



RMU Headlines

Vice Chancellors Note

I feel honoured to present the first "Rawalpindi Medical University Newsletter" which contains updates of the year 2019-2020.

Last year was quite busy and productive. The university had embarked upon its journey towards excellence in the fields of medical education, research, and healthcare delivery. Shifting to the integrated modular curriculum by the Medical Education department, extensive monitoring of University Residency Program, training by the Quality assurance department, end of year conference by Faculty and Resident research forum and multidisciplinary collaborative research by the Office of Research Innovation & Commercialization were some of the major achievements made by the respective teams by their extreme effort and dedication.



Professor Dr. Muhammad Umar (SI)

This year we faced a new challenge, the COVID-19 pandemic, for which the university established flu and filter clinics, increased testing capacity, and established a new quarantine and treatment facility at Rawalpindi Institute of Urology. Benazir Bhutto Hospital was declared as the COVID hospital & the Institute of Psychiatry

Building was declared as the COVID screening area. Online Teaching was established for the continuation of undergraduate and postgraduate studies during these special circumstances. We combatted the Dengue challenge last year by providing a a special Dengue response team in the Allied Hospitals of



RMU. The Dangerous Infectious Diseases (DID) department was exclusively designated for Dengue, so as to provide the best care to the patients.

I believe that our greatest strength at Rawalpindi Medical University is the effective teamwork and leadership qualities of each individual due to which we can strive towards our goals and meet any challenge that comes along the way. I would like to appreciate & congratulate Dr. Arsalan Manzoor Mughal & his team of JRMC for putting their efforts to bring this newsletter to you.

From the Editor's Desk

Dr. Arsalan Manzoor Mughal
Associate editor JRMC, Publication & Communication
Specialist ORIC

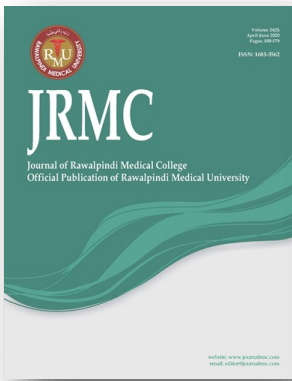


It is a famous quote that “good things come to those who wait” but I believe “better things come to those who work for it”. This holds for the Rawalpindi Medical University were under the visionary leadership of Prof Muhammad Umar, every department of the university is busy laying the groundwork for university with a very stable footing. This by no means is an easy task. There are meetings and tasks and paperwork and presentations day in and day out, all in addition to the academic activities but it is done with such fervor and dedication that the results speak for themselves.

Established in the short span of a couple of years, the main pillars of the nascent Rawalpindi Medical University include the Department of Medical Education, the Faculty & Resident Research Forum, and the Office of Research Innovation and Commercialization. Updates from these departments have been included in this first edition of “RMU Newsletter” to inform the readers about the current activities and future endeavors being taken up by these departments.

Furthermore, at the publication office, in the last year under the leadership of the Editor Prof M Khurram, we have improved the standards of the Journal of Rawalpindi Medical College by migrating completely to the online OJS system, acquiring membership of Crosreff.org for the acquisition of Digital Object Identifier(DOI) Numbers and Portico.org for digital preservation of our valuable research content. As a result, every article is published online with a unique identifier code and a dedicated web URL which will increase its international visibility and will be easier to cite. Also, it is preserved digitally with a third party and can be retrieved at any time. We are also in the process of acquiring membership of the Committee of Publication Ethics (COPE) and indexation with Directory of Open Access Journals (DOAJ). I would like this opportunity to thank the team of JRMC especially Dr Javeria Tariq who has been instrumental in managing the new JRMC office at the Old Teaching Block.

I hope and pray to the Almighty to give us the opportunity to work harder and achieve more success.



