

ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTHERN EUROPE



APPNE

Newsletter October 2020

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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

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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

Lest we forget.



@APPNE

#NHSHeroes

Editorial Committee

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

We welcome you all with the latest issue of our newsletter that covers the unprecedented period of recent human history. What an emotional rollercoaster ride it has been! APPNE has been at the forefront in meeting the challenges posed by COVID- 19 pandemic on several fronts. During this period, we not only provided pastoral support to our members in distress but took many initiatives to serve our membership as well as wider communities.

Our office bearers actively lobbied politicians, members of parliament and official bodies to highlight the issues affecting our membership and diaspora medical community in close collaboration with other organisations such as BAPIO and DAUK. We took lead on many crucial issues such as lack of adequate PPEs, special death in service benefits for healthcare professionals offering ultimate sacrifice in line of duty, resolving visa issues of stranded healthcare professionals by demanding extension of visas and permission for in country visa switches.

Our IMG taskforce remained busy for several months supporting IMGs stranded in the UK during the pandemic, offering individual support, building up database of all those stranded, resolving issues of accommodation and hardship, advocating their individual and collective problems at various fora including the Home Office and GMC, again in collaboration with other organisations and facilitating employments for those already registered with the GMC but not able to work due to immigration rules.

Our mental health taskforce put up an excellent series of mental health webinars for all Healthcare professionals to educate and support them in meeting the emotional and psychological challenges of the pandemic. Our Education Committee organised a large number of high quality educational professional seminars of different medical subspecialties on COVID related topics.

We also took many public education and research initiatives and followed them through. You would be able to read the details of all our aforementioned activities in individual reports published in the following pages.

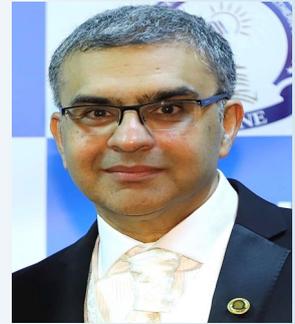
May we end by paying the highest tributes to those of our comrades who gave their lives in the service of their patients, they made us and the profession proud. Let's not forget them and those healthcare professionals as well who suffered hardship as a result of becoming severely ill during the course of their duty and those who selflessly continued to serve, many a times with less than adequate protection.

Salute to you all.

Hasan Jawed

On behalf of the editorial committee

Message from President



I hope you and your families are well. Since our last communique at the APPNE Educational and Social event held on 7th March 2020, we were and still are engulfed by a terrible ordeal as a result of the Corona virus pandemic.

First and foremost, on behalf of the APPNE Executive Committee and the wider membership I would wish to express a few words for those affected by this devastating disease. Our prayers and thoughts are with all those who have lost their loved ones. We also pray and wish that our friends, colleagues and members of all communities who are still unwell across the world, get well soon.

The Executive Committee Members and a large number of APPNE members have continued to work both in front and behind the scenes to support the work being carried out by APPNE. I am truly proud and humbled by the people who have spent so much of their time and energies to help with various APPNE initiatives and causes over the last few months. The organisation has worked tirelessly on vital issues such as health surcharge , repatriation of stranded Pakistanis to their home country and the availability of personal protection equipment (PPE). We have collaborated with a number of partner organisations including various BAME organisations in raising these issues which have also been discussed in the parliament. We have been approached by mainstream British media including radio, television and print media to gather our views on these issues on multiple occasions.

APPNE has engaged with the Government of Pakistan and is continually involved in ongoing projects in Pakistan. We are one of the signatories in the Yaraan e Watan project and we have also been invited as mentors and judges by the National Incubation Centre (NIC), Islamabad which aims to develop new technologies in health care sector to counter the COVID -19 pandemic and beyond.

The support of our members and your encouraging comments give us the momentum to drive forward real change. The Government of Pakistan, The Pakistani High Commission and the British Government continue to recognise our work which keeps us motivated and focussed. As we move forward, we plan to work harder and develop new projects which we will be announcing over the next few weeks.

Stay safe.

Amir Burney

Message from General Secretary



It gives me great pride to write for this newsletter which comes at an unprecedented time which we have never experienced before in our lifetimes. I personally had a tough time and it goes beyond saying that both myself and my family remain ever so grateful for the immense love, consideration, and prayers extended by my worthy colleagues. It is inspiring to see how the APPNE executive team joined forces with the wider membership and went out of its way in helping out communities and doctors who were in need during this pandemic. There were two big challenges faced by the doctor community: firstly, the international medical graduates who got stranded either because of multiple cancellations of PLAB or delay in visa processing whilst awaiting their placements. APPNE's IMG task force went out of its way to help a big cohort of over 150 doctors with their boarding and lodging and helped them in their job search. The testimonials from those doctors are the best reward one could hope for.

APPNE's education team worked hard to disseminate the current practices and outcomes to the local communities but also in Pakistan. This piece of work was highly appreciated and the recent acknowledgment by the President of Pakistan speaks volumes of the value those lectures carried.

APPNE's team worked and lobbied hard to successfully get the government to take away the international health surcharge for NHS workers and their families. We continue to thrive and our input and help has been recognised by the Honourable President of Pakistan in his latest audience. APPNE soon would be entering the next phase of its second elections and I urge more doctors to join APPNE and participate in the elections and more importantly add volume to our voice, as this is your own democratic representative body.

Irfan Akhtar

APPNE ANNUAL EVENT

7th March 2020 Manchester

APPNE held its annual event on 7th March 2020 in Manchester. This was attended by over 600 guests belonging to various alumni . The Pakistan High Commissioner H.E Mr Nafees Zakaria was the chief guest of the evening. The programme included educational event as well as social event. The event was also attended by IPPA (Irish Pakistani Professionals Association) President Mr Khalid Khan and the General Secretary Haroon Khan as well.

Highlights of Educational Event:

The programme included presentations from renowned speaker followed by a poster competition. The programme was CPD approved by the Royal College of Physicians UK. The winners of the poster competition were:

First prize Syed Soulat Riaz

Second prize: Wajiha Tehniyat

Second prize: Waleed Riaz

Third prize: Tariq Qadeer



Highlights of the Main Event:

There was representation from various BAME organisations. The event was also attended by prominent MP's of Pakistani background. The social event included gala dinner, children entertainment followed by musical evening. The event was hosted by famous British actor and comedian Abdullah Afzal. The singer on the day was Usman Farooqi.



