



The Humanitarian

A newsletter of Pakistan Kidney and Liver Institute and Research Center

Autumn Edition 2020

Success Story

Shiza, a girl from Chitral,
regains health after
her successful
Liver Transplant



I am 20 years old, belong to Chitral and I've been suffering from liver disease, destroying and resulting in scarring of liver. My family felt powerless against this disease until we walked into PKLI&RC.

My elder sister was evaluated and she turned out to be a perfect donor, for liver transplant surgery. Her anticipation leading up to the surgery was stressful, but all the care, concern, love and, support offered by PKLI's staff carried us through. We are grateful to all the doctors, nurses, and staff of the hospital, who enabled me to recover.



PKLI - Taking the Patient Care to the Next Level

An Update of The Services

PKLI&RC successfully inaugurated its first phase of the hospital on December 25, 2017, intending to pay back to the community, by offering top-notch medical services. Striving to accomplish the mission of healing the nation's wounds, the hospital has fully operationalized OPD services in its highly specialized departments, including Nephrology, Gastroenterology, Hepatology,

Hepatobiliary, Kidney and Liver Transplantation and Urology. The hospital is also offering support services such as Infectious Diseases, Pulmonology, Internal Medicine, Anesthesiology and Psychiatry, etc.

Nephrology and Renal Transplantation Medicine

The hospital has one of the largest and most experienced nephrology department in Pakistan. PKLI's competent nephrologists are highly qualified in the diagnosis and treatment of kidney diseases, including CKD Management (Chronic Kidney Diseases), hemodialysis, peritoneal dialysis, lupus, glomerular diseases, and renal transplantation care which includes pre-transplant and pro-transplantation care. Each staff

member has received specialized training and education in kidney care which makes the team to ensure quality care and successful recovery in renal transplantation.

The hospital has 60+ dialysis stations. PKLI's nephrology department had performed 24,000 dialysis procedures from its inception. Many of the patients received these procedures, either free of cost or at a small margin of the original price, as per the assessment of their financial capacity.

Interventional Nephrology

Our team of interventional nephrologist professionals is providing comprehensive, innovative, and evidence-based care to our valued patients. The interventional nephrology program at PKLI specializes in providing routine and complex care for





the management of hemodialysis fistula and Angioplasty of failing fistula. Our highly experienced team has been performing procedures that include AVF thrombectomy and permcath placement.

Gastroenterology and Hepatology

PKLI has gathered a foreign qualified team of experts in the field of 'Gastroenterology and Hepatology', who are fully trained in the assessment and management of treatments related to liver, gall bladder, pancreas, viral hepatitis, liver cancer, and transplant hepatology. The hospital is providing a wide range of treatments to patients with gastroesophageal reflux, coeliac diseases, chronic diarrhea, inflammatory bowel disorders (Crohn's disease & ulcerative colitis), unexplained weight loss, abdominal pains, and pancreaticobiliary illnesses. The hospital has established a 'Pediatrics Gastroenterology' specialty that offers excellent healthcare options, keeping in mind the special needs of children starting from diagnosis to their recovery.

Urology

PKLI's faculty members have been trained in foreign countries and offer services as per the latest trends in kidney transplantation, including hand-assisted laparoscopic donor nephrectomy, retroperitoneoscopic donor nephrectomy, open and retroperitoneoscopic hand-assisted donor nephrectomies, endoscopic and minimally invasive surgeries, and

laparoscopic nephrectomies

Kidney Transplantation

Since its inception in December 2017, the renal transplant team at PKLI is offering state-of-the-art services in Kidney transplantation where living related renal transplants are being performed on regular basis. Renal transplant surgery is offering cutting edge minimally invasive surgery to donors i.e hand-assisted retroperitoneoscopic donor nephrectomy, open donor nephrectomy aiming at least morbidity, shorter stay, and an earliest possible return to normal routine activities for the patient. The transplant department is intricately associated with Immunology, Radiology, and Intensive care unit services to provide comprehensive quality care. Other surgeries provided by our team include vascular access procedures, pancreas transplantation, diagnostic ultrasound for kidney transplantation, and cancer surgeries. The renal transplant team is collaborating with 'Punjab Human Organ Transplant Authority (PHOTA)' for developing a program for deceased

donor renal transplants, to increase the donor pool and meet the demand for organ shortage. Besides, the program is moving towards a paired kidney exchange program and ABO Incompatible transplantation program as it will benefit patients who have a donor but cannot get the transplant procedure because of the ABO or HLA incompatibility.

