



ANNUAL REPORT 2020
DEPARTMENT OF
OBSTETRICS & GYNAECOLOGY, UNIT II
HOLY FAMILY HOSPITAL, RAWALPINDI



HOLY FAMILY HOSPITAL, RAWALPINDI

PREFACE

It is important to consistently look back and reflect to redefine ourselves for future. This emphasizes the need of annual reports and audit organization, so as to improve the working and service standards.

Gynae Unit-II has been regularly preparing the annual reports and clinical audits for past many years. Annual report 2020 is the continuation of the same process. This is a brief but comprehensive account of clinical services, academics, achievements and research activities of Gynae Unit-II in past one year as well as brief introduction of department and staff members.

MISSION STATEMENT

- To promote the slogan of “healthy mother and healthy baby”.
- To provide the highest quality service to our patients.
- To continuously evaluate the results of our efforts to meet the needs of our patients.
- To promote the involvement of all levels of faculty and staff in the identification and solution of problems.
- To support and contribute to the research mission of our center by pursuing new knowledge.
- To be enthusiastic and to think positively.

DEPARTMENT OF OBS/GYNAE

HOLY FAMILY HOSPITAL, RAWALPINDI

Holy Family Hospital is 962 bedded tertiary care teaching hospital which is attached to Rawalpindi Medical University. Gynae Unit-II is a 125 bedded maternity unit providing clinical services not only to surrounding districts of Punjab but also to patients from Azad Kashmir and KPK. It is recognized for internship and postgraduate training programs like FCPS, MS and MRCOG.

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STAFF MEMBERS

FACULTY MEMBERS:

- **Professor:** Dr. Nabeela Waheed FCPS
- **Assistant Professor:** Dr. Khansa Iqbal FCPS, CHPE
- **Assistant Professor:** Dr. Maliha Sadaf MCPS, FCPS, ICMT/CHPE

Senior Registrars:

- Dr. Aqsa Ikram
- Dr. Saira Ahmed
- Dr. Shama Bashir
- Dr. Saima Khurshid
- Dr. Alia Malik
- Dr. Amna Abbasi
- Dr. Sabeen Ashraf
- Dr. Asia Sharif

Medical Officers:

- Dr. Nadia Sadiq
- Dr. Saba Yousaf

POSTGRADUATE TRAINEES

Total No of Postgraduate Trainees:	31
• Completed training in 2020	02
• New Inductions in 2020	
FCPS:	03
MS :	02

INTERNEES

Total No. of internees	50
RMU Graduates completing Internship:	36
Other Institution Graduates completing Internship:	14



Gynaecologist Unit- II, Holy Family Hospital Rawalpindi
Rawalpindi Medical University, Rawalpindi

23-Sep-2021



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SCOPE OF SERVICES

- Upgraded Family Planning services
- Oncology services in collaboration with NORI Hospital
- Upgraded Subfertility management services
- Blood transfusion services in collaboration with Blood Bank Unit
- Operative Laparoscopic facilities
- Operative Hysteroscopic facilities
- Colposcopy Facility
- Day care center for babies of working doctors
- Lactation management facility
- Development of concept of Day care for patients requiring admission

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TRAINING AND TEACHING AIDS

- Hands- On Skill Departmental Library
- Conference room with multimedia and Microsoft Teams facility for online video meeting and online teaching
- Three Computers with internet facility
- Computer Operator for data entry

STATISTICS

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HOSPITAL STATISTICS

• Total No. of Admissions	12854
• Total No. of Deliveries	11405
○ Vaginal deliveries	7077
○ LSCS	4328
○ Caesarean Section Rate	37%
• Total No. of patients attended in ER	21150
• Total No. of patients attended in OPD	60052
• Gynaecological Surgeries	688
○ Major Cases	289*
○ Minor Cases	399*
• Total No. of Near Missed Cases	195
• Total No. of Covid-19 Positive patients	37
• Perinatal Mortality Rate	65/1000 live births
• Maternal Mortality Ratio	401/100,000 Maternities

*** Reduced Number of surgeries due to COVID-19 pandemic**

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OPD SERVICES DATA

Gynae Unit-II provides outpatient services three days a week i.e Tuesday, Thursday & Saturday. A consultant and two senior registrars with a team of postgraduate trainees and house surgeons are responsible for OPD services. OPD is organized to provide clinical services to new and follow up patients in separately allocated rooms. Specialized clinics deal with high risk pregnancies, subfertility, oncology and menstrual disorders.

