It’s a dirty job but, Kidneys do it.
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We welcome you to the “Thrive for Life” Tabba Kidney Institute (TKI) Bi-annually newsletter Vol-I 2019, which unveils the dynamism and success of our Institute and people. Tabba Kidney Institute started as a complete kidney care hospital in 2015 and since then till now the institute has attained the height of success which surpassed individual and organizational milestones with outstanding performances from both staff and service domain. The state of the art kidney treatments and unconventional approach of our doctors and surgeons has drastically propelled the institute image among the medical fraternity. This has spurred positive talks in the health industry and received vocal recognition at various medical events and platforms.

Our aim is to stand out amongst the Kidney Care Institution and to support this notion Tabba Kidney Institute initiated the year 2019 with the essential addition of URO-ONCOLOGY (PEDIATRIC & ADULT) in the list of our services. Tabba Kidney Institute not only providing comprehensive Kidney Care, but we are also committed to educating Medical Professionals by offering Fellowship Training Programs in Urology and Nephrology. Since the Inception Tabba Kidney Institute is thriving to provide specialized renal care for pediatric and adults, which was not available in Pakistan before, TKI is the pioneer of many laparoscopic urological procedures in Pakistan as well as we are the first who have introduced Hi-Flux dialysis in the country at a very nominal cost.

After achieving the goal of establishing a specialized renal care hospital TKI has started to follow the notion of educating medical professionals from all walks of life and equipped them with the latest technologies in the field of urology and nephrology. TKI organized its first international master class on laparoscopic surgeries with the name of Urolithology in December 2017, in the same month we have also conducted a conference with the name of “Dialysis Insight” to educate nephrologists and dialysis technicians about the care and hygiene of dialysis patients. In March 2018 we have conducted 2nd International Master Class named “Nuts & Bolts on 3D Laparoscopic Surgeries”. The journey hasn’t finished here, Tabba Kidney Institute has conducted the most awaited International Pediatric Urology Congress (IPUC) in December 2018 and in the month of February 2019, we have conducted an International Master Class on ANDROLOGY with live surgeries, interactive talks and simulation labs.

All the aforementioned achievements are because of the qualified and capable team behind it, I would like to acknowledge the endless efforts of our MMD department, HR & Admin, ICT, Corporate department, Engineering, Clinical departments which includes Dialysis Hall, Wards and OT. All these departments play vital roles in the success of this institute and above all, without the support and trust of our higher management, these accomplishments were not possible.

We at Tabba Kidney Institute aim to further extend all our unified efforts to continue offering quality in all aspects. The above triumphs are dearly cherished and accounted for, but for us, it is just the beginning of our journey towards being the best Kidney Care Institute in the country and beyond.

Wishing everyone a very happy reading.

Best Regards

Shazia Lalani
Manager Marketing (HOD)
Tabba Kidney Institute

This first issue will tell you “WHAT WE ARE”

Our editorial board decided that a completely web-based publication as well as in printed form, moreover eco-friendly, would make this newsletter quickly available to the corporate world at large, either for future reference and consultations.

This edition includes achievements, messages, milestones, event organized, and that will be organized by the institute. I seize this opportunity to thank all those who have submitted their contribution for this issue, the assistance and guidance of the publication, editorial board as well as the staggering efforts put in by the team of the marketing department, especially by our HOD.

Please feel free to provide your feedback and send pertinent information with photo for inclusions in our forthcoming issue.

Best Regards

Yawar Sohail
Digital Marketing Strategists

Dear All,

The newsletter of Tabba Kidney Institute is coming to you in the modern medical environment, we are proposing a newly printed form. The next issue will also be based on digital platforms (e-Newsletter). This includes articles and it provides an update of the activities performed by Tabba Kidney Institute.

We would like to thank those who have contributed multiple medical-related contents to this issuance but we look forward to seeing more content being sent to us for upcoming issues.

We would also like to have your comments.

Best Regards

Muhammad Omer Farooq Rana
Social Media Marketing Executive
The Journey of Serving Humanity.

