible if we believe in our collective and individual visions. Working with an altruistic group of dedicated individuals gave me the opportunity to lead to the best of my ability and meet the expectations of being the President of this truly democratic organisation.

"TEAM APPNE" has worked exceedingly hard both in front and behind the scenes. Our work reflects the commitment displayed by the team and the recognition from a multitude of organisations across the world, Governments of Pakistan and United Kingdom, overseas healthcare diaspora, the medical fraternity in Pakistan and media organisations.

As an individual this has been a wonderful learning experience for me. I had the pleasure of befriending so many talented people both within the medical fraternity and beyond who have guided me and shared their experiences and expertise.

I would like to express my gratitude to the Executive Committee Members, Trustees of APPNE, esteemed APPNE members, friends and colleagues for their unwavering support and guidance. I wish the nominated candidates all the best for the forthcoming elections and hope that the incoming team will go from strength to strength, and build upon this solid foundation laid by the founding office bearers and the current Executive Committee.

I must take this opportunity to thank my family, especially my wife, Dr Syeda Asma Haider for being a tremendous pillar of support. It would not have been possible for me to fulfil my duties diligently without the continued support of my wife and three children particularly when the organisational commitments took priority over familial activities. On a lighter note, I was often called 'Mr President' at home and when entering my home whilst still on the phone, my children would say like secret service agents usually do "Mr President is in the building".

My thoughts and prayers are with all those who have lost their loved ones across the world to this terrible pandemic. Many of our friends and colleagues are still quite unwell and I wish them an uneventful recovery. May Allah SWT protect you and your families and bring you a blessed year.

Amir Burney

MESSAGE FROM GENERAL SECRETARY



It gives me a great pleasure to see how APPNE has grown over the last two years. The membership is now approaching 800, which is a great testament that the association remains relevant and useful for the doctors. It is also reflection of the great work Team APPNE has done, whether it is helping doctors in the UK and raising their concerns at the appropriate levels or expanding its footprint across the continent and achieving useful dialogue with PMC to have relevant concerns addressed in a timely way.

We remain humbled with the ongoing pandemic which remains a concern. APPNE has been proactively promoting public health messages, educational activities and lately encouraging the use of vaccine and explaining various myths it carries amongst the South East Asian population. We hope that this program will bring some form of normalcy in our lives.

APPNE's endeavours and networking regarding the harsh rules around adult dependent relative visas is bearing positive outcomes and now BMA and various royal collages have joined in with their support in this just cause.

Finally, I could proudly say that APPNE remains steadfast to its ethos of democracy and is progressing towards its second elections in February 2021. I would take this opportunity to encourage colleagues to actively participate in the upcoming elections.

I remain conscious and mindful of so many of our colleagues who lost battle against COVID whilst performing their duties and I would pray to Allah SWT for His blessings for the departed souls and a complete recovery for those who are still struggling.

Irfan Akhtar

MESSAGE FROM THE JOINT SECRETARY

I feel truly honoured to have served as the first elected joint secretary of the association. With the strong leadership provided by Amir Burney and very ably supported by Irfan Akhtar, APPNE has progressed tremendously well.



Where COVID-19 has caused so much devastation and misery for many, it has created a strong bond amongst executives and new friendships have emerged. We salute our colleagues and health professionals for their courageous work throughout the pandemic and I pray for those who are no more with us. May Allah continue to elevate their status and abode, Ameen.

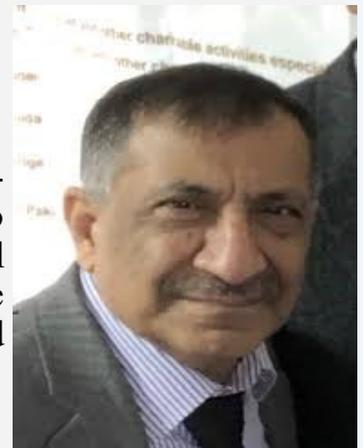
The pandemic allowed us to carry the vision of APPNE through virtual and social media platforms to places where it would have been difficult. The engagement with President of Pakistan, correspondence with GMC and High Commissioner, task force work around stranded IMGs, and several educational webinars during pandemic have been real high-lights of the past two years. I leave the office with the association is in much stronger position and stable both financially and democratically with increasing membership.

I wish luck to all the contestants for the upcoming elections and all of you a happy new year ahead.

Mehboob Mirza

MESSAGE FROM TREASURER

It was a great privilege and honour to work as treasurer for APPNE for two years. This not only gave me an opportunity to work with the most talented and dedicated team which was full of ideas but it is also a great platform with an opportunity to be creative, share ones vision and help doctors in the UK and in Pakistan.



APPNE has achieved a great deal in a very short time and with the help of its members, it will do much more for doctors at all levels across the UK and Europe. I would encourage you all to actively participate in our upcoming elections and wish best of luck to the contestants for the upcoming elections.

Awais Shaikh

MESSAGE FROM SOCIAL SECRETARY



While we look forward to rolling out the COVID Vaccination and we content with many colleagues on the front line working in the eye of the storm, we wish safety to everyone and pray for all colleagues who are ill. Over the last three months, we have had an incredible response to our membership drive and encourage all members to take part in the forthcoming elections. I would like to thank all of our members who have contributed and shared their experience and vision for joining the membership. We are approaching 800 members of a potential 12,000 colleagues just in the UK while also connecting to our diaspora in Europe.

We continue to collaborate with BAPIO and BMA campaigning for having a fairer points based system for allowing us to be unified with frail elderly parents. APPNE not only proposed this but is a leading voice in gathering the evidence, campaigning and collating results from a survey of 875 doctors and nurses as part of our evidence. As the primary care lead, we have also held representation with MoH Government of Pakistan to add to their continued work for primary care. We also play an important part in AP-PNA merit programme which is a collaboration of primary care with colleagues from America and Australia.

There is a lot of hard work that goes into these activities and it is immensely rewarding. I would encourage everyone to use the APPNE platform to work towards improving our working lives, making new friends and growing our APPNE family. I have a positive outlook for 2021 but nothing comes without hard work and commitment from each of us in our roles.

Hisham Haq

EDUCATIONAL ACTIVITIES

APPNE educational team continued to work through its endeavours. We are very proud of our recent work done during the pandemic which included a series of webinars and reflective practice groups of health professionals.

The team organised six sessions of fortnightly closed group sessions on educational on Reflective Practice for BAME and other health care professionals. It was lead by Dr Rafey Faruqui and Dr Iftikhar Ahmad, Consultant Psychiatrists in the NHS. This session covered topics such as reflective practice, critical thinking, emotional aspects of COVID and complex practical issues such as ethical issues and grievance in a safe, supportive and confidential environment.



Association of Pakistani Physicians of Northern Europe (APPNE)

Invitation to Join

Reflective Practice Groups for BAME and other Healthcare Professionals During COVID-19 Pandemic in Europe

We are offering fortnightly Reflective Practice Groups (RPG) to small groups of healthcare practitioner with the following aims:

- Promoting reflection and critical thinking*
- Support safe dialogue on interpersonal and emotional aspects of caring during COVID-19 pandemic*
- Explore complex practice issues (e.g. ethical challenges, grievance) in a safe, supportive and confidential group environment.*

We are seeking expression of interest to attend six sessions of fortnightly virtual RPG (via zoom or skype) starting on **Sunday 11th October 2020**. No preparation is required on part of the participants. The groups will run **10:00-11:00 UK time** on Sunday mornings only.