OFFICE OF RESEARCH INNOVATION COMMERCIALIZATION

Prof Dr.Naeem Akhtar, Dr. Amna Noor

The Office of Research Innovation and Commercialization (ORIC) RMU was established in 2017 with a strategic aim of linking academia and health with Industry. The year 2019 marked the first year of ORIC's performance as ORIC RMU started its activities/functioning under the visionary leadership of our worthy Vice-Chancellor Professor Dr. Muhammad Umar.

On the research forefront, ORIC is committed to foster research culture among students and Faculty members of RMU. ORIC RMU has a strong research centered philosophy and has seen persistent growth since its inception. The excellency & diversity of our research across the discipline of medical research is making a significant contribution to the Higher Education Commission's national agenda of promoting collaborative multidisciplinary research. The initiatives and the enthusiasm of the ORIC team members contribute largely towards the pursuit of these objectives. ORIC RMU will continue to foster research culture among researchers & faculty members of RMU and Allied hospitals.



The recently published annual report showcases our greatest achievements in the reported period from July 2019 – March 2020. This was a year of significant accomplishment for ORIC RMU and one that sets the stage for our valuable and persistent contributions to RMU. In the year 2019 through increased industrial collaboration, breakthrough innovation, outreach, and integration, ORIC RMU has delivered has set the groundwork for a research-based culture at the university. The trainings, workshops, seminars, and MOUs remained at the core of our activities. Along with the in house training/meetings, commercial training had been successfully organized to further strengthen our connection with industry experts.



ORIC RMU continuously strives to achieve its vision i.e "to enable and lead RMU to be the best medical university by promoting world-class biomedical research and creative research activities that develop knowledge-based economy depending upon innovation and entrepreneurship which contributes to



improve the health care system and social advancement for the people of Pakistan and benefit humanity as a whole with a standard of excellence".

LEARNING MANAGEMENT SYSTEM

Prof Dr.Rai Asghar , Dr.Shazia Zeb, Dr. Rizwana Shahid

In March this year, institutional educational activities were closed with immediate effect as per the directive of government in response to the COVID-19 pandemic. Uninterrupted academics were ensured by the digitalization of medical education at Rawalpindi Medical University (RMU) with immediate effect through E-learning. This learning management system was inaugurated at RMU on 15th April 2020. It is comprised of two phases:

- ⇒ Phase-I: *Short-term* virtual education solution to tackle the current situation.
- ⇒ Phase-II: *Long term* plan to digitalize education processes at DME to assist management, teachers and students.



Inauguration of Learning Management System at Rawalpindi Medical University in response to COVID-19 pandemic

LMS was initiated for MBBS, Allied Health Sciences and Postgraduate certificate courses at RMU and its smooth execution:

- ⇒ Login and passwords have been given to all MBBS classes.
- ⇒ All lectures available on the website have been uploaded on LMS.
- ⇒ Students are successfully accessing uploaded learning resource materials.
- ⇒ The attendance system is in place.
- ⇒ Assignments can be uploaded.
- ⇒ Notification Board is ready.

Orientation sessions of University faculty were also conducted for audio recording and uploading of lectures.

As per Instructions of HEC, **Student Survey Proforma** was also uploaded to gather information from students pertinent to the availability of internet, connectivity issues, and quality of online education.

Online sessions via Zoom were carried out with 1st and 2nd-year MBBS students by Prof. Rai Muhammad Asghar to identify the problems faced by medical students in online learning. Meeting ID and password were conveyed to all. Moreover, probable solutions to academic problems were also discussed with the students for their facilitation and convenience.



The MCQs based online assessments of the students are also carried out to streamline their learning process. There is also a plan to commence online clinical teaching of the medical students in their respective clinical batches soon.

FACULTY RESEARCH FORUM

Professor Dr. Muhammad Hanif , Dr. Waqas Raza , Dr. Malik Irfan Ahmed

In the present era, no one can deny the importance of research in any educational institute. As the medical field is ever-changing and evolving, there is always a great room for research. After getting the status of university, worthy wise chancellor RMU, Prof. Muhammad Omer, envisioned that a university should not only give a degree to students but university aims to produce scholars. One of the key components in this regard is research. To promote the research, it is important to make a culture of research at the university.



