

**2023-2024**  
**ANNUAL**  
**RESEARCH REPORT**



Department of Research & Development  
Rawalpindi Medical University



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**Vice Chancellor RMU.**

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Society of Gastroenterology President, Pakistan Society of Hepatology

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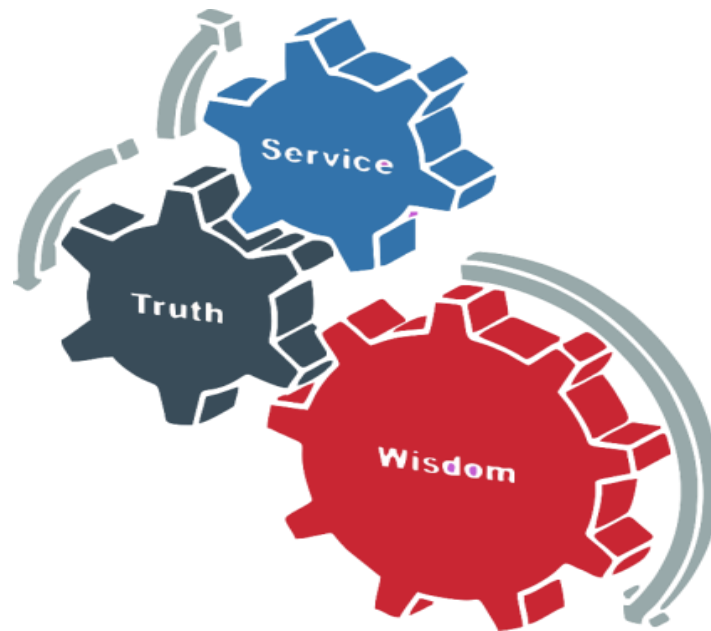


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Rawalpindi Medical University. Rawalpindi

### Motto



### Vision

- To Impart Evidence Based Research Oriented Medical Education.
- To Provide Best Possible Patient Care.
- To Inculcate the Values of Mutual Respect & Ethical Practice of Medicine.

### Message from Vice Chancellor:



Rawalpindi Medical University is one of the most prominent medical universities in South Asia. This institute has developed immensely since its up progression on 5th May, 2017. This University aims to offer an ideal learning environment. Rawalpindi Medical University has always been recognized as an exclusive spot in the public sector. It serves as an inspiring frontier for health care formulation and medical education; with the three allied hospitals bearing the burden of the city's health care needs, medical and paramedical along with undergraduate and post-graduate training programs. Establishing a dynamic university is a knowledgeably meaningful effort, but one that is far from relaxed. It requires self-possessed equipoise amongst experienced government institutions: salute to the highbrow liberation and imagination. This institution is eminent not only for the modernization in its teaching hospitals but also for faculty development under various University Programs.

My vision is to make RMU a center of knowledge- sharing and to create a generation with critical thinking who can debate human values, at its heart. I aim to lead the university into an era of innovation and cutting edge scientific inquiry with a truly scientific, social, and economic impact. A place where students are enabled and stimulated to achieve human excellence, and where the ethos and values of quality assurance, transparency, merit, openness, accessibility, participatory approach and gaining public confidence are held supreme.

I am certain that through the support and help of my team, we will be able to make RMU the most sought after medical university in Pakistan; a university excelling not only in rankings but also in inducing a positive change in the society by virtue of upholding the fundamental moral and ethical human values.

***Prof. Dr. Muhammad Umar, (Sitara-e-Imtiaz, Hilal-e-Imtiaz)***  
***Vice Chancellor***  
***Rawalpindi Medical University & Allied Hospitals***

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## 1. Research & Development Department Infrastructure



**Inauguration Of Research Unit (March, 2021)**

Details	
Workstation Cabin	6
Computers	10
Projector	1
Screen Presentation	3
Conference Room	1
Meeting Room	2
Guest Lobby	1
HEC Eduroam Internet Connectivity	Yes
Air Condition	Yes
Printer	Yes
Photostat Machine	Yes

## 2. Research & Development / Research Activities in RMU

Established in February 2014, the Research Unit at Rawalpindi Medical University (RMU) began its journey within the Liver Centre of Holy Family Hospital. By December 2015, it had transitioned to the Department of Medical Education in RMU's new teaching block, finally moving to a fully renovated, purpose-built facility on the main campus, which was inaugurated on 10th March 2021. This state-of-the-art unit now serves as the central hub for RMU's research endeavors.

The Research Unit is led by a Director of Research and supported by a skilled team comprising Additional and Assistant Directors, a Statistical Expert, and IT specialists. Together, they enable and oversee research activities across all academic tiers at RMU, supporting undergraduate and postgraduate students, residents, faculty, and international collaborations.

### Mission & Vision

RMU's Research Unit is dedicated to advancing medical science by fostering rigorous, innovative research. It aims to instill a culture of research excellence within the university, ensuring that all researchers—whether they are students, faculty members, or collaborators have the support and resources required to carry out high-caliber research projects.

### Key Activities and Services

#### 1. Administration of Research Activities

The Research Unit supervises all research initiatives across RMU and its affiliated hospitals, ensuring coherence and quality in the university's scientific outputs.

#### 2. Research Facilitation and Guidance

Comprehensive support is offered to RMU's undergraduates, postgraduate trainees, residents, and faculty. This includes assistance with research proposal development, research methodologies, data management, statistical analysis, and manuscript preparation.

#### 3. Visitor and Collaborative Research Support

The Research Unit, in collaboration with the Office of Research Innovation and Commercialization (ORIC), facilitates visitor and collaborative researchers. This includes preparing presentations for the Internal Review Forum (IRF) and conducting studies within RMU and its associated hospitals, with ORIC closely monitoring project progress.

#### 4. Workshops and Training Courses

To cultivate research skills, the unit regularly conducts workshops and training sessions on various research topics. These initiatives are designed to improve the research acumen of RMU's academic community.

#### 5. Clinical Trial Unit (CTU)

RMU's Clinical Trial Unit, located in the new teaching block, provides essential guidance and oversight for clinical trials conducted within the university's departments, supporting ethical and methodological rigor. The CTU also plays a pivotal role in the planning, execution, and oversight of clinical trials within RMU, providing a structured pathway for clinical research aligned with international standards.

#### 6. Research Grant Management Office (RGMO)

The recently established RGMO assists faculty and residents in grant writing, as well as

offering legal and financial support for research projects, thus enhancing funding opportunities for innovative research.

## **7. Resident Research Forum**

The Resident Research Forum is an important platform for resident doctors to present and refine their research. It provides a structured environment for discussion, feedback, and mentorship, encouraging the development of future research leaders.

## **8. Ethics Review Board (ERB)**

RMU's Ethics Review Board rigorously evaluates research proposals to ensure compliance with ethical standards, safeguarding participant welfare and promoting ethically sound research practices.

## **9. Research Dashboard**

The Research Dashboard offers a digital interface for managing research projects, tracking progress, and facilitating data-driven decision-making across all research activities.

## **10. Continued Medical Education (CME)**

The unit supports Continued Medical Education by integrating research into CME programs, enabling healthcare professionals to remain current with advancements in medical science.

## **11. Conferences**

The Research Unit organizes conferences to showcase RMU's research output, facilitating knowledge exchange with the broader medical community and enhancing RMU's research visibility.

## **12. Community Research Model**

Through its Community Research Model, RMU addresses public health challenges by focusing on community-centered research, aiming to improve health outcomes and address societal needs.

## **13. Journals and Publications**

RMU encourages publication in reputable journals, supporting researchers in manuscript preparation, submission, and dissemination to amplify the impact of their work.

## **14. Data Centre**

The presence of a data center within a medical university is paramount, exerting a multifaceted influence across academic and clinical domains. Serving as the nucleus of information management, it underpins the institution's research, education, and patient care endeavors. Through systematic data collection and storage, the data center provides a rich tapestry of patient records, clinical trials, and research findings.

The Research and Development (R&D) wing of Rawalpindi Medical University (RMU) plays a pivotal role in advancing implementation research by fostering innovation, developing sustainable solutions, and enhancing healthcare delivery. RMU R&D focuses on bridging the gap between research findings and their application in real-world healthcare settings, ensuring that evidence-based practices are systematically incorporated into health systems. Here's how RMU R&D promotes implementation research:



**1. Facilitating Evidence-Based Interventions**

- **Research Translation:** RMU R&D translates research findings into actionable interventions, enabling healthcare providers and policymakers to incorporate scientific insights into routine practice. For example, R&D develops protocols for infectious disease control based on recent research findings.
- **Identifying Gaps in Practice:** Through needs assessments and stakeholder feedback, RMU R&D identifies gaps in healthcare practices that implementation research can address, helping target interventions to areas of high need.