You are eligible to attend if you are a healthcare professional from any speciality practicing in Europe.

The first round of RPG will be facilitated by Rafey Faruqui and Iftikhar Ahmad



EDUCATIONAL ACTIVITIES

We also conducted ENT Webinars, the first one on Management of Thyroid nodules and Laryngeal Cancer, held on 27th September 2020 was lead by Prof M Shahed Quraishi OBE. The second webinar was on Otology, held on 1st November 2020 was lead by Mr Asad Qayyum and covered a wide range of topics including Cochlear Implant, BAHA, Management of Otitis Externa. The education committee is extremely grateful to the panelists for their contribution in these webinars.

APPNE ENT Webinar Series

27th September, 2020 1100hrs BST, 1500 hrs PST

1100 : Welcome & Introduction

1110: Management of Thyroid nodules- Syed Farhan Ahsan

1135: Current management of Laryngeal cancer- Shayan Ansari

1200: Clinical Grand Round - Shahed Quraishi

1225: Question and Answers

Faculty



S Farhan Ahsan
Shrewbury & Telford
Hospitals, UK



Shayan S Ansari
Shifa Intl. Hospitals
Islamabad, Pakistan



S Akbar Abbas
Aga Khan Univ. Hospital
Karachi, Pakistan



Irfan Akhtar
Sherwood Forest
Hospitals, UK



Moderator
Prof. M Shahed Quraishi, OBE
Consultant Otolaryngologist, Thyroid &
Parathyroid Surgeon
Past President- Royal Society of Medicine
Doncaster Royal Infirmary, UK

[CLICK HERE TO JOIN](#)

ZOOM MEETING ID: 81884390421 PASSWORD: 690447

APPNE ENT Webinar Series

1st November 2020 1000 hrs GMT, 1500 hrs PST

1000 : Welcome & Introduction

1010: CSOM Prof N Aslam

1030: Cochlear Implant Mr N Ahmad

1050: BAHA Mr F Javed

1110: Malignant Otitis Externa Mr A Janjua

1130: Case Based Discussion Mr A Qayyum

1145: Question and Answers

Faculty



N Aslam
Sheikh Zayed Hospital
Lahore



N Ahmad
James Cook University
Hospital, UK



F Javed
University Hospitals
of Birmingham, UK



A Janjua
University Hospitals
of Birmingham, UK



Moderator
Mr Asad Qayyum
Northwest Anglia NHS Foundation Trust
Peterborough

[CLICK HERE TO JOIN](#)

ZOOM MEETING ID: 84482338717 PASSWORD: 522869



APPNE
THE VOICE, ONE COMMUNITY



APPNE
THE VOICE, ONE COMMUNITY



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EDUCATIONAL ACTIVITIES

APPNE has been actively working with other alumni organisations. We have collaborated with APPNA on APPNA merit programme which is aimed to enhance their competencies and clinical skills related to different specialist subjects for primary health care physicians. The APPNE members have actively contributed in the four cardiology sessions held in October 2020 and will continue to collaborate in this ongoing project.

APPNA MERIT Family Practice Specialty Rotations-Cardiology

Valvular heart disease in primary care setting

Saturday, Oct 10th 2020 at 7:00pm Pakistan time

Speaker
 **Asaad Akbar Khan**
 MBBS(KE), MRCP, MRCP(UK), CCT (Cardiology), FCCP (USA), FSCAI (USA)
 Adjunct Assistant Professor of medicine, Icahn School of Medicine at Mount Sinai, New York, USA & Consultant Cardiologist, Shifa International Hospital, Islamabad, Pakistan.

Moderator
 **Dr. Veena Kumari**
 Assistant Professor Family Medicine, Dow University of Health Sciences Karachi.

Panelists
 **M. Asrar ul Haq**
 MBBS PhD FESC FACC FCSANZ FRACP
 Consultant Interventional Cardiologist, Director Australian Cardiology Services Cardiovascular Trials Unit, Northern Hospital, The University of Melbourne

 **Dr. Hisham Haq**
 M.B.B.S.
 GP Partner, MBBS MRCP DRCOG DDocHealth, CardMedEd, APPNE social and corporate secretary.

 **Prof. Amber Ashraf**
 FCPS
 Chairperson department of Medical Specialties, Head of Cardiology department and Cath Lab, Khyber Medical College/Khyber Teaching Hospital Peshawar

 **Naureen Rafiq**
 M.B.B.S.
 Associate Professor, Creighton University School of Medicine, Department of Family Medicine, Omaha, Nebraska

Objectives:
 Upon completion of this presentation, participants should be better able to:
 1. Be able to recognize common valvular heart disease, its presentation and sequelae
 2. Order and recognize basic echocardiographic findings
 3. Recognize the importance of prevention of rheumatic heart disease
 4. Know when to refer to specialists for further cardiac testing and treatment specially rheumatic heart disease, endocarditis, age related aortic valve disease
 5. Be able to initiate and adjust medical therapy for valvular heart disease.

CARDIOLOGY ROTATION
 CONTINUING EDUCATION CREDITS
 The University of Nebraska Medical Center, Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
 The University of Nebraska Medical Center, Center for Continuing Education designates this live activity for a maximum of 24 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Registration link: <http://bit.ly/meritfp>

In collaboration with Association of Pakistani-Descent Cardiologists of North America & Yaran e Watan

National Family Medicine Council, APPNE, APPS UK, AAPP, University of Nebraska Medical Center

APPNA MERIT Family Practice Specialty Rotations-Cardiology

Atrial fibrillation in primary care setting

Saturday, Oct 17th 2020 at 7:00pm Pakistan time

Speaker
 **Maria Viqar**
 MD FACC FHRS
 Cardiac Electrophysiologist, Baylor Scott & White The Heart Hospital-Plano, Dallas Regional Medical Center-Mesquite, Dallas, TX

Moderator
 **Dr. Durenishat**
 FCPS, MRCP(Ind)
 Consultant Family Medicine, Indus Health Network

Panelists
 **Dr. Zahoor Ahmad Khan**
 MBBS, FCPS (Cardiology), FCPS (Cardiac Electrophysiology), Fellowship in EP (VDT, Taiwan)

 **Dr. Zafar Iqbal Zafar**
 MBBS, FRACGP, DCH, FRACSI(SA)
 GP in Australia, Rawalpindi Medical College 1989

 **Dr. Amir Ayub**
 MBBS, MD, FESC, FRCP(Lon)
 Consultant Cardiologist, Manchester UK
 Lead in Policy and Clinical Governance, Clinical supervisor and examiner for the cardiology trainees

 **Asaad Akbar Khan**
 MD, MBBS(KE), MRCP, MRCP(UK), CCT (Cardiology), FACC (USA), FSCAI (USA)
 Adjunct Assistant Professor of medicine, Icahn School of Medicine at Mount Sinai, New York, USA & Consultant Cardiologist, Shifa International Hospital, Islamabad, Pakistan.

Objectives:
 Upon completion of this activity, participants will be able to:
 1. Be able to recognize common atrial arrhythmias by EKGs
 2. Be able to differentiate supraventricular arrhythmias as a cause of palpitation
 3. Recognize the importance of rheumatic heart disease as a cause of atrial fibrillation
 4. Know when to refer to specialists for further cardiac testing and treatment specially when associated with significant signs and symptoms
 5. Be knowledgeable of treatment modalities for atrial fibrillation and anticoagulation.