Education Activities with Yaraan-e-Watan

During the pandemic APPNE continued Educational activities using on-line platform. APPNE collaborated with Yaraan-e-Watan and delivered a series of Webinars related to COVID-19 and various sub-specialities.

The first webinar was on the management of pregnant women and children with COVID-19.

COVID-19 in Pregnancy & Children

21st June, 2020 at 1100 hrs BST /1500 hrs PST



Dr Ambreen Rauf
Consultant Gynaecologist
Warrington & Halton
Hospitals NHS Trust

Dr Ammara Sohail
Consultant Gynaecologist
North Hampshire Hospital
NHS Trust

Dr Muhammad Afzal Sawal
Consultant Paediatrician
Royal Wolverhampton Hospital
NHS Trust

Dr Mansoor Ahmed
Consultant Paediatrician
Univ Hospitals of Derby
& Burton NHS Trust

[Click here to join on Zoom](#)

Meeting ID No 859 6748 2708

Moderators: Dr Amir Burney & Ms Sadaf Jafferbhoy



IMPACT OF COVID-19 ON SURGERY

28th June, 2020 at 1100 hrs BST /1500 hrs PST



Mr Naseem Waraich
Consultant Colorectal Surgeon
Senior Academic Tutor,
Walsall Healthcare NHS Trust

Mr Syed Yusuf Iftikhar
Consultant Surgeon
Associate Professor,
Royal Derby Hospital NHS Trust

Mr Amir Khan
Consultant Surgeon
Ex- Medical Director
Walsall Healthcare NHS Trust

Prof. Abul Fazal Ali Khan
Professor of Surgery
Rahid Latif Medical
College, Lahore

[Click here to join on zoom](#)

Meeting ID No 821 0306 5407

Moderators: Dr Afzal Sawal & Ms Sadaf Jafferbhoy



While COVID affected all elective services, at this webinar our renowned speakers discussed the impact of COVID-19 on elective and emergency surgical services .

Cardiorespiratory Diseases and COVID19

12th of July at 1100 hrs BST and 1500 hrs PST



Dr Saqib Ghani MBBS,
MRCP
Consultant Interventional
Cardiologist Darent Valley
Hospital, Dartford, UK
Hon Consultant
Cardiologist, Essex
Cardiothoracic Centre,
Bastion, UK

Dr M Subodh Kumar
MD, FRCP, FRCPC, MRCP, MRCP
L, FRCR, FRCR, FRCR, FRCR
Physician & Associate Medical Director
Sheppard Hospital NHS Foundation
Trust

Dr Mohammad Adnan Ghani Paracha
MRCP, FRCR, FRCR
FRCR
Consultant Chest Physician and
Honorary Senior Lecturer
Walsall Victoria Hospital
Honorary Senior Lecturer, Faculty of
Health and Medicine, Loughborough
University

Dr Sohail Q. Khan
BSc(Hons), MRCP, MD, FRCP,
FRCR, FRCR, FRCR
Consultant Interventional
Cardiologist & Head of PCI,
University Hospitals Birmingham
Honorary Senior Lecturer, University
of Birmingham

This session will be live on facebook via APPNE facebook page: www.facebook.com/groups/www.appne.uk

Moderators: Dr Ambreen Sajid Rauf and Dr Iram Saeed

COVID had unusual cardiac presentation . Our renowned shared their experience of management of cardiorespiratory complications of COVID.



The education committee continued our collaborative work with Yaraan-e watan and we conducted webinars to review the challenges faced by various specialties during the pandemic, working beyond the pandemic and recently we have started a series of ENT webinars; the first one was held on 27th September, 2020.



PAKISTAN DIASPORA HEALTH INITIATIVE
@ یاران وطن
— YARAN E WATAN —

11 Am - 1pm BST
3PM - 5PM PST
16th August 2020

[Click Here For Facebook](#) [Click Here For Registration:](#)

Password: 894330

Beyond the Pandemic - The new normal



Dr. Abdul Jallil Khan
MBBS, FRCGP, FHEA, MScMed
Consultant Family physician
Assistant Professor Family Medicine, Kyber Medical University



Dr. Faridah Amin
MBBS, FCPS, MRCP (Int), MSc
Clinical Research, PhD
HOD Family Medicine at Liaquat National Hospital and Medical College
"Editor in chief of 'LNJPC'"



Dr. Salman Shahid
MBBS (Dow), MRCP (UK), MRCPG (London), MSc
Health and Social Care Management (Oxford) Dip
Clinical Dermatology London



Dr. Saqib Anwar
MB ChB, FRCGP, DFSRH, MMed Dip (Sports Injuries)
Associate Medical Director
NHS England & Improvement Midlands



Dr. Hisham Haq
MBBS, MRCP, DRCCG, DooctHealth, CertMedEdu
GP Partner and LLRLMC Treasurer
APPNE: Social and Corporate Secretary



Dr. Zile Huma Ghauri
GP Partner & Trainer
Clinical Director Airedale & Longlight PCN, Aesthetics Dr.

APPNE
ONE VOICE, ONE COMMUNITY

Acute Management of COVID19

9th of August at 11 am BST and 3 pm PST



Dr. Mahvish Zaman
MRCP UK, CCT, AEM, RCN, GEM
Consultant Critical Care and Acute Medicine and BOD of Acute Medicine
Northampton General Hospital UK



Dr. Salman Rasheed MRCP UK
Consultant Acute Medicine and Internal Medicine
Sheffield Teaching Hospital UK



Dr. Iram Saeed
MRCP UK, FCPS Med, Haematology SPM
King's College Hospital London UK

This session will be live on facebook via APPNE facebook page:
www.facebook.com/groups/www.appne.uk

Join the meeting on zoom following the link:
<https://us02web.zoom.us/j/897617210327>
pwd=MnNnVFVUzmcrlYtCWVlaWUoDU3czdz09
Password: 762666

Moderators: Dr. Mehboob Mirza and Dr. Shahid Latif



Post COVID Challenges In GI Services

5th September 2020, 1300 hrs BST 1700 hrs PST



Prof Ghias Un Nabi Tayab
Lahore Gen Hospital, Pakistan



Dr Ghulam Mujtaba
Mount View Hospital, USA



Dr Saqib Mumtaz
Royal Wolverhampton Hospital, UK



Dr Mumtaz Hayat
Northumbria NHS Trust, UK



Dr Saad Khalid Niaz
Civil Hospital, Pakistan



Dr Imran Ghanghro
Sandwell & West Birmingham Hospital, UK

[CLICK HERE TO JOIN](#)

ZOOM MEETING ID 86201788066 PASSWORD 872575

Moderators
Mr Irfan Akhtar- General Surgeon
Mr Jawad Ahmed-Hepatobiliary Surgeon





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

Webinars for Students and Junior Doctors

We also held webinars for international medical graduates wishing to pursue a career in the UK, career guidance to students and junior doctors who want to enter core psychiatry training.

