

AL-SHIFA TRUST EYE HOSPITALS
Rawalpindi-Sukkur-Kohat-Muzaffarabad-Chakwal

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ENVISIONING VISION

www.alshifaeye.org



We Care For Eye Care

inside



Giving is not
just about making a
donation
It is about making a
Difference



Donate Generously

Donations can be sent directly to:

Al-Shifa Trust Eye Hospitals

Rawalpindi-Sukkur-Kohat-Muzaffarabad-Chakwal

Address: Jhelum Road, Rawalpindi. **Ph:** +92-51-5487821-5, **Email:** info@alshifaeye.org

www.alshifaeye.org

Milestone completed: Children Eye Hospital up and running

The plan for a dedicated ophthalmic hospital for children was chalked out in 2016 by the late President Lt General (Retd.) Hamid Javaid with a vision to create Asia's biggest children eye hospital with state of the art facility for the underprivileged in the country. We are very pleased to announce that the construction of the hospital has been completed and new children eye hospital is now fully functional with a capacity to accommodate 500 OPDs daily and has the capacity to offer 50 surgeries in a day. Al-Shifa Trust is very thankful to the philanthropists and the donors who made possible the construction of Asia's biggest children eye hospital.





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Al-Shifa Hosts Seminar on Childhood Cancer Awareness

The Orbit, Oculoplastic and Oncology Department of Al-Shifa Trust Eye Hospital held a seminar on 29th September 2021 to raise awareness on eye cancers in cognizance to Childhood Cancer Awareness month of September. The seminar officiated the launch of Al-Shifa's new Auditorium built in the Children Eye Hospital building.

Professor Dr Tayyab Afghani, HOD Orbit, Oculoplastic and Oncology Department, Dr. Sumaira Altaf HOD Pediatric Ophthalmology department, Dr. Shadab Hassan and Dr. Maheen Akbar presented Issues and Challenges in Eye Cancer, RETINOBLASTOMA, and stories of challenges, opportunities, smiles and sorrows. A panel discussion was also held among prominent cancer stakeholders and experts. Dr. Haroon Awan, a well-known Development Consultant, Public Health Specialist, and an ophthalmologist, led the panel discussion. Other panelists included Brig Tariq Ghafoor, HOD CMH Oncology Department, Prof. Nuzhat from PIMS Oncology Dept, Col Abdus Samad, Radiation Oncologist, Dr Sabika, Geneticist and PhD in RB genetics, Prof Sumera Altaf, Pediatric Ophthalmologist, Miss Kanza, Psychologist and Head of Cancer Social Support Group, and Dr. Ayesha Babar Kawish, HOD PIO AST Department of Public Health.

Maj. Gen (retd) Rehmat Khan, President Al Shifa Trust highlighted that Al-Shifa has a major role in highlighting the importance of early screening, diagnosis, and treatment of eye cancers as it is exclusively an eye hospital with an oncology department that deals with eye cancers. This successful seminar contributed towards the cause of both awareness of childhood cancer and prevention of blindness which is the hallmark of Al-Shifa Trust.



OrCam My Eye comes to Al-Shifa's Light House

Al-Shifa Trust in its quest to improvise its Light House facility has recently added OrCam MyEye, a voice-activated device for visually impaired individuals. The device attaches to virtually any glasses and is based on Artificial intelligence technology. It can instantly read text from a book, smartphone screen or any other surface; recognize faces, help the visually impaired individual to shop on their own, and live a more independent life. It conveys visual information audibly, in real-time and offline. The device has been brought to AST through the great efforts of Mr. Tahir Zafar, President Al-Shifa Foundation of North America (AFNA). Mr. Zafar has been associated with Al-Shifa for 20 years and regularly facilitates our fundraising efforts. MyEye OrCam device has been presented as a gift to Syed Sardar Ahmed Pirzada, the first blind Journalist of Pakistan who gave very positive feedback on using the device and highly appreciated the fact that AST is the first to bring this device in Pakistan. As a great response, donors are coming out from different areas of Pakistan to sponsor this device for people who are visually impaired but have the potential to reach new heights.