CARDIOLOGY ROTATION
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APPNA MERIT Family Practice Specialty Rotations-Cardiology

Recognition and treatment of Ventricular arrhythmias

Saturday, Oct 24th 2020 at 7:00pm Pakistan time

Speaker
 **Marriam Moten**
 MBBS MPH MHA FACC
 Prof. of Medicine Loma Linda University & University of California Riverside
 Lead Cardiologist Physician for APPNA MERIT

Moderator
 **Dr. Anum Arshad Beg**
 Head of Department Family Medicine, Dow University of Health Sciences

Panelists
 **Dr. Sidra Akhtar**
 MBBS King Edward Medical College Pakistan, Dip Derm Australia, FRACGP Australia, Examiner RACGP

 **Dr. Abdul Jalil Khan**
 MBBS, FRCP, FHEA, MScMED
 Consultant Family Physician, Assistant Professor Family Medicine, Khyber Medical University

 **Dr. Saeed Ullah Shah**
 MRCP (U.K.), CCT Cardiology (U.K.)
 Consultant Cardiologist Shifa International Hospital Islamabad, Assistant Professor Shifa Tameer e Millat University

 **M. Rizwan Khalid**
 MD, FACP, FACC, FSCAI, FHRS
 President Elect, APPNA
 Head, Advanced Cardiac Electrophysiology, Attending Interventional Cardiology, Vascular Medicine and Endovascular Interventions, Ascension Via Christi Hospital, Kansas
 Associate Professor of Cardiology, KSUMS, Missouri

Objectives:
 Upon completion of this activity, participants will be able to:
 1. Be able to recognize presence of arrhythmias by cardiac exam
 2. Be able to differentiate supraventricular arrhythmias from ventricular arrhythmias by EKGs
 3. Recognize the importance of ischemic heart disease and electrolyte imbalance as a cause of ventricular arrhythmias.
 4. Know when to refer to specialists for further cardiac testing and treatment specially when associated with significant signs and symptoms
 5. Be knowledgeable of treatment modalities for ventricular arrhythmias, need for devices and VF arrest.

CARDIOLOGY ROTATION
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National Family Medicine Council, APPNE, APPS UK, AAPP, University of Nebraska Medical Center

APPNA MERIT Family Practice Specialty Rotations-Cardiology

Approach to Cardiogenic Syncope

Saturday, Oct 31st 2020 at 7:00pm Pakistan time

Speaker
 **M Asrar ul Haq**
 MBBS PhD FESC FACC FCSANZ FRACP
 Consultant Interventional Cardiologist, Director Australian Cardiology Services Cardiovascular Trials Unit, Northern Hospital, The University of Melbourne

Moderator
 **Dr. Zainab Mohammad**
 Assistant Professor, Department of Family Medicine, Dow University of Health Sciences

Panelists
 **Dr. Abdul Naeem**
 MBBS MCPS MRCP(MS) PhD DHMS, Assistant Professor Family Medicine, Al-Nafees Medical College Islamabad, One Begum Jan Hospital & Specialist Clinics Islamabad, Principal, White coat medical academy, Islamabad.

 **Dr. Nouman Iftikhar**
 MBBS, DCH, FRACGP
 General Practitioner, Pascoe Vale Road Family Clinic

 **Dr. Ahmed Khan**
 MBBS FCSANZ FRACP
 Consultant Interventional Cardiologist

 **Dr. Saqib Ghani**
 MBBS, MRCP (UK), CCT (Cardio), FRCP (Edin)
 Consultant Interventional Cardiologist & Education Lead for Cardiology, Darent Valley Hospital, Dartford, UK.
 Deputy Clinical Director (Medical), Dartford & Gravesham NHS Trust, UK, Honorary Consultant Cardiologist, Essex Cardiothoracic Centre, Basildon, UK.

Objectives:
 Upon completion of this activity, participants will be able to:
 1. Be able to recognize causes of syncope: the role of BP, heart rate, fluids, EKGs and other hand held modalities.
 2. Be able to differentiate non life threatening causes of syncope and prevention strategies
 3. Be able to understand the initial work up of syncope that can be initiated by GPs
 4. Understand the role of non invasive testing including EKGs and cardiac imaging
 5. Know when to refer to specialists for further testing and treatment specially when associated with recurrences and for prevention of injury.

CARDIOLOGY ROTATION
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EDUCATIONAL ACTIVITIES

APPNE has been actively involved in research, seminars and symposium since from the beginning. Dr Amir Burney represented APPNE on 6th December, 2020 at the Jinnah Sindh Medical University Alumni of North America's winter meeting and enlightened the audience on career opportunities in the UK. His talk was to guide medical students and young doctors of training pathways in the UK which was well received by many students.

Dr Amir Burney was also an invited speaker at Jinnah Sindh Medical University's 2nd International Research Symposium held on 25th December 2020 .



JSMUAANA WINTER MEETING 2020

SUNDAY DEC 06, 2020

JINNAH SINDH MEDICAL UNIVERSITY AND JSMU ALUMNI ASSOCIATION OF NORTH AMERICA AND PAKISTAN PRESENTS

"CAREER OPTIONS AFTER GRADUATION"

Zoom Meeting ID: 831 9192 4265

ACTIVITY DIRECTORS:
 Dr Rahat Naz
 Dr. Mukkaram Ali
 Dr. Rizwan Naem

TIMING :
 08:00 PM Pakistan Standard Time
 02:00 AM Australia
 07:00 AM PST USA/Canada
 09:00 AM CST USA/Canada

08:00 PM Opportunities in PAKISTAN

08:20 PM Opportunities in SAUDIA ARABIA

08:40 PM Opportunities in IRELAND

09:00 PM Opportunities in UK

09:20 PM Opportunities in UAE

09:40 PM Opportunities in CANADA

10:00 PM UPDATES from ECFMG OFFICE

10:20 PM Opportunities in USA

10:40 PM Public health

11:00 PM Masters Business Administration

11:20 PM Opportunities in AUSTRALIA

11:40 PM Q & A Session

DR. IRFAN SULEMAN - Chair
DR. ZEENAT SAFDAR - President
DR. TARIQ RAFI - Vice Chancellor

DR. ELIZABETH (LIZ) INGRAHAM
 Assistant Vice President
 Communications & External Affairs
 ECFMG | FARMER
 Philadelphia, PA, USA

DR. SHAZIA MAQSOOD
 MBBS, FRCS(D), FRCO, FRCH
 Consultant Obstetrics & Gynaecology
 Medical Administration
 in Dr. Sultan Al Habib Medical Group
 Riyadh, Saudi Arabia

DR. KHALID SARWAR KHAN
 President IPPA
 Paeds Orthopaedic Consultant
 Our Lady of Lourdes Hospital Drogheda,
 (ICCI) hospital group, Ireland

DR. AMIR BURNEY
 FRCS, MSc Sports and Exercise Medicine
 Senior University Teacher
 Academic Lead for Clinical Skills and
 Co-ordinator for Studies (Phase 2&3)
 The Medical School, University of Sheffield
 United Kingdom

DR. AMNA JAMALI
 MBBS, MChD, FRCPS
 Specialist Endocrinologist
 Ajman Medical Centre,
 United Arab Emirates