IN COLLABORATION WITH  **APPNE**
ONE VOICE, ONE COMMUNITY
RECOGNITION, REPRESENTATION, COLLABORATION

CAREERS in...  **MEDICINE**
 **DENTISTRY**
 **INTERVIEWS**

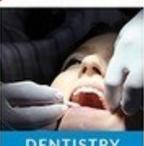
CAREER GUIDANCE WEBINARS
Anything you want to know for admission in Medicine and Dentistry

PROGRAMME
PART A
STUDENT TOP TIPS FROM CURRENT MEDICAL STUDENTS IN UK*

- How to apply for medical schools in UK and Europe
- How to study for UCAT - University Clinical Aptitude Test
- How to write a Personal Statement
- Interviews skills - top tips
- Which medical and dentistry schools to apply for?

8TH AUGUST 11AM-1PM

INTRODUCTION: Dr Nasar Ali (3 Meem Foundation)
MODERATOR: Mr Naseem Waraich (APPNE)
PANELISTS: *Haris Sawal, Ashar Burney, Nabaha Fuad, Fizzah Abidi, Zainah Irfan Sindho, Hasan Iqbal, Hibah Mirza, Mahnur Noor
MENTORS: Dr Amir Burney, Dr Afzal Sawal, Dr Wajiha Bashir

 **MEDICINE**  **DENTISTRY**

 **APPNE IMG Webinar**  **Sunday 17th May**
 **4:00 PM U.K. time (8:00 PM in Pakistan)**

Interactive session for IMG graduates in Europe

- * PLAB & English Language Requirements
- * GMC & PMDC Requirements
- * Visa & Immigration
- * Job acquisition & CV building

Panel discussion to be led by IMG & APPNE members



The format will be an interactive Q&A session-

Soheb & Irtaza (Visa & Immigration) **Fahim and Shazrah** (PLAB, OET & IELTS) **Mohsin and Shahid** (Jobs & CV Building) **Adil & Tooba** (GMC & PMDC)

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HOW TO ENTER CORE PSYCHIATRY TRAINING IN UK

Interactive Facebook Live & Zoom session aiming to clarify the process

Saturday 4th of July 2020
11am—1pm (UK Time)

Presenters:
Dr Raja Adnan Ahmed *Dr Palwasha Mukhtar*
Consultant Psychiatrist *Core Trainee Psychiatry*

 **Association of Pakistani Physicians of Northern Europe (APPNE) and Pakistan Doctors Group Riyadh (PDGR) invite you to a joint seminar** 

Theme of Seminar: APPNE-PDGR seminar for international medical graduates (IMGs) in Saudi Arabia and Gulf countries, aspiring to pursue careers in UK and European countries

Panelists (UK): Dr. Raja Adnan Ahmed Dr. Nabil Sami Dr. Bilal Malik Dr. Hamzah Khokar	Mentors: Mr. Irfan Akhtar Mr. Amir Khan, Mr. Shabi Ahmad Dr. Afzal Sawal	Moderators: Dr. Amir Burney Mr. Naseem Wariach Dr. Asadullah Roomi
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Key Features of Seminar:
PLAB & English Language Requirements
GMC & PMDC Requirements
Visa & Immigration
Job acquisition & CV building
International Clinical Fellowships

Date and Time  **Join Zoom Meeting**
<https://us02web.zoom.us/j/86390872135>
Friday, Jul 10, 2020
07:00 PM UK
09:00 PM Riyadh
11:00 PM Pakistan
Meeting ID: 863 9087 2135
Password: 12345

IMG TASK FORCE:

Aamir Burney, Amir Khan, Ayaz Abbassi, Shabi Ahmad, Hasan Jawed, Iram Saeed, Naseem Waraich

SK FORCE

The Association of Pakistani Physicians in Northern Europe (APPNE) recognized the challenges faced by IMGs in the UK during COVID-19 pandemic crisis and created a task force to find ways of identifying and meeting these challenges. Here is a summary of various activities carried out so far

Database of Stranded IMGs

APPNE created a database of all IMGs stranded in UK during lockdown and identified their individual needs. Most importantly it was ascertained that the individuals are safe and appropriately maintained.

APPNE Executives and Members have been offering pastoral and moral support to those in need and created a 'Hardship Fund.' This fund will be utilized to help IMGs needing material assistance and it will be audited and details will be made to public.

Facilitating Employment

APPNE wrote to Health and Home Secretary urging them to utilize the services of those stranded IMGs who had passed PLAB enabling them to help NHS in this hour of dire need.

APPNE also contacted NHS England and various NHS Trusts and provided them the list of stranded IMGs who had passed PLAB and were keen to serve NHS during current crisis. As a result of our facilitating efforts nearly 30-40 IMGs were able to find placements in various NHS Trusts and newly opened Nightingale field hospitals across the UK.

Assisting with Visa Issues

Many of stranded IMGs were on visitor's visa and needed to switch to Tier 2 Visas which required them to return to home countries first. Many others' visa was expiring which required urgent assistance. We repeatedly wrote to Health and Home Secretary for automatic extension of their current visas and to allow them to apply for in-country visa status change. We were therefore pleased to learn that not only the Home Office allowed an automatic extension of current visas but it also allowed in country switch to Tier 2 Visas for those currently stranded in the UK until 31/05/2020

APPNE also urged the Home secretary and NHS chief executive officer to expedite the process of granting TIER 2 Visa and to allow applicants to commence work whilst waiting for the outcome of their visa applications to enable IMGs to commence their newly offered employments as soon as possible.