The Aziz Tabba Foundation was established in 1987 with the aim to provide humanitarian and welfare services as well as medical treatment of the highest standards to the poor and the needy and serves as a testimony to the philanthropic spirit of our forefathers. The foundation is a manifestation of an audacious dream to inspire and facilitate transformative change – a philosophy that is committed to enhancing the quality of life of people from marginalized and vulnerable communities. The foundation carries out various activities for the betterment of our society in the areas of health, education enhancing economic prosperity and uplifting the underprivileged. Through such efforts, we strive to bring about a positive change in our society and reform the lives of those in need. One of the key areas of focus of Aziz Tabba Foundation is health care and providing advanced medical treatment in the field of cardiology, nephrology, and urology to patients at an affordable cost. Under its patronage, the foundation runs Tabba Heart Institute which is a specialized cardiac institute comprising of 175 beds with a primary objective to promote excellence in the field of cardiovascular health. The Aziz Tabba Foundation aspires to facilitate a just, humane and sustainable Pakistan. Now Tabba Kidney Institute – Post Graduate Training & Research Center, previously known as Aziz Tabba Dialysis Centre was started as a dialysis center in 1995. Today it enjoys the distinction of being a private sector-enterprise. TKI with the help of state-of-the-art technology and modern expertise provides comprehensive Nephro-Urological and allied medical treatment under one roof without any distinction of caste, colour, creed or financial status. Tabba Kidney Institute is 100-bed hospital supported by Rapid Emergency, In-Patient Department, Consultant Clinics, Clinical Laboratory, Pharmacy, High-Tech Operation theaters equipped with the latest equipment like Flexible Ureterorenoscope, 3D Laparoscopic and 140-watt Laser and 4K Camera technology. TKI is certified by the International Organization for Standardization and accredited by the College of Physicians and Surgeons. More than a hospital, TKI gain excellence in surgical researches and developed itself a staggering educational institute. In the year 2018, TKI successfully inaugurated DHA Diagnostic & Consultation Centre in DHA Karachi and build Tabba Kidney outreach center in Hyderabad. ”

Mission & Vision

Tabba Kidney Institute aims at providing comprehensive care, of the highest standard, to patients with kidney diseases on a not-for-profit basis. Create awareness about kidney diseases and their prevention. To be a teaching, training and research Center par excellence.
Milestones

- **URO-ONCOLOGY (PEDIATRIC & ADULT)**
  The Uro-oncology program at Tabba Kidney Institute has recently been started for both adult and pediatric. Experts diagnose and treat a wide range of Renal Ureteric & Bladder cancer conditions in patients which includes chemotherapy and minimally invasive surgeries.

- **FELLOWSHIP PROGRAM**
  Tabba Kidney Institute is fully accredited for Fellowship Program Nephrology and Urology by the CPSP

- **FREE KIDNEY SCREENING CLINIC**
  Pakistan ranks eight in kidney diseases causing 20,000 deaths every year. Early diagnosis and aggressive treatment can prevent you from underlying kidney diseases. To filter out renal patients in the city, TKI will be operating the free kidney screening program on every Sunday starting from 14th July at our main Azizabad campus.

- **TKI HYDERABAD OUTREACH CENTRE**
  Tabba Kidney Institute opened their outreach centre at Hyderabad providing consultation clinics and diagnostic services with best care in Urology (pediatric and adults) and Nephrology (adult) with widely acclaimed specialists from Karachi.

- **HYBRID DIALYSIS IN ICU SINGLE USE (SIX HOURS SESSION)**
  Tabba Kidney Institute recently added 9 Beds in ICU equipped with a ventilator, central monitory system, and hybrid dialysis machines to facilitate their patients with more advanced healthcare techniques.

- **DHA DIAGNOSTIC & CONSULTATION CENTRE**
  Tabba Kidney Institute offers their consultation clinic services at DHA Diagnostic & Consultation Centre with best care in urology (paediatric and adults) and nephrology with widely acclaimed specialists.

- **MILESTONE ACHIEVEMENT BY UROLOGY DEPARTMENT**
  On 2nd May, 2019, the Urology Department of TKI achieved another milestone and performing 7 Mini PCNLs which is the highest achieved so far in the entire history of TKI as well as public and private hospitals throughout the country in one day.
  
