

ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTHERN EUROPE (APPNE)



APPNE

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Mr. Irfan Akhtar

General Secretary

Mr. Shabi Ahmad

Finance Secretary

Dr. Nadeem Sajjad Raja

Joint Secretary

Ms Jamila Shahid

Social Secretary

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Dr. Mazhar Sheikh

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Dr. Wajiha Tehniyat

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Dr. Sabeen Kamal

Dr. Aisha Sharif

APPNE NEWSLETTER

April 2022 - June 2022

APPNE NEWSLETTER

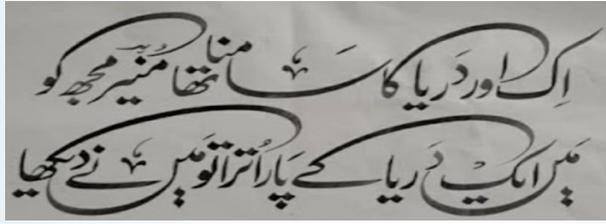
EDITORIAL COMMITTEE

Mukesh Kumar, Wajiha Tehniyat

Dear all,

Welcome to the latest edition of the APPNE newsletter. We had very tempting last couple of years. Although we are back to normal pre-covid routine, but still there are some hiccups from some quarters and emerging infectious diseases may bring forth the painful memories.

But, all is not despair and hopelessness. The team APPNE has been functioning tirelessly, achieving one milestone after another. As Munir Niazi sahib has said :



Last year APPNE conducted their 2nd annual function in Birmingham with more than 500 enthusiastic participants attending it. The other milestone was conduction of the Executive Committee elections for next three years. Continuing with our tradition cricket series with our Indian colleagues from BAPIO last year, we are conducting similar series this year as well. We also held a massive membership drive earlier this year and we are glad to inform you that we are now one of the largest group of IMG doctors' group with nearly 1500 vibrant registered members. Also in this newsletter there is social secretary report providing the highlight of the year so far. We are also partnering with High Commission of Pakistan to celebrate our 75th Independence day in London. You will also find the results from APPNE led GMC satisfaction survey that many of you have participated.

A date for your diary that will hit your eyes on regular basis on various platforms is our forthcoming 3rd Annual Event on 12th November this year in Nottingham. Please make sure you keep your diary available for the event with your whole family. And don't forget to make sure to have necessary swaps sorted for your rota.

Phir na keha ke hamain khabar na hoi :-) khush rahiaye

see you all in Nov Nottingham!

Mukesh Kumar

Publication incharge APPNE

Her majesty Queen's Platinum Jubilee

Team APPNE extends its warmest felicitations to Her Majesty and the royal family on her Platinum Jubilee.

Her Majesty is a symbol of carrying Britain to modernity while keeping its feet firmly placed in its tradition.

APPNE members strive to act as a vessel to link UK and Pakistani societies. We bring our culture and tradition to enrich the pluralistic British society.



Message from the President

As the president of APPNE It gives me a immense pleasure to welcome our new executive team. This follows holding of a very successful scheduled elections earlier this year.

It is very heartening to note the confidence shown by the diaspora in the association, we had twenty-one exceedingly competent candidates applying for the available ten posts. We also elected the Treasurer who post became vacant. As per our traditions the elections were held independently through CIVICA and a big round of applause goes to our Trustees who conducted the whole process in a professional manner.



Thank you for attending the AGM and oath taking ceremony which was attended by many members and also representatives from other diaspora associations. The oath was served by Dr C Nagpaul Council Chair BMA.

It is my pleasure to thank our first team of executives who did a sterling job for the initial three formative years in steering the newly formed association to a pathway of success, APPNE excelled in its multi-dimensional activities, its' educational, social, community and IMG related work was widely appreciated and a special thanks go to the team leaders. They have helped the association in setting up strong foundations which will help in our continued progress.

APPNE is now a well-recognized diaspora organization not only in UK but also in Pakistan. We continue to remain in contact with educational and administrative bodies both here and in Pakistan. The Honourable President of Pakistan recognized the good work APPNE is doing and had a special sitting with the team, Honourable Foreign minister spoke at our annual convention. Charlie Massey spoke to the audience highlighting the challenges faced by the BAME cohort.