DR. ZIA UL ISLAM
 MBBS
 Professor and Head Department of Anatomy
 Liaquat National Hospital & Medical College
 Member CPJ Health Professional Education
 Dept. & Workshop and
 Karachi, Pakistan

DR. NASIR RASHID
 PhD, MD
 Pediatric Neurologist
 Shady Grove Medical Center, Maryland
 Dignity Healthcare system, Henderson,
 Nevada, USA

DR. SAHAR AFSHAN-RAMEEZ
 MBBS, MCh, DCH
 Public Health Specialist
 Mch Family Medicine, University of Edinburgh,
 Scotland
 MPH, Biostatistics University, Chicago, USA

DR. NAGHMANA SHAFI
 MD, PhD
 Assistant Professor of Clinical Pediatrics and
 Pediatric Genetics Director
 California University of Science and Medi-
 cine, School of Medicine and Medi-
 cation, Colton, California, USA

DR. BILAWAL AHMED
 MD, PhD, MCh
 Assistant Professor of Medicine
 Neurology/Oncology
 University of Tennessee, Memphis, TN

DR. S. ABYA SULMAN
 MSc
 JSMU Alumni
 Vancouver, Canada

DR. M. BILAL
 (MBBS, FRCS, FRCPS)
 Private Practice
 Sydney, Australia

This educational activity is accredited by JSMU for 4 contact hours.
 The Chicago Medical Society designates this live activity for a maximum of 4.00 AMA PRA Category 1 Credit(s)™

IN COLLABORATION WITH





JINNAH SINDH MEDICAL UNIVERSITY

2ND INTERNATIONAL RESEARCH SYMPOSIUM

Friday December 25, 2020 | 8:00 PM Pakistan Standard Time
 Zoom Meeting ID: 885 3537 9940

IN COLLABORATION WITH
JSMU Alumni Association of Pakistan
JSMU Alumni Association of North America

PROGRAM :

- Developing interpersonal communication skills - Dr. Shazia Maqsood
- The impact of Scholarly work on student and resident portfolio - Dr. Kashif Ahmad / Syed Asif
- Introduction to Research Methodologies - Dr. Amir Burney
- Empowering Trainees - Dr. Zeenat Safdar
- Journey Across the Continuum, Professional Lifespan - Dr. Muhammad Zeshan
- Career in Genetics in Pakistan and USA - Dr. Rizwan Naem

COURSE DIRECTORS

DR. RAHAT NAZ
DR. NAZEER KHAN, CHAIR
DR. IRFAN SULEMAN – CO-CHAIR
DR. ZEENAT SAFDAR – PRESIDENT
DR. TARIQ RAFI, VICE-CHANCELLOR

PRESENTERS:

DR. ZEENAT SAFDAR
 MD, ATSP, FACP, FQCP
 Associate Professor of Internal
 Medicine
 Director of Clinical Research,
 Pulmonary Hypertension Center
 & Rheumatology Clinic
 Houston Methodist Hospital,
 West Connetot Medicine

DR. ASIF SYED
 Managing Editor,
 Medical & Management
 Health services strategy policy,
 management, information
 reimbursement, Public Health &
 education

DR. MUHAMMAD ZESHAN,
 Clinical Assistant Professor of
 Psychiatry
 Co-Director medical students
 Career Director Psychiatry
 Psychiatry Activities
 Dover Jersey Medical School, New
 Jersey

DR. KASHIF A. AHMAD,
 MBBS, MR, MSc (MED), PhD
 Associate Dean, Basic Medical
 School/Alumni
 Internal, Medical Education,
 Student Talent Enhancement
 Education Innovation, Virtual
 Learning, Faculty Development

DR. AMIR BURNEY
 FRCS, MSc Sports and Exercise Medicine
 Senior University Teacher
 Academic Lead for Clinical Skills and
 Co-ordinator for Studies (Phase 2&3)
 The Medical School, University of Sheffield
 United Kingdom

DR. SHAZIA MAQSOOD
 MBBS, FRCS(D), FRCO, FRCH
 Consultant Obstetrics & Gynaecology
 Medical Administration
 in Dr. Sultan Al Habib Medical Group
 Riyadh, Saudi Arabia

DR. RIZWAN NAEEM
 Professor of Pathology
 Molecular Genetics Pathology (MGPT)
 Fellowship programs
 Albert Einstein College of Medicine and
 Montefiore Medical Center in NY

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PLEASE VISIT
WWW.JSMUAANA.NET for further information

IN COLLABORATION WITH



We endeavour engagement of our wider membership in our educational activities in future. If you would like to get involved, please e-mail your details to education@appne.uk

SOCIAL ACTIVITIES

APPNE, BAPIO, members of the healthcare fraternity and other professionals were invited to an international Mehfil-e-Mushaira organised by Creative Minds Society (UK). The online event was an excellent opportunity to listen to wonderful poetry by renowned international poets who were the guests for the event.



International MUSHAIRA
8th Nov 2020
2:00 to 4:00 pm (UK)

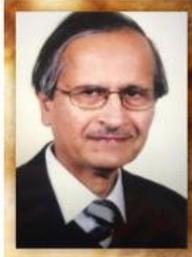
غزل اس نے چھیڑی

Organised by:
Creative Minds SOCIETY for APPNE & BAPIO Forum of BAME organisations in UK.

Join Zoom Meeting:
[CLICK HERE](#)
Meeting ID: 842 3198 8713
Passcode: 086091
&
Live on Facebook (APPNE/ BAPIO & RADIO FAZA 97.1FM)

Hosts: Dr Amir Burney / Dr Kailash Chand
Co-Host: Mrs Farzana Khan

Guest Poets

| | | | | |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |
| Mrs Farzana Khan (Naina) UK | Mrs Jai Verma (UK) | Mr Ahmed Masood (UK) | Mr Rajesh Reddy (India) | Dr Nikhat Iftikhar (UK) |

The esteemed poets included Mr Rajesh Reddy from Mumbai, Station Director of Vividh Bharti and author of three books including Ghazal Bahana Karon, Na Ye Basti Hamari Na Woh Sahra Hamara and A Woman's Trust With Destiny. Mrs Farzana Khan (Naina) from Nottingham who is the Chairperson of Creative Minds Society, a renowned poet, journalist, radio and TV broadcaster and author of two books including Dard ki Neeli Ragain and Surkh Phoolon ka Jahan, Dr Nikhat Iftikhar (Birmingham UK) a medic, social activist, author and renowned poet, Mr Ahmed Masood LLB, (Nottingham UK), a former bank manager and Nottingham City Council manager. He is a renowned poet and author of two books including Siskiyaan Sunai Dain and Roshni hay Kahan, Mrs Jai Verma, from Nottingham UK. a poet, story writer and Chairperson of Kavia Rang. She is involved in many literary societies across the world and is the author of Colours of Poetry, Sahyatri Hain Hum and Saat Qadam. The program was hosted by Dr Kailash Chand and Amir Burney. APPNE and BAPIO thanked CMS especially Mrs Farzana Khan (Chairperson), Dr Amir Burney (Vice Chair) and Mr Zaki Khan (Creative Director) for their efforts in organising this event especially during the pandemic.