  With support of Anesthesia team under the dynamic leadership of Dr. Diloo Raja and the nursing staff of O.T. has played a significant role in this success of TKI. At the same time the nursing department in the male and female wards and ICU are also to be appreciated.
WORLD KIDNEY DAY

On the occasion of World Kidney Day – 14th March 2019 Tabba Kidney Institute conducted a free medical camp in which we included free kidney screening, free ultrasound along with free of cost checkups, consultations by specialists and nutritionists. Also, perform awareness sessions on kidney-related diseases and their associated symptoms, was provided through the presentations at the end of the day the team managed to test more than 700 people.

HYDERABAD MEDICAL CAMP

Tabba Kidney Institute conducted a free medical camp in their Hyderabad outreach centre on 21st April 2019 in which we provided free kidney screening and consultation to more than 350 people.
Tabba Kidney Institute organized 3 days medical camp in Luckyone Mall, more than 300 people came for their Kidney screening. The day-long activities chalked out by TKI included free clinical testing like blood-sugar tests and measurement of height, weight, body-mass index (BMI). There were free consultations by medical specialists, nutritionist dietary advice. Distribution of educational material to create awareness among the masses about various kidney ailments was also carried out.
The Fire and Safety department organized a fire fighting training session to upskill TKI employees on how to Evacuate, preparing them to take immediate action in case of emergency. This training session was conducted by administration officer “Fakhar Hayat” and Security Incharge “Hammad Bin Shakeel”.

**TRAINEE DIALYSIS TECHNICIAN PROGRAM AT TABBA KIDNEY INSTITUTE**

Tabba Kidney Institute offers Trainee Dialysis Technician Program. The Haemodialysis Training Program’s main objective is to provide the student with the education necessary for employment in today’s dialysis workforce as:
- Dialysis Technician
- Dialysis Nurse
- Biomedical Nephrology Technician

The program includes one-year training practices and theories. The program also provides a stipend to the student. After successfully completing the course of study, the student will be issued a certificate of completion by our Institute. The minimum requirements for this program is matric science students from the age of 18 to 25 years.

**“LEARN HOW TO EXPLORE YOUR INNER SELF”**

Arshad Shamsi is a business consultant and certified corporate trainer from Netherland, was invited by Tabba Kidney Institute on 12th March 2019 to conduct a Training Session.

1) **Leadership:** How to build a high performing team based on trust.

2) **Customer Service:** How to deal with difficult customers. These training sessions were for the employees who are consistently coordinating and interacting with the public, especially difficult patients. Arshad believes that making a positive impact on people and community are the organizations of the future.

**FIRE FIGHTING TRAINING**

The Fire and Safety department organized a fire fighting training session to upskill TKI employees on how to Evacuate, preparing them to take immediate action in case of emergency. This training session was conducted by administration officer “Fakhar Hayat” and Security Incharge “Hammad Bin Shakeel”.

**MEDICAL COLLEGE STUDENT’S TRAINING IN TKI (UROLOGY & NEPHROLOGY DEPARTMENT)**

TKI provided opportunity for elective rotations for M.B.B.S final year students. At present, students from Liaquat National Hospital and Medical College, Karachi have completed their elective rotations in Nephrology & Urology Department.

TKI also provided elective rotation training in the specialty of Radiology. At present, students from the Department of Radiology, Dow University of Health Sciences, Karachi has acquiring their elective rotations in our Radiology Department.
Dr. Sherjeel Saulat, Consultant Urologist, hosted a foreign delegate Dr. Elias Ramírez Velázquez, Consultant Paediatric Urologist at Mexico Children’s Hospital Federico Gomez, Mexico. The delegate got trained in Paediatric Urology cases particularly pediatric urolithiasis at Tabba Kidney Institute, Karachi, he admired the surgical techniques and skills by the urology team. At the time of his training in stone management he was awarded a certificate to practice in his native country.

