

# APPNE FIRST ANNUAL EVENT 2020



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# ANNUAL MEET 2020

On 7<sup>th</sup> March 2020



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**LIVE MUSIC**

**EXHIBITION STALLS**

**CHILDREN ENTERTAINMENT**



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you to attend!

Free CPD Event:

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Translating Recent Medical  
Advances into Practice  
& Poster Competition  
Timing: 4pm to 6pm

Venue:  
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## Ticket Information

Members £30

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To pay directly into APPNE Bank Account

Contact:  
[corporateaffairs@appne.uk](mailto:corporateaffairs@appne.uk)  
visit: [www.appne.uk](http://www.appne.uk)

Annual Meet 2020:  
Timing: 6pm till late

Venue:  
The Sheridan  
371 Oldham Road  
Manchester M40 8RR

# TEAM APPNE



**President**  
**Amir Burney**



**General Secretary**  
**Irfan Akhtar**



**Joint Secretary**  
**Mehboob Mirza**

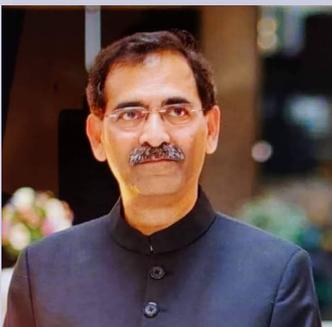


**Social Secretary**  
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**Finance Secretary**  
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## EXECUTIVE COMMITTEE



**Syed Iftikhar**



**Hasan Jawed**



**Ambreen Rauf**



**Aamir Ayub**



**Iram Saeed**



**Imran Ghanghro**



**Sadaf Jafferbhoy**



**Afzal Sawal**



**Mahin Ahmad**



**Naseem Waraich**

# APPNE Journey Continues

It has been a long and arduous journey from the very first meeting of few likeminded Pakistani doctors who put forward a vision of a united and democratic organisation of Pakistani physicians of Northern Europe. There have been several attempts in the past to create organisations of Pakistani physicians and indeed there are in existence some such organisations even today but lacking the ingredients of either being 'united' or being 'truly democratic'. APPNE was meant to be both and indeed has been so. True to the vision of an organisation based on truly democratic traditions, the convening committee set another historic example by holding a truly independent, transparent and democratic election process open to all the members irrespective of their gender, seniority, professional status or school of primary qualification. This resulted in the election of an executive committee truly representing the diverse background of Pakistani physicians.



The increasing number of Pakistani physicians taking up membership from different parts of the UK and Republic of Ireland and physicians from other Northern European Territories expressing their interest in joining this organisation, is shaping APPNE as a united organisation never witnessed before. We all can take pride in these fundamental and momentous achievements.

In a short span of just 12 months, the elected executives have delivered a wide range of organisational, educational and professional achievement both in the UK and in Pakistan. You would have seen the evidence of these achievements in our newsletters and many are included in this souvenir as well. However this is not the end, our journey continues and we will continue to build on our initial success. Our vision is to bring everyone on board, even those who have had reservations so far. We must share the same dreams for future and work together to make them come true. We will Insha'Allah be working to achieve this in the next 12 months. We are open to all reasonable suggestions as long as they confirm to our vision of being 'truly united and democratic'.

**Hasan Jawed**

## Editorial Board

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

# Message from the President

*Asalamu Alaikum and greetings.*

Dear guests, colleagues, friends and families,

On behalf of APPNE, I welcome you all to the First Annual APPNE 2020 event. It is indeed a pleasure to host you and we hope you have a wonderful time.

It's been just over a year since we were elected as APPNE officials and took oath as the first APPNE Executive Committee on 3rd February 2019. First and foremost, I would like to extend my gratitude to the APPNE Executives, Trustees and most importantly to you; our members for your support, help and hard work over the past year.