We also highlighted the problem that in the current circumstances, police certificate might not be possible to get from the home country and we suggested that flexibility is exercised in this regard.

GMC Registration Issues

APPNE approached the GMC regarding 'Good standing certificate' which was a major hurdle for many Pakistani IMGs applying for Registration and requested flexibility in this regard. GMC has since agreed to be accommodative in supporting IMG's.

Many candidates were waiting for Good standing certificate via PMDC and it was dealt with. APPNE also made successful representations to GMC for a fast track registration process for stranded. Task force discussed the validity of IELTS and OET as candidates have contacted APPNE and we wrote a letter to GMC for IMGs and their IELTS/OET expiring and they are waiting for their job offer.

Helping With Repatriation of Stranded IMGs

APPNE approached Pakistan High Commission about PIA chartered flights starting in the first week of April to bring British nationals back from Pakistan, to take those IMGs back home who wished to return. Since then APPNE has sent the list of those IMGs and has been in communication with PHC in this regard.

APPNE has also facilitated the return of stranded Pakistani origin doctors back to U.K.

Assistance with PLAB Cancellation

APPNE has created a database of more than 160 candidates whose PLAB2 have been cancelled. These doctors wish to take the test as soon as possible before returning to their home countries. All candidates have been contacted and given general and individual advice and general support. APPNE has brought their predicament to GMCs attention and based on their advice has asked the candidates to contact the GMC to highlight their individual circumstances to request either an alternative way of assessment or award of exemption from PLAB 2 whilst PLAB Tests remain suspended.

IMGs in Pakistan Requiring Visa

We have collected the details of more than 60 IMGs in Pakistan who have employment offers to work in UK but unable to travel due to British Visa offices not operating. We collated information about their passport number, visa application status and provided these to the British High Commission in Pakistan who promised to look in to their difficulties. APPNE is pleased that these candidates have now been contacted by the High Commission and given permission to make their travel arrangements.

Rehabilitation of GP trainees

APPNE in collaboration with British Association of Physicians of Indian Origin (BAPIO), GP Workforce Forum (GPWF) and GP Training Forum (GPTF) launched a campaign for the rehabilitation of those GP trainees who were released from the training due to exam issues. Following passing of the Corona Virus Bill in March 2020 by the UK Parliament, The Health Professions Order 2001 was amended by inserting the Article 9A, Temporary registration in emergencies involving loss of human life or human illness etc.

We along with these organizations made representations to the Prime Minister requesting that the Secretary of State for Health and Social Welfare applies his special powers conferred upon him by the above mentioned amendment to The Health Profession Order 2001 to make way for thousands of doctors in the primary care to join the workforce as soon as possible. We argued that This proposed action will add potentially thousands of doctors to the currently depleted GP work force and will help to fill an ever widening gap in GP staffing level particularly during the current COVID 19 pandemic.

Collaboration with Other Organisations

All APPNE efforts are not in isolation but are being collectively managed with other supporting organizations like DAUK, BAPIO, BIMA, Bangladesh doctors & Sri-Lankan doctors organizations.

We are very thankful to H.E. Mr. Nafees Zakaria (HC of Pakistan in U.K.) and staff of Pakistan HC, staff in the office The President of Pakistan Islamabad, and colleagues in GMC, Home Office and Department of Health for their continuous support in these extra-ordinary times.

Advocating for NHS Healthcare Professionals

APPNE consistently demanded PPE provision for NHS staff and increasing awareness on social media. We wrote to Public Health England and the Health Secretary with special reference to lack of adequate PPE provision and high rate of critical morbidity and mortality amongst healthcare professionals. Our concerns about lack of PPE and high rate of critical morbidity and mortality in BAME population were raised in Prime Minister Question Time by an honourable member of Parliament.

APPNE has amongst the first voices to raise the issue of in-service death benefit for healthcare professionals during the current crisis for both permanent and locum staff over and above existing pension policies. We wrote to the Prime Minister and the Health Secretary and raised awareness on Social Media. Since then Government announced in service death benefits of £60,000 pounds for Healthcare professionals. We have also demanded that the health staff who have died due to COVID, their families should be given ILR and waive off NHS Health surcharges for families of doctors and student loan.

We were also amongst the first to demand the abolition of Immigration Healthcare Surcharge for Healthcare Professionals. We wrote several letters to Prime Minister and the Home Secretary in this regard. Our collaborative work in this regard with DAUK and BAPIO was widely reported by the mainstream media and taken up by the Leader of Opposition in the parliament resulting in abolishment of this surcharge for Health and Social Care Professionals.

APPNE Mental Health Task Force

Covid Pandemic has not only been a psychological and emotional challenge for the population at large but even more so for the frontline healthcare professionals who selflessly served the population often putting their own life at risk. We had possibly the highest proportion of healthcare professionals in the world giving the ultimate sacrifice in the line of duty.

APPNE recognising the psychological needs of our healthcare professionals, conducted a series of 8 Mental Health Webinars from 12 July to 26 August 2020. Seminars were well received and attracted a total viewership exceeding 45 K. Experienced Psychiatrists from across UK delivered presentations followed by Q&A sessions.

The opening seminar by Dr Lubna Anwar focussed on the issue of Loss and Bereavement during the pandemic. This was an opportunity for all professionals including doctors, nurses, healthcare assistants and other allied colleagues to understand the psychological impact of close colleagues, friends and family losing their health or life and to reflect on their own ways to cope with these adversities.

APPNE CARING FOR HEALTH PROFESSIONALS
Mental Health Webinar

Chair: Dr Hashim Reza
Consultant Psychiatrist & Special Advisor Health Information
Royal College of Psychiatrists
Speaker: Dr Lubna Anwar
Consultant Psychiatrist & Psychotherapist
Health Services
Moderator: Dr Kamila Haider
Forensic Psychiatrist

Coping With Loss and Bereavement During Pandemic

Wednesday 8 July 2020 6-7pm
Zoom link
<https://us02web.zoom.us/j/88410451549>

Dr Lubna Anwar
Dr Hashim Reza
Dr Kamila Haider

Our 2nd Webinar explored the issues of Moral Injury and emotional exhaustion of the healthcare professionals during the pandemic that could predispose them to developing stress related conditions and compassion fatigue.

