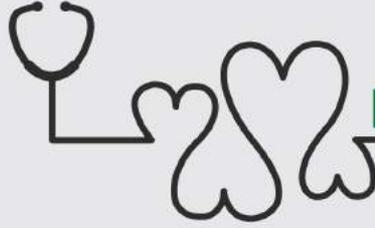




CHINIOT GENERAL HOSPITAL  
THE CARING PEOPLE



NEWSLETTER

Jul 2022 - Dec 2022

## INTERNATIONAL NURSING DAY

Every year, Chiniot General Hospital (CGH) celebrates the International Nurses Day. Similarly, we celebrated International Nurses Day on 26<sup>th</sup> May this year. International Nurses Day is celebrated all around the world to appreciate the valuable and commendable contribution of nursing in the health systems. This is just a way to thank them. The theme of this year's "A Voice To Lead – Health For All".

"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"

Nursing staff participated in different activities and their performance was greatly appreciable. Cake cutting ceremony was carried out by senior nursing staff. At the end of event, letters of appreciation and gifts were distributed among winners and participants. Closing remarks were shared by Medical Director Brig Dr. M, Munir TI-(M), (Retd).



SAVE LIVES THROUGH YOUR

**ZAKAT & DONATIONS**

TO CHINIOT GENERAL HOSPITAL



زکوٰۃ دیں  
خوشیاں بانٹیں

### Bank Account Details

#### MCB BANK

Korangi No. 6 Branch Karachi  
Account Title: Chiniot General Hospital  
Account No: 097 901010021771  
IBAN: PK16MUCB0097901010021771  
Branch Code: 0979



#### MEEZAN BANK

Q-37 Sector 33-A, Main Korangi Road, Karachi  
Account Title: Chiniot General Hospital  
Account No: 01 8901 01872046  
IBAN: PK19MEZN0001890101872046  
Branch Code: 0189



Pakistan Centre for Philanthropy

PCP Certified

# INDEPENDENCE DAY 2022 CELEBRATION

Independence Day was celebrated at Chiniot General Hospital, on 14th August, 2022. The management, administration staff, nursing staff and other employees participated and witnessed the celebratory activities. The National flag was hoisted by Medical Director, and a parade to commemorate the Independence Day was organized by the Administration Department. At the end cake cutting ceremony was held in the Library hall.

There was a whole program dedicated to our freedom and completing 75 years of independence. All CGH staff attended and participated with zeal by taking part in different activities.



## *Free Treatment of* **Cleft Lip & Cleft Palate**

in Chiniot General Hospital

*Partnership with:*



**BEFORE**



**AFTER**



# INFORMATION ABOUT DENGUE

Dengue is a viral infection transmitted to humans through the bite of infected mosquitoes.

## CAUSES

The primary vectors that transmit the disease are *Aedes aegypti* mosquitoes and, to a lesser extent, *Ae. Albopictus*. The virus responsible for causing dengue, is called dengue virus (DENV).

## PREVENTION

There are simple steps that you can take to protect yourself and your family from mosquito bites, and the illnesses they can cause.

## PROTECT YOURSELF FROM ILLNESS BY DOING SIMPLE THINGS

- Use insect repellents any time you are outdoors.
- Wear long-sleeved clothing.
- Schedule outdoor activities to avoid the hours from dusk to dawn during peak mosquito season.
- Repair damaged window and door screens.
- Remove standing water from the areas around your home.

## TESTS AND TREATMENT

- Blood tests are needed for people with severe disease.
- Treatment consists of rest and lots of fluids.
- For severe symptoms, patients need care in a hospital.
- There are no anti-viral drugs for treating it.

## WHAT YOU SHOULD KNOW ABOUT DENGUE FEVER

It is a viral disease spread by the bite of an infected mosquito.

### SYMPTOMS

- High fever with shaking chills occurs.
- Patients can also have severe headache, eye pain, joint pain and muscle pains.
- Bone pain can be severe.
- A widespread pink rash is common.
- If the disease progresses, bleeding from the skin, nose, gums and gut can occur.

### CAUSE

- Spread is mosquito to human.
- The virus is carried by an infected mosquito. The mosquito becomes infected when it bites a human infected with dengue. The virus is passed on to healthy humans in spit from a bite.

### TIME PERIOD TO GET SICK

- The time from the bite to symptoms is usually 3-7 days. Sometimes, it can be up to 14 days.

### CONTAGIOUS PERIOD

- Person to person spread of the illness does not occur.
- Kissing or sharing a glass with a person who has dengue is safe.

### TESTS AND TREATMENT

- Blood tests are needed for people with severe disease.
- Treatment consists of rest and lots of fluids.
- For severe symptoms, patients need care in a hospital.
- There are no anti-viral drugs for treating it.

### WHAT TO EXPECT

- Fever lasts up to 7 days.
- Symptoms last up to 2 weeks.
- Most people recover fully.
- If bleeding occurs, the death rate can be 1%.