The faculty research forum was established in October 2019. Prof. Dr. Muhammad Hanif was appointed as Patron in charge and Associate Prof. Dr. Muhammad Waqas Raza was entrusted as President of the forum. There is a council, members of which are representatives of different departments. There is also a focal person in every department who is appointed to facilitate the research-related activities.

The main goal of faculty research forum is

“To bring together committed scholars of faculty from various disciplines of Rawalpindi Medical University, to nurture a quality-driven research culture, to encourage collaborative relationships both within and across academic disciplines, and to contribute to the spirit of research and inquiry that defines what it means to be an institution of higher education.”

The faculty research forum was established to foster and enhance the research activities of faculty members. The forum provides a common place for faculty members from diverse disciplines to share their views and ideas to improve the quality of research and publication standards. The faculty research forum is one component of three tiers of research activities at Rawalpindi Medical University. It provides an important source of input for the ORIC and fraternizes with student research society and resident research forum. Thus, amplifying the research activities at the institution.

Under the banner of Faculty Research Forum, the first Faculty Research Conference was held on 23rd, 2019. This conference allowed the faculty to present their research



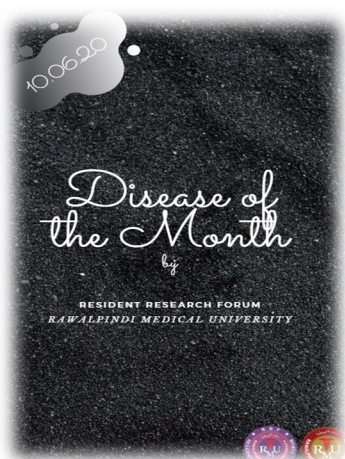
THE RESIDENT RESEARCH FORUM RAWALPINDI MEDICAL UNIVERSITY

Prof Dr.Naeem Zia , Dr. Saad Javed

If nothing changes, nothing changes. If you keep doing what you're doing, you're going to keep getting what you're getting. You want change, make some". Well, this is an important fact of life, described simply by Courtney C. Stevens. If we stop innovation and keep doing what we are doing then no matter how good we are, we are going to remain behind the rest of the world. In this ever-changing world, innovation is an essential key to survival. The same goes for medical education. Rawalpindi Medical University under the kind leadership of Professor Muhammad Umar has taken some radical and innovative steps in this regard. Establishment of the Resident Research Forum organized solely by residents is a prime example of what we thrive to do at RMU.

Resident Research Forum officially came into existence on 9th November 2019 in the first-ever meeting of the giants of Rawalpindi Medical University and the residents elected as the pioneer office bearers. It was 7:30 am, half an hour before the office starts that this proceeding was written with golden ink. The aim of the resident research forum was to give voice to the residents, empower them with mentorship, technical facilities, and to lure them towards research. Research is the core component of a trainee's life. But due to lack of guidance and absence of helping hand residents and students always run away from this beautiful discipline. Through Resident Research Forum we have achieved numerous things. We were able to successfully conduct the second Annual RMU Resident Research Conference and the first Faculty Research Conference. We were able to mobilize every department of the allied hospitals and the region as well. This led to a heart-throbbing involvement of the residents, students, faculty, and mentors.

"Disease of the month", was handed over to me by our worthy Vice-Chancellor with the vision to create a multidisciplinary harmony among the departments of RMU. From the advent of choosing a topic to disseminating and requesting for collaborating on it, my journey has been nothing but marvelous. I've collaborated with my fellow office bearers, with the departments of anatomy, pathology, medicine, surgery, gastroenterology, neurosurgery, and many more. At first, it seemed like a huge mountain to climb with very weak support but as time grew mature we aced the project beautifully. It is very close to my heart.