APPNE CARING FOR HEALTH PROFESSIONALS
Mental Health Webinar

Chair: Dr Ifkhar Ahmad
Consultant Psychiatrist
Black Country Healthcare NHS Trust, Walsall
Speaker: Prof Rafeeq Faruqi
KMPT @ University of Kent
Moderator: Dr Iqbal Naeem
Consultant Psychiatrist, SAS Tutor & CESR Evaluator
Royal College of Psychiatrists

Moral Injury, Emotional Exhaustion and Compassion Fatigue

Wednesday 15 July 2020 6-7pm
Zoom link
<https://us02web.zoom.us/j/83269253371>

Prof. Rafeeq Faruqi
Dr Ifkhar Ahmad
Dr Iqbal Naeem

The 3rd Webinar by eminent child Psychiatrist Dr Shahid Ahmad looked at the reality that the psychological trauma of Covid -19 will touch the life of everybody including the families of healthcare professionals in some way. Therefore it looked at the parallel epidemic of fear, anxiety, grief and depression in children and adolescents. The young people are finding it difficult to cope with social isolation, feelings of loneliness and entrapment and issues of grief. This webinar focussed on the management of the psychological sequelae of Covid 19 in children and adolescents.

It informed the viewers about different self management strategies that can be used by individuals and organisations.

APPNE CARING FOR HEALTH PROFESSIONALS
Mental Health Webinar

Chair: Dr Aasifa Zainab
Consultant Child Psychiatrist
Barns & Doncaster
Speaker: Dr Shahid M Ahmad
Consultant Child Psychiatrist, Lancashire
Moderator: Dr Sobia Rafi
Consultant Child Psychiatrist
Walsall, West Midlands

Managing the Mental Health of Children & Adolescents During the Pandemic

Wednesday 22 July 2020 6-7pm
Zoom link
<https://us02web.zoom.us/j/83265318275>

Dr Shahid M Ahmad
Dr Aasifa Zainab
Dr Sobia Rafi

Our fourth webinar by Dr Iftikhar Ahmad discussed the nature and causes of Sleep difficulties during the current pandemic discussing the underlying physiological and psychological processes.

APPNE CARING FOR HEALTH PROFESSIONALS
Mental Health Webinar

Chair: Dr Rubina Anjum
Consultant Psychiatrist, South East London
Speaker: Dr Iftikhar Ahmad
Consultant Psychiatrist, West Midlands
Moderator: Dr Sohail Zafar
Consultant Psychiatrist, Cymru HealthCare

Sleep During COVID Pandemic

Wednesday 29 July 2020 6-7pm
Zoom link
<https://us02web.zoom.us/j/83095140954>

Dr Iftikhar Ahmad
Dr Rubina Anjum
Dr Sohail Zafar

Covid Pandemic posed challenges to healthcare organisations in equal measures. Therefore our 5th Webinar by Dr Shahid Latif was dedicated to understanding challenges of organisational changes during COVID-19 crisis. It highlighted that during these unprecedented times whilst change is perpetual and uncertainty is at the helm, it is important to be conscious of ones wellbeing by attempting to be as well equipped as possible by being in a state of readiness.

APPNE CARING FOR HEALTH PROFESSIONALS
Mental Health Webinar

Chair: Dr Mafeen Durrani
Consultant Psychiatrist
Essex
Speaker: Dr Shahid Latif
Consultant Psychologist B
Chair Transcultural BSL, Royal College of Psychiatrists
Moderator: Dr Shahid Qureshi
General Practitioner
Walsall, West Midlands

Managing the Potential Stress of Organisational Change During COVID19 (for HCPs and Medical Leaders)

Wednesday 05 August 2020 6-7pm
Zoom link
<https://us02web.zoom.us/j/85615983990>

Dr Shahid Latif
Dr Mafeen Durrani
Dr Shahid Qureshi

APPNE Mental Health Task Force

The 6th Webinar by Dr Farina Tahira titled 'Maintaining a Healthy Mindset whilst Dealing with COVID-19 challenges', tried to promote understanding of our emotions and guided to develop a positive & resilient mindset to cope with the challenges ahead.

APPNE CARING FOR HEALTH PROFESSIONALS
Mental Health Webinar

Chair: Dr Shahid Quraishi
Consultant Psychiatrist
Leamington

Speaker: Dr Farina Tahira
Consultant Psychiatrist
Derby, East Midlands

Moderator: Dr Asad Malik
Consultant Psychiatrist
Wolverhampton, East Midlands

Maintaining a Healthy Mindset Whilst Dealing with COVID19 Challenges

Wednesday 12 August 2020 6-7pm
Zoom link
<https://us02web.zoom.us/j/84773056652>

Dr Farina Tahira
Dr Shahid Quraishi
Dr Asad Malik

One of the organisational change that many healthcare professionals experienced during the pandemic was 'Working from Home' that had its own unique challenges. Our 7th webinar by Dr Kamila Haider discussed how these challenges had affected us on both personal as well as organisational levels. It also discussed the challenges and benefits that we have experienced whilst working from home. This interactive session attempted to benefit from each other's experiences, views and suggestions.

APPNE CARING FOR HEALTH PROFESSIONALS
Mental Health Webinar

Chair: Dr Raia Inzal Ahmed
Consultant Psychiatrist
Sheffield

Speaker: Dr Kamila Haider
Forensic Psychiatrist
Wolverhampton

Moderator: Dr Syed Habib Mehal
Consultant Child & Adolescent Psychiatrist
Wolverhampton, East Midlands

Working from Home During Covid 19 Pandemic

Wednesday 19 August 2020 6-7pm
Zoom link
<https://us02web.zoom.us/j/83779906914>

Dr Kamila Haider
Dr Raia Ahmed
Dr Syed Mehal

Our final Mental Health Webinar "Negotiating Uncertainty Covid-19 and Beyond" by Dr Lubna Anwar, a Consultant Psychiatrist and Psychotherapist explored the issues of Uncertainty, a state of not knowing that prevails in everyday life even in normal circumstances but during crisis or periods of unprecedented change our capacity to tolerate uncertainty can be tested with consequent action or inaction towards achieving certainty. It presented an opportunity to understand uncertainty in uncertain times.