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OPD

Total Patients Seen	60052
General OPD	45213
Consultant OPD	14839
Ultrasound Room	15623
Patients admitted through OPD	4005

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EMERGENCY SERVICES DATA

Gynae Unit-II provides emergency services on Tuesday, Thursday & Saturday every week and alternate Sundays every month. Postgraduate trainees and house surgeon under supervision of senior registrar are responsible for services in emergency. A consultant is available round the clock for emergency cover as and when required.

Total Patients Seen	21150
Total patients admitted through ER	7039

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TOTAL ADMISSIONS

Total patients admitted through ER	7039
Total patients admitted in labour room	8448
Total patients admitted in Antenatal ward	3958
Total patients admitted in Gynae ward	448

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GYNAE WARD 2020

Miscarriages	108
Menstrual Disorders <ul style="list-style-type: none">•Menorrhagia•Irregular PV Bleeding•PMB	95 60 24 16
U. V. Prolapse	14
Ectopic Pregnancy	73
Molar Pregnancy	27
Cervical Cerclage	09
Uterine Fibroids	08

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GYNAE WARD 2020

Primary Amenorrhea	01
Primary Subfertility	04
Lost IUCD	02
Secondary Subfertility	01
Cervical Pathologies	06
Ovarian Pathologies	15
• Benign Tumors	11
• Malignant Tumors	04

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ANTENATAL WARD 2020

PIH	313
Preterm	142
Anaemia	308
Chronic Hypertension	147
PIH + IUGR	146
Placenta Previa	161
Multiple Pregnancy	71
Diabetes Mellitus	223
Post dates	224

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ANTENATAL WARD 2020

Previous I L.S.C.S	194
Previous II LSCS	245
Previous III L.S.C.S	182
Previous IV L.S.C.S	21
Pregnancy With Fibroid	36
Infections (UTI)	126
Oligohydramnios	158
Polyhydramnios	99
PPROM	277
False Labour Pains	94
Pregnancy with thyroid Disorders	16
Precious Pregnancy	78
Breech Presentation	42

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COVID-19 (PCR Positive Cases)

Total admitted patients	37
Vaginal Deliveries	07
LSCS	30
IUD	04
ENND	03
Maternal Deaths	03

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OPERATION THEATRE 2020
MAJOR OPERATIONS

Total No. of Procedures	237
Abdominal Hysterectomy	41
• TAH	21
• TAH + BSO	20
Vaginal Hysterectomy	08
Myomectomy	08
Manchester Repair	03
Operative Laparoscopy	19
Diagnostic Laparoscopy	05

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OPERATION THEATRE 2020

MAJOR OPERATIONS

Operations	
Laparotomy	153
• Staging Laparotomy	17
• Emergency Laparotomy	118
○ Ruptured Ectopic pregnancy	81
○ Ruptured uterus	24
○ Adherent Placenta	05
○ Pack Removal	07
• Exploratory Laparotomy	18
○ Pregnancy with ovarian cyst	01
○ Adnexal Mass	08
○ Abdominal Pregnancy	02

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MINOR OPERATIONS 2020

Total Procedures	508
ERPC	391
Suction Evacuation	27
Diagnostic D & C	16
Cervical Cerclage	05
Polypectomy	12
Perineal Tear Repair	06
Wound Debridement	28
Cervical Biopsy	09
Mirena Insertion	06
Post Coital Tear Repair	08

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LSCS – 2020

	Total
Total LSCS	4328
Elective LSCS	1020
Emergency LSCS	3308
Peripartum Hysterectomies	47