On the occasion of Gala Dinner of FIPUC and the presence of renowned international pediatric urologist as well as national faculty, the CEO of TKI was pleased to announce Fellowship in Pediatric Urology at TKI. After scrutiny of the various applications received from different parts of the country, the urology department shortlisted and inducted Dr. Muhammad Murtaza Azad and Dr. Jahanzeb Shaikh for this program. In order to strengthen this fellowship program, it consists of structured training program and competency based curricula which help attain perfection and surgical expertise in the field of pediatric urology. The assessment of training is finally conducted through a system of examinations, supervised by the elite of the medical profession in the country and from abroad.
NURSES DAY AT TABBA KIDNEY INSTITUTE

INTERNATIONAL NURSES DAY

Every year TKI celebrates the International Nurses Day (IND). Similarly this year we celebrated IND on 6th May. IND is celebrated around the world to appreciate the valuable and recompensable contribution of nursing in the healthcare systems. This is just a way to show gratitude to them.

“We have the opportunity to heal, the mind, soul, heart, and body of our patients. They may forget our names but they will never forget how we make them feel”. The recitation of the Holy Quran was done by Hafiz Khalid an employee of TKI. Opening remarks were given by Dr. Bilal Jamil, Medical Director, TKI. Our guest speaker Mrs. Shahnaz Nadeem from Tabba Heart Institute also highlighted the importance of teamwork. Vote of thanks from nursing team was presented to all doctors. At the end of event, letters of appreciation and gifts were distributed among high achievers and participants.

ROLE OF INTERVENTIONAL RADIOLOGY IN THE MANAGEMENT OF DIALYSIS FISTULA & GRAFT

On 30th March 2019, Tabba Kidney Insitute organized training and certification of radiologists for the “Role of Interventional Radiology in the management of dialysis fistula and graft”. The training session was conducted by Dr. Shehbaz Ahmed Qazi, the brain child of developing IR in Pakistan and the member of Saudi Society of IR, Intervention Radiology Society of Pakistan and CRIS. Other guest speakers like Dr. Mukhtiar Ahmed, Head Radiology Civil Hospital, Dr. Amjad Sattar, Director Radiology Dow University Hospital & Prof. Syed Mubarak Ali, Head of Radiology Abbasi Shaheed Hospital also conducted sessions. Many doctors from DOW, JPMC, Patel Hospital and SIUT participated in this key learning program.

TKI CELEBRATED THE NUTRITION MONTH IN MARCH.

The whole month of March was celebrated as the Nutrition Month. Our expert nutritionist gave healthy tips throughout the month and a free consultation on social media via informative posts.

Tabba Kidney Institute with great enthusiasm celebrated the Women’s HealthWeek 2019 in the month of May. The institute conducted public interactive sessions during this week at Tabba Kidney Institute Auditorium. Further-more the training sessions for guidance related to the tips for a healthy pregnancy, tips for breastfeeding, vitamin-D deficiencies daily and Iron deficiencies and their daily consumption.
PARTICIPATIONS IN INTERNATIONAL CONFERENCES ON BEHALF OF TABBA KIDNEY INSTITUTE

PARTICIPATION IN HEALTH WEEK 2019 at IBEX GLOBAL.

Mrs. Maria Aamir who is the Consultant Dietician at Tabba Kidney Institute participated in HealthWeek 2019 organized by private corporation IBEX Global held on 21st June 2019. She was able to present and discuss tips and plans on “Healthy Eating at the Workplace”.

INTERNATIONAL PARTICIPATIONS

Dr. Bilal Jamil, Medical Director & Head of Nephrology Department at Tabba Kidney Institute participated in the World Congress of Nephrology organized by International Society of Nephrology at Melbourne, Australia on 15th April, 2019. He also participated in the ERA-EDTA congress in Budapest, Hungary on June 2019. He was invited to attend the meeting International Society of Nephrology’s (ISN) committee advancing the clinic trial of which he is a member. This committee of ISN is working on a web-based tool kit about planning and conducting clinical trials in Nephrology. The website will be launched next year.