APPNE ENGAGEMENTS

The Australian Association of Pakistani Professionals (AAPP) invited Dr Amir Burney, President and Mr Irfan Akhtar, General Secretary of APPNE to their Leads Council Annual meeting held on 21st November 2020 at Hyatt Place, Essendon Place, Melbourne, Australia.

The main focus of APPNE President's address was on strengthening international collaborations by Pakistani Diaspora organisations in the field of medicine and allied healthcare.

AAPP leads included professionals belonging to various professions including medical, nursing and allied healthcare, legal and information technology. APPNE, AAPP and APPNA MERIT have signed an MOU agreeing to work collaboratively in the field of Family Medicine in Pakistan.

APPNE would like to express its gratitude the President Dr. Majid Naeem Gondal and Chairman Dr Yousuf H. Ahmad of AAPP. We look forward to working synergistically with AAPP on current and future projects.

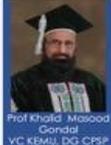


AAPP Leads Council Annual Meeting & Dinner

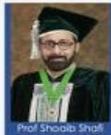
21st November 2020
Hyatt Place, Melbourne



Mr. Faisal Sultan
Minister of Health
Pakistan



Prof. Khalid Masood
Gondal
VC KEMU, DG CPSP



Prof. Shoaib Shafi
AP/President CPSP



Noheed Usmani
President APPNA
(USA)

The AAPP Leads Council and Executive team are pleased to announce AAPP's Annual Meeting and Dinner.

Minister of Health Pakistan and Senior diplomats will be special guests.

The leads and International Partners will engage in discussion on a wide variety of issues and representing the interest of different Pakistani professionals in Australia. Main focus of this meeting will be AAPP's accomplishments over the past year, projects in progress and future plans.

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Media Engagement</p> <p>Welcome by Chair AAPP</p> <p>Speech by President AAPP</p> <p>Address by Pak H Commissioner</p> <p>Address by Pak Health Minister</p> <p>Address by International Partners</p> <p>Address by VC KEMU, DG CPSP</p> <p>Address by President CPSP</p> <p>Presentations by Council General Networking</p> | <p>All Leads</p> <p>Yousuf Ahmad</p> <p>Majid N Gondal</p> <p>H.E. Babar Amin</p> <p>Mr. Faisal Sultan</p> <p>APPNA (USA)</p> <p>APPNE (UK)</p> <p>Prof. Khalid Gondal,</p> <p>Prof S Shafi</p> <p>Sardar A Rashid</p> |
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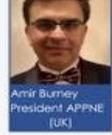
H.E. Babar Amin
High Commissioner
Of Pakistan



Yousuf H Ahmad
Chair AAPP



Majid Naeem
Gondal
President AAPP



Amir Burney
President APPNE
(UK)




YARAN E WATAN

aapp.org.au



AAPP

Australian Association
of
Pakistani Professionals

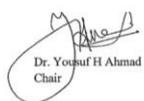
AAPP Leads Council
Meeting and Annual Dinner 2020

Dr Amir Burney
President APPNE

We want to take this opportunity to express our appreciation for your inspiring keynote address at Australian Association of Pakistani Professionals leads meeting on 21st Nov 2020. Leads Annual meeting and Dinner 2020 was a unique opportunity to bring esteemed guests from Pakistan, Australia, UK and USA with the use of technology, combined with traditional face to face meeting of our Professional leads. As a keynote speaker your participation was highly appreciated, and your message resonated with our audience. AAPP brings together a network of Pakistani Professionals working in many different fields in Australia.

We will be delighted to invite you and look forward meeting you in person in one of our major events in near future.

Best regards



Dr. Yousuf H Ahmad
Chair



Dr. Majid N Gondal
President

aapp.org.au

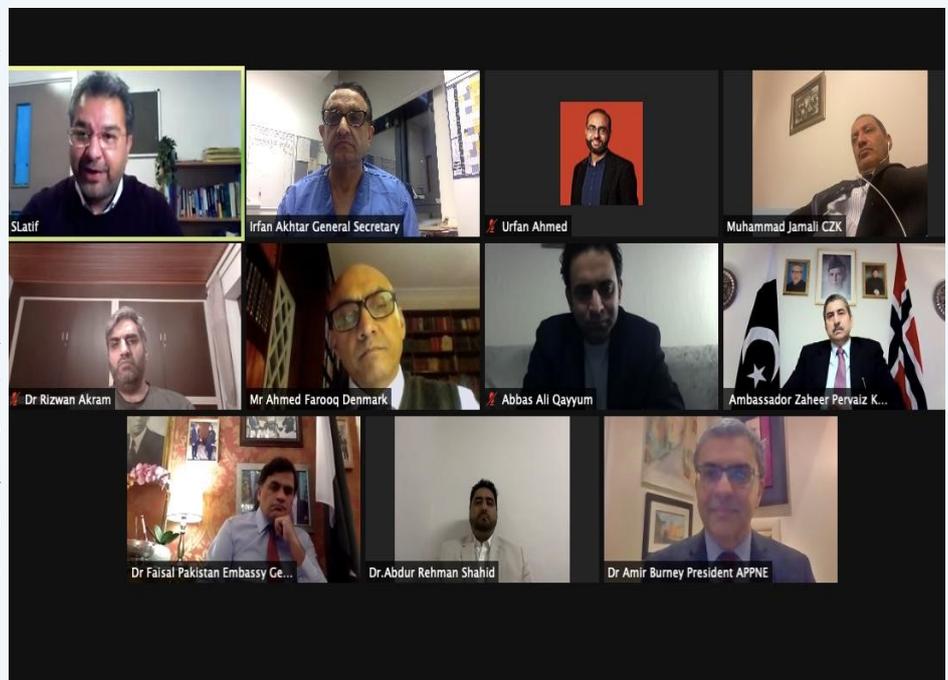
MEETING WITH AMBASSADORS OF PAKISTAN TO EUROPE

In a historic first, the President, General Secretary and APPNE member, Dr Shahid Latif met with HE. Mr Ahmed Farooq, the Ambassador of Pakistan to Denmark, HE. Mr Zaheer Pervaiz Khan the Ambassador to Norway, HE. Muhammed Jamali the Ambassador to Czech Republic and HE. Dr Muhammad Faisal Chaudhary the Ambassador to Germany on 1st December, 2020. This meeting, organised by Dr Shahid Latif was also attended by members of the medical fraternity from Denmark, Norway and Germany including Dr Rizwan Akram, Dr Urfan Ahmed, Dr Abbas Ali Qayyum and Dr Abdur Rehman Shahid.

The team from APPNE apprised the distinguished guests about our vision and achievements since its inception both in the UK and across the globe. It was agreed in principle to further our mutual contacts

with the intention to work collaboratively towards helping the Pakistani Asian diaspora across Europe.

We extend our gratitude to our Honourable Ambassadors and friends from the medical fraternity for their time and giving APPNE the opportunity to introduce them to our work and future aspirations. We are also thankful to Dr Shahid Latif for his immense help in setting up this historic meeting.