Al-Shifa Trust Eye Hospital gets operational in Chakwal

Al-Shifa Trust has made operational its new eye hospital established in District Chakwal providing free eye treatment to the poor and underprivileged people of the district and its adjoining areas. President Al-Shifa Trust Major Gen. (Retd) Rehmat Khan on the launching ceremony said that people in rural areas often encounter barriers to healthcare that limit their ability to obtain the care they need and it is here that Al-Shifa Trust is trying its best to provide services to the needy at their doorstep saving the poor people's travel expenses and other related inconveniences. He said that with the help of Almighty Allah and the generous donors, the trust has opened the doors of its new hospital in the district of Chakwal which is its 5th state-of-the-art hospital in Pakistan.

This region has been showing a high prevalence of eye diseases which were handled through eye camps earlier, however it was realized that a proper hospital is urgently needed. The new facility adjacent to Mureed Airbase is built over an area of 60,000 square feet with a total cost of Rs250 million features state-of-the-art facilities of OPD, Operation Theatre, Pharmacy, and an Optical shop.



Successful running of Phase-III clinical Trials of COVID-19 Vaccine, ZF2001

Al-Shifa Trust and Anhui Zhifei Longcom Biopharmaceutical Co. Ltd. signed an agreement to initiate phase III clinical trials of COVID-19 vaccine, ZF2001 in Al-Shifa Trust Eye Hospital, Rawalpindi. Chinese vaccine “ZF2001 has been approved by the Drug Regulatory Authority of Pakistan (DRAP) and trials began from April 5, 2021. A total of five entities in Pakistan have been selected for these trials, and it is a matter of great satisfaction that AlShifa Trust has been included in the list. The facility has been established with state of the art equipment by complete sponsorship of Anhui Zhifei Longcom Biopharmaceutical Co. Ltd. Al-Shifa Trust has achieved 100% percent results, where more than 2700 volunteers have been vaccinated.



AST holds its first International Research Conference on COVID-19 Phase-III Clinical Trials in Pakistan

An international conference on COVID 19 Phase III Clinical Trials in Pakistan was held at Al-Shifa Trust Rawalpindi on Wednesday, 8th December, 2021. It was the first international research conference by Al-Shifa Trust. The theme for the research was building research expertise with changing times; research at the forefront of Pandemic. Esteemed decision-makers, researchers, academia faculty and scholars, renowned researchers, and representatives from World Health Organization and Drug Regulatory Authority Pakistan took part in the conference. Six hospitals were selected by the government for trials across the country. Al-Shifa Trust Hospital Research Centre completed trials of a maximum of 2,700 volunteers. World Health Organization Representative in Pakistan Dr. Palitha Mahipala said Al-Shifa has helped the global effort against the pandemic, adding that health and research facilities in Pakistan have rapidly transformed to cope with the challenge. Chinese representative Ms Maria Song said pharma companies are encouraged by the response of Pakistani authorities as well as health and research facilities and the outcome of trials is promising.

The conference was put together to highlight the research opportunities generated as a result of the pandemic in Pakistan and the role of national institutes in becoming a part of global activities to combat the pandemic through research in Pakistan. The paradigm shift from curative to preventive medicine was also discussed by the national and international speakers present at the conference.



Government approved Corona Vaccination Centre



Al-Shifa has established a government approved vaccination centre at Al-Shifa Trust Eye Hospital. All instructions regarding storage, handling, administration and safe disposal of vaccines along with recommendations for vaccine recipients are followed as per the guidelines provided by the Ministry of National Health Services, Regulations & Coordination.



MoU Between Al-Shifa Trust Eye Hospital and OGDCL - Eye camps in OGDCL operational fields

Oil & Gas Development Company Limited (OGDCL) and Al-Shifa Eye Trust Hospital signed an MoU for conducting free eye camps surrounding OGDCL fields and follow up camps at the same locations with an estimated amount of Rs92 million against CSR initiatives of OGDCL.