**2. Capacity Building and Training**

- **Workshops on Implementation Science:** RMU R&D organizes training programs and workshops to build capacity in implementation research methodologies, equipping healthcare professionals with skills to conduct research that addresses real-world challenges.
- **Train-the-Trainer Programs:** RMU R&D establishes a train-the-trainer model, empowering faculty and researchers to become champions of implementation research, who then train others within their networks, expanding expertise across the region.

**3. Supporting Collaborative Research Projects**

- **Interdisciplinary Research Teams:** RMU R&D facilitates interdisciplinary research teams that bring together experts from medicine, public health, data science, and social sciences, developing comprehensive solutions for complex healthcare challenges.
- **Regional and International Partnerships:** RMU R&D fosters collaborations with universities, research institutions, and health organizations to co-develop and implement research projects, accessing additional expertise and resources to enhance the reach and impact of implementation research.

**4. Establishing Monitoring and Evaluation Frameworks**

- **Implementing M&E Protocols:** RMU R&D creates monitoring and evaluation frameworks that track the effectiveness of implementation research projects, ensuring that interventions achieve desired outcomes and identify areas for improvement.
- **Data Collection and Feedback Mechanisms:** RMU R&D establishes robust data collection systems to monitor each project's progress and gathers regular feedback from healthcare providers and patients, allowing for real-time adjustments.

**5. Funding and Resource Allocation**

- **Securing Grants and External Funding:** RMU R&D actively pursues funding opportunities to support implementation research projects, securing grants from governmental and international organizations to ensure sustainable funding.
- **Allocating Resources for High-Priority Projects:** RMU R&D prioritizes projects with the greatest potential to improve healthcare delivery and patient outcomes, directing resources to initiatives that address pressing health issues.

**6. Knowledge Dissemination and Policy Advocacy**

- **Publishing Research Outcomes:** RMU R&D ensures that findings from implementation research are published in peer-reviewed journals, presented at conferences, and shared through knowledge repositories to disseminate evidence-based practices widely within the medical and academic communities.
- **Engaging Policymakers:** RMU R&D works closely with policymakers to advocate for research findings' adoption into health policies, supporting systematic improvements in healthcare practices at regional and national levels.

**7. Developing Sustainable Healthcare Models**

- **Creating Context-Specific Solutions:** RMU R&D designs and implements interventions that are sustainable and adapted to the regional context, ensuring research findings' applicability to local settings and improving long-term impact likelihood.
- **Building Community Health Models:** RMU R&D promotes implementation research that focuses on community health, developing preventive care, maternal health, and infectious disease control models that can be scaled across the region.

**8. Utilizing Digital Platforms for Research and Implementation**

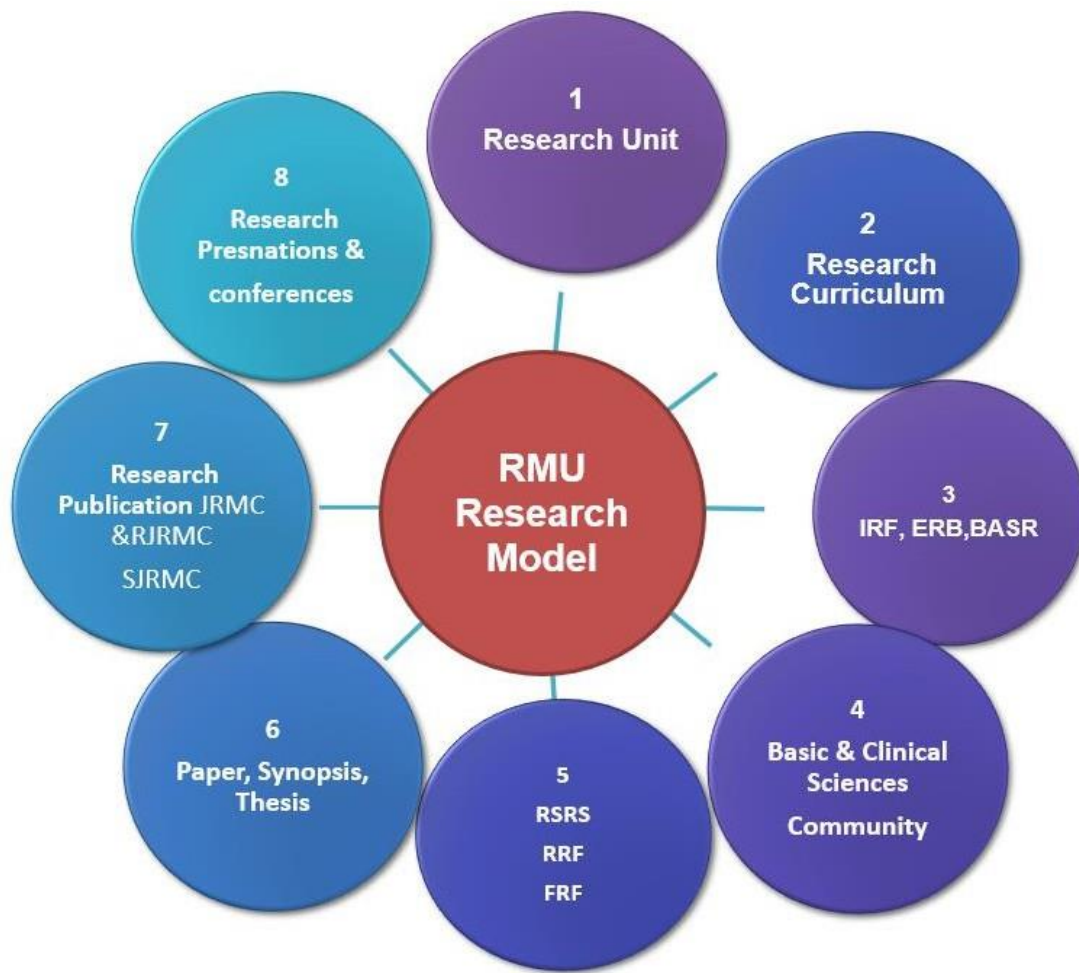
- **Digital Health Tools:** RMU R&D integrates digital tools, such as telemedicine and mobile health applications, to enhance implementation research reach and impact, extending services to remote areas and streamlining data collection.
- **Research Dashboards:** RMU R&D employs research dashboards to visualize data and track progress, making it easier for teams to assess implementation strategies' effectiveness in real-time and make necessary adjustments.

**9. Fostering A Culture of Innovation**

- **Encouraging Innovative Solutions:** RMU R&D fosters a culture of innovation by encouraging researchers and healthcare providers to develop creative, evidence-based solutions to healthcare challenges, inspiring continuous improvement within RMU's health programs.
- **Promoting Research Competitions and Grants:** RMU R&D hosts research competitions and offers small grants to support pilot projects and innovative approaches to implementation research, incentivizing creative problem-solving.

Through these activities, RMU R&D plays a central role in embedding implementation research within the university's academic and healthcare frameworks. This focus on evidence-based interventions, capacity building, and sustainable practices positions RMU as a leader in healthcare innovation and strengthens its contributions to regional and national health improvement.

## Research Model RMU



### 3. Data Centre

#### **Vision:**

To become the cornerstone of innovation and efficiency in healthcare data management, propelling Rawalpindi Medical University towards pioneering research, seamless patient care, and transformative medical education.

#### **Mission:**

Our mission at Rawalpindi Medical University Data Centre is to harness the power of data to enhance medical research, education, and patient outcomes. Through cutting-edge technologies, rigorous data governance, and collaborative partnerships, we strive to centralize, secure, and analyze healthcare data, empowering healthcare professionals with actionable insights and facilitating the advancement of medical knowledge and practice.