As a team we have worked exceedingly hard over the past 12 months and there is ample evidence to show for it. You would be pleased to know that the APPNE TEAM and many of our valued APPNE members have independently organised or been part of more than 50 events over the past one year. These include educational and academic activities in Europe and Pakistan, teleconferences for lectures from UK to Pakistan, operational and strategic meetings, signing of memorandum of understanding (MOUs) with a number of Medical Universities and healthcare organisations in Pakistan including the Indus Healthcare Network, professional organisations such as IPPA (The Irish Pakistani Professional Association), engagements with local and international organisations and networking activities. Our work has now been recognised in Pakistan at the highest Governmental levels and across Europe through our engagements with various organisations both within the medical fraternity and beyond.

Our newsletters and the Souvenir magazine highlights these activities and our growing membership is a testament to our collaborative hard work and a direct result of the many altruistic initiatives undertaken since we took office. We have reached out to our colleagues across the UK, Republic of Ireland



and other countries in Europe, many of them have since joined the APPNE fraternity. We have a very large number of followers on various social media platforms especially our Facebook page is followed by more than 4000 members across the world.

I am very thankful to the Government of Pakistan for their support and guidance and in particular, to His Excellency, The High Commissioner of Pakistan to the United Kingdom, Mr Nafees Zakaria. The High Commissioner has also very kindly agreed to be our Patron which indeed is a wonderful news. I will also extend my gratitude to Honourable Members of the Parliament of United Kingdom and other political, public figures, professional organisations and businesses who have continually supported APPNE.

Lastly I would like to thank all the sponsors who have come forward and supported our event.

Once again, I welcome you to the first annual APPNE EVENT in Manchester on 7th March 2020. My team has worked very hard to organise the educational and social event, and your participation is the real key to our success. I am humbled and honoured to be your President and I look forward to your support and guidance for the coming year. The work goes on and we shall Insha-Allah have another successful year.

**Amir Burney**

# Message from the General Secretary

*Asalam-O-Alaikum,*

My greetings to all worthy colleagues and friends.

It is an extreme pleasure to see the association progress to the heights it has reached in a short period of a year. From a conception of an idea of bringing Pakistani doctors fraternity together and an aim to build bridges between various medical associations, I worked on principles of openness and organising a true representative body of Pakistani doctors which was achieved by holding an open and free elections which in fact added further strength to the credibility of this association.



APPNE brings a unique blend of extremely competent and professional doctors from across the UK who have associations with various alumnis and local medical schools with an aim to work under one umbrella. Since the inception and oath taking, we have continued to work tirelessly both in front and behind the scenes, conducting strategic, academic and educational tasks and also interacting with a number of health related bodies both nationally and internationally.

APPNE now is a thriving and an active and engaged organisation. Our membership exceeds 400 with over 4000 followers. This strong growing membership has placed APPNE as a true representative body for doctors of Pakistani origin in UK. With this strong foundation, we are now firmly poised to further our mission and continue to work on our aim and objectives.

We have focused on promoting the welfare of junior and newly arriving doctors and safeguarding their interests by conducting orientation and career related workshops. We are also actively involved in BAME conversations at the GMC. The association remains committed to help NHS by promoting employment of junior doctors at various training grades.

The strength of APPNE remains in its members and it is their voice, concerns and contributions which keep this organisation thriving. I would encourage more colleagues to join and get involved in this organization. It is your organisation and everyone is welcome to join and participate to become an executive member.

I would like to thank the Executive Committee for their continued support and hard work over the last year, ensuring all professional commitments and tasks carried out in an organized manner. I would also extend my immense gratitude to all APPNE members, friends, colleagues and supporters who have helped with the various activities over the past year. APPNE has gradually been improving its foot print amongst the medical fraternity of UK, Eire but also amongst the medical community and health authorities of Pakistan. There is plenty to do over the coming months in which I would value and welcome your involvement.

**Irfan Akhtar**

# Message from His Excellency Mohammad Nafees Zakaria

High Commissioner of Pakistan to the United Kingdom



HIGH COMMISSION FOR PAKISTAN  
35-36 LOWNDES SQUARE  
LONDON SW1X 9JN

**MESSAGE FROM HIS EXCELLENCY,**  
**MOHAMMAD NAFEEES ZAKARIA**  
**THE HIGH COMMISSIONER FOR PAKISTAN TO THE UNITED KINGDOM**

I, congratulate the Association of Pakistani Physicians of Northern Europe, the APPNE Executive Committee and APPNE Members on the occasion of their First Annual Event.