The 2nd Annual University Resident Research Conference is one of the biggest achievements of the RRF. With a very limited timeframe, RRF was able to organize a wonderful multi-disciplinary conference having Posters and Oral Presentations. A total of 121 abstracts were submitted to our database nationwide. Out of which best 20 were selected for oral presentations while 56 were selected for a poster presentation. In short, we managed to hit the Bull's Eye and it came out to be a brilliant success story.



2nd Annual RMU Resident Conference 2019

Date and Timing : 21st December 2019 (8 AM to 2 PM)

Venue : Rawalpindi Medical University, old teaching block, Tipu Road, Rawalpindi.

Call For Abstracts

- Last date of abstract submission : 8/12/2019
- Send your abstracts to: rmu.rtf.19@gmail.com
- Abstract should be no longer than 250 words and having following headings: introduction, methods, results, discussion, conclusion/recommendations and key words (visit our Facebook page for further details).
- Top ten abstracts will be selected for oral presentations while the rest will be presented through posters.
- Top 3 oral and poster presenters will be awarded with certificates and shields.
- Both published and unpublished articles and case reports can be submitted for presentation.

Organizers : Rawalpindi Medical University (RMU) and RMU Resident Research Forum.

Conference Secretariat : Department of Medical Education, New Teaching Block, RMU, Rawalpindi.

Get in touch with us for any further information

www.facebook.com/RMUURF
rtf.rmu@gmail.com
[rtfmuurfbot](https://t.me/rmuurfbot)

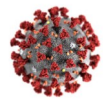
The Resident Journal Of Rawalpindi Medical College: Even a big surprise for all of us but by the grace of Allah and under the prestigious mentorship of Prof Dr. Umar and Prof Dr. Naeem Zia, Alhamdulillah we are on schedule to publish Pakistan's first-ever postgraduate resident-centered journal centered mainly on resident education, research and evidence-based medicine. Under the umbrella of JRMCM, the journal will flourish and make its mark quarterly each year aiming to improve the quality and research culture among the Pakistani Healthcare Society.

Resident Research Forum 2019 –2020



From Right to Left: Abdullah Bin Khurram, Saad Javed, Muhammad Mujeeb, Harris Kamran, Muhammad Farukh, Ayesha Masood, Ayesha Khalid, Munema Khan, Aiman Shahid, Eesha Yaqoob

RMU— COVID 19

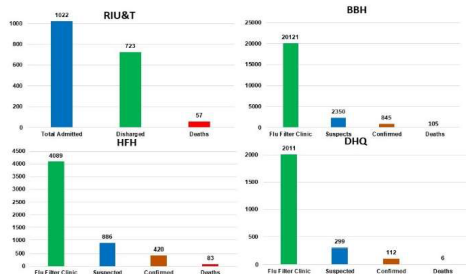
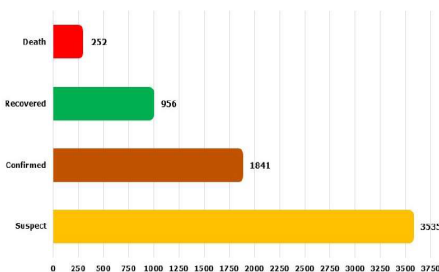
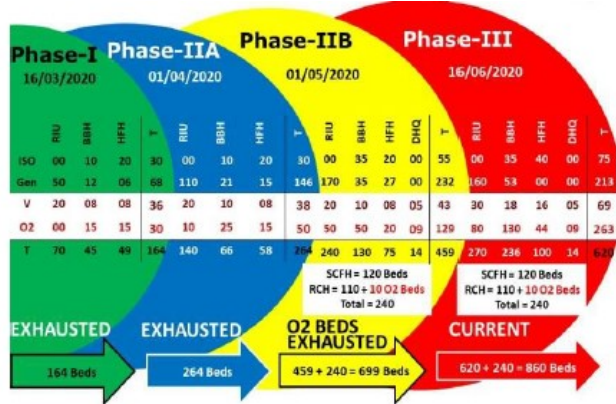