APPNE CARING FOR HEALTH PROFESSIONALS
Mental Health Webinar

Chair: Dr Afzal Javed
President Elect, World Psychiatric Association
West Midlands

Speaker: Dr Lubna Anwar
Consultant Psychiatrist & Psychotherapist
North London

Moderator: Dr Saadia Alvi
Specialist Registrar & IMG Rep to Royal College of Psychiatrists PTC
South Yorkshire

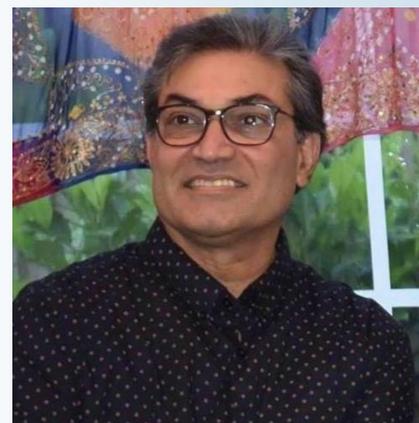
Negotiating Uncertainty, Covid-19 and Beyond

Wednesday 26 August 2020 6-7pm
Zoom link
<https://us02web.zoom.us/j/88375831513>

Dr Lubna Anwar
Dr Afzal Javed
Dr Saadia Alvi

Journey Through COVID

As humans, we have just seen one of the biggest calamity of our generation and probably of this century. COVID-19 pandemic is one of the most catastrophic disaster and difficult challenge that the world had to deal with and unfortunately not finished yet. The enemy is cruel and blatant, can affect rich and poor alike and no community, race or colour was spared. Some ethnicities, older age group or people with underlying conditions were more susceptible to this vicious virus. No individual, group, society or country was prepared to deal with it or has an answer to it yet. Before we could prepare ourselves, millions were engulfed with this virus and a million have lost their lives. A significant number of them lost their lives well before their time. I got this virus in earlier part of March and had full blown symptoms by the middle of the month. As a private practitioner, I cancelled all my operating lists and consultations immediately before the lockdown started. I had quite serious symptoms including breathing difficulties and was just inches away from hospitalisation and intubation. I never felt so helpless in my life ever before, no influence or any other resources could have changed its course. I was at the mercy of my own fate which I did not know. I knew friends in local hospitals but even then couldn't get myself tested as only hospitalised or intubated patients had this privilege. I was at the brink of hospitalisation but did not want to end up there. I didn't know which world I was going to wake up into, if hospitalised and intubated. I sailed through the turbulent cytokine storm with difficulty but finally got ashore by the end of March. Probably my athletic past and sporty present helped me to get out of this swirling whirlpool. Some of my other friends got it as well, some were admitted to ICU and I also know a few others who couldn't make it. Soon after my recovery I started my walking, running, basketball and exercises in my back garden. I wrote my experience and got it shared in English and Urdu's newspapers for awareness and to combat with it, if one was already unlucky. I also started a portrait sketch programme to raise money for Covid19 affected people in Pakistan, raised money for health care workers in U.K by launching Dunk For DO-GANE fundraising and drew a sketch depicting role of doctors combating this virus and protecting community. I raised £3,500 that was used to distribute rations in rural areas of Sindh, we raise over £5000 for health care workers in U.K. Money will be given to health care workers charity.