A memorandum of understanding was signed by Brig (R) Rizwan Ullah Asghar, Executive Director, AST and Mr. Saleem Baaz Khan GM CSR, OGDCL where Al-Shifa Trust will establish free eye camps in 32 districts across Pakistan in OGDCL field areas. The free camps will be held in 7 districts of KPK, 6 districts of Punjab, 11 districts of Sindh, and 8 districts of Balochistan. These eye camps drive will start from 15 Nov 2021 and will continue through April 2022. Previously, a similar collaboration between OGDCL and Al-Shifa Trust helped the underprivileged by bringing eye care to the doorsteps of remote communities where free cataract surgeries were also performed and eyeglasses and medicines were distributed to the deserving patients.



Pakistan Institute of Ophthalmology: BS in Public Health

Al-Shifa School of Public Health (ASoPH) will now be offering a graduate degree, BS in Public Health. The school is already offering MS in Public Health in affiliation with Quaid-e-Azam University (QAU). A team of professionals led by Prof Dr. Zafar Nawaz Jaspal from QAU visited Al-Shifa Trust and finally approved the intended program. It is a great achievement for Al-Shifa to start the first-ever public health graduation course in Rawalpindi city.



Punjab Medical Faculty visits Al-Shifa Trust Eye Hospital

Punjab Medical Faculty from Lahore visited Al-Shifa Trust Eye Hospital on 11th April 2021. They were satisfied with the two courses - Operation Theater Technicians and Ophthalmic Technicians offered at AST. The faculty signed approval of these courses for the next two years and also assented to a new course in Public Health Technology.

PIO secures top 3 positions in 2nd Prof UHS exam for B.Sc (Hons.) Optometry and Orthoptics

The academic wing of Al-Shifa Trust, Pakistan Institute of Ophthalmology (PIO) is proud to announce the remarkable achievement of its students. The students of PIO have secured the top 3 positions in the second professional B.Sc (Hons.) Optometry and Orthoptics exam held in March-April 2021 by University of Health Sciences, Lahore.

Zahra Batool stood first, whereas Mashal Naeem and Momina Zaheer took 2nd and 3rd positions respectively. Congratulations to all position holders and other high-grade achievers in the exam.



Zahra Batool
1st position



Momina Zaheer
3rd position



Mashal Naeem
2nd position

Sad demise of PIO Registrar

We are deeply saddened to share the passing away of Dr. Ismat Ullah Chaudhary due to COVID 19. Dr. Chaudhary was the Registrar at Pakistan Institute of Ophthalmology (PIO) for the last three years. He added true value to the betterment of our institute and will be missed. We recognize his contributions to our organization and extend our deepest sympathies to the family. Al-Shifa prays that Almighty Allah rest the departed soul in eternal peace.



Our Doctors – Our Pride

Cornea Department now offers Femto Bowman Layer Transplant

Al-Shifa Trust has always been on the forefront to introduce latest treatments in Pakistan for the cure of Eye diseases. Cornea department at Al-Shifa is the most advanced facility in Pakistan where over 700 corneal transplants are performed each year. With the introduction of cutting edge technology, Al-Shifa Cornea department is offering latest treatment facilities like removal of glasses with Femto laser and Cross linkage for Keratoconus and Amniotic Membrane transplant along with DSAEK and DMEK transplant in which only diseased layer of Cornea is transplanted. Dr. Wajid Ali Khan and his team at cornea department now offer Femto Bowman layer transplant for those patients in whom only other option is to get a full thickness transplant. In this procedure a thin layer of donor Cornea is cut with the help of most modern lasers and introduced into the patient cornea. This makes it stronger and helps patient to see better with the help of glasses or contact lenses. Swiss engineers from world famous laser company Ziemer are working with Al Shifa doctors to carry out these Laser procedures.



Al-Shifa's Senior Consultant Authors a chapter in an International Book

We are proud to announce that Dr Farah Akhtar, HOD Glaucoma department, has authored a full chapter on "Glaucoma Genetics in Pakistan" in an international, multi-volume book - Advances in Vision Research, Volume III: Genetic Eye Research around the Globe (Essentials in Ophthalmology Book 3). The book is published quarterly with the aim to translate medical research into clinical practice. We are proud to have played our part in one of the most read books in ophthalmology. Al-Shifa is proud of this international publication. Congratulations to Dr. Farah on this achievement.