#### **Introduction:**

The presence of a data center within a medical university is paramount, exerting a multifaceted influence across academic and clinical domains. Serving as the nucleus of information management, it underpins the institution's research, education, and patient care endeavors. Through systematic data collection and storage, the data center provides a rich tapestry of patient records, clinical trials, and research findings. Researchers harness this wealth of information to conduct evidence-based studies, drawing insights from real-world patient experiences and outcomes. This not only fuels innovation but also contributes to the advancement of medical knowledge and the development of novel treatments. In the realm of education, the data center equips medical students and professionals with access to diverse patient cases and medical histories, facilitating experiential learning and evidence-based practice. Clinicians, in turn, rely on the data center to access patient information swiftly and accurately, aiding in diagnosis, treatment planning, and ongoing patient care. Moreover, the data center supports quality improvement initiatives by enabling the collection of performance metrics and facilitating data-driven decision-making. It also plays a pivotal role in managing clinical trials, from patient recruitment to data analysis, ensuring the integrity and efficiency of research endeavors. Overall, the data center serves as an indispensable asset to the medical university, fostering research excellence, educational innovation, and optimal patient outcomes.

Rawalpindi Medical University's (RMU) Patient Data Center serves as a cornerstone for advancing research and development initiatives within the institution. By effectively collecting, retaining, and analyzing patient data, the center plays a pivotal role in driving innovative research endeavors and improving healthcare outcomes.

#### **Scope**

##### **1. Comprehensive Data Repository:**

The RMU Patient Data Center houses a vast repository of patient information, spanning diverse medical conditions, demographics, and treatment modalities. This comprehensive dataset provides faculty, resident trainees, students, and researchers with a rich source of real-world patient data, facilitating studies across various medical disciplines.

##### **2. Evidence-Based Research:**

Structured data gathering and storage enable researchers to conduct studies based on evidence, leveraging real patient experiences and outcomes to gain valuable insights.

By analyzing longitudinal data trends, researchers can identify patterns, risk factors, and treatment efficacy, leading to the development of evidence-based guidelines and practices.

**3. Precision medicine:**

The availability of organized patient data enables the implementation of precision medicine approaches, tailoring treatments to individual patient characteristics and needs. Through advanced analytics and data mining techniques, researchers can identify biomarkers, genetic predispositions, and personalized therapeutic interventions, optimizing patient care.

**4. Streamlined clinical trials:**

The RMU Patient Data Center facilitates the recruitment and selection of eligible participants for clinical trials, streamlining the research process. By leveraging historical patient data, researchers can identify potential candidates, monitor trial progress, and analyze outcomes more efficiently, accelerating the pace of medical innovation.

**5. Quality Improvement Initiatives:**

Continuous data analysis and monitoring support quality improvement initiatives within healthcare settings. By identifying areas for improvement, such as reducing hospital readmissions, optimizing resource utilization, and enhancing patient safety measures, the center contributes to the overall quality of care delivery.

**6. Multidisciplinary Collaboration:**

The RMU Patient Data Center serves as a platform for multidisciplinary collaboration, bringing together researchers, clinicians, data scientists, and other stakeholders. Collaborative research projects harness the collective expertise and resources of diverse teams, fostering innovation and cross-disciplinary insights.

In conclusion, the RMU Patient Data Center stands as a vital resource for advancing research and development efforts in healthcare. Through organized data collection, retention, and analysis, the center enables evidence-based research, precision medicine, streamlined clinical trials, quality improvement initiatives, and multidisciplinary collaboration. By harnessing the power of patient data, RMU continues to drive innovation and improve patient outcomes in the pursuit of excellence in healthcare delivery.

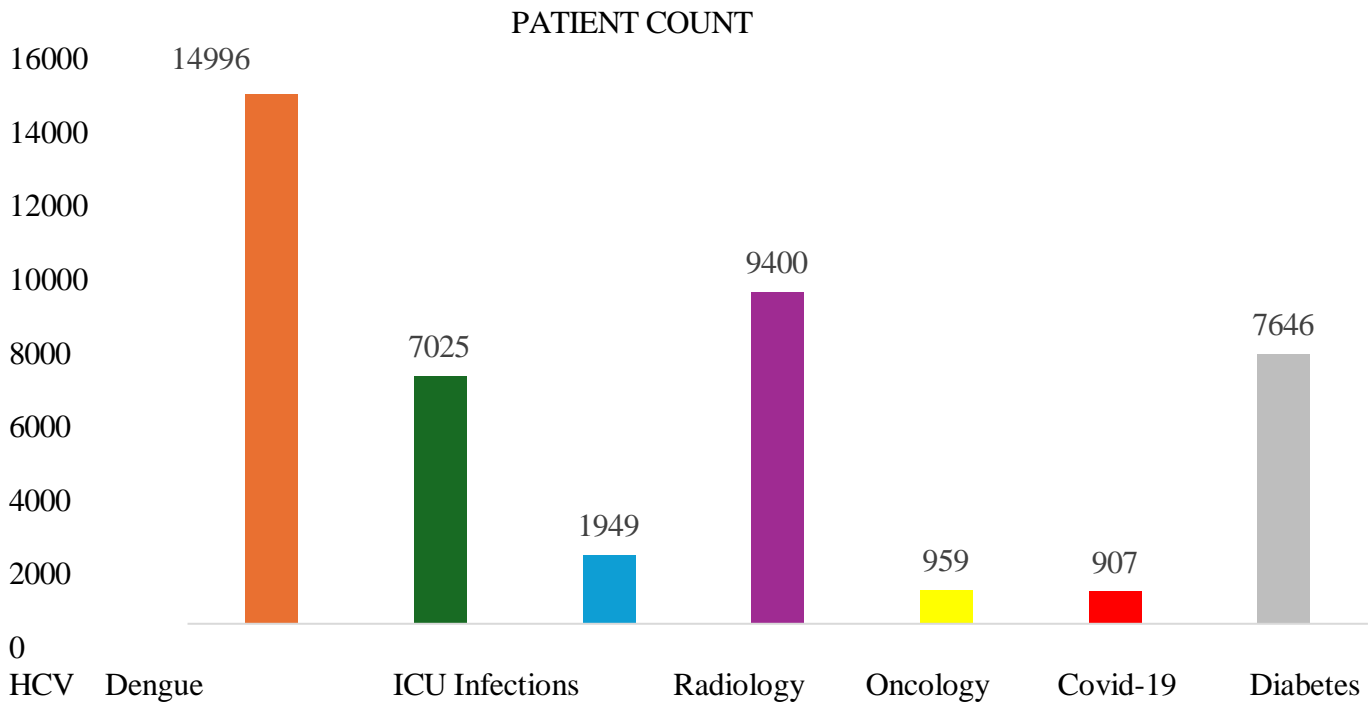
- Plagiarism Policy
- Data Management and Protection Policy
- Plan for MS-MD Research
- RMU Data Bank Model for Dengue, Hepatitis and Diabetes
- Research Directory

**Functioning of Data Centre R&D Department RMU -SOP-01 Date : 09-05-2024**

<b>Sr.#</b>	<b>Actions</b>	<b>Responsibility</b>
1	Approval of SOPs related to Data Centre	VC RMU Director R& D
2	Review of Approved SOPs related to the Data Centre for Research activities and initiatives	Director R& D Additional Dir R&D
3	Identify and Record Adverse events for Data Centre on Register RMU- R&D -F-no--- and shall report to the director R&D	Data Centre Coordinator. Dr Haq Nawaz
4	Review of a research protocol/ thesis /synopsis before presentation to IRB and final approval before final ERB approval	Senior demonstrator Dr Qudoos
5	Monitoring of One Disease Statistical Review and research projects	Research Coordinators Dr Sarah Rafi, Additional Dir R&D
6	Workshops related to DSR, Statistical analysis, academic writing, research methodology and clinical research (with CME points)	All R&D Team Members
7	Statistical analysis plan review	Data analyst & Statistician
8	Database monitoring, maintenance, upgradation, and security	Director R&D Data Centre Coordinator. Assistant Professor Dr Haq Nawaz IT dept rep
9	Data retrieval requests for research proposals shall be made via filling of Data Request Form RMU-R&D - Form No---	Data set focal person, HOD, Additional Dir R&D
10	Data security shall be maintained by all focal persons for data centre as required by strict implementation and undertaking on Non-Disclosure Agreement (NDF) Form RMU_R&D -Form no – and user policy IF form no ---	Research Coordinator. Dr Haq Nawaz IT dept rep

**Data Collected For Diseases**

- Hepatitis C
- Dengue
- ICU Infections
- Radiology
- Oncology
- COVID-19
- Diabetes