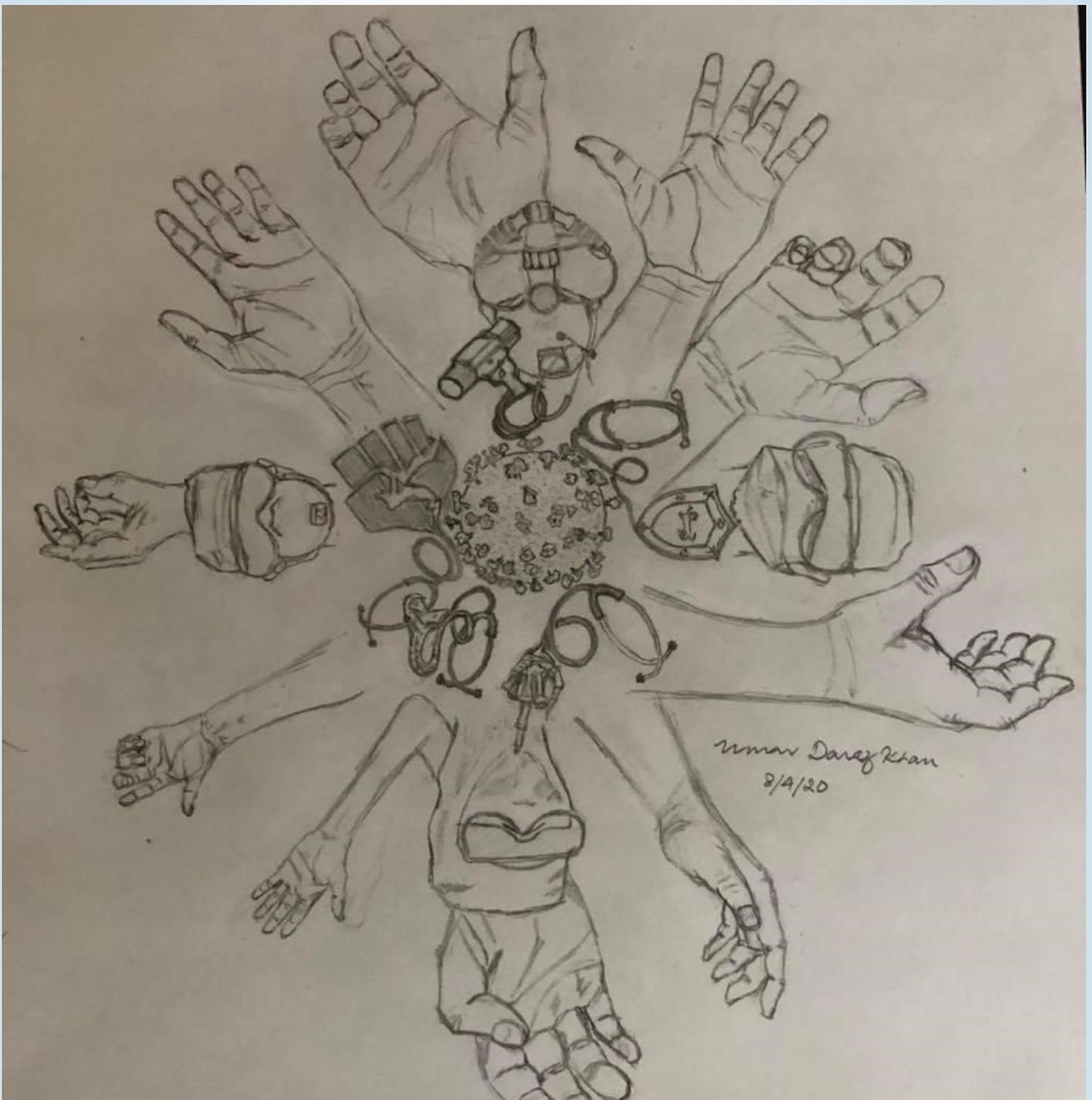


In the process, there were lots of good and bad experiences that were faced by our professionals back home and in U.K. Lots of our colleagues lost lives during the process and the risk is still hanging around. We have learned from our experiences and APPNE has played an important role in this pandemic crisis, spreading awareness, how to prevent and protect ourselves as an individual as well as a professional. This collective knowledge and information was disseminated in U.K. and in Pakistan through various heavily attended webinars. I would like to congratulate the team APPNE for their tremendous contribution for playing its role to combat this pandemic. We still have a tough time ahead and an extremely important role to play but I m sure our organisation is in safe hands and will lead from the front in future again.

Dr Umar Daraz Khan

Consultant Plastic Surgeon

Trustee APPNE



NHS

#NHSHeroes

Inna lillahi wa inna ilayhi raji'un
Surely we belong to Allah and to Him shall we return.

British Pakistani Healthcare Professionals



Dr Habib Zaidi
GP



Dr Tariq Shafi
Consultant Haematologist



Dr Maimoona Rana
Psychiatric Trainee



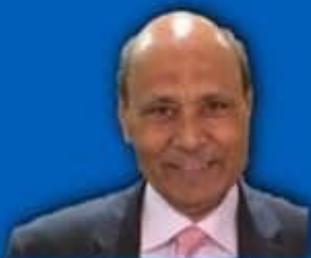
Ms Areema Nasreen
Nurse



Dr Nasir Khan
Consultant Physician



Mr Khalid Jamil
Healthcare Assistant



Dr Syed Zeeshan Haider
GP



Dr Furqan Ali Siddiqui
Plastic Surgery Trainee



APPNE
ONE VOICE, ONE COMMUNITY
RECOGNITION, REPRESENTATION, COLLABORATION

APPNE Collaborative Work

APPNE collaboratively worked with BAPIO and carried out a survey to explore whether hospital doctors had a variable risk of COVID-19 due to differential treatment based on gender or religion. The survey included over 1200 doctors working in the NHS and showed no difference based on gender but Muslims had a higher prevalence of suspected or confirmed COVID-19 when compared with Hindus.

APPNE partners in a National Research Project. New £2.1m UK study launched to investigate COVID-19 risks for BAME healthcare staff. A new £2.1m research study investigating the risks of COVID-19 on black, Asian and minority ethnic (BAME) healthcare workers has been launched, after evidence has emerged that higher proportions of associated deaths within these groups were recorded- more than twice that of the white population.

Jointly funded by UK Research and Innovation (UKRI) and the National Institute for Health Research (NIHR), the £2.1m University of Leicester-led UK-REACH study (UK Research study into Ethnicity And COVID-19 outcomes in Healthcare workers) will work with more than 30,000 clinical and non-clinical members of staff to assess their risk of COVID-19, based on the analysis of two million healthcare records.

*Full list of partner organisations, correct at time of press release:

- University of Leicester/ NIHR Leicester BRC
- The General Dental Council
- The General Medical Council
- The General Pharmaceutical Council
- The Nursing and Midwifery Council
- Royal College of Midwives
- Royal College of Nursing
- Royal College of Obstetricians and Gynaecologists
- Royal College of Psychiatrists
- Oxford University Hospitals
- University College London
- University of Nottingham
- University of Edinburgh Law School
- SAIL Databank
- South Asian Health Foundation
- British Association of Physicians of Indian

Origin

- Sudan Doctors' Union – UK Branch
- Association of Pakistani Physicians of Northern Europe



Contact

✉ uk-reach@leicester.ac.uk

🐦 @UKREACHStudy

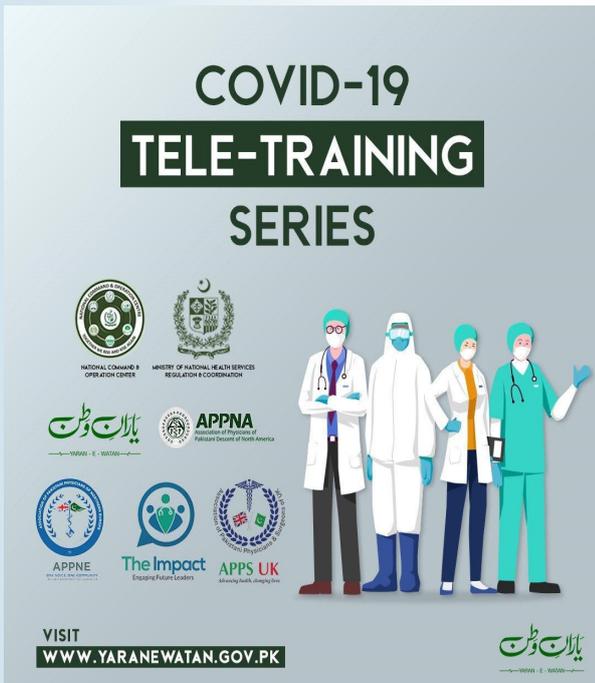
Funders

This study is supported by a grant to the University of Leicester from the [MRC-UK Research and Innovation](#), and [National Institute for Health Research \(NIHR\) rapid response panel to tackle COVID-19](#) and by core funding provided by [NIHR Leicester Biomedical Research Centre](#) - a partnership between the [University of Leicester](#) and [University Hospitals of Leicester NHS Trust](#).