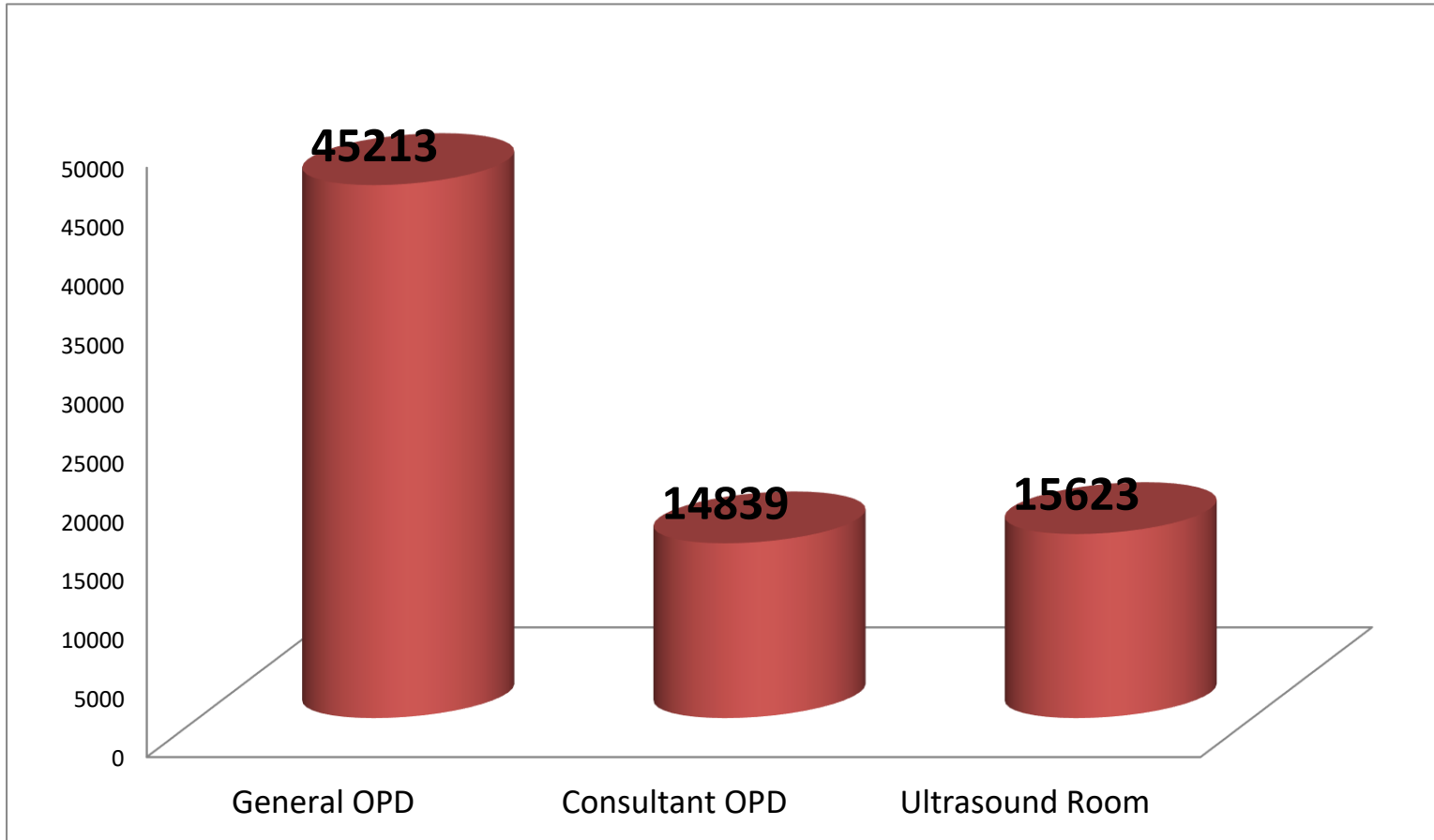
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MATERNAL DEATHS – 2020

Causes of Maternal Deaths	45
Eclampsia	11
Primary PPH	07
Pulmonary Embolism	08
Puerperal Sepsis	03
Acute Fulminant Hepatic Failure	03
DIC	04
Peripartum Cardiomyopathy	03
Ruptured Uterus	03
Covid-19	03