I am very pleased and feel privileged to attend the ANNUAL APPNE 2020 event in my capacity as a Patron of this distinguished organisation.

I am very proud to note the strength of Pakistani origin British Doctors. APPNE is a distinguished standard bearer of this segment of our community in the UK, making significant contributions to the British society, health sector, and economy. Their contributions and achievements are commendable.

Pakistan-UK relations are rooted in history and marked by cordiality, mutual respect, substantive economic partnership and profound political goodwill. 1.5 million vibrant Pakistani Diaspora serves as strong bridge between the two countries.

Having apprised of APPNE's aims and objectives, their professionalism, commitment in promoting people to contacts and welfare agenda for the needy, I wish to assure that Pakistan High Commission would like to work closely with APPNE and extend support in their endeavours towards promoting bilateral relations, humanitarians causes as well as their professional activities.

Recently, in our collaborative venture of a highly successful career fair, which I facilitated in my capacity as the High Commissioner, APPNE raised awareness and provided guidance to younger generation of British and British Pakistanis about pursuing medicine as a career in the UK at that free event.

I remain committed to working with our community in this friendly country, the United Kingdom. I wish APPNE success in their future endeavours.

Long Live Pakistan-UK Friendship!



(Mohammad Nafees Zakaria)  
High Commissioner

# Message from Dr Yasmin Rashid

Provincial Minister of Punjab for primary and secondary healthcare, and specialised healthcare and medical education,

Dear APPNE family,

Thank you for inviting me to your annual function.

I would like to appreciate the steps taken by APPNE for bringing together friends and colleagues from across Europe under this one platform. This is the first example that I am aware of in Europe and indeed the world, as a transcontinental body of professionals of Pakistani Diaspora. For that you are truly special to be among tonight.



I am a graduate of Fatima Jinnah Medical College, trained in the UK as an Obstetrician and Gynaecologist and was a tutor at the King Edward Medical College before I entered politics to give you a voice and the vocation pride. I remain proud to serve under his Excellency Imran Khan the Prime Minister of Pakistan.

Our government has launched a number of initiatives that include developing emergency medicine, family medicine and launching the Yara-n-Watan programme. We remember and acknowledge you, the Pakistani Doctors in Europe, for your contribution following the devastating earthquakes in Kashmir in 2005 and your stance for the Lancet, on the health related plight of the Kashmiri population in India

Finally as a former president of the Pakistan Medical Association, I take personal pride in your acceptance and acknowledgement of your predecessor and my Peer the Late Professor Hamid Ali Khan, the former President of the Pakistan Medical Association and the British Medical Association in 1967. For using his legacy to inspire and challenge yourself to aspire and to improve. There is much to do and you have given yourself the perfect platform.

***Professor Yasmin Rashid***

# Message from the Local Organising committee

Dear guests, colleagues, friends and families,

On behalf of the Local Organising Committee, I welcome you to the First APPNE Annual event 2020. It has indeed been an honour for me to lead the arrangements for the APPNE annual event with my team. This is the first time in European history that Pakistani doctors in Europe are being represented by a democratically elected organisation. Not surprisingly, there has been an extraordinary interest and enthusiasm shown by the doctors from the British Pakistani Diaspora, the Republic of Ireland and colleagues from across Europe, many of those are attending tonight. The committee is delighted to have you as our guests and we hope you all have a wonderful evening.



*Dr Aamir Ayub*

## OUR SINGER TONIGHT USMAN FAROOQI

### British born Pakistani singer and a rising star



# OUR HOSTS TONIGHT

Dr Lalarukh Khan is a full time GP since the last two decades. She has been awarded as a GP of the year caring for the carers award highest flu vaccination uptake. r Khan has also worked as an appraiser for North Wales (2005-2015) and for NHS England (2004-2016).

Dr Khan has worked as a General Secretary for RCGP Wales and is currently an executive Board Member of LMC in North Wales. She is also a Trustee and Board member of FAMS charity in addition to being current president of RMU UK .



Abdullah Afzal is an English actor and stand-up comedian. He portrays the character of Amjad Malik in BBC One's Citizen Khan.