I am very thankful to our affiliate team from Republic of Ireland, IPPA (Irish Pakistani Professional Association) who specially came as a team to attend our annual convention.

APPNE continues to remain popular and relevant as a representative body and we had over seven fifty attendees at our annual convention. The highlight of the event was our academic team which arranged six national professional bodies to participate in the academic convention which was very well attended with positive feedback. British Pakistani Psychiatric Association (BPPA) joined in and had their annual convention alongside APPNE. APPNE social team for the first time arranged a very popular APPNE Bazar where famous designers from across the world came to participate and display their merchandise.

I as President of the association remain extremely thankful to the team of numerous associate and professional bodies who believe in the cause of APPNE and keep helping us with their generous donations to keep this association developing further.

I would like you to keep 12th November 2022 in your diaries as date for our next annual convention at The Renaissance at Kelham Hall, Newark. I and my team look forward to welcoming you.

APPNE is one community one voice and I personally and on behalf of my team would like to thank all our members who have put their belief in the association and continue to participate in its activities, I would encourage you to keep feeding us with your thoughts.

Irfan Akhtar

Consultant General and Upper GI Surgeon Nottingham,
President APPNE

Message from the General Secretary



APPNE has come of age and remains on firm footing due to the hard work done over the last 3 years. Surely, it is the recognized face of the Pakistani doctors in UK, here in our adopted homeland, back home and world over.

We are now on launching position to take this democratic and representative organisation to new heights.

The ethos of APPNE is to keep our esteemed members close to its heart (our cohort which remained sparsely represented previously). In our tenure along with the team I will endeavour to formulate policies which will directly benefit our members directly.

A robust membership drive will be undertaken to enrol more and more colleagues into the folds of APPNE with special emphasis to our trainee and junior colleagues. I have a very clear idea that the future of the organisation remains with our engagement with our members and representing them in a befitting manner.

It's time for APPNE to diversify and devolve to the grassroots, we will organize colleagues into specialty related groups so ideas can come together to contribute in teaching, training and mentoring peers and juniors in UK and even back home.

We would endeavour to establish a junior doctors' forum with a liaison group in which colleagues can have one to one interaction with each other and also with the buddy from the liaison group. The liaison group can bring up the recommendations suggested by the junior doctors to the executive committee to inform policy decisions.

APPNE took lead to raise the concerns when PLAB exams were arbitrarily cancelled in January and February 2022. Due to our effort, the students were rehabilitated and were spared from the agonising early phase of the pandemic.

We will continue to work along with our governing and partner organisations including General Medical Council, Royal colleges, BAPIO, BIDA, DAUK and representative organisations from other diaspora. I thank them from the bottom of my heart for their support and partnership thus far.

I assure you that we are an open organisation and are transparent in our dealings. If you want any further explanation of suspect anything or any element of hierarchy or exclusiveness in conducting affairs - you are encouraged to contact any member including myself immediately. We will welcome accountability and constructive criticism.

We in the Executive committee look forward working with all colleagues and friends and take our message of public service and voluntary works to new heights.

Mr Shabi Ahmad

Consultant Urological Surgeon &
Secretary General APPNE

Report from the Social Secretary desk



Covid has taken a huge toll on the medical fraternity and we remember the grace of colleagues that we have lost. We have now started to come out of covid restriction and appreciate the hard work on a day to day of the medical profession and members of APPNE. APPNE's members have been active playing their part in reconnecting with individuals and growing their membership base over the past months of the current year.

Elections 2022

APPNE has completed its elections which was conducted by an independent third party for democratic oversight, the CIVICA, Electoral reform Society (ERS). As a democratic organization we elected towards 10 executive position and the treasurer. The turnout was 70% in the election.

Oath taking ceremony

We were graced by Dr Chaand Nagpaul (CBE), Chairperson of British Medical Association, who presided over our oath taking ceremony on 26th March 2022, held virtually. Most of our previous office bearers, Trustees and other members attended the ceremony and congratulated the new executive team. The speakers applauded the efforts put in by the outgoing executives for their tremendous work and dedication for APPNE.