Prof. Muhammad Umer, Prof Muhammad Khurram,

Dr Muhammad Mujeeb Khan, Dr Bilal Zafar

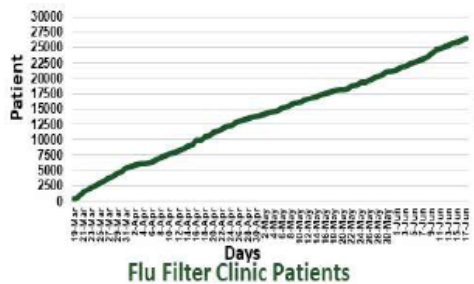
Rawalpindi Medical University and its Allied Hospitals have been at the forefront of COVID-19 management long before the disease made its way to Pakistan. Preparations were made, including the establishment of a fully equipped dedicated COVID-19 management

hospital, in the guise of Rawalpindi Institute of Urology. RIU and Benazir Bhutto Hospital were declared Corona Hospitals and they have since catered to a vast bulk of patients alone. Currently, Patients are being looked after in 4 major hospitals and 2 field hospitals, namely Rawalpindi Institute of Urology, Benazir Bhutto Hospital, Holy Family Hospital, District Headquarters Hospital and Sports Complex and Red Crescent Field Hospitals. RIU, SCFH and RCH were dedicated facilities for diagnosed cases only. A total of 860 beds have been utilized at these facilities for COVID-19 care, out of which there are 75 isolation rooms, 213 beds in isolation wards, 263 beds with a central oxygen supply and 69 ventilator beds. The beds capacity and oxygen beds capacity had to be increased exponentially to deal with the patient load. RMU and Allied Hospitals received a more than 21000 patients in the flu filter clinics, suspected more than 2,500 individuals out of 1841 were positive. A total of 956 have been discharged and 252 have died. An brief overview of the pandemic at RMU follows.

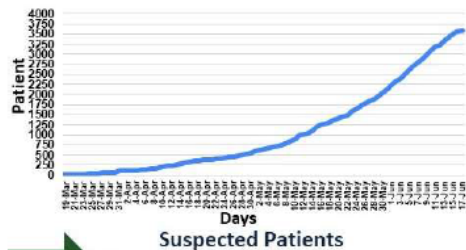


All Observations Dated: 17-06-2020

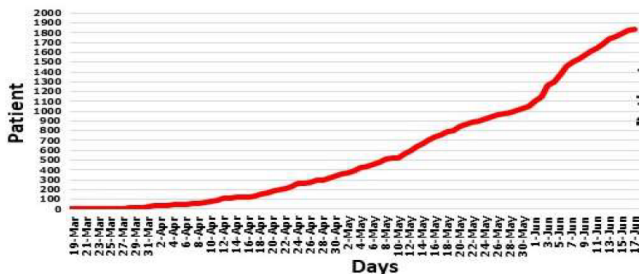
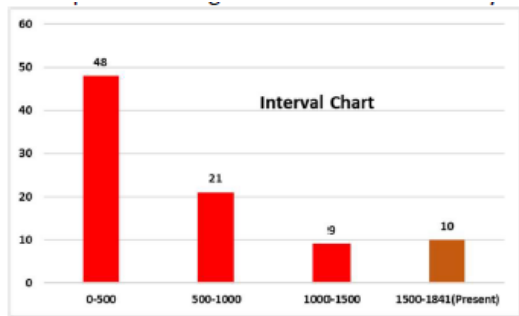
Since the 16th of March, RMU and Allied Hospitals have been operating Flu Filter Clinics at Benazir Bhutto Hospital, Holy Family Hospital and District Headquarters Hospital. Since establishing these clinics, more than 26,000 individuals have been screened, with Benazir Bhutto Hospital catering to more than 20,000 patients alone. HFH and DHQ played more of a supporting role, with HFH screening more than 4,000 individuals and DHQ, more than 2,000. The trend of individuals reporting to the flu filter clinics has remained fairly stable with a weekly average of more than 2,000.