Al-Shifa Participates in World Glaucoma Week, Peshawar and Ophthalmological Society of Pakistan Congress



On the occasion of World Glaucoma Week 2021, a symposium was conducted in the Post Graduate Medical Institute, Peshawar. Dr Mahmood Ali, Senior Consultant at Glaucoma Department of AST participated in the symposium and conducted a session on Visual Fields Interpretation. Glaucoma Department also fully participated in the 22nd Ophthalmological Society of Pakistan Congress held in June 2021 at PC Bhurban. Such active participation by our doctors keeps them abreast with the best sharing of knowledge and enhancement of skills.



AST Case Report Presented in 9th World Glaucoma E-Congress

The 9th World Glaucoma E-Congress was held from June 30 to July 3. Glaucoma experts from across borders participated in the e-congress. Dr Farah Akhtar, HOD Glaucoma Department and Dr Mahmood Ali, Senior Consultant, Glaucoma Department AST presented a case report on optimizing the outcomes of Glaucoma Valve Implant in one of their patient here at AST.

Specialist Retina Dr. Muhammad Amjad joins Al-Shifa Trust

We welcome Vitreoretinal Specialist Dr. Muhammad Amjad on board at Al-Shifa Trust Eye Hospital. Dr. Amjad has completed his ophthalmology training (CCT) from the UK, followed by clinical fellowship in Retina from the world-renowned ophthalmology centres of excellence – Moorefields Eye Hospital & Great Ormond Street Hospital for Children, London UK. Before moving to Pakistan, he worked as a consultant ophthalmologist at Calderdale Royal Hospital UK. With his deep interest in giving back to community in his own country, he is striving to offer his expertise to the underprivileged patients here who are treated free of cost at Al Shifa Trust.



Al-Shifa in Media

Al-Shifa's Senior consultant raises awareness about Eye Cancers on 92 News

Dr Tayyab Afghani, HOD Orbit Oculoplastic and Oncology at Al-Shifa Trust was invited by 92 News for an awareness discussion on Eye cancers in Pakistan. He shared information about the symptoms of eye cancers and how timely diagnosis is important to save the sight of the patient.



Expanding horizons through digital medium and digital influences

Live videos on Facebook

Keeping with the trend of growing social media presence, Al-Shifa Trust has now started bi-monthly live Facebook videos in which our eye specialists create awareness about common eye problems. Our doctors also take this opportunity to answer the questions of the viewers.

Through these live sessions, we aspire to educate the general public about the importance of eye health and how our viewers can seek timely treatment for their eye conditions.



Educational series explaining what, why, and how behind eye diseases

Al-Shifa has started a new educational series on its social media channels, primarily Facebook and YouTube. The series aims to explain the causes and symptoms of common eye diseases and also raises awareness on how prevention and timely treatment can save the patient's eyesight.

Each episode is about a different eye disease explained by a doctor who specializes in that particular sub-category of ophthalmology.

Sabeena Farooq visits Al-Shifa

A well-renowned TV Artist, Sabeena Farooq visited Al-Shifa Trust and highly appreciated the services provided to all cadres of society. She pledged to support Al-Shifa Trust and appealed for support to Al-Shifa Trust to eradicate curable blindness in Pakistan on her social media platforms.



Digital Influencer Marrium Sohail raises awareness about the services of AST

Digital influencer, Marrium Sohail took Suman Hammad, H.O.D Resource Generation & Communication on board in an online interview to raise awareness about the services offered at Al-Shifa Trust Eye Hospital. Ms. Suman talked about the magnanimity of the work of AST and told Marrium and the viewers how AST is different from other similar organizations working in the eye care domain. With the highest number of eye care subspecialties in Pakistan, the biggest eye bank in the country, and an outreach program extending to near and far off areas like Gawadar, Gilgit Baltistan, and Dera Bugti, Al-Shifa is working tirelessly to spread the gift of vision throughout the country and free of cost to the underprivileged.