Number Of Patients In Each Date Set

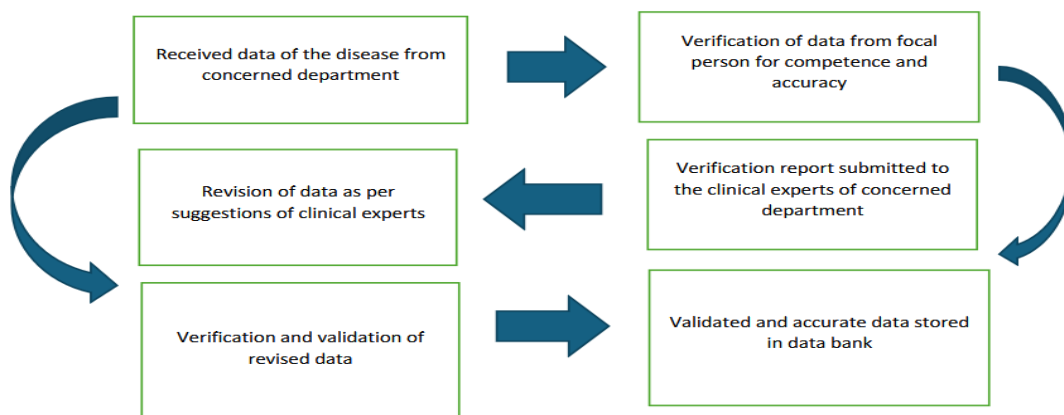
### **FUTURE DIRECTIONS ENHANCEMENTS PLANNED:**

- Incorporation of AI for predictive analytics.
- Expansion of the database to include multi-center collaborations.
- Enhanced data security and cloud storage solutions

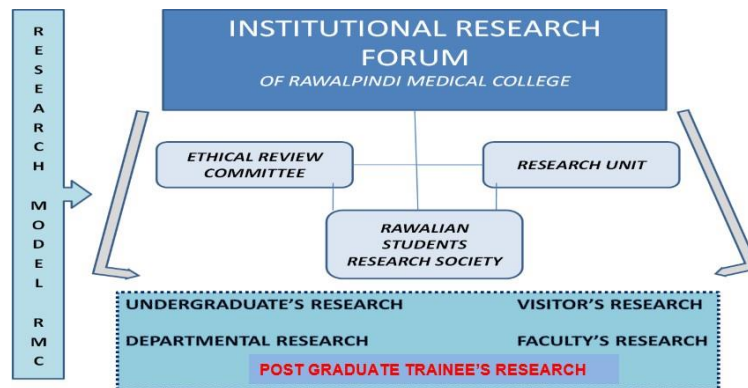
### **VISION:**

Become a national leader in medical data management and innovation.

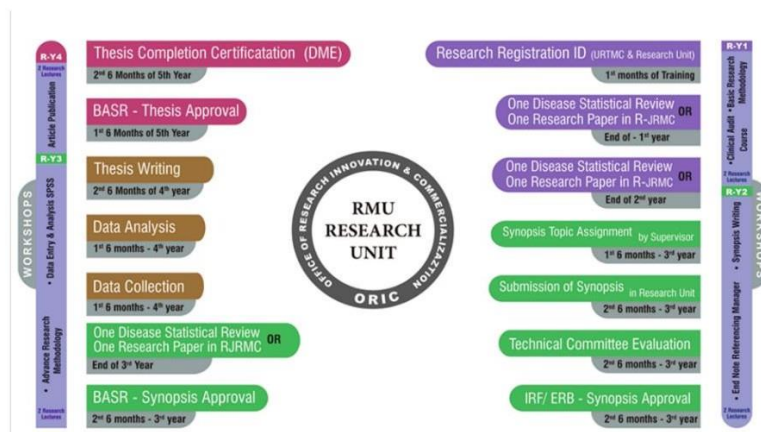
### **Data Collection and Validation Flowchart**



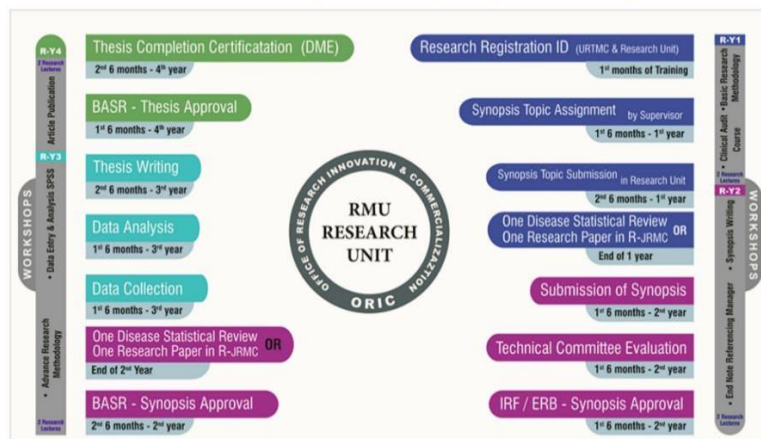
## RMU Research Model Organogram



## 5 Years University Residency Program Pathway



## 4 Years University Residency Program Pathway





**Board of Advanced Studies and Research (Basar) Year-Wise Report**

No. of Meetings	Year	Month	Submitted	Approved
1	2021	May	16	15
2		June	21	21
3		July	13	13
4		November	38	38
		Total	88	87
5	2022	February	14	14
6		June (1)	16	11
7		June (2)	14	13
8		December	20	20
		Total	64	58
9	2023	March	19	19
10		June (1)	31	31
11		June (2)	28	25
		Total	78	95
12	2024	January	13	13
13		August (1)	33	33
14		August (2)	29	29
	Total	14	305	295

**Institutional Research Forum/Ethical Review Board Yearly Report of Synopsis Approval**

Year	No. of meetings	Synopsis Submitted	Approved
2014-15	3	60	44
2016	5	114	105
2017	4	111	93
2018	4	82	58
2019	4	95	77
2020	12	215	198
2021	11	240	162
2022	8	162	118
2023	4	133	123
2024	7	161	152
<b>TOTAL</b>	<b>62</b>	<b>1373</b>	<b>1130 (approved) (243 not approved)</b>