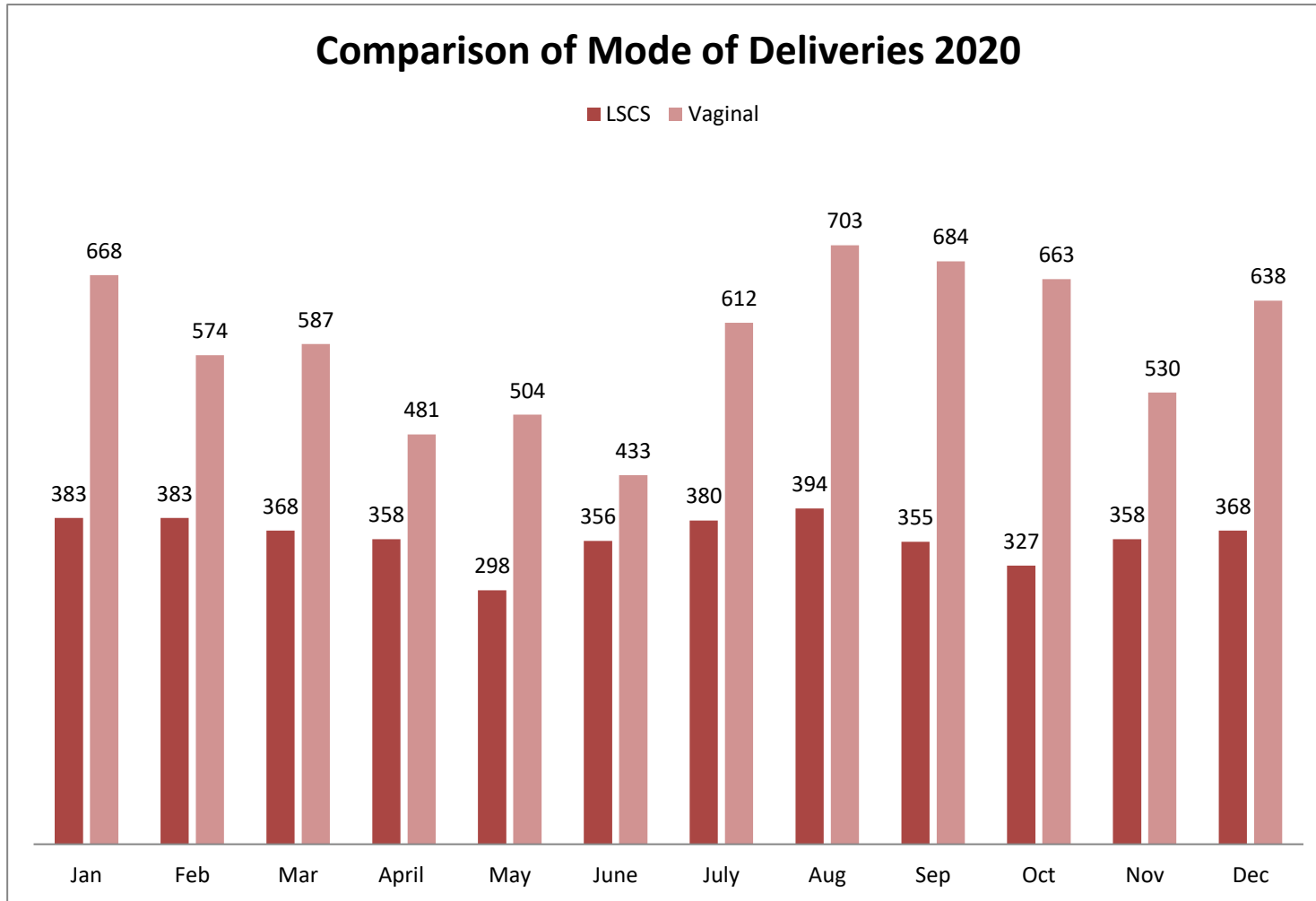
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PATIENTS SEEN IN OPD – 2020