**CHINIOT INSTITUTE OF NURSING & MIDWIFERY**  
(A Project of Chiniot Anjuman Islamia)

International Charity Day

# Charity Campaign

"We make a Living  
by what we Get...  
But we make a Life  
by what we Give."

*To Help the flood victims*

You Can Also  
Donate As Much  
As You Can  
To Us Here.



ORGANIZED BY

**CHINIOT INSTITUTE OF NURSING & MIDWIFERY**  
IN COLLABORATION WITH CHINIOT GENERAL HOSPITAL

September 6, 2022

## CHARITY CAMPAIGN

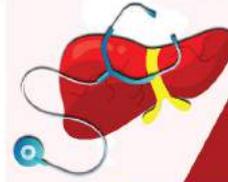
CGH & CINM is initiating a Campaign on International Charity Day to help the flood victims. Be a part of this Nobel cause on 8th September 2022.



CHINIOT GENERAL HOSPITAL  
**HEPATITIS DAY 2022**



**WORLD HEPATITIS**  
28-JULY-2022



وہیپاٹائٹس ایک عاموش بیماری ہے  
پاکستان میں ہر دسواں شہری Hepatitis B,C  
کے موذی مرض کا شکار ہے۔

**FREE TREATMENT FOR HEPATITIS B & C**



021-35063443  
0335-2446468



5T-1/3, Sector 41-B, Korangi Township, Karachi  
www.cgh-k.com f chiniothospitalkarachi

**WORLD HEPATITIS DAY**

## NEONATAL RESUSCITATION

An educational session on neonatal resuscitation arranged by Nursing Management of Chiniot General Hospital, attended by Doctors and Nurses of CGH.



## DR. MAHPARA POST GRADUATE

Certificate of Achievement presented to Dr. Mahpara post-graduate trainee in the department of Obs / Gyne on passing the FCPS part 2 exam, under the supervision of Dr. Rafia Saleem Ansari – HOD & Consultant Gyne & Obs.

**CGH Congratulates her on excellent success and best wishes for more progress.**



## SOLAR POWER PLANT INAUGURATION

Our Honorable Trustees Mr. Abdul Rauf Farouk, Mr. Nadeem Ihsan, Mr. Farrukh Naseem and Mr. Arif Elahi formally inaugurated Solar Power Plant in the month of September in an impressive ceremony. It was a momentous occasion for us as we could witness the success of our project after months of meticulous planning and hard work.

Greenhouse gas emissions can be reduced by generating power onsite with renewable and other climate friendly energy resources. CGH has taken a step to keep earth's natural greenhouse effect by switching a major portion of its energy needs through Solar Energy by commissioning a 230 KW solar plant.



## JOIN US FOR A NOBLE CAUSE

Chiniot General Hospital organized an event for Ladies with a theme **"Join Us for a Noble Cause"** at Elahi Auditorium of CGH on Thursday, November 24, 2022. The main motive of the event was the introduction of "Volunteer Program" those who are interested can join as per their convenient days and timing. Volunteers can serve their valuable time at CGH to facilitate the patients.

Mr. Nadeem Ihsan a senior Trustee Introduced **"Volunteer Program"** which was supported by Mr. Arif Elahi, Member Managing Committee and Trustee of Chiniot General Hospital.

Mrs. Nasreen Laeeq, the Deputy Manager - Zakat & Welfare of Chiniot General Hospital received the guests who were warmly welcomed by Ms. Saima Mehboob Ali Merchant, Principal of CINM (Chiniot Institute of Nursing and Midwifery).

Mr. Arif Elahi described the salient features of this program and encouraged the ladies to actively participate. It was quite a motivational speech and a number of participants agreed to spare their time for this Volunteer Program and generously donated to the Zakat & Welfare Program.

In the end, Mr. Abdul Rauf Farouk, the Managing Trustee of Chiniot Anjuman-e-Islamia thanked to all the participants for spending their precious time and participating in the event.



## CONSULTANTS

### Gynaecologists

Dr. Rafia Saleem Ansari (Morning)	MBBS, MCPS, FCPS
Dr. Sareeka Rathore (Afternoon)	MBBS, MCPS, FCPS
Dr. Syeda Najmusahar (Evening)	MBBS, FCPS
Dr. Asma Haque (Morning)	MBBS, FCPS
Dr. Asma Safdar (Evening)	MBBS, MCPS, FCPS

### General Physicians

Dr. Imtiaz Manzoor (Morning)	MBBS, FCPS
Dr. Salma Khan (Morning)	MBBS, MD
Dr. Sumera Nawaz (Afternoon)	MBBS, MCPS
Dr. Habib Mustafa (Morning)	MBBS, MCPS, FCPS

### General Surgeons

Dr. Mumtaz Manzoor (Morning)	MBBS, FCPS
Dr. Sadiqa Bano (Morning)	MBBS, FCPS, FRCS (GLASGOW) CONSULTANT & SURGEON