Website © 2020 The UK-REACH Team

APPNE Collaborative Work

APPNE in collaboration with the Pakistan Doctors Group Riyadh (PDGR) conducted a webinar . The focus was on a discussion for international medical graduates based in the Middle East who wish to train and work in UK and Europe. APPNE is thankful to the mentors, panellists, and moderators from APPNE for their time. We would also like to express our gratitude to our friends and colleagues in Saudi Arabia and PDGR for this collaborative event. The Pakistani High Commissioner in the UK and Pakistan’s Ambassador to Saudi Arabia attended the event and spoke in support our collaborative work



Under the umbrella of NCOC and @nhsrcofficial, @YaranWatan with diaspora orgs has launched a webinar & tele-training series for healthcare workers enhancing knowledge, skills and capabilities keeping pace with the current standards of practice and care for #COVID19 patient.

APPNE worked with the alumni of Rawalpindi Medical University and conducted an international meeting on the practical aspects of COVID. This meeting was accredited by the Royal College of Physicians UK for 5 CPD points.

APPNE Collaborative Work

The Association of Physicians of Northern Europe (APPNE) in partnership with doctHERs conducted an education and training session under the Government of Pakistan's Yaran-E-Watan platform. A multidisciplinary healthcare panel from the UK who discussed the mental health implications of the pandemic.

APPNE & doctHERs
Education and Training programme for Yaran-E-Watan

Mental Health and COVID-19

Supporting patients and the public during the pandemic

31st MAY 2020 3:00 pm PST

SPEAKER

- Parveen Ali, Senior Lecturer, University of Sheffield
- Dr Shahid Latif, Consultant Psychiatrist, Northamptonshire NHS Trust
- Sadia Qayyum, Senior Pharmacist
- Dr Shahid Ahmad, Consultant Child and Adolescent Psychiatrist, Burnley General Hospital, UK

MODERATOR

- Nadia Bukhari, Chief pharmacist, doctHERs
- Dr Amir Burney, President APPNE

doctHERs APPNE

APPNE Collaborative work with National Incubation Centre, Islamabad , Pakistan

The current healthcare challenges are affecting the way we act, interact and run our businesses. To take these challenges head-on, The NIC and #Jazzlr8 have introduced a platform to hack for solutions through a National Digital Health Hackathon.

We are extremely happy to announce all our partners including Ministry of National Health Services, Regulations & Coordination, UNDP Pakistan, APPNE, Rehman Medical Institute (RMI), OPEN Silicon Valley, HUM News, FM 100 Pakistan, Mashable Pakistan and ProPakistani.

HACKISTAN
National Health Hackathon

National Incubation Center X #Jazzlr8

APPLY NOW!

OUR PARTNERS

Logos of partners: HUM Network, OPEN Silicon Valley, Mashable Pakistan, ProPakistani, HUM News, FM 100 Pakistan, RMI, APPNE, UNDP, Ministry of National Health Services, Regulations & Coordination, Ignite, #Jazzlr8, Teamup.

https://nicpakistan.pk/hackistan/

APPNE Collaborative Work

IPPA Med 

Live Webinar

CV Writing & Interview Skills For Doctors

 Saturday 19th Sept 2020  11:30 - 13:30 GMT+1

Moderators



Dr. Malik M. Anwar
Consultant Gastroenterologist & General Physician



Mr. Khalid Khan
Consultant Orthopaedic Surgeon

Speakers & Panellists



Prof. Peter Gillen
Consultant Surgeon



Dr. Jan Leyden
Consultant Gastroenterologist & General Physician



Mr. Asghar Nawaz
Consultant Gastroenterologist Surgeon



Prof. David Healy
Consultant Gastroenterologist Surgeon



Mr. Asam Ishtiaq
Consultant General & Vascular Surgery



Mr. Adeel Zafar
Senior SpR Vascular Surgery



Mr. Mustafa Mahmood
FRCGS Fellow in Emergency Medicine



Mr. Shabi Ahmad
Consultant Vascular Surgeon



Dr. Amir Niazi
Consultant Psychiatrist



Dr. Mukhtar
Consultant Anaesthetics

Register at: <https://cutt.ly/bfRUhaf>

 **IPPA**
INTERNATIONAL PROFESSIONALS ASSOCIATION

Organized by The Irish Pakistani Professionals' Association (Reg#: 676110) www.ippairreland.ie

IPPA Med

Live Webinar

CV Writing & Interview Skills For Doctors

Section I		
11:30-11:35	Introduction	Mr. Khalid Khan
11:35-11:50	CV Writing-Part I	Mr. Shabi Ahmed
11:50-12:05	CV Writing-Part II	Prof. David Healy
12:05-12:15	Interview Process -Trainee	Mr. A Zafar/M Mahmood
12:15-12:25	Interactive Session	Section I Speakers + Dr. Amir Niazi
12:25-12:30	Comfort Break	
Section II		
12:30-12:45	Interview Skills- Part I	Prof. Peter Gillen
12:45-13:00	Interview Skills-Part II	Dr. Jan Leyden
13:00-13:10	Interview Skills-UK Perspective	Mr. Asghar Nawaz
13:10-13:20	Communication & Leadership	Mr. Asam Ishtiaq
13:20-13:25	Interactive Session	Section II Speakers + Dr. Mukhtar
13:25-13:30	Concluding Remarks	Dr. Malik M. Anwar

Register at: www.cutt.ly/bfRUhaf

For More Information

Ask Our Experts Anything info@ippairreland.ie

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APPNE Cricket Tournament

Medical fraternity got exhausted in managing COVID 19 patients. APPNE Sports provided them a day full of fun and loving activity. APPNE sports organised tape ball cricket tournament on 6th September 2020 at the defence day of Pakistan. There was an immense response from all over the country and only 8 teams were selected on the basis of first come and first paid basis.

Following teams took part:

1. Birmingham Kings
2. Blackburn Rovers
3. Black country Tigers
4. Broughton CC (Milton Keynes)
5. Cornered Tigers (Midlands)
6. Leicester Tigers
7. Nottingham Robins
8. Stokey Saints

All matches were played in very friendly but competitive environment at historical magnificent Wolverhampton cricket ground. Final was played between Birmingham Kings and Stokey Saints. Birmingham kings won the toss and batted first. After a nail-biting competition between bat and ball Birmingham kings lifted the majestic trophy as winner and Stokey Saints were runners up. Medals of Memorandum were awarded to all participants. Best batsman, best bowler and best catch trophies were awarded by President and general secretary of APPNE.