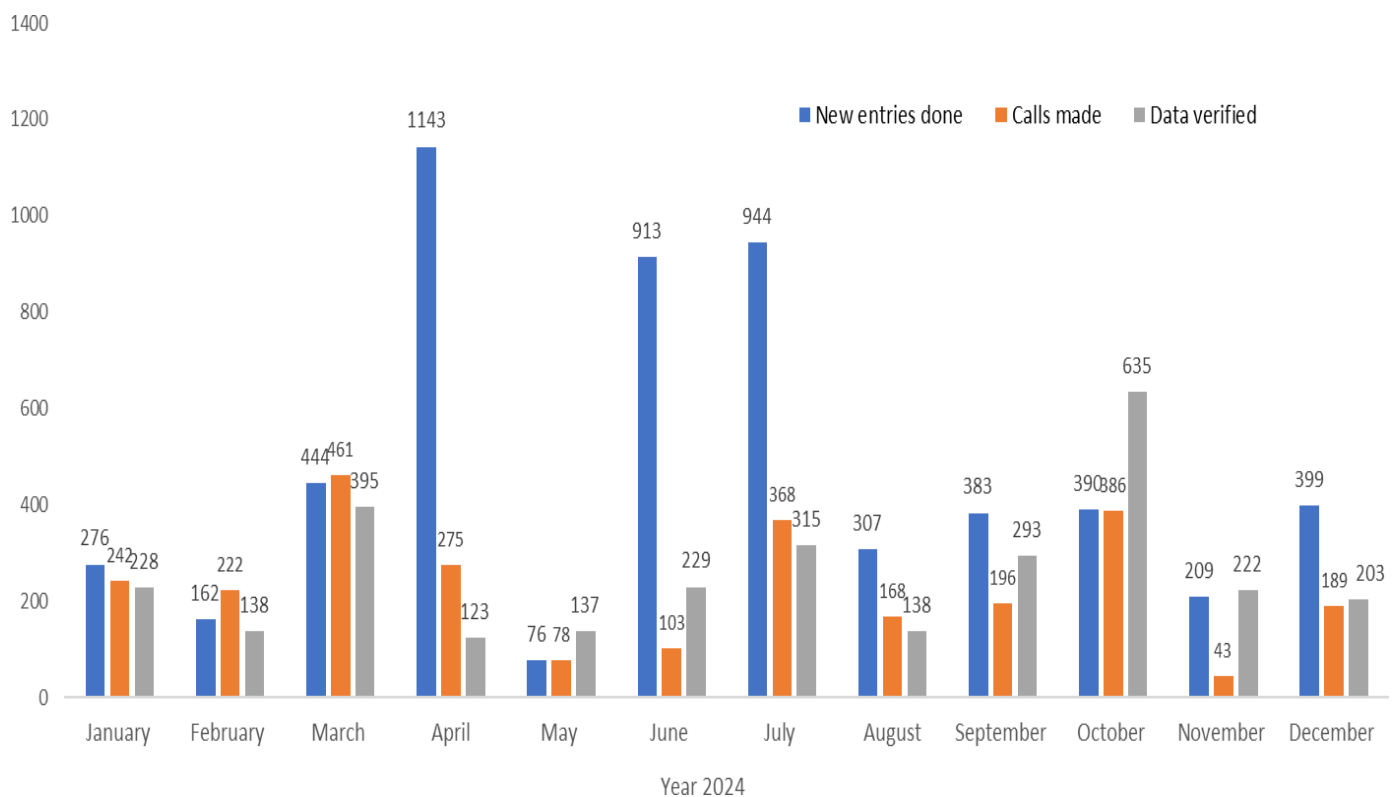
**Disease Statistical Review (DSR)**

Session	JAN-JUNE	JULY-DEC
2022	20	30
2023	26	16
2024	14	18
Total	60	64
<b>Grand total</b>	<b>124</b>	

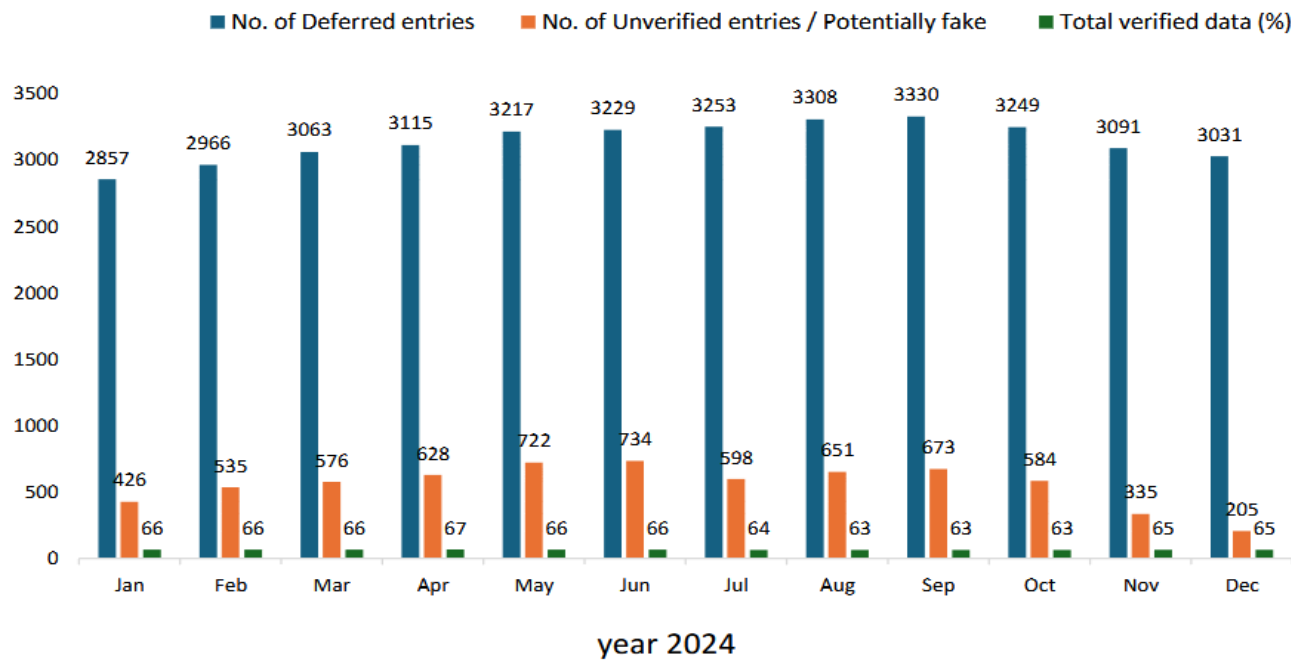
## Research Dashboard Entries Verification Through 2024

### Research Dashboard

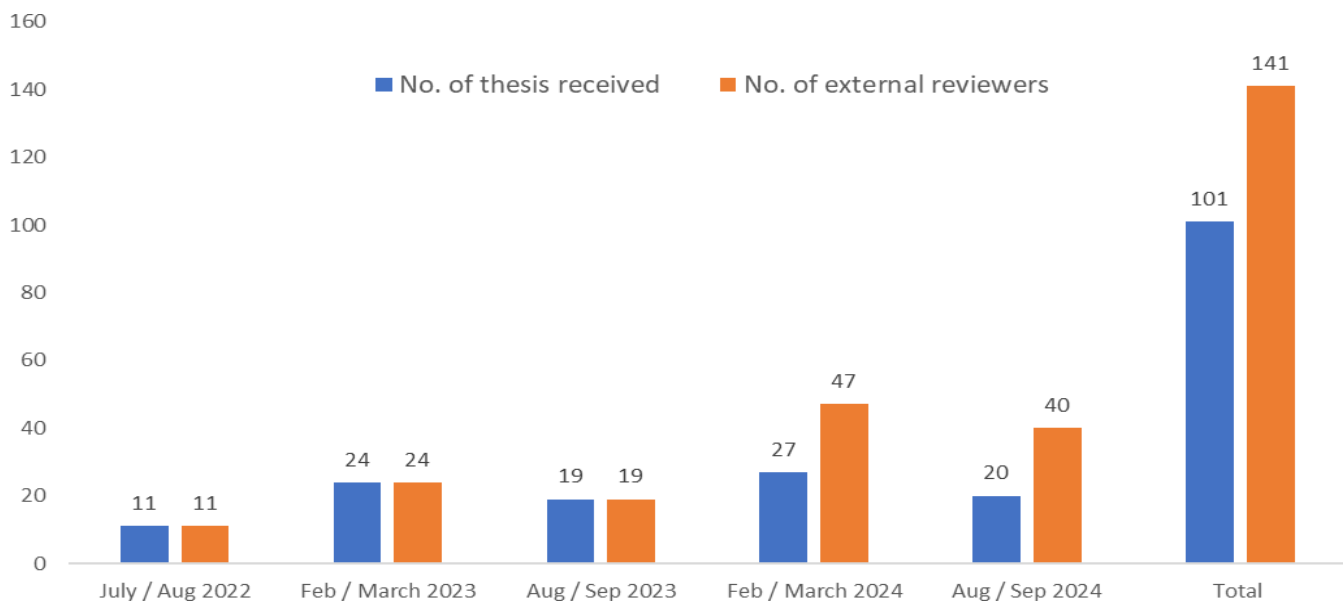
To promote authentic research culture, it has been made mandatory that resident when starts collecting data, has to get login on research dash board and enter patient's data for verification on research dash board. Research unit then verifies each entry as per given sample size of research proposals. The data is verified through telephone calls and patient records at the hospitals if required. Any entry that could not be verified, residents are informed to submit hard copies, patient records or discard this entry and collect a new sample for their research work. All this data is presented to DEANS and supervisors meetings conducted almost every Friday. And appraisal is a continuous process through official correspondence and in person meetings with residents and their supervisors as well.