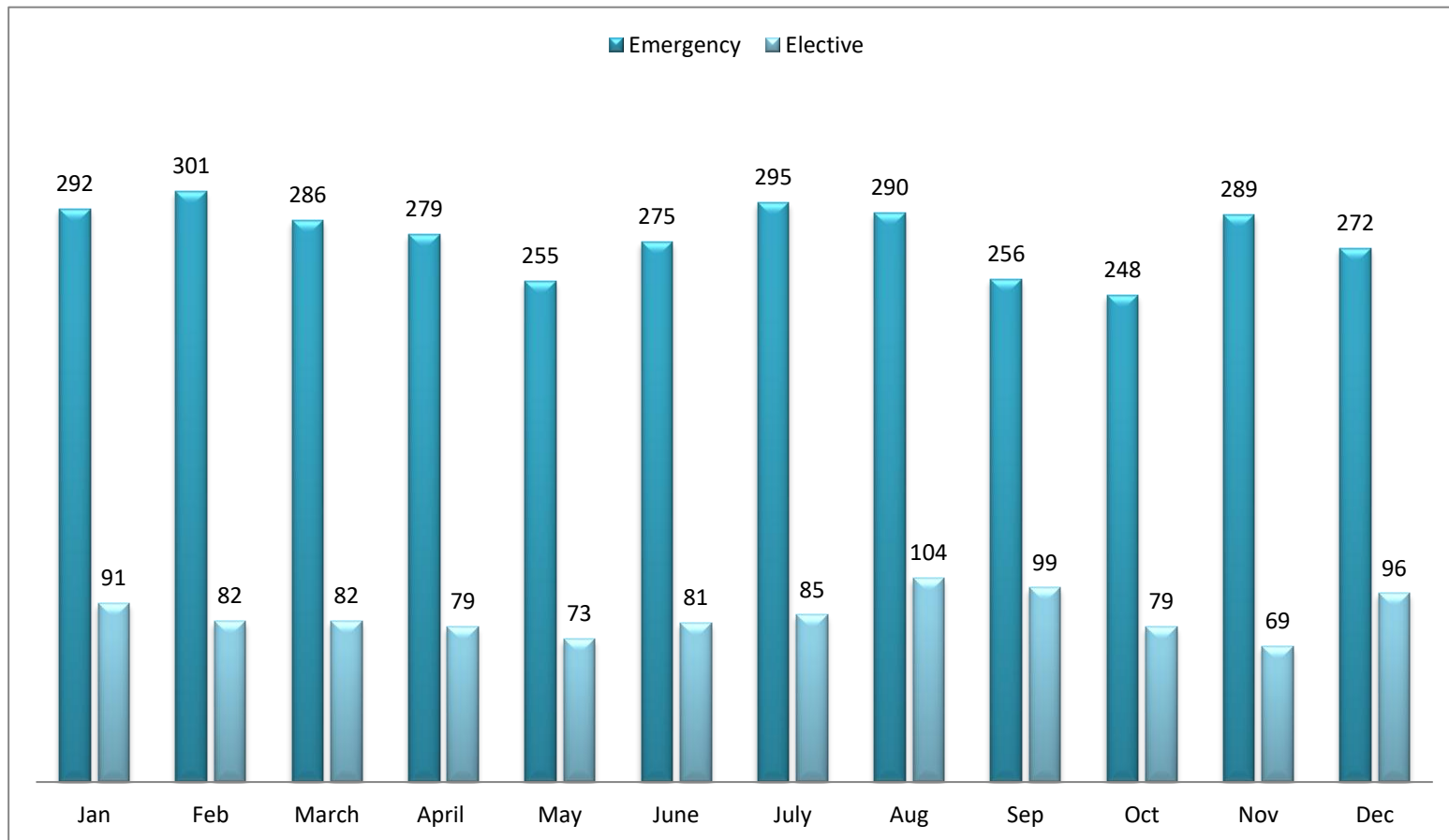
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MONTH WISE MATERNITIES - 2020