Television program for health awareness

The APPNE media team arranged a series of health awareness TV programmes in collaboration with the WTN TV during the Holy month of Ramadan in Urdu and English languages for general public and APPNE colleagues from various specialities including heart disease, renal diseases, diabetes, general medicine and stroke provided information and answered the queries of general public during live program.

International Medical Graduates (IMGs) Task force

APPNE has been on the forefront to highlight the issues faced by the IMG such as visa extension for PLAB exams during the pandemic and highlighting earlier conduction of exams with GMC while situation was limping back to normality, helping with IMG accommodation while waiting for their turn, finding clinical attachments and jobs.

Rising concerns against racism and political controversies with GMC and the Royal College of Surgeons (RCS) of Edinburgh

APPNE has been working with the GMC to ensure a fair trial of cases referred to them. We are continuously raising the issues and given our strength GMC pays good heed to our concerns.

APPNE also registered its displeasure with the RCS for venue booking at the college for controversial "Kashmir files" movie. APPNE felt that such kind of activities promote hatred and divides communities. The President of RCS responded on APPNE's letter and cancelled the venue and pledged stricter vetting for future venue bookings.

ADULT DEPENDANT RELATIVE (ADR) VISA CAMPAIGN

The Adult dependant relative parental visa concerns has remained the major contentious issue among the BAME doctors. APPNE has been working with other organisations such as BAPIO, BIDA, BMA to take up this issue with the concerned authorities. The ADR group with APPNE will present again this case to the Parliamentary committee with convincing data.

APPNE achieved another mile stone

APPNE and BPPA (British Pakistani Psychiatrists Association) together achieved another milestone and signed memorandum of understanding and BPPA is an affiliate organisation of APPNE.

APPNE FUTURE AND UPCOMING EVENTS

Cricket series

The cricket mates will develop healthy relationship with fellow communities. Sports events provide a way to socialise and often many of our first friendships were formed during our sports activities. This year a series of 3 matches is planned with BAPIO.

Cricket tournament

The sports committee planned to organise a cricket tournament in the end of July 2022 in the Midland area. A total of eight teams from various parts of the country will be participating in the tournament. As per the South APPNE representatives Dr Ali Raza Naqvi, Dr NADEEM RAJA and sports committee, another friendly match between the south APPNE team and North APPNE will be played in August in London area.

3rd APPNE ANNUAL FUNCTION

APPNE annual health convention 2022 will be held on 12th November 2022 at Kelham Hall Newark. APPNE members and their families are looking forward to meet and greet with other fellow members and their families as well as to attend educational activities for their professional development and entertainment activities.

Membership involvement

APPNE members seek to form more regional social forums and to this end we would invite proposals either for member and child football tournament. Be it Laser tag tournament or hiking groups, It is imperative that we involve more recent arrivals have the ability to interact and feel supported while they consolidate their careers and understand how to best settle into their new work and professional surroundings. I look forward to hearing from you and working and supporting your endeavours to familiarise with your colleagues and build our established bonds.

Dr Nadeem Sajjad Raja FRCPath

Acting Social secretary APPNE UK

Report from the Treasurer desk



APPNE is an active and thriving organisation and true representative of medical diaspora of Pakistani origin in Europe, its matter of immense pleasure to work on two important posts, as treasurer and taking additional responsibilities of social secretary. 2022 has fully returned to normality.

APPNE has healthy reserves which I consider should be sufficient to cover any unforeseen eventualities over the next 12 months.

Extensive and effective campaign for membership

There are currently over 14000 doctors whose primary degree was done in Pakistan and are on the GMC register. APPNE current membership stands at 1478 doctors and we would like more doctors to take ownership of this organisation and use this as a platform to showcase and push their work which is to the benefit of the medical fraternity. The total number of paid members has increased by 50% in these last 6 months.

Regional representatives of APPNE and active members would like to hear from you and help to introduce you to the membership.

Lower renewal membership subscription

APPNE executive committee in recent meeting decided to lower yearly renewal subscription fee £1.25/month or £15 a year for all existing members who took up either trainee or full membership. APPNE will be able to maintain the lower renewal subscription fee to support the membership.