In 2007, Afzal had his first acting role as a young student in a short film called Raamis (originally called Extraordinary Rendition). Between 2008 and 2011, he starred as Asif in two seasons of BBC Three sitcom Lunch Monkeys. Since 2012, he has portrayed the character of Amjad Malik in BBC One's Citizen Khan. In February 2014, Afzal presented the Christmas comedy specials on BBC Asian Network. In July 2015, he performed stand-up at the Eid Special Comedy Night at The Comedy Store in London. In July 2014, Afzal played two roles in BBC Radio 4's By a Young Officer: Churchill on the North West Frontier. In 2017, he appeared as Jahid in the romantic comedy film Finding Fatimah.





## CME EVENT

07<sup>TH</sup> March 2020

Vermilion, Lord N St, Hulme Hall Ln, Manchester M40 8AD

1530-1600	Registration
1600-1640	Poster viewing and judging
1650-1705	<p><b>Building Bridges and maximizing UK talent to improve emergency care in Pakistan</b></p> <p>Dr Taj Hassan          Immediate Past President, Royal College of Emergency Medicine          European Lead on Board, International Federation of Emergency Medicine</p>
1705--1720	<p><b>Innovations in Public Health: present and the future</b></p> <p>Professor Zafar Iqbal          Associate Medical Director Public Health Midlands Partnership NHS Foundation Trust</p>
1720-1735	<p><b>Artificial Intelligence in Health Care; should we fear it or embrace it? A Radiologist's perspective</b></p> <p>Dr Najeeb Ahmed          Consultant Radiologist ,Hull University Teaching Hospitals NHS Trust          RCR Regional Chair, Lincolnshire and South Yorkshire</p>
1735-1750	<p><b>Recent Advances in Stroke Management</b></p> <p>Dr Asem Ali          Consultant in Stroke Medicine, Associate Medical Director Northern Lincolnshire &amp; Goole NHS Foundation Trust          International PACES Examiner RCP UK</p>
1750-1800	<b>Vote of Thanks</b>

# APPNE 2019-2020 Timeline



# APPNE 2019-2020 Timeline



## APPNE 2019-2020 Timeline

### Meeting With Provincial Health Minister

APPNE met the Provincial Minister of Health, Punjab, Professor Yasmin Rashid in Lahore

2nd  
Dec'19

3<sup>rd</sup>

Dec'19

### Meeting with Minister for State

APPNE met Mr Zulfi Bukhari, Minister for State & Special Assistant to the Prime Minister for overseas Pakistanis

### MOU APPNE & Shaheed Zulfikar Ali Bhutto University

APPNE met Vice Chancellor of Shaheed Zulfikar Ali Bhutto University and signed a memorandum of understanding to work synergistically

3<sup>rd</sup>

Dec'19

4<sup>th</sup>

Dec'19

### MOU APPNE & Rawalpindi Medical University

APPNE met The Vice Chancellor, Professor Mohammad Umar and an MOU was signed.

### Meeting at King Edward Medical College

APPNE met Professor Khalid Gondol, Vice Chancellor KEMC and faculty of King Edward Medical College

4<sup>th</sup>

Dec'19

3<sup>rd</sup>

Dec'19

### Teaching Sessions at Shaheed Benazir Bhutto Hospital

Teaching sessions for 3<sup>rd</sup> year medical students

### Fourth Executive Committee Meeting

Held at Walsall to discuss the organisation of annual event

15<sup>th</sup>

Dec'19

16-17

Dec'19

### Second Breast Surgery Workshop at IPMC

A two-day workshop on Breast Cancer led by Ms Sadaf Jafferbhoy and Mr Mehboob Mirza with live demonstration of surgical procedures

### Interactive session at Mohammad Medical College

An interactive session on Oncoplastic and aesthetic breast surgery for undergraduate and postgraduate students

2<sup>nd</sup> Jan

2020

3<sup>rd</sup> Jan

20

### Symposium on Breast Surgery

Lectures on challenges in Breast Surgery delivered by Mr Umar Daraz and Ms Sadaf Jafferbhoy

### MOU with Baqai Medical University

Memorandum of understanding between APPNE and Baqai Medical University

6<sup>th</sup> Feb

20

7<sup>th</sup> Feb

20

### MOU with JPMC and DUHS

MOU was signed between APPNE and Sindh Medical College APPNE & Dow University of Health Sciences