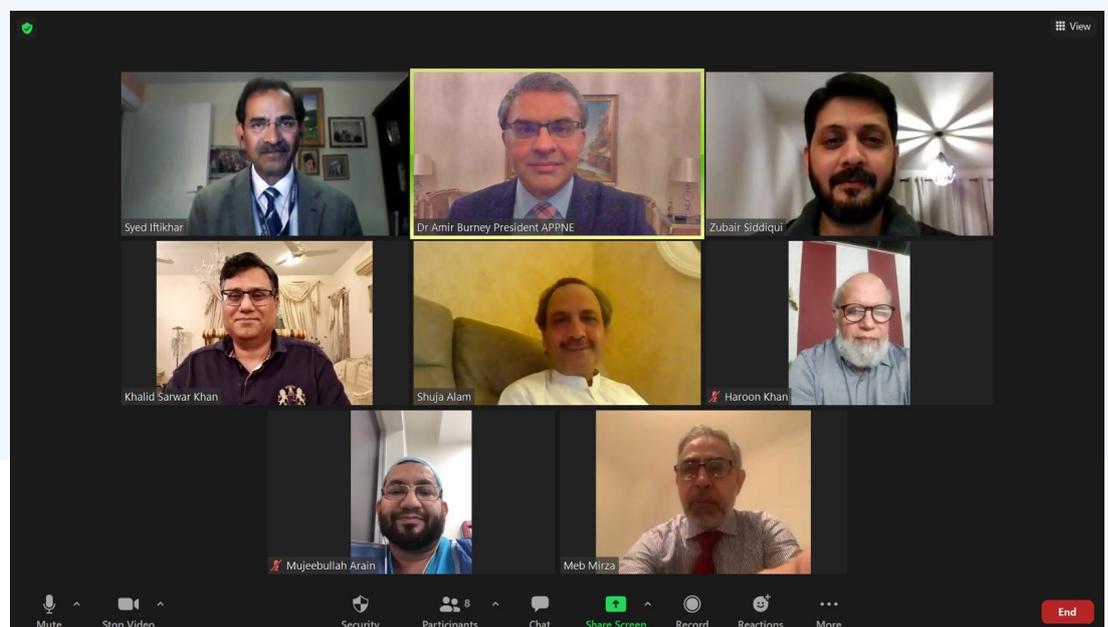
MEETING WITH AMBASSADOR OF PAKISTAN TO REPUBLIC OF IRELAND & IPPA EXECUTIVES

The President, General Secretary, Joint Secretary and APPNE Executive members including Mr Syed Yusuf Iftikhar met with HE. Mr Shuja Alam the Ambassador of Pakistan to The Republic of Ireland along with the Executive Team of Irish Pakistani Professionals Association (IPPA) on 10th December, 2020. The meeting was attended by President of IPPA Mr Khalid Sarwar Khan, General Secretary Mr Haroon Khan and Executive Members of IPPA including Mr Zubair Siddiqui, Dr Fazal Alam, Dr Mujeebullah Arain, Dr Abdul Rauf, Mr Mujeeb Awan and Mr Muhammad Mukhtar.

In this meeting, the team from APPNE informed the distinguished guests about APPNE's vision and its democratic framework, APPNE's work on various fronts locally as well as internationally. President of IPPA, Mr Khalid Sarwar Khan also presented the work and future vision of IPPA. IPPA and APPNE also highlighted their memorandum of understanding and the collaborative work undertaken by both organisations since March 2019.

It was agreed in principle to continually increase mutual contacts with the intention to further strengthen and formalise the association between the two organisations and work collaboratively towards helping both in Pakistan and the Pakistani Asian diaspora across Europe. HE. Mr Shuja Alam spoke about matters pertaining to the importance of integration by the Pakistani diaspora in Ireland, UK and wider Europe. He cited a number of ways to achieve these objectives across Europe including the importance of diversification, recognition and cooperation with all other communities. Mr Alam also stressed the importance of social interaction and role modelling from within the Pakistani community.

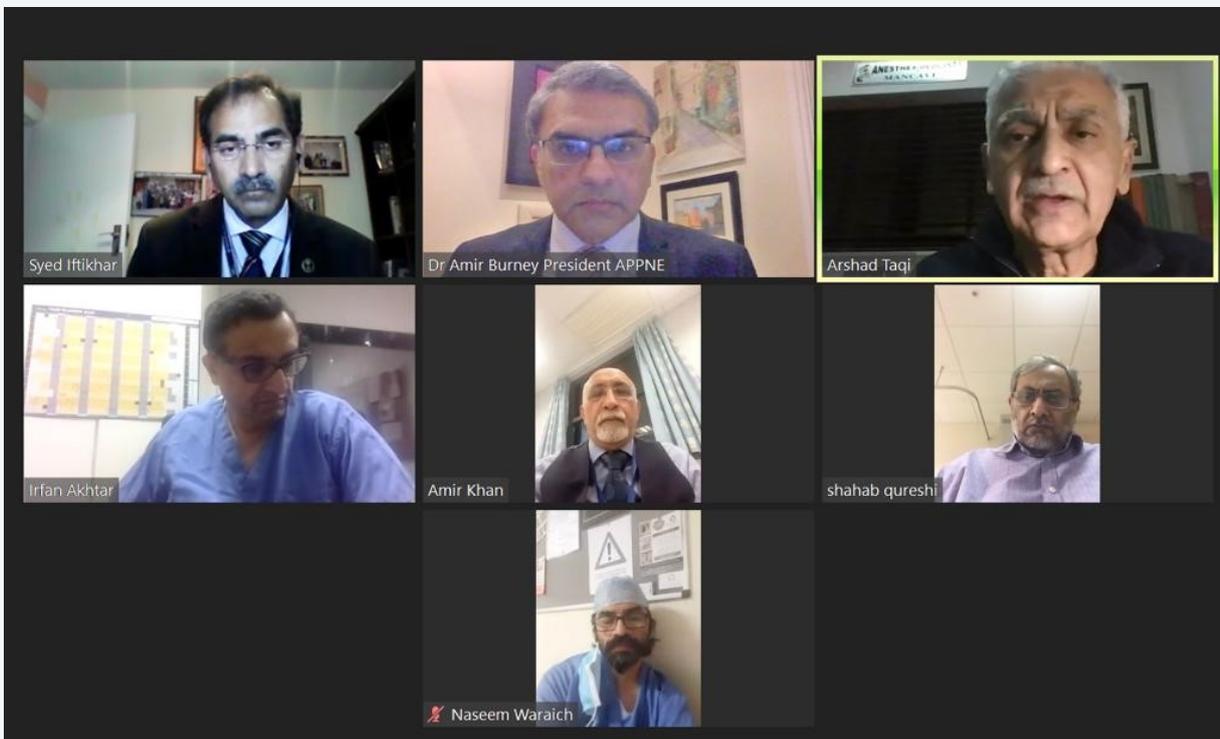
APPNE would like to express its gratitude to Mr Khalid Sarwar Khan President IPPA for organising and facilitating this meeting.



APPNE MEETING WITH PAKISTAN MEDICAL COMMISSION

The President Dr Amir Burney , General Secretary Mr Irfan Akhtar of APPNE and APPNE Executive committee members including Mr Syed Yusuf Iftikhar, Mr Naseem Waraich and Trustees Dr Shahab ullah Quraishi and Mr Amir Khan met with Dr Arshad Taqi , President of the Pakistan Medical Commission on 15th December,2020.

In this meeting , the team from APPNE informed the distinguished President about APPNE's vision and its democratic framework, APPNE's work in academic, social, political and charitable activities across Pakistan and internationally ranging from Australia, Middle East , Europe and USA.