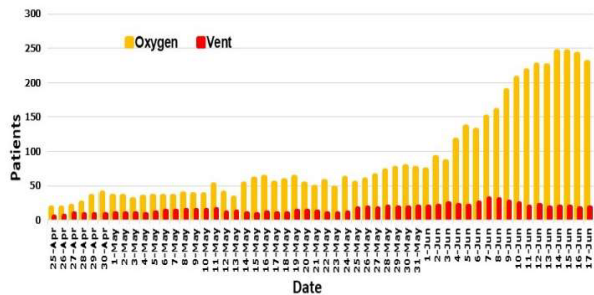
Since starting the Flu Filter Clinics, 3535 individuals were declared suspected cases at a ratio of 1:13, with 1 in every 13 being suspected. Once again BBH admitted the most suspected cases, at more than 800, followed by HFH and DHQ. Initially, during the first 9 weeks, the ratio of suspected cases against screen patients was fairly low, at 1:18, however during the next 4 weeks, the ratio skyrocketed to 1:4.



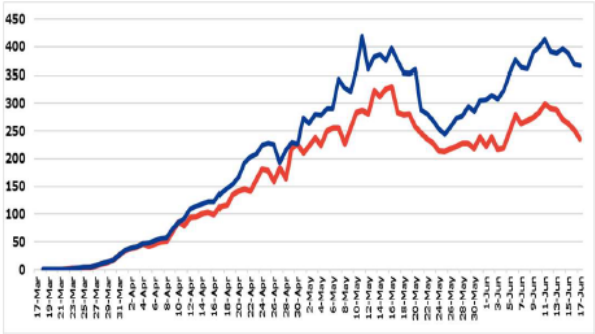
Rawalpindi Medical University has catered to more than 1800 confirmed cases to date. As depicted in the graph shown on the right, initially the trend of patients being confirmed was a relatively gentle slope, however in the last month, that slope virtually became a cliff. At Benazir Bhutto Hospital and District Headquarters Hospital, nearly 30% of all patients tested positive, whereas nearly 50% of screened patients tested positive. RMU received its first 500 patients in 48 days, next 500 in 21 days and third 500 in 9 days.



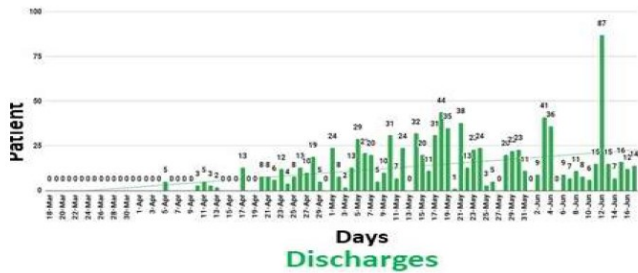
Currently 366 patients are admitted in the facilities, out of which 229 are on oxygen, 18 are on ventilatory support and the remainder are currently stable. The number of patients on oxygen has exploded since the start of June, with more patients on oxygen and ventilatory support as compared to stable patients. This is partially due to the home isolation policy, in which patients with mild to moderate symptoms are permitted to isolate themselves in their homes under strict monitoring and follow up from the hospital.



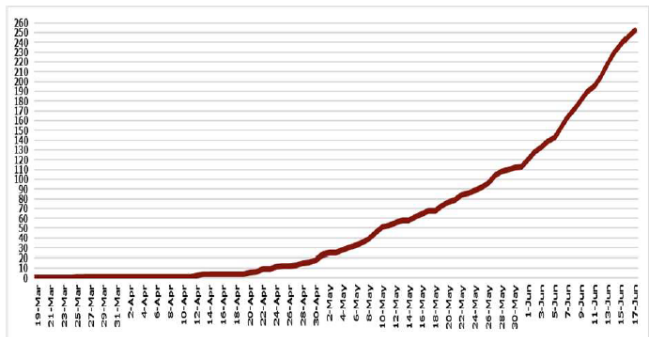
Currently 356 positive patients have been isolated at home, whereas 236 of the admitted patients are positive and 108 are awaited.