Hepatobiliary and Liver Transplantation

The hospital has the best team of HPB and liver transplant surgeons in the country, working in the area of hepato-pancreatico-biliary and liver transplant surgeries. Their area of expertise includes adult and pediatric liver transplants, surgical resection of the complex and complicated Gall bladder, Liver, Pancreas, and bile duct cancers. The team also performs surgeries for non-malignant conditions such as bile duct injuries, choledochal cysts, biliary atresia, chronic pancreatitis, gallstones, and a variety of shunt surgeries for non-cirrhotic portal hypertension.



Modern Imaging and Advanced Diagnostic Services

PKLI continues to uphold the tradition of introducing innovative and flagship services for its valued patients, by introducing advanced technologies in the field of Radiology, Nuclear Medicine, and Endoscopy.

Radiology department at PKLI

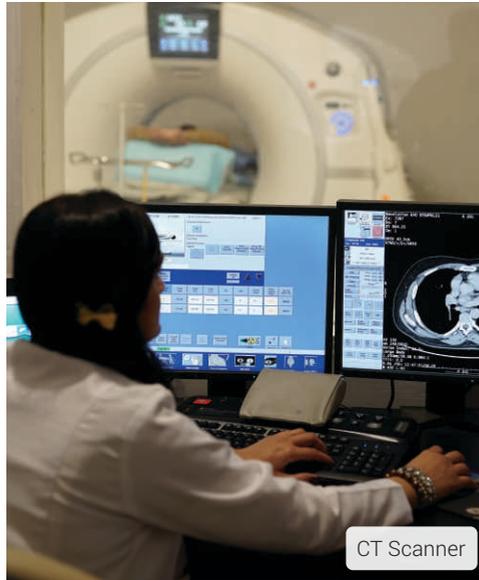
Our Radiology department has been equipped with advanced equipment for providing the best diagnostic services. The department consists of skilled radiologists and technicians who are offering the following services:

- MRI
- CT Scanner
- Ultrasound
- Digital Fluoroscopy
- Digital Radiography

Interventional Radiology

Similarly, for various liver, urological and other conditions, the department is actively involved in pushing boundaries in the fields of interventional radiology and imaging through various medical practices, including, FNAC, TACE, core biopsy, angioplasty, peripheral, RFA, PEI and portal vein

embolization, celiac plexus neurolysis, CT guided procedures, DIPS/TIPS, EVAR, drainage catheter placement PCN and antegrade DJ stenting. Our qualified radiologists have performed more than 44,000 procedures in the respective field.



CT Scanner



MRI



The Radiology Department's team



Endoscopic Treatment

The hospital has an endoscopy unit, which provides International standards' healthcare services to Pakistan's citizens. The endoscopy unit at PKLI is an Outpatient and Inpatient endoscopic procedures service. The endoscopy unit has been fully equipped with video endoscopes and associated equipment. The unit consists of endoscopy rooms, which has the facility to undertake X-Ray screening procedures. As of July 2020, the endoscopy unit has done more than 5,000 procedures.

A high-tech Nuclear Medicine' department at PKLI



PET CT

Expertise coupled with leading-edge technology brings PKLI's Department of Nuclear Medicine to a whole new level. The team performs the safest diagnostic imaging procedures, whereby the patient only receives an extremely small amount of radiopharmaceutical compound, needed for sufficient diagnostic information.

The role of nuclear medicine and hybrid

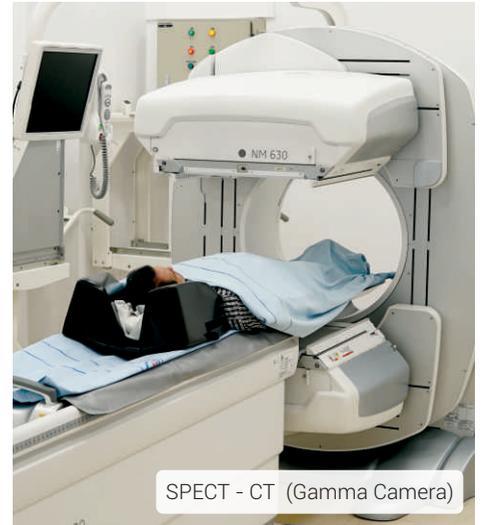
molecular imaging (PET-CT & SPECT-CT scans) in the management of cancer patients and inflammatory diseases is now well established in the hospital.