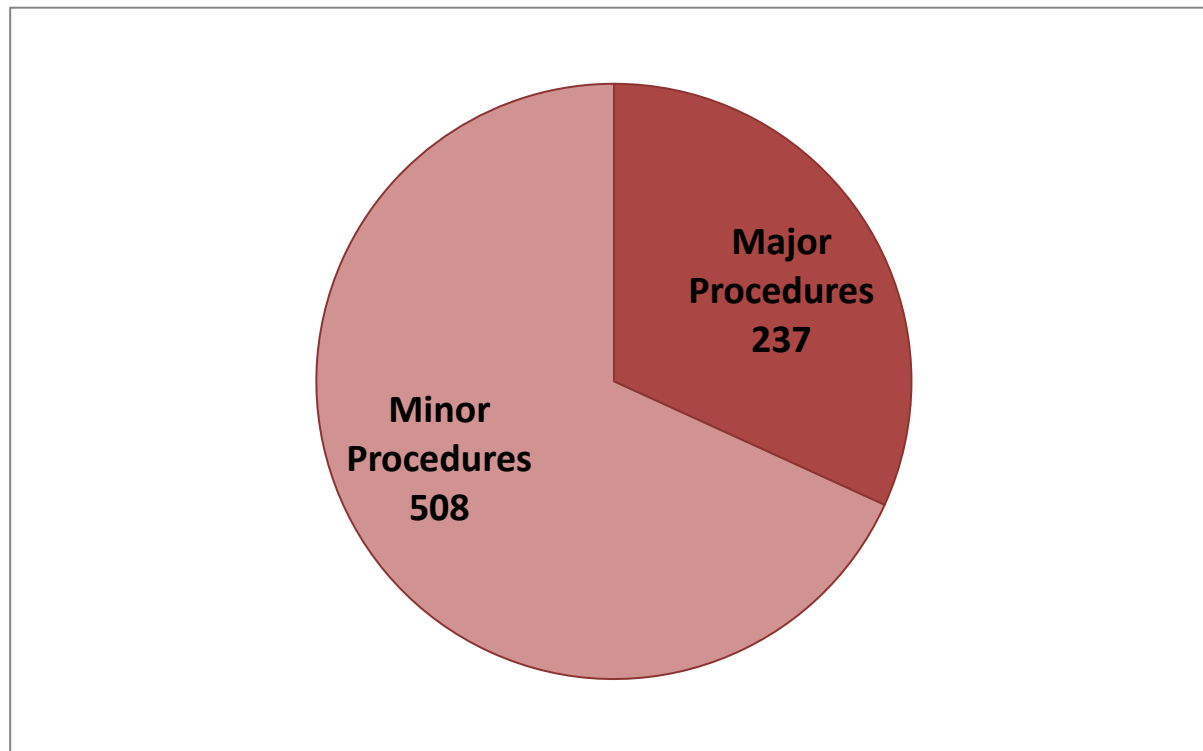
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EMERGENCY VS ELECTIVE LSCS - 2020



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GYNAECOLOGICAL PROCEDURES - 2020



EDUCATIONAL PROGRAMS

UNDERGRADUATE TEACHING PROGRAM

FOURTH YEAR

Lecture conducted once a week in university premises by departmental faculty.

FINAL YEAR

Lecture conducted once a week in university premises by departmental faculty.

Clinical Rotation Schedule Followed*

FOURTH YEAR

Two weeks rotation of 4-5 student batches (four days a week).

FINAL YEAR

Four weeks rotation of 15-18 students batches (six days a week).

Hybrid model of education adopted during COVID-19 pandemic *

Rotation Schedule Followed For Undergraduate Students

- From 10 am to 12 pm students are rotated at different stations like emergency, OPD and wards.
- From 12 to 2 pm students attend a clinical class by teaching faculty.
- Students are also assigned maternity duties from 2pm to 5pm
- At the end of clinical rotation of each batch there is a ward test comprising of OSPE and Long cases

Observed

- Spontaneous vaginal delivery
- Lower segment C section
- Delivery of placenta By Brandt- Andrews Maneuver
- Repairing of mediolateral episiotomy
- Resuscitation of newborn baby
- Resuscitation of collapsed patients
- Management of PPH, Eclampsia

Drills on Mannequins

- Vacuum extraction
- Outlet forceps delivery
- Shoulder dystocia
- Breech delivery
- Fetal dimensions and pelvic diameters on examination model

INTERNSHIP PROGRAM

Schedule followed

- Clinical class by SR / week
- A presentation / week by H.O supervised by SR/ AP
- Daily morning meeting participation

UNIVERSITY RESIDENCY TRAINING PROGRAM

Schedule followed

- 4 year program with one year rotation
- Morning meeting/ station rounds, Log book, DOPs, Portfolios
- Audit Report, CBD, Journal Club
- Monthly Rotations in OPD, ER, OT, ANW, PNW, Gynae Ward, LR