Since the starting of the epidemic, nearly 1000 patients have recovered and been discharged. These patients test negative 2 consecutive times, 10 days after being diagnosed. This accounts for 40% of all cases and 79% of closed cases.



Rawalpindi Medical University has a mortality rate of 13.6% amongst all reported cases and 21% amongst closed cases. The death rate climbed in proportion to the rise in the number of confirmed cases and critical cases. Analysis of these deaths showed that the mean age was 54.4 years and there was a 2:1 ratio between males and female. Analysis also revealed that 75% of these patients had comorbid, with more than 2/3rd having more than a single comorbid. Hypertension and diabetes or a combination of the two were found to be the most common comorbid, followed by heart disease and lung disease.



Hopefully we're nearing the peak of the epidemic and there's still a lot to learn and a long way to go. Learning is taking place on a day to basis and a very practical and dynamic approach has been taken to combat the



All Observations Dated: 17-06-2020

In the Memory

Dr Mustafa Kamal Pasha

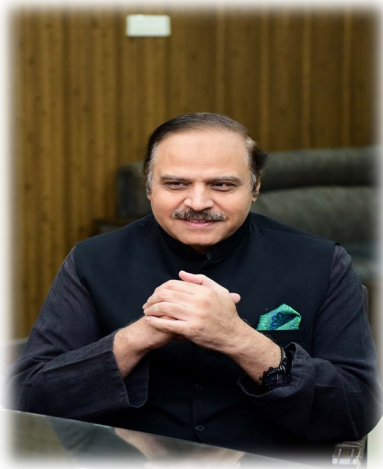
Dr. Mustafa Kamal Pasha, Vice Chacellor of Nishtar Medical University, passed away on July 15, 2020 due to the novel corona virus at Chaudhry Pervaiz Elahi Institute of Cardiology.

Dr Pasha completed his MBBS from Nishtar Medical College in 1979 with a gold medal. Dr Pasha was appointed as Head of Department of Surgery in Nishtar Medical College in 2013 and in 2017, he was appointed as the first regular Vice Chancellor of the NMU.

He was an epitome of selflessness, Dr Pasha had transferred and assigned himself to the coronavirus ward of the Nishtar Hospital as the number of positive cases had started to shoot up.

Chief Minister Usman Buzdar has announced that Nishtar Medical University, Multan, Vice Chancellor Dr Mustafa Kamal Pasha will be nominated for the high civil award for laying down his life in the fight against the coronavirus.

It is indeed a great loss for the whole medical fraternity of Pakistan. Dr. Pashas' professional services & contributions will forever be remembered.



**Some memories of Professor
Dr. Mustafa Kamal during his visit
to RMU**

RMU HEROES OF THE COVID-19 WAR



BEST PERFORMERS IN COVID-19 DID HOLY FAMILY HOSPITAL, RAWALPINDI



Benazir Bhutto Hospital Rawalpindi Medical Unit-I and II



DEPARTMENT OF MEDICINE DHQ TEACHING HOSPITAL, RAWALPINDI



INSTITUTE OF UROLOGY & TRANSPLANTATION HOSPITAL, RAWALPINDI

PHOTO GALLERY

*Mr M Faisal
RMU Photographer*

RMU HORTICULTURE



VISITORS GALLERY



Visit of Chairman HEC Dr.Tariq Banuri



President Dr.Arif Alvi with Dr.Zafar Mirza



Visit of VC Nishtar Medical University Professor
Dr.Mustafa Kamal & VC of Faisalabad Medical
University Professor. Dr.Zafar Ali Choudry



Health Minister of Punjab, Dr.Yasmeen
Rashid