Financial support for sports activities

APPNE treasurer will provide financial support for upcoming cricket match series with BAPIO and the cricket tournament to create welcoming environment, provide facilities, and playing opportunities for APPNE members. We would love to hear from members of how to attract support and sponsorship for these and further events.

Discounted tickets for 75th Independence Pakistan Day celebration at Wembley arena

APPNE with Pakistan Business Forum will celebrate the auspicious ceremony of 75th independence of our beloved country Pakistan at Wembley Arena on 14th August 2022. The discounted tickets (£15, £75 and £150) are available through APPNE website or directly from the treasurer or any member of APPNE executive team. Please not to miss this grand function.

I would encourage all members to participate actively in the upcoming events and raise APPNE profile. I am hopeful that APPNE will continue to work and flourish even better in due course.

Dr Nadeem Sajjad Raja FRCPath

2nd Annual APPNE Event

The 2nd Annual APPNE event was held on 20th Nov 2021 at the Edgbaston stadium in Birmingham. We are proud of our medical community that as soon as the event was announced and opened for registration all our tickets were sold within a span of one week. More than 500 people including children attended. The occasion was graced by the High Commission of Pakistan, Dr. Nagpaul, the chair of BMA council and Dr Massey, the Chief Executive of GMC through the video link. The highlights of the event was six education meetings on Emergency Medicine, Plastic Surgery, Primary Care, Psychiatry, ENT, and Anaesthesia on the side-lines. There was also a poster competition . A bazaar was also established with stalls of jewellery, clothes, books and other things from Pakistan. As expected it was very popular among the female delegates. After dinner there was musical event led by Ms Tanya Wells who enthralled the audience with her melodious voice and every one was on their feet when she sang ‘Dama dam Mast Qalandar’.

Here are some glimpses that may entice you to attend Nov’22 event



Pakistan and UK national anthems: all standing



The High Commissioner of Pakistan delivering his speech



Dr. & Mrs. Nagpaul with APPNE president

Meeting friends after long time





APPNE Kids





On the sidelines



Services par excellence



BAPIO representation



Picture of the year!!

....and the music



.... The Dhamaal begins..... full time masti



MOU WITH BPPA

We are proud to have signed a MOU with the British Pakistani Psychiatrist Association. Both the organisation will work towards the betterment of mental health improvement in Pakistan. By collaboration both the organisation will work to enhance the best medical practice and will help train budding psychiatrist in Pakistan.



Executive Committee Elections 2022



**APPNE
2022
ELECTION**

CONGRATULATIONS!

A big congratulations to all colleagues who took part in the process and warm welcome to the elected executives, you are all winners by showing your resolve for making APPNE relevant and representative body for Pakistani doctors.

Results of APPNE elections 2022 were announced by the election commission in the AGM on 19th March 2022.

(conducted via CIVICA)