Allied Hospitals: ASTEH Muzaffarabad – Authorized Vaccination Center

Al-Shifa Trust Muzaffarabad hospital continued to serve its patients amid the pandemic. After the drop in Covid 19 cases, Muzaffarabad hospital has actively started its screening camps activity in the remote inaccessible areas. Up till now, 8958 patients have been screened in the past 11 months through 35 camps. The hospital was also declared as an authorized vaccination centre by the AJK Government in July 2021. As a result, 1058 people have been vaccinated against COVID-19 at the centre.

Al-Shifa Trust Eye Hospital Sukkur holds Civil Society Meeting

A Civil Society Meeting was held in order to coordinate with local heads of different businesses for generating funds, establishment of eye camps and referring poor needy eye patients to this state of the art facility. Prominent figures of Sukkur, representatives from Chambers of Commerce, and Heads of various trades attended the meeting.

Internships to students of IBA University Karachi and Sukkur

Al-Shifa Trust has always tried to contribute to the educational grooming of students by offering community work to students at its premises. Keeping up with this tradition, four students from IBA Karachi and IBA University Sukkur completed their internship at Al-Shifa Trust Eye Hospital Sukkur.

Al-Shifa Center for Community Ophthalmology (ACCO)

ACCO Department report February 2021- December 2021

No. of Screening Eye Camps:	281
No. of Surgical Eye Camps:	14
No. of School Screening Eye Camps:	128*
OPD at Screening Eye Camps:	83,108
OPD at Surgical Eye Camps:	32,041
OPD at School Screening Eye Camps:	53,743*

Total OPD:	168,792
No. of Surgeries performed:	2,827

* The desired number of children could not be screened due to COVID-19 & intermittent closure of schools.

* School screening data stated is of five months starting from July 2021.



Donation appeal to fight blindness

let's donate to save someone's sight. Help us raise funds to provide the much-needed eye care to our deserving patients.

Your
Donations
enable them
see the world
better
and
brighter.





How you can Help Al-Shifa Trust Eye Hospital

Sponsor Equipment

We continuously strive to provide highest quality care to our patients for which state of the art equipment is required to be updated in the domain of ophthalmology.

You may donate equipment in any of the following categories: -

1. Clinical Equipment Rs. 1 Million ----Rs. 1.8 Million
2. OT Equipment Rs. 3.5 Million ---Rs 8.5 Million
3. Diagnostic Equipment Rs. 10 Million ---Rs. 25 Million

Sponsor a Patient

1. Corneal Transplant Rs. 130,000
2. Retinal Detachment/ Vitrectomy Rs. 50,000
3. Phaco Cataract/Squint Rs. 35,000
4. Trab/ Laser Glaucoma Surgery Rs.35,000
5. Prosthetic /Artificial Eye Rs.50,000

Sponsor a Community Outreach Camp

Al Shifa Center for Community Ophthalmology (ACCO) regularly organizes following Outreach Programs

- a. Screening Camps organized in under-privileged areas provide Eye checkups with provision of free medicines and glasses to the deserving patients. Patients having eye disease other than Cataract & Pterygium are referred to Al Shifa's tertiary eye hospitals where they are treated free of cost.
- b. Surgical Camps are organized in under-served areas on the basis of analysis of screening camps where our mobile teams establish Operation theatre with advanced equipment. Surgeries are then performed by highly professional surgeons of the team.
- c. School Screening Camps are organized in different schools of under-served areas thus helping in screening out eye diseases and refractive errors in children at an early age. Awareness session for students and teachers on eye health are also held in respective schools.

For sponsoring a camp of your choice in your choice of area, Contact GM ACCO at [0334-9098899](tel:0334-9098899) or email at coltariqusman@yahoo.com

Corporate Sponsorship and Collaborations

Corporate sponsors of Al-Shifa Trust Eye Hospitals have always helped us in our fight against blindness. Our management welcomes all organizations and businesses to collaborate for partnerships and sponsorships which could mutually achieve our shared goals. For further support or sponsorship details please email at: rgmanager@alshifaeye.org

*Better Eyes
for a
better Life.*





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