Month Wise Status of RMU Research Dashboard Entries 2024



**Month Wise Deferred/Fake/Verified Entries Of RMU Research Dashboard 2024**



**Data For Thesis External Review 2022- 2024**

#### 4. List Of Journals RMU

##### Number. Of Publications Resident journal of RMU

Year		RJRMU		
No of volumes		No of publications	Abstract books no of volumes	Abstract books no of publications
2024	01	16	-	-
2023	02	31	01	135
2022	01	35	01	-
2021	01	25	-	-
2020	-	-	-	-
2019	01	10	-	-
2018	-	-	-	-
2017	-	-	-	-
Total	05	101	02	135

##### Number Of Publications Resident Journal Of Health And Climate Change Jhcc

Year	JHCC	
	No of volumes	No of publications
2024	01	10
2023	01	13
2022	-	-
2021	01	08
2020	-	-
2019	-	-
2018	-	-
2017	-	-
Total	03	21

## Continued Medical Education (CME) Certification Program

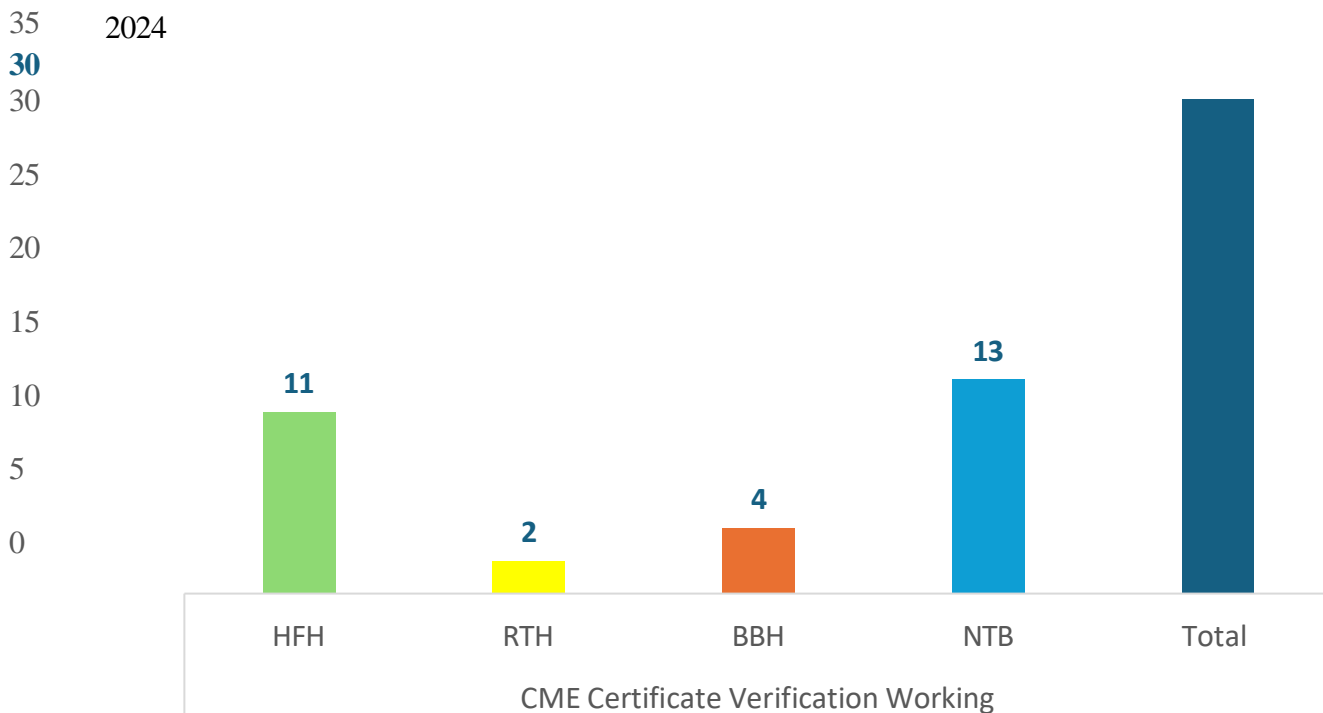
We follow Rawalpindi Medical University (RMU) CPD Policy for scoring and grading of CME hours. RMU CPD policies are modified by PMDC, ACCME, and WFME requirements. The concept of CPD:

Continuous Professional Development (CPD) denotes the period of education and training for doctors that commences after completing both basic and postgraduate medical education, extending throughout their professional lives. However, CPD is not limited to a specific time frame but is viewed as a lifelong process, initiating when a student enters medical school and continuing as long as the doctor is actively involved in professional activities. It is considered a professional imperative for all doctors and is essential for improving the quality of healthcare.

### OUR TEAM

Name	Designation	Role
Dr. Farrah Pervaiz	Additional Director R&D Department, RMU	In charge CME certification program
Dr. Haq Nawaz	Coordinator R&D Department, RMU	Calculation and verification of CME point according to given evidences and issuance of letter.
Mr. Aamir Afzal	Data Analyst	Calculation and verification of CME point according to given evidences and issuance of letter.
Mr. Jabir Abbasi	Computer Clerk	Record keeping and issuance of CME certificate

## CME CERTIFICATION



### Number Of CME Certificate Verification Working

## 5. RMU Statistical Support at The Department Of R&D

The department provides support in the following domains:

### 1 . Study Design Consultation:

Assisting with the planning of research studies, including sample size, methodology, and study type selection.

### 2. Statistical Analysis Planning:

Advising on appropriate statistical tests and models based on research questions and data types.

### 3. Data Management Guidance:

Providing support on data collection, cleaning, coding, and storage practices to ensure data integrity.

### 4. Statistical Software Training:

Offering training sessions on statistical software like SPSS, Excel/Office 365 to enhance trainees' analytical skills.

### 5 . Data Analysis:

Performing or assisting with data analysis for clinical studies, ensuring accurate and interpretable results.

**6. Interpretation of Results:**

Assisting with the interpretation of statistical findings in a clinical context.

**7. Workshops and Seminars:**

Conducting workshops on SPSS and Disease Statistical Report (DSR) to postgraduate trainees of MS/MD programs

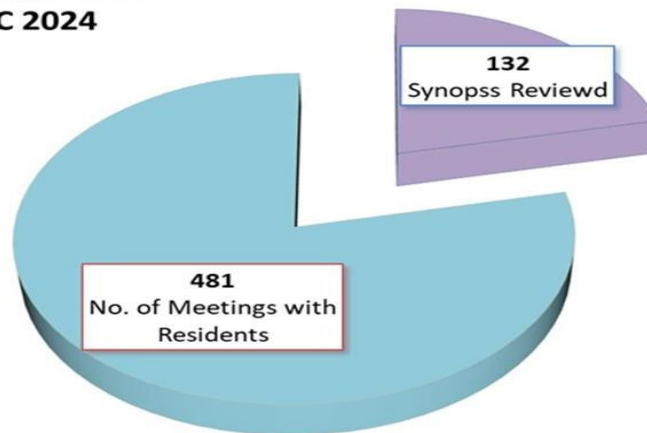
**8. Collaborative Research:**

Collaborating on interdisciplinary research projects, contributing statistical expertise.

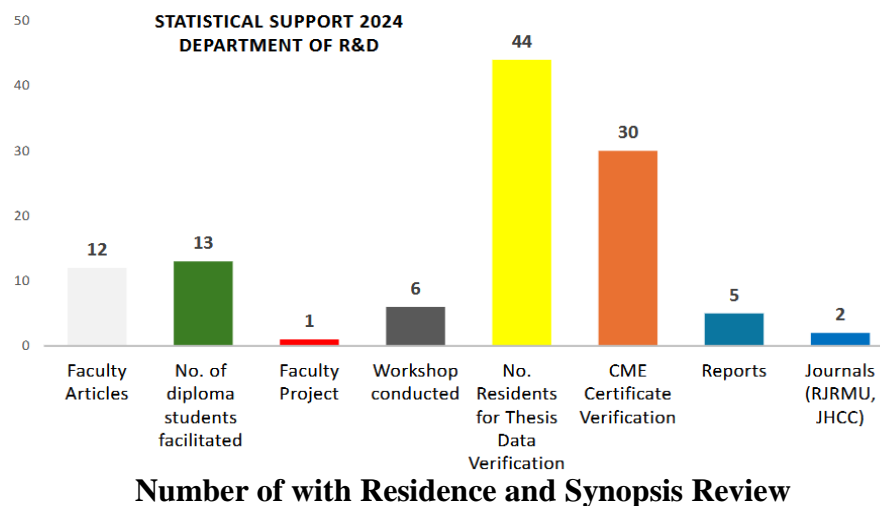
**9. Data Verification:**

Verifying data of postgraduate trainees through RMU Research Dashboard (an official database where every postgraduate trainee's patient entries will be entered and cross-checked on real-time basis).