Candidates

TWENTY ONE

Executives

TEN

BEARER

ONE

ELECTION CANDIDATES

Dr Aisha Sharif

Dr Sabeen Kamal Dr Samreen Muzaffar

Dr Wajiha Tehniyat Dr Raja Adnan Ahmed

Dr Aadil Karim Dr Habib Haider

Dr Mazhar Sheikh

Dr Mukesh Kumar

Dr Muhammad Imran



Dr Aadil Karim



Dr Aisha Sharif



Dr Habib Haider



Dr Hamzah Nasir



Dr Suhail Anwar



Dr Mazhar Sheikh



Dr Mansoor Naser Ali



Dr Khizer Mansoor



Dr Nadeem Sajjad Raja,
elected unopposed Treasurer



Dr Muhammed Imran



Dr Mukesh Kumar



Dr Munib Ullah Mirza



Dr Nauman Ahmed



Dr Raja Adnan Ahmed



Dr Sabin Kamal



Dr Sakaf Ahmed Aftab



Dr Samreen Muzaffar



Dr Saqib Javed



Dr Sohail Gureshi



Dr Syed Qaiser Abbas Zaidi



Dr Wajiha Tehniyat



Professor Zafar Iqbal

APPNE Elections 2022

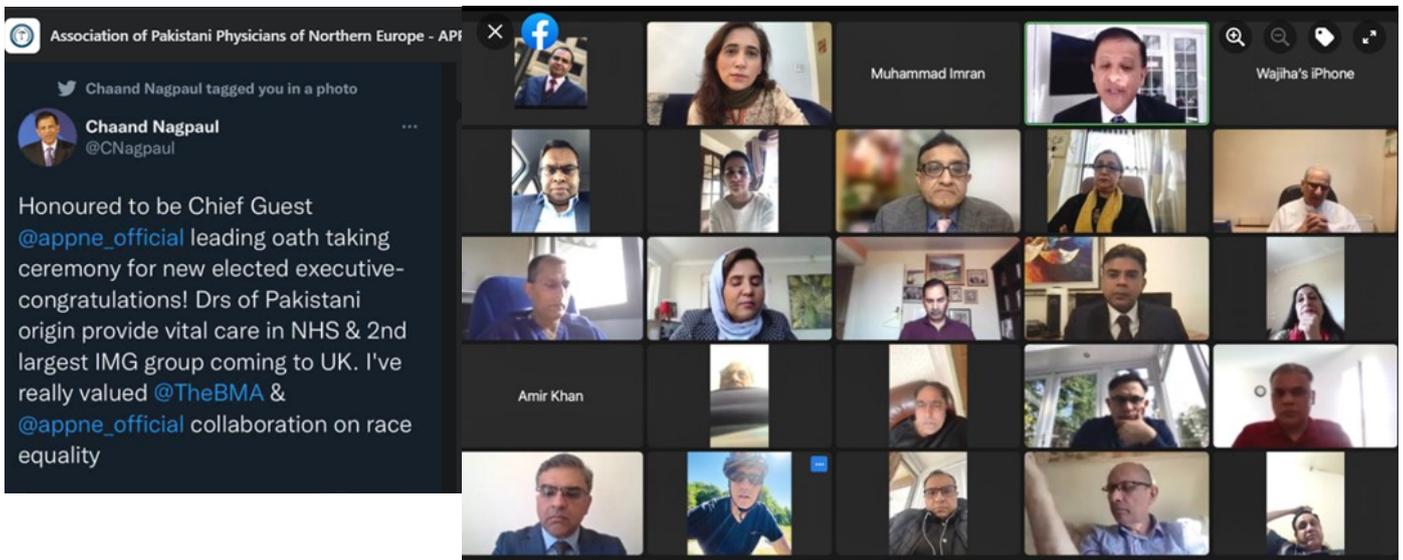
APPNE is by far the largest democratic organization and a voice for all doctors of Pakistani heritage living in Northern Europe. It is the result of efforts of our visionary colleagues who recognized the need of a democratic organization representing Pakistani diaspora in UK and Northern Europe.

Since its inception democracy have been given prime importance. Hence the second elections for executive body were conducted in March 2022, under the prestigious supervision of an independent body CIVICA. There was one treasurer office bearer post and 10 executive posts, for which 21 candidates put forward their names. All candidates underwent a thorough check for eligibility based on their credentials and involvement in non-academic activities.

The total turnover of elections was 70% of members casted their vote, this was the highest number of members involved. Elections were held undisputed with no conflicts whatsoever. The results were announced on 19-03-22 in Annual General meeting along with the oath taking ceremony as well.

Following the results Dr Nadeem Sajjad Raja is elected unopposed Treasurer. The 10 new Executive Committee members elected are: Dr Aisha Sharif, Dr Sabeen Kamal, Dr Samreen Muzaffar, Dr Wajiha Tehniyat, Dr Aadil Karim, Dr Raja Adnan Ahmed, Dr Habib Haider, Dr Mazhar Sheikh, Dr Mukesh Kumar and Dr Muhammad Imran

Currently the new elected body is actively involved in the upcoming projects under the banner of APPNE in respective avenues.



Dr Wajiha Tehniyat

Education Committee Report



APPNE Education remains committed to conducting education sessions for the medical fraternity. This year we have devised a comprehensive strategy to inculcate a variety of sessions from updating the latest guidelines to increase public awareness and also apprise the International Medical Graduates (IMGs) about the NHS system and how to get into training programmes. The Education Committee has organised four Health-related sessions during the month of Ramadan on different topics (Healthy Tips & Ramadan, Diabetes, Heart & Kidney diseases) in collaboration with the Media team on WNTV.