The List of the services available at PKLI is following:

PET/CT Services:

- Oncology
- Cardiac
- Brain

- Infection & Inflammation Gamma Camera (SPECT) Services:
- Endocrine Imaging
- Gastrointestinal Imaging
- Cardiac Imaging
- Renal Imaging
- Infection & Inflammation Imaging
- Hepatic Imaging
- Musculoskeletal Imaging
- Pulmonary Scintigraphy



SPECT - CT (Gamma Camera)

Our Team of Highly Qualified Consultants, Staff Members and State-of-the-art Equipment, Distinguishes Us from other Similar Pathological Services

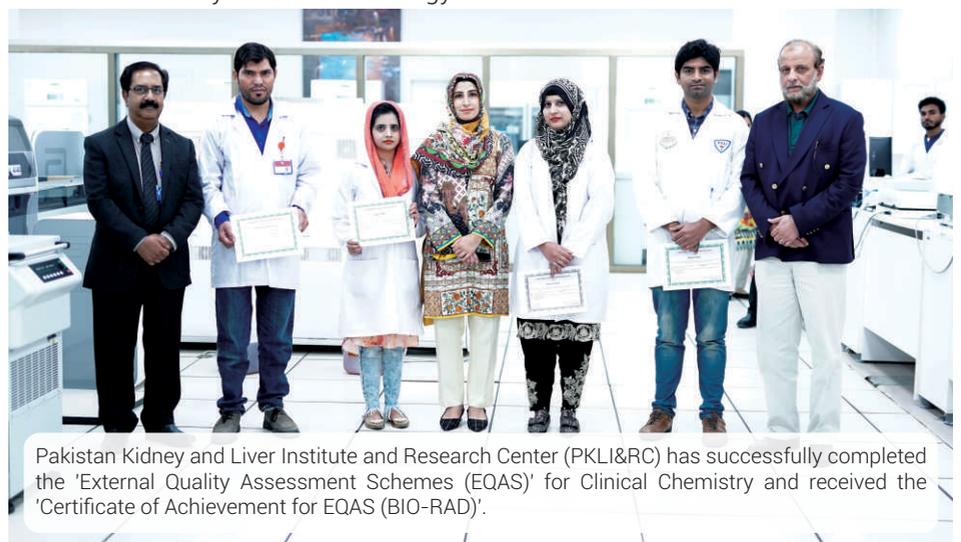
PKLI's pathological services are one of the largest and most comprehensive, in the region, offering a wide range of diagnostic and clinical support services for solid organ transplant patients, including the liver and kidney, in particular and other categories, in general.

Our team of pathologists supervise the performance of a wide range of laboratory tests and interpret results assisting clinicians in their diagnosis and treatment of diseases. Here, we support a welcoming research culture. It is worth mentioning that the PKLI&RC laboratory has performed more than 640,000 tests since its inception to support clinical services.

Punjab Government has honored PKLI's laboratory by establishing it as the first histocompatibility and immunogenetics laboratory of the

province, for liver transplant patients. PKLI's laboratory has also achieved 'External Quality Assessment Schemes (EQAS)' certificate of excellence in clinical chemistry and haematology.

Also, our blood bank unit has been awarded the 'Certificate of Appreciation' for safe transfusions by the Punjab Transfusion Authority.



Pakistan Kidney and Liver Institute and Research Center (PKLI&RC) has successfully completed the 'External Quality Assessment Schemes (EQAS)' for Clinical Chemistry and received the 'Certificate of Achievement for EQAS (BIO-RAD)'.

PKLI's Healthcare Warriors Respond to COVID-19 Pandemic



Congratulations to the 'Team PKLI' on their spectacular performance regarding the management and treatment of coronavirus patients.