Dr. Muhammad Murtaza Azad, Senior Registrar at TKI went to Ankara, Turkey on 27th – 30th May, 2019 for special practice in International Pediatric Urology Workshop arranged by Dr. Serdar Tekgul, member of Society of Pediatric Urological Surgeons.

“We welcome Prof. Serdar Tekgul as part of our visiting faculty”
INTERNATIONAL PAPER PRESENTATIONS BY UROLOGY DEPARTMENT OF TKI

Dr. Sherjeel Saulat, Director Surgeries & Head of Urology Department, Tabba Kidney Institute, presented posters on the occasion of European Association of Urology (EAU) 34th Annual EAU Congress held from 15th to 19th March, 2019, at Barcelona, Spain

Pride For TKI

The Urology Department of Tabba Kidney Institute, holds great pride in announcing that our Director Surgeries & Head of Urology Department Dr. Sherjeel Saulat has been nominated master trainer in EULIS (EAU) and attended 2nd EULIS Ureteroscopy Workshop at King’s College Hospital and King’s College London, held from 5th to 6th April, 2019.

Dr. Sherjeel Saulat, Director Surgeries & Head of Urology Department at Tabba Kidney Institute presented posters (statistical analysis and video abstract) on the occasion of European Society of Paediatric Urology (ESPU) 30th Annual Congress held from 24th to 27th April, 2019, at Lyon, France.

Dr. Murtaza Azad with Prof. Serdar Tekgul and other team at International Pediatric Urology Workshop.

Visit with Prof. Imran Mushtaq to Great Ormand Street Hospital, London, United Kingdom.

Dr. Serkan Dogan, Dr. Sherjeel Saulat, Dr. Serdar Tekgul, Dr. Sajjad Bhatti, at Lyon, France

Dry Labs Instructor at Guy’s Hospital, London, United Kingdom.

Panel of Experts at Stone Session ESPU 2019 at Lyon, France.
DR. SHERJEEL SAULAT, DIRECTOR SURGERIES AT TABBA KIDNEY INSTITUTE IS THE PIONEER OF MANY LAPAROSCOPIC UROLOGICAL PROCEDURES IN PAKISTAN.

These procedures were performed for the first time in Pakistan at only in Tabba Kidney Institute. We congratulate Dr. Sherjeel Saulat on this historic achievement.
Tabba Kidney Institute organized another two days International Master Class on men’s health “Andrology Nuts & Bolts Male Infertility” from 25th to 26th February in collaboration with faculty from Kings College Hospital, London United Kingdom and Harley Street hospital, the United Kingdom, held at Tabba Kidney Institute Karachi.

The international faculty and trainers from the United Kingdom participated and covered comprehensive program dealing with male infertility & male sexual health disorders. The event has provided tremendous learning opportunities for young urologists. The masterclass consisted of multiple learning platforms including lectures and case-based discussions by 6 invited international and national speakers.

This is one of a kind Urology training sessions was held in the heart of Pakistan. More than 50 urologists attended this male infertility master class from all over the country. Male infertility usually affects men of age 50 years. It may affect physical and psychological health. The male infertility cases from the record of 2015 astonishingly doubled in the current year, especially in Asia. 113 million cases of erectile dysfunction in Asia are recorded, for that Tabba Kidney Institute known for providing quality academics in the country particularly to the young consultant and trainer in the field of urology decided to conduct teaching, learning, research, and community engagement sessions for controlling these diseases and natural dysfunctions.
Tabba Kidney Institute has organized three day International Master Class namely “First International Pediatric Urology Congress” from 7th to 9th December 2018. In this congress, surgeons and trainers from Qatar, United Kingdom, Turkey, China, Argentina, Brazil and Mexico have participated. This event provided tremendous learning opportunities for young urologists from all over Pakistan. The masterclasses consisted of multiple learning platforms including lectures by 52 invited international and national speakers. We had the honor to have Prof. Zafar Ullah Chaudhry, President CPSP to chair the opening session of the congress. At the same time, Prof. Adibul Hasan Rizvi, the father of Modern Urology in Pakistan presented Co-Chair in the session.