We have also planned to arrange different Webinars for International Medical Graduates to increase their awareness about the NHS and its training structure and help them achieve their objectives of securing a training post and further progression in their postgraduate career.

Understanding the importance of updated knowledge we will soon launch the First Virtual Learning Platform to help Postgraduate Doctors in the U.K & abroad. It has different sections that contain information ranging from New Medical Graduate to speciality recruitment for successful completion of CCT. Several Educational Talks based on different specialities related information & up to date knowledge regarding the recent advances in Medicine will also be part of the presentation.

We are also formulating the Masterclass series based on various topics related to different specialities of Medicine and public health; the program will be released in the next few weeks on the APPNE Facebook page.

APPNE Education would strive to continuous professional development for our members and trainees to obtain CME credits through ongoing CPD activities in our Annual event, this November. We would also ensure that everyone will get the most out of these events, through social networking & a range of Educational activities.

We would like your continuous support & participation going forward together.

Dr Habib Haider; FRCP (Edin)
Consultant Acute Medicine
Education Lead - APPNE

Sports Committee Report



Team APPNE continuing with their tradition has organised a number of events including our annual ritual of series of cricket matches with our Indian counter parts BAPIO. We are approaching exciting times that while we are coming out of the pandemic and interacting with other our colleagues on wider forums.

This summer on the following dates as follows.

The first match is on 12th June 2022 at Nottingham

The second match is on 19th June 2022 at Manchester

The final of the series is on 28th August 2022 at Nottingham.

Series Winner will be awarded Trophy & Several awards including Man of the Match, Best Bowler & Best Batsman will be given to different players based on their performance.

The sports committee also planned to organise a Tape Ball Cricket Tournament on the 24th of July 2022 in the Midland area at Burton Cricket Club. A total of eight teams will be participating in the tournament from various parts of the country.

APPNE SPORTS Committee has also arranged another friendly Cricket match between the South APPNE and North APPNE teams with the help of South APPNE Representatives in August in the London area.

Dr Aadil Karim
Consultant Gastroenterologist
Sports Lead -APPNE

GMC Satisfaction Survey

There is an unrest among the BAME doctors about unfair referral and treatment by the GMC for fitness to practice. The latest victim being Dr. Arora. APPNE as usual has taken the task to carry out a survey to provide a factual information about the perception that the BAME doctors carry about the GMC. A questionnaire was prepared and circulated among the members of APPNE, BAPIO (British Association of Physicians of Indian Origin), BIDA (British International Doctors Association), MANSAG (Medical Association of Nigerians) doctors through various social media platforms.

The survey was conducted between March to July 2021.

Results:

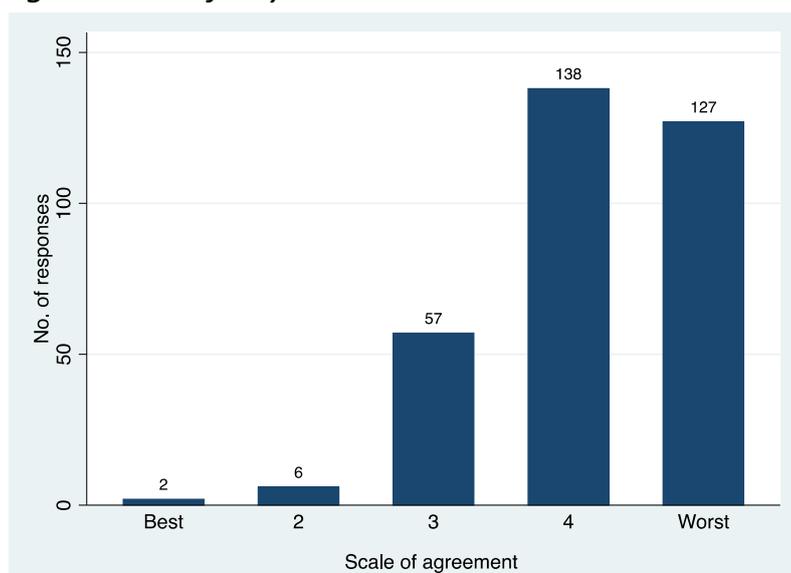
A total of 330 individuals responded to the main questionnaire. Of these 57 (17.2%) provided demographic information. Nearly one-third were aged 55 and above with 50% in age category of 36-55 years. Among sub-specialities a range from across the medical field with GPs making a quarter of the groups.