Many matters of mutual interest including registration for overseas Pakistani Physicians, registration renewals, equivalence certifications, on-line training of healthcare workers and role of Pakistani overseas medical diaspora were discussed at length. It was agreed in principle to continually increase mutual contacts with the intention to further strengthen and formalise the association between the two organisations .

APPNE would like to express its gratitude to Dr Arshad Taqi, President PMC for his time, discussion and guidance. We look forward to future interactions and collaboration with the Pakistan Medical Commission.

ADULT DEPENDANT RELATIVE VISA

APPNE has been working on issues pertaining to the visa difficulties for Adult Dependant Relatives. During our survey on 875 doctors and nurses, we came across some heart wrenching tales of human suffering which has furthered the belief that it is indeed a just cause. We are therefore raising these concerns to the government to amend the Adult Dependant Visa Rules (2012).



We are very thankful to BAPIO for their support and active participation and it is extremely encouraging to gain support from BMA and three Royal Colleges on this issue. This matter will also be published in the upcoming BMJ issue and it would be helpful to apprise respective MPs with our concerns prior to the publication.

In that context the working group had agreed that as the next step we should approach our respective MP's and Lords to raise our case, increase awareness and muster help. The team has drafted a letter which can be accessible using the following link

<https://www.appne.uk/email/>

This link will also give you the name of your local MP and a list of Lords and Peers with declared interest in matters of immigration & Human Rights which you may wish to include. We encourage all members to take a few moments in completing this form and work together on this issue which may not only benefit you but also your loved ones.



ADULT DEPENDENT RELATIVE VISA

SINCE JULY 2012 THE IMMIGRATION RULES FOR ADULT DEPENDENT RELATIVES HAVE BEEN, IN PRACTICE, ALMOST IMPOSSIBLE TO MEET.

"APPNE and BAPIO have launched a campaign to give migrants who are UK citizens, (or settled or have refugee status) to have the right to have their parents/grand parents live with them in the U.K. as family members"



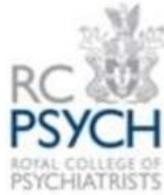
Contact: info@appne.uk | admin@bapio.co.uk

BMA House
Tavistock Square
London WC1H 9JP



BMA

E: publicaffairs@bma.org.uk



Royal College of
Obstetricians &
Gynaecologists



Rt Hon Priti Patel MP

Home Secretary
2 Marsham Street
Westminster
London
SW1P 4DF

Wednesday 13th January

Dear Home Secretary,

We are writing to you as organisations representing settled migrant doctors including British citizens, to urge the Home Office to remove the restrictive adult dependency rule of the Immigration Act.

We are deeply concerned that this rule is having an adverse impact on the lives and mental wellbeing of our members with elderly dependent parents living abroad.

Under the current immigration rules introduced in 2012 (and as set out in Appendix FM), British citizens with elderly parents are only allowed to have their dependent parents join them if they can prove that they require a level of long-term personal care that they are unable to get in their home country, either due to cost or availability.

As set out in the 2016 Home office review (of the adult dependent relative rules), prior to the rule change in 2012, around 2,325 applications were made a year to bring adult dependents over to the UK, a relatively small number (approximately 0.0069 % of total immigration to the UK and 0.011% of all non-EU immigration). This had fallen to just 162 applications in 2016. This dramatic drop in numbers of individuals even trying to bring their adult dependents into the country clearly demonstrated that this has become near impossible.

The impact of the rules has been to permanently separate elderly parents from their UK - settled children, and this has had a considerable impact on the mental health of our members, with many reporting increased stress and anxiety over the welfare of their parents, and their care. A survey of nearly one thousand doctors carried out in August 2020 by the Association of Pakistani Physicians of Northern Europe (APPNE) and the British Association of Physicians of Indian Origin (BAPIO) found that over 90% of the respondents reported feelings of anxiety, stress and helplessness due to this issue. What is more worrying is that 8 out of 10 have thought of relocating due to the inflexibility of these rules and only 1 out of 10 respondents felt that they had adequate support from their employer over trips abroad, necessitated by their parent's illness or emergencies.

Not only is this extremely challenging for consultants, GPs and experienced doctors who already have busy and stressful lives, compounded by the COVID-19 pandemic, but it means they are

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Registered office: BMA House, Tavistock Square, London, WC1H 9JP.

Listed as a Trade Union under the Trade Union and Labour Relations Act 1974.



British Medical Association
bma.org.uk

often forced to take leave, and even make multiple journeys, at a time when our NHS needs their dedication and experience more than ever. The situation has even left some doctors feeling that their right to a family life is being disregarded and has led to a feeling of despair and a risk of burnout.

There is no statistical evidence to suggest that the cost of lifting these restrictions for doctors on the NHS would be a burden to the taxpayer. Perversely, the potential loss to the NHS if these doctors, (many of whom the UK has spent money on training) feel they are forced out of the country due to their inability to care for their elderly parents in the UK, would likely be far greater.

Now the Brexit transition has come to an end, this restriction will also apply to EEA nationals who had previously enjoyed greater flexibility (through EU free movement law) with regards to moving their elderly parents abroad. Therefore, the restrictive nature of the current rules could also deter doctors from considering progressing their career in the UK, in favour of our European neighbours.

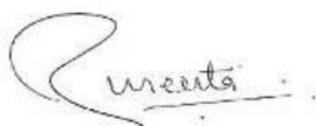
We urge you to change the current rules and make it possible for the elderly parents of doctors working in the UK to be granted indefinite leave to remain and join their families in the UK. This has been achieved in the approach adopted by other countries such as Australia, New Zealand and Canada. This will give doctors working on the frontline the reassurance they need to stay working for the NHS whilst fulfilling their personal caring responsibilities to their elderly parents.

We would welcome an opportunity to discuss this in more detail.

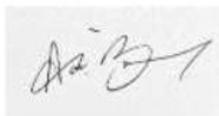
Yours sincerely,



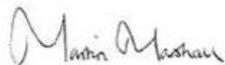
Dr Chaand Nagpaul CBE
BMA council chair



Dr Ramesh Mehta OBE
President, British Association of Physicians of Indian Origin



Dr Amir Burney
President, Association of Pakistani Physicians of Northern Europe



Professor Martin Marshall CBE
Chair of Council, Royal College of General Practitioners



Mr Bernie Chang, FRCOphth, FRCSEd(Ophth)
President, Royal College of Ophthalmology



Dr Adrian James
President, Royal College of Psychiatrists



Dr Edward Morris
President, Royal College of Obstetricians and Gynaecologists

APPNE

ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTHERN EUROPE

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General Secretary

Mr. Irfan Akhtar

Joint Secretary

Mr. Mehboob Mirza

Finance Secretary

Mr. Awais Shaikh

Social Secretary

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Dr. Mohammad Afzal Sawal

Mr. Naseem Waraich

Trustees

Dr. Ayaz Abbasi

Mr. Amirulhaque Khan

Mr. Umar Daraz Khan

Dr. Shahabullah Qureshi

Contact Email

info@appne.uk

To,
The Right Honourable Matt Hancock MP
Secretary of State of Health & Social Affairs
United Kingdom.

Date: 3rd January 2021

Subject: Concerns over the recent change of COVID-19 vaccine schedule

Dear Mr Hancock,

The Association of Pakistani Physicians of Northern Europe (APPNE) would like to express its concerns regarding the government's decision to change the schedule of second dose of COVID-19 vaccination.