The master class was also endorsed by the Accreditation Council for Continuing Medical Education (ACCME) and the Department of Medical Education of CPSP also awarded CME hours. The master class also endorsed by Pakistan Association of Urological Surgeons (PAUS), Karachi Chapter.

The Special Lectures of the Congress includes the live display of complex reconstructive and laparoscopic surgeries in children. First time in Pakistan, Seven different training sessions plus 3D live surgeries have been displayed from TKI O.T to Avari Towers Karachi. This was one of a kind Urology training sessions that were held in the heart of Pakistan. More than 300 pediatric surgeons and urologists registered to attend this International master class from all over the world.
Tabba Kidney Institute achieved a new height for providing quality academic activity in the country particularly to the young consultant and trainer in the field of Urology, teaching, learning, research, and community engagement which is acknowledged nationally and internationally.

After conducting successful sessions in FIPUC, we hosted Gala Dinner night for our International faculties in which we appreciated their contribution in the conferences via shields and giveaways, the night continued with ethnic dinner and folk music. At the end of event, certificates and shields were distributed among the specialists.

Muhammad Ali Tabba (CEO) awarding shield to Dr. Joao Pippi Salle, Sidra Medical and Research Center, Qatar

Muhammad Ali Tabba (CEO) awarding shield to Dr. Serdar Tekgul, Professor at Hacettepe University of Ankara, Turkey,

Muhammad Ali Tabba (CEO) awarding shield to Dr. Imran Mushtaq, Consultant at Great Ormond Street Hospital London, UK

Muhammad Ali Tabba (CEO) awarding shield to Dr. Li Jun, Vice Director at Beijing Friendship Hospital, China

Muhammad Ali Tabba (CEO) awarding shield to Dr. Beirut Vallasciani, Consultant at Sidra Medical and Research Center, Qatar

Muhammad Ali Tabba (CEO) awarding shield to Dr. Zhou Huixia, Head of Urology Department Bayi Children’s General Hospital, China
Dr. Syed Aqeel Ahmed (COO) awarding shield to Dr. Sherjeel Saulat, Director Surgeries at Tabba Kidney Institute

Muhammad Ali Tabba (CEO) awarding shield to Dr. Serkan Dogan, Professor of Urology at Hacettepe University of Ankara, Turkey

Muhammad Ali Tabba (CEO) awarding shield to Dr. Ijaz Hussain, Consultant at Shifa International Hospitals, Pakistan

Muhammad Ali Tabba (CEO) awarding shield to Dr. Mazen Zeino, Consultant at Bern University Hospital Bern, Switzerland

Memento presented to Muhammad Ali Tabba (CEO) at Tabba Kidney Institute

Memento presented to Muhammad Ali Tabba (CEO) at Tabba Kidney Institute
Together,
We are working towards a healthier community.
We proudly welcome our renowned international faculty.
To improve the quality of dialysis, TKI has introduced an advance form of dialysis in Pakistan called **High Flux Dialysis**. In this dialysis, a special filter (dialyzer) is used which provides better dialysis treatment and clearance of blood.

Currently Tabba Kidney Institute is the only renal care hospital providing the facility of Hi-Flux dialysis in Pakistan with six fully equipped private rooms in deluxe dialysis unit where High-Flux dialysis is carried out. The facility is equipped with all necessary medical equipments and during dialysis patient’s vitals are continuously monitored which provides extra comfort in addition to better dialysis.

Each room has facilities like internet, telephone, TV and attendants are allowed to stay with the patient during therapy.
PATRONAGE
Mohammad Ali Tabba, CEO
Dr. Syed Aqeel Ahmed, COO
Dr. Sherjeel Saulat, Director Surgeries
Dr. Bilal Jamil, Medical Director

Main Campus: ST-26, Block-7, Federal B Area, Karachi.
HYDERABAD Clinic: Qadeer Pathology Laboratory C/F-3, Block-D, Civic, Centre Commercial Area, Latifabad Unit #7 Hyderabad.
DHA Clinic: 107-C, Adjacent to Tooba Masjid, Commercial, Phase II, DHA, Karachi.
03-111-KIDNEY (543639) & book an appointment at www.tabbakidney.org

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