Table 1: Job categories of participants

Job status	
Consultants	61.4%
Trainees	24.6%
Others	14.0%

When asked about how fairly GMC treats BAME doctors a vast majority (>80%) showed their dissatisfaction.

Figure 1 How fairly GMC treats BAME doctors



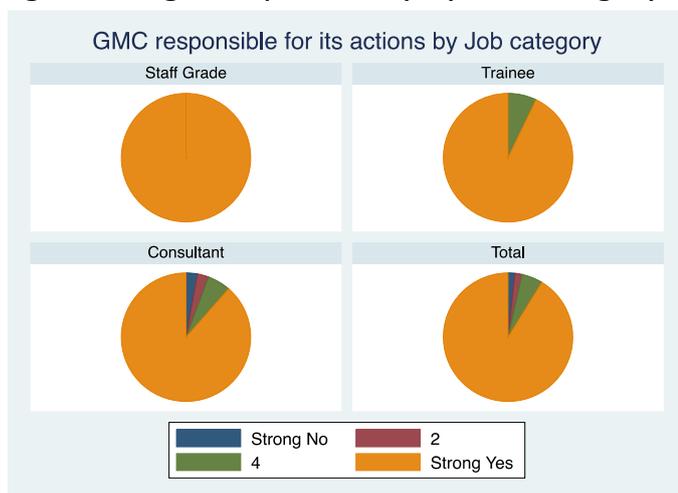
Most of the staff grade doctors (87%) categorised GMC treatment in 4 and 5, while consultants and trainees were nearly 80% for the same categories.

An overwhelming majority believes that the GMC should be legally responsible for its actions.

Table 2: GMC should be made responsible for its actions

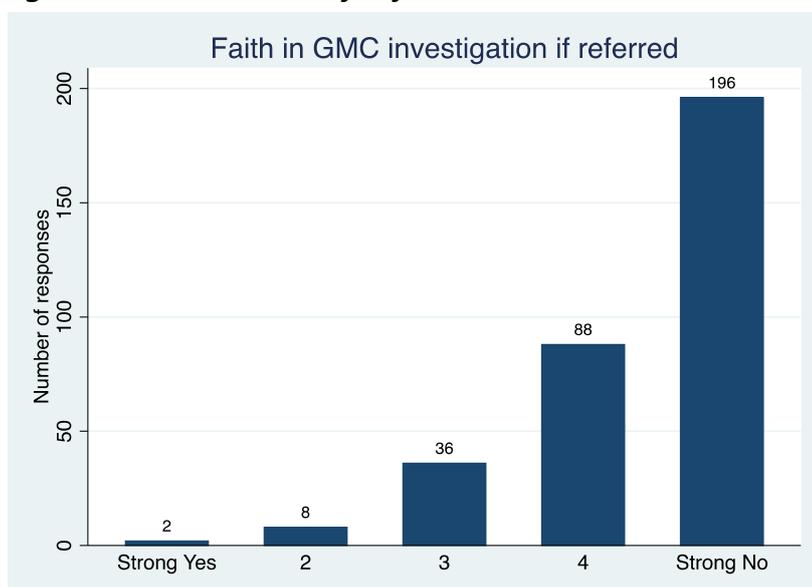
GMC legally responsible	Frequency	Proportion
Strongly No	9	2.7%
2	3	0.9%
3	6	1.8%
4	20	6.1%
Strongly Yes	292	88.5%