**RMU RESEARCH UNIT  
JAN - DEC 2024**



**No. Of statistical meetings with residents & synopsis reviewed, 2024**

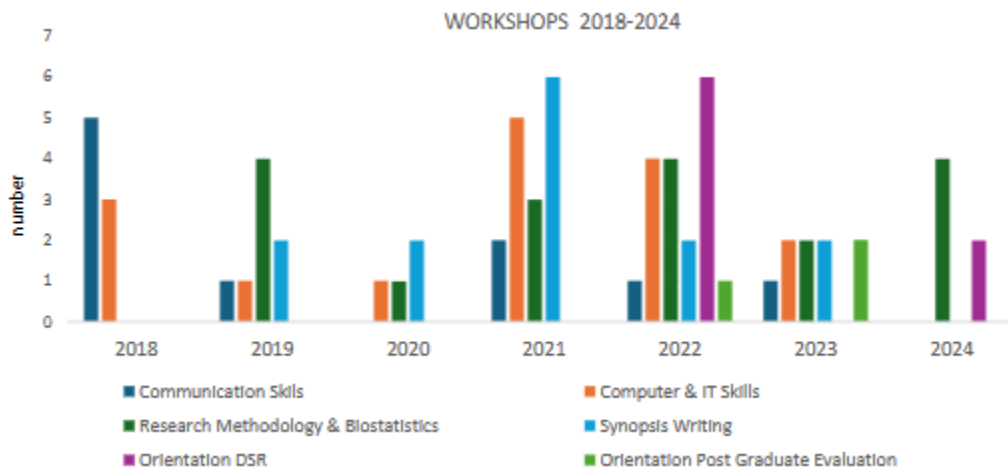




## 6. Academic Trainings

### Training Activities of University Residents At RMU

The University Residency Program (URP) was launched at Rawalpindi Medical University in 2018. There are 05 mandatory workshops for capacity building of university residents who are enrolled in the University Residency Program (URP) at RMU. The data on the workshops carried out from 2018 till now is depicted below:



### Number. Of Training and Workshops carried out at R&D

- There is a plan to include a Clinical Audit workshop as a mandatory workshop in the University Residency Program.
- Short intensive Preparatory courses are organized for trainees before appearing in formative and summative assessments like In-training assessments, Mid Training Assessment (MTA), and Final Training Assessment (FTA).
- Work-place Assessment (WPBA) of university residents is carried out every 3 months and residents are subjected to evaluation by external examiners.
- 360-degree evaluations of trainees are done every 6 months. 12 cycles of trainees' evaluation have yet to be submitted in the Quality Enhancement Cell (QEC) of Rawalpindi Medical University.
- The compiled reports of residents are then shared with their respective supervisors for counseling the trainee if required followed by submission of counseling report back to QEC.
- Residents also attend the Clinico-Pathological Conference (CPC) which is arranged by clinical departments of teaching hospitals on a weekly basis. As per the decision of the Academic Council, it is mandatory for postgraduate trainees to attend 50% of CPCs annually.
- The Annual Resident Research Conference is organized on an annual basis with a specific theme to ensure the participation of all university residents in this event.
- A separate journal for university residents titled: Resident Journal of Rawalpindi Medical College (RJPMC) has been launched for publishing their manuscripts and to enhance the visibility of their research work across the globe.

- Counseling sessions of residents are planned to secure below 50% results by trainees in In-Training assessments.
- Detailed meetings are also arranged by the Dean of Postgraduate Studies to get feedback of trainees following summative assessments and recommendations of trainees for improvement/amendments in assessments are given due consideration. Trainees are also guided for the enhancement of their respective competencies.

## **7. Climate Change Impact & Humanitarian Initiatives**

In response to the escalating impacts of climate change and recent catastrophic flooding in Pakistan, the Rawalpindi Medical University (RMU) launched a comprehensive humanitarian program aimed at relief, recovery, and disease prevention. RMU's Flood Relief Action Program, led by Vice Chancellor Prof. Dr. Muhammad Umar, mobilized resources and personnel to support flood-affected communities across South Punjab, Khyber Pakhtunkhwa, Sindh, and Balochistan. The initiative emphasized four strategic areas: mitigation, preparedness, response, and recovery, with a strong focus on minimizing health risks associated with waterborne diseases, which surged due to contaminated water sources and compromised sanitation systems.

The action program included rapid deployment of medical camps, providing essential health services to thousands of individuals. These camps addressed acute cases of gastroenteritis, skin infections, and respiratory ailments while delivering urgent supplies of food, clean water, and hygiene products. Through RMU's fundraising efforts, significant resources were collected in the form of cash, medical supplies, and rations, which were essential in stabilizing affected communities and supporting ongoing relief.

Recognizing the heightened risk of infectious disease outbreaks, RMU took an innovative approach by developing the "Ready RMU – Preventive Kit" and the "Ready RMU – Hygiene Kit." These kits, distributed widely in flood-impacted areas, were tailored to prevent malaria and gastroenteritis, two major post-disaster health threats. This preventive approach marks a pioneering step in regional disaster response, emphasizing proactive public health measures. Furthermore, RMU collaborated with the Higher Education Commission (HEC) to produce the "Post-Flood Community Health Guidelines" in Urdu, providing accessible health information to prevent disease spread and support local health workers.

In summary, RMU's flood relief efforts highlight a sustainable model for humanitarian aid, integrating immediate health response with preventive care and community resilience strategies. This initiative underscores the importance of addressing climate change-induced disasters with well-coordinated, health-focused relief operations that prioritize vulnerable populations and foster long-term public health stability.

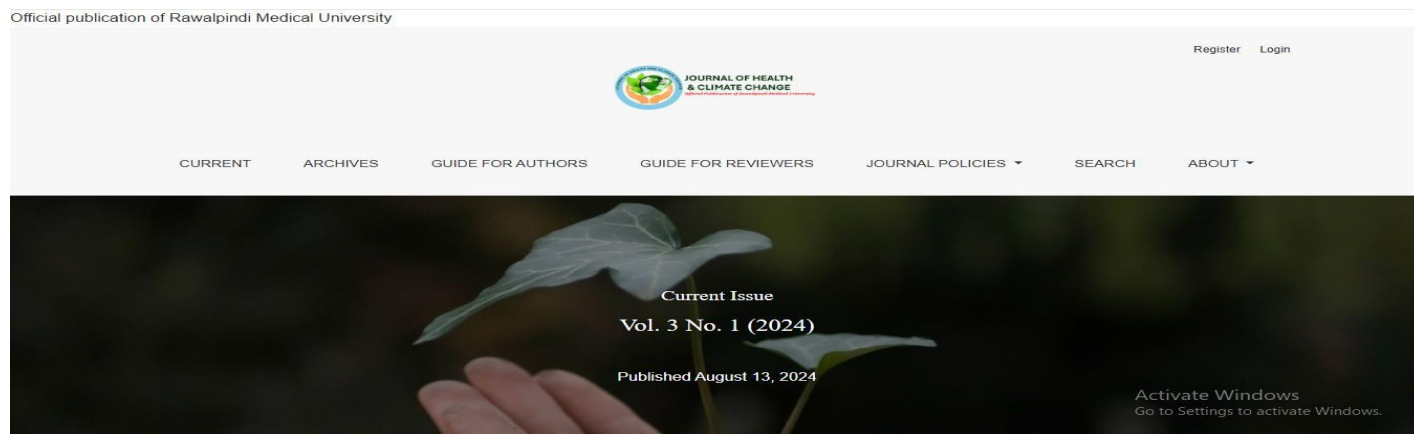
## **Journal Of Health and Climate Change**

### **Summary:**

Rawalpindi Medical University (RMU) is committed to addressing the pressing issue of climate change and its far-reaching impacts on human health. As part of its efforts to promote research and outreach in this critical area, RMU is launching a dedicated program to support climate change enthusiastic researchers in publishing their scientific research work. The primary objective of this program is to provide a platform for researchers to share their scientific findings on the complex relationships between climate change and human health.

**Website development of journal for online publication of journal issues.**

<https://jhcc.suppljournalrmc.com/index.php/public/index>

**Assigning Of ISSN Number To Journal For International Standardization.**

- An ISSN (International Standard Serial Number) is a unique identifier that distinguishes a journal from others, ensuring its visibility and credibility in the academic community.
- The assignment of an ISSN number to a journal is a vital step in establishing its legitimacy and reputation, as it confirms the journal's compliance with international publishing standards.
- An ISSN number facilitates the indexing and abstracting of a journal in major databases, making its content more discoverable and accessible to researchers, scholars, and readers worldwide.

**Assigning of DOI to the Article for better reach through Google Scholar and Science Direct platforms.**

- The DOI numbers are assigned to the articles published in this issue, which ensure the digital availability of the articles and increase the citation rate ultimately improve the ranking of journal and institute.
- A DOI is a unique and permanent identifier that distinguishes a research article from others, ensuring that it can be accurately cited and referenced.
- The assignment of DOIs demonstrates a journal's commitment to transparency, accountability, and best practices in academic publishing, enhancing its reputation and trustworthiness among authors, readers, and the broader academic community.