In March 2020, amid the coronavirus pandemic, the Government of Punjab announced that PKLI would function as a 'Corona Care Facility'. Routine operations of the hospital were gradually reduced and arrangements for the diagnosis, quarantine, and treatment of COVID-19 patients were initiated.

As a first step, PKLI's Hepatitis Prevention and Treatment Clinic (HPTC) was converted into a large 'Corona Care Facility'. In the next phase, one of the main hospital buildings was dedicated to coronavirus-infected patients, increasing the capacity from 30 to 160 beds. Keeping in view the emerging needs, PKLI also set up an SICU, to offer effective emergency response, for COVID-19 patients.

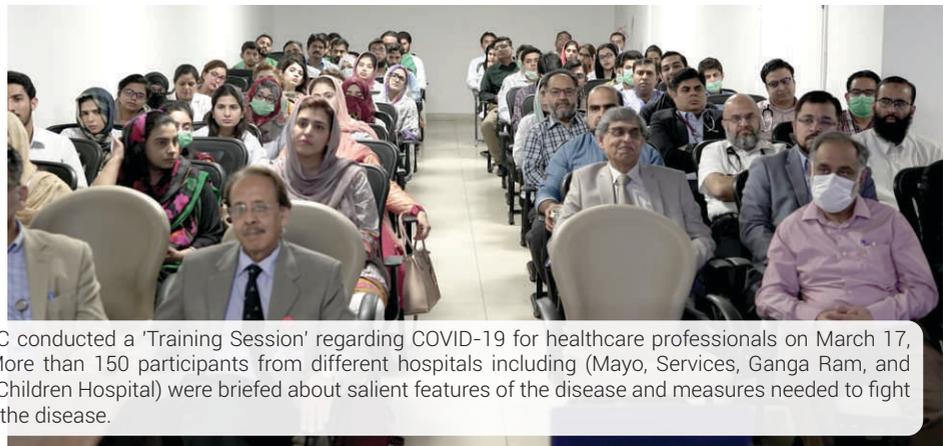
In April 2020, the World Health Organization (WHO)'s team visited the hospital and observed the medical arrangements available to the COVID-19

patients. Dr. Palitha Mahipala (WHO's Representative) appreciated the untiring efforts of the hospital's staff in responding to this public health emergency. He also expressed the need for better collaboration of WHO with PKLI, to maximize the efforts for ensuring the best practices in the areas of Infection prevention and control.

PKLI admitted the first coronavirus patient on March 19, 2020. So far, more than 480 patients had already recovered. PKLI also spearheaded the coronavirus diagnosis campaign by performing Laboratory and Radiology tests for the timely detection of infection. PKLI's staff undertook more than 20,000 PCR tests, of individuals from Punjab, including the ones from

the Government of Punjab's dedicated corona care facilities like Expo Centre and Mayo Hospital. In addition to PCR, about 1,200 X-Rays, 180 Ultrasounds, and 50 CT Scans were conducted. The institute offered below mentioned services:

- OR Testing for Coronavirus diagnosis
- Telemedicine & Pharmacy Services
- Dietary Services & Separate Laundry Services
- Coffin/ Ablution Arrangement
- Triage Services and Plasmapheresis
- X-Ray, Ultrasound and CT Scans
- Wireless Internet Facility
- Waste Management Services as per WHO's Standards



PKLI&RC conducted a 'Training Session' regarding COVID-19 for healthcare professionals on March 17, 2020. More than 150 participants from different hospitals including (Mayo, Services, Ganga Ram, and Lahore Children Hospital) were briefed about salient features of the disease and measures needed to fight against the disease.

Success

Babar Khan, from Lahore



I was diagnosed with nephrotic syndrome at the age of 17. Someone in the family told my father about PKLI&RC. Without wasting a minute, my family rushed to the hospital's nephrologists. Seeing the good care provided by the doctors, my father said, "We became calm and we knew that we were in the right place and that things would turn out in our favor".

After several comprehensive examinations, my father's was approved to be my donor. The transplant went smoothly and my life, now, has returned to normal.