### Paediatricians

Prof. Dr. Muhammad Javed (Morning)	MBBS, DCH, MCPS, MRCGP, MD
Dr. Farrukh Naseem Vohra (Afternoon)	MBBS, DCH
Dr. M. Shahid Ghaffar (Afternoon)	MBBS, MCPS, FCPS
Dr. Usha Khatri (Afternoon)	MBBS, DCH
Dr. Jamil Ahmed (Morning)	MBBS, DCH
Dr. Syed Uzair Maqsood (Morning)	MBBS, FCPS

### Gastroenterologists

Dr. Asad Sadiq (Morning)	MBBS, MD
Dr. Manzoor Hussain (Afternoon)	MBBS, FCPS
Dr. Waqar Ud Din (Morning)	MBBS, MD
Dr. Farhan Haleem (Evening)	MBBS, FCPS

### ENT Specialists

Dr. Imtiaz Ather Siddique (Morning)	MBBS, DLO, ENT Surgeon
Dr. Nand Lal (Afternoon)	MBBS, DLO, ENT Surgeon
Dr. Ayaz Hussain (Morning)	MBBS, DLO, ENT Surgeon

### Cardiologists

Dr. Imran Hameed (Morning)	MBBS, DipCard
Dr. Zafar Iqbal (Evening)	MBBS, FCPS
Dr. Abdul Hafeez (Morning)	MBBS, DipCard

### Dental Surgeons

Dr. Shaista Parveen (Morning)	BDS, RDS
Dr. Maira Zahid (Afternoon)	BDS, RDS
Dr. Jamshed Ahmed (Evening)	BDS, RDS, MS
Dr. Saqib Zafar (Evening)	BDS, FCPS
Dr. Syed Ahsan Ali (Afternoon)	BDS

### Pulmonologist

Dr. Johar Hassan (Evening)	DTCD, MD
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### Psychiatrist

Dr. Saleem Ahmed (Evening)	MBBS, DPM
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### Diabetologists

Dr. Amin Abdullah Macci (Afternoon)	MBBS, D-Diabetes
Dr. M. Zafar Iqbal Abbasi (Evening)	MBBS, D-Diabetes

### Neuro Physician

Dr. Shakil Ahmed (Morning)	MBBS, DSN, MD
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### Pathologist

Dr. Arif Jamil Khan (Morning)	MBBS, MCPS
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### Orthopaedic Surgeons

Dr. Capt. Iqbal Alam (Morning)	MBBS, MS (Orthopedics)
Dr. Irfan Ashraf (Morning)	MBBS, FCPS
Dr. Vikash Singh (Evening)	MBBS, MCPS, FCPS
Dr. Salman Javed (Afternoon)	MBBS, MCPS, FCPS
Dr. Imran Samdani (Afternoon)	MBBS, MS

### Sonologists

Dr. Maria Anum (Morning)	MBBS
Dr. Farzana Yousuf (Morning)	MBBS, DIP-SONOLOGY
Dr. Neelofar Awan (Afternoon)	MBBS, DMRD
Dr. Shumaila Khurram (Afternoon)	MBBS

### Physiotherapists

Mr. Manzoor Hussain (Morn & Even)	DPT, BSPT
Ms. Sana Ambreen (Morning)	BSPT
Ms. Rubeena Islam (Morning)	DPT
Ms. Maryam Ansari (Morning)	DPT

### Dermatologists

Dr. Junaid Rabbani (Morning)	MBBS, D-DERM
Dr. Rukhsana Tariq (Afternoon)	MBBS, MCPS

### Radiologists (Interventional)

Dr. Fahad Ali (Afternoon)	MBBS, FCPS
Dr. Muhammad Asad (Morning)	MBBS, FCPS (TRG Completed)

### Urologists

Dr. Mahmood Ahmed (Afternoon)	MBBS, FCPS, MGeneral Surgery
Dr. Waqas Ahmed Memon (Evening)	MBBS, FCPS

### Neuro Surgeons

Dr. Muhammad Adil Khatri (Afternoon)	MBBS, FCPS
Dr. Usamah Bin Waheed (Afternoon)	MBBS, FCPS

### Paediatric Surgeon

Dr. Syed Waqas Ali (Afternoon)	MBBS, FCPS
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### Plastic Surgeon

Dr. Nasir Uddin Khan (Afternoon)	MBBS, FCPS
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### Clinical Psychologist

Ms. Aneela Hakeem Rajpar (Morning)	MSC, PSYCHOLOGY
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### Clinical Dietician

Ms. Maria Aezaz (Afternoon)	BS Nutrition & Dietetics, RDN, CDE
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### Echocardiography

Ms. Shazia (Afternoon)	BSC (Diploma in General Cardiology, Echocardiography)
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### EEG Technologist

Ms. Shafaq Abbas (Morning)	MSC (Physiology)
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## MAJOR FACILITIES



X-RAY



LABORATORY



CT SCAN



PHARMACY



ICU



EMERGENCY

خدمت کے  
آپکے تعاون اور  
اعتماد کے ساتھ  
27 سال