**New addition of Reviewers in National Advisory Board from other Institutes.**

- Prof. Humaira Mehmood (NUMS)
- Dr. Faiza Rabbani (MoNHSR&C)
- Dr. Muhammad Ashar Ayub (IUB)
- Dr. Muhammad Nadeem (IUB)
- Dr. Muhammad Anwar-ul-Haq (UAF)
- Dr. Muhammad Adnan Hafeez (SU)
- Dr. Muhammad Tahir Shehzad (UAF)
- Prof. Babar Tasneem Sheikh (HSA)

Three issues of journal have been published. The 4th issue is under process for publication in February 2025.

**Restructuring Of RRF**

New addition of reviewers in national advisory board from other institutes.

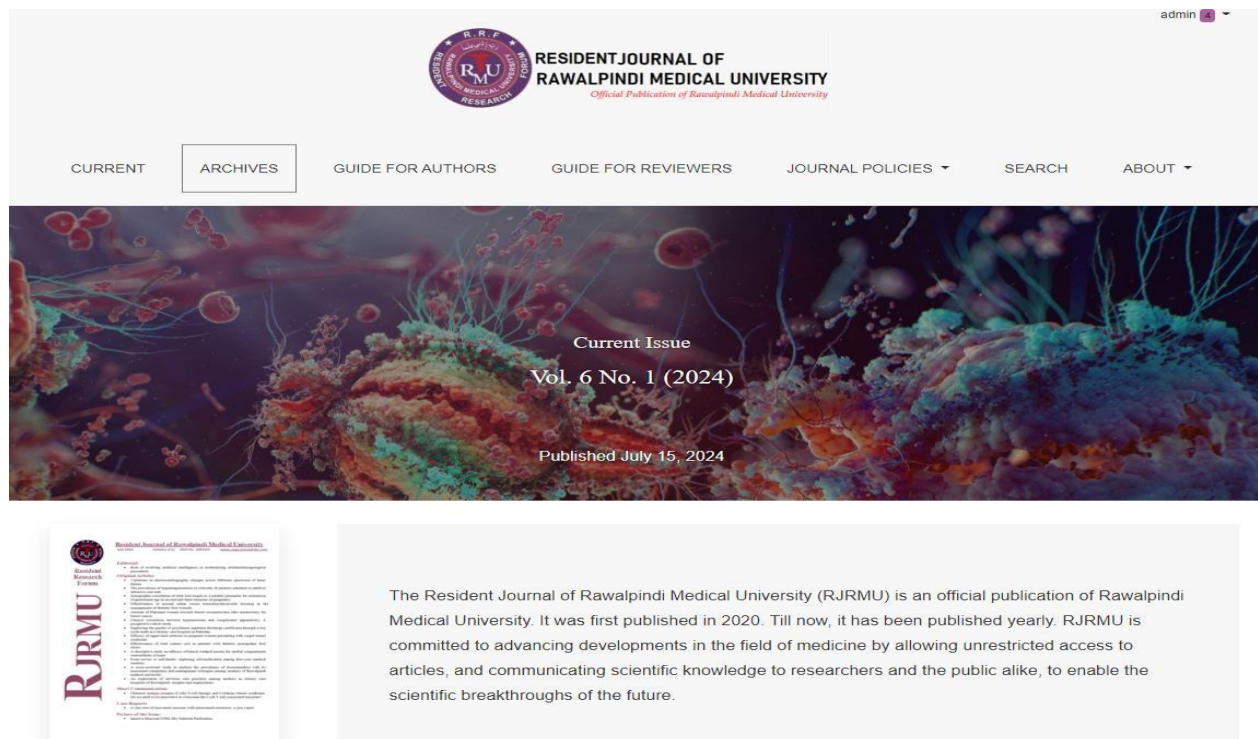
- Prof Rai Muhammad Asghar
- Prof Shagufta Seed Sial
- Prof Naeem Zia
- Prof Muhammad Hanif
- Prof Muhammad Khurram
- Prof Syed Irfan Ahmed
- Prof Shahzad Manzoor
- Dr Muhammad Umar
- Dr Muhammad Mujeeb Khan
- Dr Saima Ambreen
- Dr Naeem Liaquat
- Dr Tayyab Saeed
- Dr Akhtar Raja Imran
- Dr Israr Ahmed Salman
- Dr Mushtaq Hina Sattar
- Dr Bilal Humayun Mirza
- Dr Uzma Hayat
- Dr Muhammad Iqbal
- Dr Obaid Ur Rehman
- Dr Omer Fraz
- Dr Muhammad Haider
- Dr Lubna Meraj

**RESIDENT JOURNAL OF RAWALPINDI MEDICAL UNIVERSITY (RJRMU)****SUMMARY:**

The Resident Journal of Rawalpindi Medical University (RJRMU) is an official publication of Rawalpindi Medical University. It was first published in 2020. Till now, it has been published yearly. RJRMU is committed to advancing developments in the field of medicine by allowing unrestricted access to articles, and communicating scientific knowledge to researchers and the public alike, to enable the scientific breakthroughs of the future. (ISSN print: 3078-8870, ISSN online: 3078-8889)

**Updation of Resident Journal of Rawalpindi Medical University for online publication of journal issues.**

[Resident Journal of Rawalpindi Medical University \(journalrmc.com\)](http://journalrmc.com)



### Assigning of ISSN number to Journal for International Standardization.

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- The assignment of an ISSN number to a journal is a vital step in establishing its legitimacy and reputation, as it confirms the journal's compliance with international publishing standards.
- An ISSN number facilitates the indexing and abstracting of a journal in major databases, making its content more discoverable and accessible to researchers, scholars, and readers worldwide.

### Issues Published.

Six issues of Journal is published. While the 7th issue is under process to get published in February 2025.

### Future Perspectives.

In future we are aimed to get our journal recognized by HEC.

## 8. Collaborations

### **Transforming Health Systems Responsiveness: Rawalpindi Medical University And Aga Khan University Collaborate On Groundbreaking Research In Lmics**

- Rawalpindi Medical University (RMU) is collaborating with Aga Khan University (AKU) on the transformative research project titled **"Rethinking Health Systems Responsiveness in Low-and Middle-Income Countries."** This collaboration focuses on addressing critical gaps in health system performance by evaluating and enhancing the responsiveness of healthcare systems in the context of low- and middle-income countries (LMICs).
- Under the leadership of principal investigator Dr. Meesha Iqbal from AKU, the project aims to update and validate the WHO's framework of health systems responsiveness, adapt the measurement tools for LMIC contexts, and assess the responsiveness across various levels of care in district Rawalpindi. RMU contributes to this initiative by providing access to its allied hospitals for data collection and offering institutional support for ethical review and research facilitation. This partnership exemplifies a shared commitment to advancing public health research and delivering actionable insights for policy and practice improvements in LMICs.

### **Empowering Global Health: Rawalpindi Medical University's Strategic Collaboration With Who Tdr Regional Training Centre**

Rawalpindi Medical University (RMU) has pioneered public health education and research by collaborating with the World Health Organization's Special Programme for Research and Training in Tropical Diseases (WHO TDR). Recognizing RMU's potential as a hub for capacity-building in health research, an application for establishing a WHO TDR Regional Training Centre has been submitted and is currently under consideration. This collaboration aims to address critical health challenges in low- and middle-income countries by fostering research and capacity-building initiatives in line with TDR's objectives. The proposed Regional Training Centre at RMU will focus on:

#### **1. Strengthening Research Capacity:**

Equipping healthcare professionals with the knowledge and skills to conduct high-quality research in tropical diseases and public health.

#### **2. Promoting Evidence-Based Practices:**

Translating research findings into actionable health policies to improve community health outcomes.

#### **3. Building Regional Networks:**

Facilitating knowledge exchange and collaboration among regional researchers and institutions.

#### **4. Addressing Health Inequities:**

Empowering underrepresented groups by providing equitable access to training and resources.

This initiative positions RMU as a key regional player in advancing public health and tropical disease research, aligning with its vision to lead transformative educational and research endeavors. If approved, the WHO TDR Regional Training Centre at RMU will serve as a beacon for health innovation, fostering sustainable development in public health across the region.





**Department of Research & Development  
Rawalpindi Medical University**



Read more facts and figures about RMU  
[www.rmur.edu.pk](http://www.rmur.edu.pk)