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# HIGHLIGHTS OF 2019-2020

## APPNE Medical Career Fair in Collaboration with Pakistan High Commission, London 13th July 2019

A medical career fair was organised by the Association of Pakistani Physicians of Northern Europe in conjunction with the High Commission of Pakistan in the United Kingdom. This event was held following a meeting between His Excellency, Mr Nafees Zakaria, the High Commissioner of Pakistan to United Kingdom and officials of the Association of Pakistani Physicians of Northern Europe on 15<sup>th</sup> March, 2019. The High commissioner stressed the importance and need for upholding the image of Pakistan within the United Kingdom; particularly for the medical fraternity to help promote interest in professional careers amongst young British Pakistanis





# YARAN-E -WATAN

## Pakistani Diaspora Health Initiative

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

### OUR PARTNERS



Ministry of Overseas Pakistanis and Human Resource Development (MOPHRD) & Ministry of National Health Services Regulation and Coordination (MNHSRC)



## Lectures and Workshops in Pakistan on Breast Surgery

APPNE conducted a workshop with live demonstration of Breast Surgery at Jinnah Post graduate Medical Centre on 16th and 17th December 2019. APPNE was also a part of an educational event held at Aga Khan University Hospital, Karachi on 3rd January 2020. The session included lectures by APPNE members Mr Umar Daraz Khan and Ms Sadaf Fatima Jafferbhoy. The session was broadcasted live in various other cities of Pakistan.



# OUR SPONSORS FOR THE EVENT

TEAM APPNE would like to thank all the sponsors who have supported this event and looking forward to be working together in the future events.

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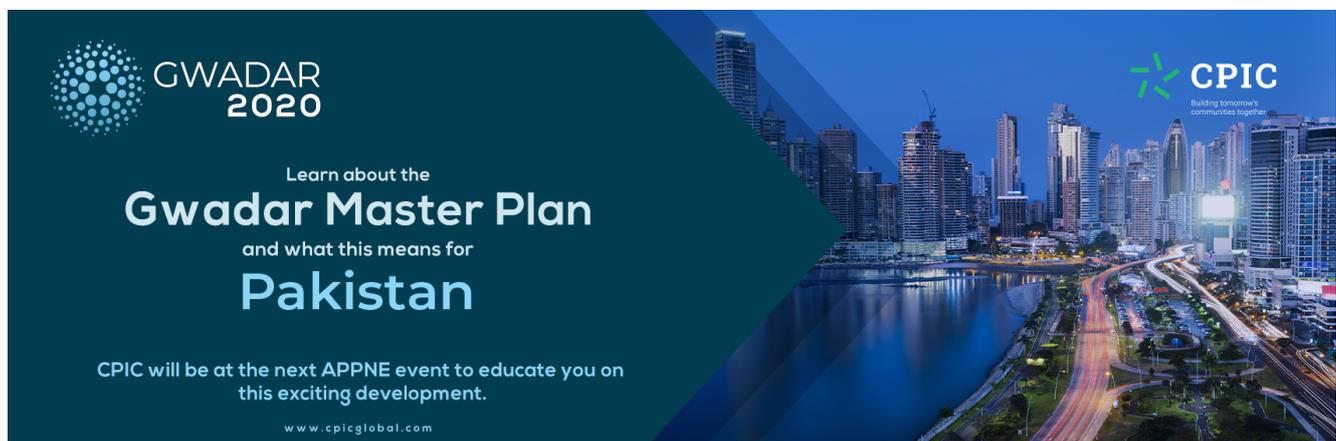
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## What is Insourcing?

### So how does our insourcing service work?

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## Working with 18 Week Support

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We are interested in meeting with health professionals throughout the UK, including consultant physicians and surgeons across different medical specialties, and senior nurses and clinical nurse specialists.

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Like the NHS Trusts we work with, patient care is at the centre of everything we do. By using any spare weekend capacity within a Trust, the 18 Week Support insourcing teams are able to see a high volume of patients in a short space of time, in the familiar surroundings of the NHS Trust.

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