Figure 2 Legal responsibility by Job category



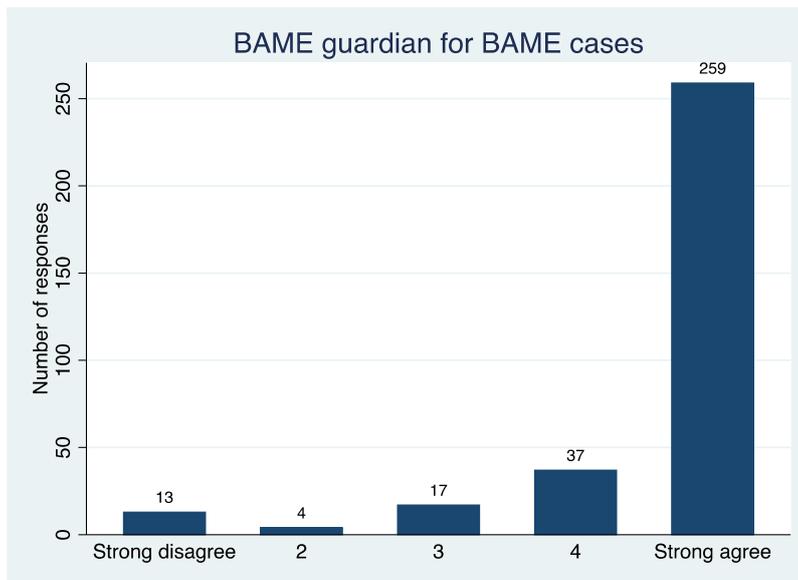
More than 85% had no confidence in GMC, if they were referred, that their case will be investigated without any discrimination.

Figure 3 Faith in GMC if referred



While providing solutions nearly 80% suggested a BAME guardian to be part of the investigations for cases pertaining to BAME doctors.

Figure 4 BAME guardian for referred cases



Recommendations:

A vast majority of the doctors were of the view of setting up of an independent panel and that each enquiry panel should have a BAME guardian. They were of the view that in case of finding referred doctor not guilty, they should be reimbursed all the damages and an unconditional apology is issued.

Table 3: Suggestions favoured by the participants

Suggestions	Response
Provision of legal support to the defending doctors	84%
All referrals to GMC should be screened by an independent panel including BAME Guardian	93%
Representation from BAME Guardian in all enquiry panels	92%
GMC should issue an unconditional apology to the defendant if courts decide against it	90%
GMC should appoint independent panel to investigate merit/justification before moving the courts	86%
GMC should create a special fund for non - indemnified doctors	59%
GMC should reimburse all payments incurred to doctors and pay all costs if found not guilty	92%
GMC should make public all the referrals from each individual Trust and their outcomes	76%
GMC should advise government on secondary legislation	51%
GMC should hold a survey to assess the impact of referral on each doctor	81%



APPNE

ONE VOICE, ONE COMMUNITY
RECOGNITION, REPRESENTATION, COLLABORATION

APPNE is a democratic organisation that will be the voice for all the doctors of Pakistani heritage living in Northern Europe

APPNE will support, advice, mentor and help to raise the profile of its members while recognising their successes and achievements

APPNE will facilitate healthcare education & infrastructure in the UK and Pakistan

BENEFITS

- * Help to resolve issues i.e GMC referrals, legal claims, racial discrimination, training & career progression related problems
- * Assist in welfare of newly arriving Pakistani doctors
- * To facilitate Pakistani doctors to come to the UK on MTI scheme or fellowships
- * Guidance & advice about CAREER & training and to facilitate EDUCATIONAL ACTIVITIES
- * Support in difficulties, MENTORSHIP, networking and many more ...

ACHIEVEMENTS

- * Represented its members at the GMC, BMA, Home Office and the Parliament
- * Took the issue of Adult Dependent Resident Visa to the All-Party Parliamentary Group
- * Helped the PLAB candidates during the pandemic by raising their issues with the GMC and the Home Office
- * Provided guidance about career, training & educational programmes in the UK and in Pakistan

Please Join APPNE/Renew Membership
www.appne.uk

 info@appne.uk

 [APPNE@appneteam](https://www.facebook.com/APPNE@appneteam)  [APPNE@appne_official](https://www.instagram.com/APPNE@appne_official)  [@appne_official](https://twitter.com/appne_official)



Association of Pakistani Physicians of Northern Europe - APNE



save the date

**APPNE
HEALTH
CONVENTION
2022**

12th November 2022