Dr. Shahzad Majeed Bhatti
Asst. Professor Cardiology, PIC, Lahore



I had been experiencing extreme difficulty in breathing due to Coronavirus disease. I consider myself fortunate because I had the opportunity of getting medical treatment from PKLI&RC. Had it not been for the energizing motivation infused by the PKLI's doctors, I wouldn't have survived this arduous ordeal. Eventually, I recovered from coronavirus in a very brief period. PKLI's staff members are the best clinical caregivers and PKLI&RC, without any doubt, is the best healthcare institution in the country, offering coronavirus treatment. I commend the unwavering efforts of the clinical, nursing, and paramedical staff of PKLI, and other medical institutions must follow in PKLI's footsteps.

Patient: Khawaja Ejaz Yousaf
City: Lahore



Being a diabetic patient having 65 years' age and after contracting COVID-19 infection, my condition started worsening rapidly, with each passing day, and soon I was breathing with the help of a ventilator.

With the unwavering efforts of the PKLI's staff, my health gradually started improving and miraculously, I slowly began showing signs of improvement over the course of two weeks. I did not need the ventilator anymore and eventually, I had been shifted to the general care hospital floor from the ICU. I and my family are grateful to the PKLI's team for the timely and effective delivery of holistic patient care.

stories

PKLI&RC Enables Mr. Arcangel (a 58-Year-Old Philippines National) to Come Out Victorious in his Battle for Survival

My battle with coronavirus was one of the most daunting health challenges, ever faced because I was so far away from my family and homeland. Since I was unable to breathe with the maximum amount of oxygen, therefore doctors put me on the ventilator life support.

During my 3 weeks' stay at PKLI, I was impressed with the fact that the hospital's staff, in addition to providing me with the required clinical care, also motivated me, when I needed it the most.

I believe PKLI's healthcare infrastructure and quality of patient care, are at par with any other world-class healthcare institution. Thanks, Pakistan.

Khawaja Muhammad Omer: A 93-Year-Old Patient's Life Returns to Normal, After His Fight with the Coronavirus



Keeping in view my old age and coronavirus infection, I was afraid that it would be difficult for me to survive this ailment, but I was relieved to know about my admission to the PKLI. I have completely recovered from the coronavirus disease and my life has returned to normal, as if nothing had happened.

I and my family members praised the unwavering efforts of the PKLI's clinical, nursing, and paramedical staff, patient's health gradually started improving. I am grateful to PKLI's team for the timely and effective delivery of holistic patient care.

Seminars and Events



PKLI&RC attains the status of 'Authorized ICAEW Training Employer.' PKLI&RC is the First hospital in Punjab and the Second hospital in Pakistan to be granted this prestigious status by ICAEW on November 23, 2019. There are more than 6,000 ICAEW (The Institute of Chartered Accountants in England and Wales)'s authorized training employers across the world, which train ACA students.



Mr. Kerem Topuz, Director of International Relations, Memorial Hospital, Turkey, along with his team, visited PKLI&RC on February 14, 2020. During the meeting, both sides discussed matters of mutual interest and explored avenues of collaboration, including training opportunities for PKLI&RC's clinical and non-clinical staff.



PKLI&RC actively participated in the 17th Conference organized by the 'Medical Microbiology & Infectious Diseases Society of Pakistan (MMIDSP)' from February 29, 2020, to March 01, 2020, at the Pearl Continental Hotel, Lahore.



PKLI&RC commemorates 'World Kidney day 2020' by organizing an Awareness Walk, for raising awareness about preventive measures to lower the risks of kidney diseases on March 10, 2020.



KFC Pakistan's team visited the hospital and provided meal boxes to all the front-line staff members, to pay tribute to their unwavering efforts against Coronavirus on May 11, 2020.



Bata Pakistan's team distributed shoes to all the PKLI & RC's front-line staff, to pay tribute and recognize their unwavering efforts, in their fight against the coronavirus on June 18, 2020.

MAKE A DONATION

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Account Title: **Pakistan Kidney and Liver Institute and Research Center**
Name of Bank: **The Bank of Punjab**
Branch: **BOP DHA Phase VI Branch, DHA Lahore**
Account Number: **6580008550400049** (Pak Rupees)

(Please make a note that Your donations to PKLI&RC, an approved NPO, qualifies for tax credit u/s 61 of Income Tax Ordinance 2001)



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