Earlier in December 2020, the British public highly appreciated the mass vaccination programme that was rolled out with approval of the Pfizer-BioNTech vaccine and impending approval of the Oxford AZ vaccine. It was understood that 40 million doses of the former and 100 million doses of the latter had been procured. For the population in United Kingdom, these doses would have sufficed with additional approval of the Moderna vaccine in due course of time. This model had been based on two doses of vaccinations of the Pfizer-BioNTech vaccine which was approved by the MHRA. However, it is concerning that we now hear that vaccine shortages could be an issue.

The decision to change the second vaccination schedule is based on the inference from unpublished data that the protection from the first dose is likely to last for a duration of 12 weeks (Optimising the COVID-19 vaccination programme for maximum short term impact. Short statement from the Joint Committee on Vaccination and Immunisation, 31st December 2020). With regards to immunity beyond 21 days after the first dose, there is no available data except the modelling data from the mRNA 1273 group on Moderna vaccine antibody response study (An mRNA Vaccine against SARS-CoV-2 - Preliminary Report NEJM 2020; 383:1920-31).

The evidence of efficacy of Pfizer-BioNTech vaccine comes from the trial where two doses are given 21 days apart which showed an efficacy of only 52% between the first and second dose (Safety and efficacy of the BNT162b2 mRNA covid-19 vaccine. *NEJM* 2020. 383:2603-2615). In addition, Pfizer- BioNTech has clearly mentioned in their statement that the *efficacy and safety data has not been evaluated on different dosing schedules and there is no data to demonstrate that the protection after the first dose is sustained after 21 days.*

Therefore, to roll out an untested strategy against the advice and evidence published by pharmaceutical companies, we are concerned that it would leave many vulnerable individuals including front line health care workers with questionable immunity and potentially serious consequences. It would also be unreasonable to amend the appointments for thousands of frontline workers and elderly patients particularly those who are due to receive the second dose in the forthcoming weeks. This is likely to result in the loss of confidence from the public who had accepted the first dose with the consent that the second dose will be given in line with the existing evidence. We envisage this will impact negatively on the government's plan for mass vaccination.

As JCVI advice has been followed for change of schedule, we hope that the decision is also based on advice from the Moral and Ethical Advisory Group (MEAG) as it may be unethical to change the protocol for the second vaccination after the consent. Given the new recommended change in dosing schedule, we could be following untested guidelines. To affirm public and healthcare professionals' trust in government's strategy during the current pandemic, it is vital that any vaccination plan is based on scientific evidence and recommendations by the manufacturers.

Envisaging your kind response.

Kind Regards.

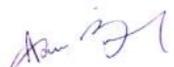
Yours faithfully,

Mr Mehboob Mirza



Joint secretary, Association of Pakistani Physicians of Northern Europe

Dr Amir Burney



President, Association of Pakistani Physicians of Northern Europe

UPCOMING CONFERENCES

APPNE is proud to be partners with PSEM. The virtual PSEM conference 2021 is the first event hosted by CAILTEC's ENLIGHTENme platform that uses technology to bring together fantastic experts from around the world to share their experience.

You can register for this conference using this link <https://cailtec.org/conferences>



OUR CONFERENCES

January 29
PSEM 2021 VIRTUAL CONFERENCE

ENLIGHTENme platform | Shaping the future of EMERGENCY MEDICINE in Pakistan with over 100 excellent speakers from 5 continents and crossing 12 time zones. Register Now -->



PSEM
Pakistan Society of
Emergency
Medicine



PSEM 2021
Virtual Conference
Collaboration | Innovation | Leadership
29th - 31st JANUARY



A TRULY UNIQUE INAUGURAL ONLINE EVENT!

- Over 100 excellent speakers from 5 continents incl Federal Health Minister of Pakistan, WHO and many other organisations!
- Combining to provide almost 40 hrs of lectures packed into 2.5 days
- Lectures all recorded – available for 12 mths on the ENLIGHTENme platform.
- If you are interested in emergency care, leadership development & celebrating female leadership, education and training strategies for the 'shopfloor' in acute settings, research, quality improvement, or just want to support Pakistan emergency care development – THIS is your chance.

Total registration cost £75 REGISTER at : <https://cailtec.org/conferences/>

This conference is an opportunity to explore the use of digital platforms for psychiatric training and intervention in Pakistan and other LMICs. A number of eminent psychiatrists, digital technology experts from UK, US and Pakistan are attending the conference. This would also be an opportunity to explore the ideas to meet mental health needs of Pakistani population. Dr Qaisar Zaidi and Dr Shahid Latif who are both APPNE members are amongst the eminent speakers at this event.

Click [here](#) to register for this conference.

BRITISH PAKISTANI PSYCHIATRISTS ASSOCIATION



DIGITAL TECHNOLOGY FOR MENTAL HEALTH NEEDS IN PAKISTAN

CHIEF GUEST: PROFESSOR ATTA UR RAHMAN
CHAIRMAN OF PAKISTAN PM'S TASK FORCE ON SCIENCE & TECHNOLOGY

CONFERENCE PRESIDENT: DR ADRIAN JAMES
PRESIDENT OF THE ROYAL COLLEGE OF PSYCHIATRISTS

SAT 30 JAN 2021
11:30-15:30GMT
16:00-20:30 PST

UPCOMING WEBINAR

Future of Public Health in Pakistan: Opportunities and Challenges

27th January 2021,
2:30 pm - 4:30 pm PST

Facebook LIVE

Logos: UPSIGN UK-Pakistan, Government of Punjab, Government of Sindh, Government of Balochistan, Government of Islamabad Capital Territory, Government of FATA, Ministry of Health, Government of Pakistan, and the National Health Services, Regulation and Accreditation Authority (NHSRA).

Speakers:

- Dr Sania Nishtar
- Dr. Faisal Sultan
- Prof Shakila Zaman
- Dr Ali Nasir Bugti
- Dr. Assad Hafeez
- Prof Zia Ul Haq
- Dr Parveen Ali
- Prof Zafar Iqbal
- Dr Naveed Syed
- Prof Shehzad Khan

This webinar is being held with some of Pakistan's most senior Public Health Leaders to explore opportunities to strengthen Pakistan's Public Health System. Special advisors to the Prime Minister of Pakistan, including the Director General of the Federal Health Services and Provincial Public Health leaders are participating. This webinar is supported by a number of organisations including the Health Services Academy Pakistan, Yaran-e-Watan and UPSIGN. This webinar will map out a route to improve Public Health at all levels.

Dr Zafar Iqbal and Dr Parveen Ali, members of APPNE are representing the UK faculty of Public Health Pakistan Group. Click [here](#) to register for this webinar.

ELECTIONS 2021



APPNE

ONE VOICE, ONE COMMUNITY
RECOGNITION, REPRESENTATION, COLLABORATION

3rd January 2021

Nominations close

18th January 2021

List of candidates to be announced

1st February 2021

Ballot papers to be sent by an independent body

8th February 2021

Voting starts for three weeks

First week of March 2021

Announcement of results

23rd March 2021

Oath Taking Ceremony

WWW.APPNE.UK



APPNE
ONE VOICE, ONE COMMUNITY
RECOGNITION, REPRESENTATION, COLLABORATION

VOTE RESPONSIBLY

.....
BE A MODEL MEMBER
.....

The future of the organisation rests
in your hands

WWW.APPNE.UK