FELLOWSHIP TRAINING PROGRAM

Schedule followed

- 4 year program with six months rotation
- Morning meeting/station rounds
- Audit report preparation, CBD, DOPs, Journal Club
- Monthly Rotations in OPD, ER, OT, ANW, PNW, Gynae Ward, LR

ACADEMIC ACTIVITIES

WORKSHOPS ATTENDED

Postgraduate Trainees	Senior Registrars	Consultants
09	06	03

WORKSHOPS CONDUCTED / FACILITATED

- Hands on workshop on “Long acting reversible contraception (LARC)”, 2020
- Workshop on “Awareness of Covid-19 in pregnancy”, 2020

PUBLICATIONS 2020

Department	Ongoing Projects / Researches	Total number of Published Articles	National Publications
GU-II	09	05	05

PUBLICATIONS 2020

- A Case Report: Once-in a life time diagnosis, Uterine Torsion. Journal of Society of Obstetric & Gynaecology Pakistan 2020: Vol 10 No. 3.
- Comparison of Blood loss in Manual and Spontaneous Removal of Placenta in Caesarean section. JRMC; 2020;24(1):80-84.
- 40 weeks of gestation is as high risk gestation as 41 weeks in low risk pregnancy. JRMC: 2020;24(4):358-362.
- Perinatal outcome in term pregnancies with isolated oligohydramnios. Med. Forum; Sep. 2020; Vol 33; No. 9.
- Frequency & severity of primary dysmenorrhea in adolescent females. PJMHS; Vol. 14, No. 4, Oct-Dec. 2020.

ON GOING RESEARCH / PROJECTS

- Happy mother, healthy baby (HmHb) – an anxiety-focused early prenatal intervention for prevention of common mental disorder in Pakistan(**In progress**)
- Vitamin D deficiency in second trimester of pregnancy and risk of pre-eclampsia
- Comparison of the effectiveness of daily versus weekly oral iron supplementation in preventing anemia during pregnancy
- Incidence of primary PPH in spontaneous versus induced labour in primigravidae
- Comparison of oral estrogen versus parenteral estrogen in threatened miscarriage
- Role of calcium supplementation commenced before 20 weeks of gestation in reducing risk of pre-eclampsia
- Comparison between intravenous iron sucrose versus oral iron therapy for anemia during second trimester of pregnancy
- Ultrasound measurement of fetal kidney length and its correlation with gestational age
- Frequency of pregnancy induced hypertension and its association with raised serum β HCG during mid trimester of pregnancy
- Comparison of IM $MgSO_4$ with low dose I/V regime in treatment of eclampsia

ACHIEVEMENTS

Second Faculty Research Forum Conference in RMU Research Paper Presentations	Dr. Aqsa Ikram Dr. Shama Bashir
Resident Research Forum Conference Paper Presentations	Dr. Ulfat Naseem Dr. Saman Habib (3 rd Prize)
Resident Research Forum Conference Paper Presentations	Dr. Maliha Sadaf (Judge)
Research Poster Presentations	Prof. Nabeela Waheed Dr. Khansa Iqbal Dr. Maliha Sadaf Dr. Aqsa Ikram Dr. Shama Bashir Dr. Sabeen Ashraf
Post Graduation Exam Passed by Trainees	4
Medical Education Certification by Faculty	2

CONFERENCES AND WORKSHOPS ATTENDED

UFDP workshops <ul style="list-style-type: none">• Advanced Research Workshop	Prof. Nabeela Waheed
Supervisor Mandatory Workshops	Dr. Alia Malik Dr. Amina Abbasi Dr. Saira Ahmed Dr. Aqsa Ikram
CHPE sessions	Dr. Khansa Iqbal Dr. Maliha Sadaf
Zoom online Webinar on COVID-19 pandemic	All Department
IRF meetings	Dr. Saira Ahmed
House Officers Interviews	Prof. Nabeela Waheed
4 th Year integrated curriculum meeting	Dr. Maliha Sadaf

EVENTS OF 2020



HANDS ON SESSION





FUTURE AIMS

- Development of subspecialties of sub-fertility, gynaecological oncology, urogynaecology and fetal medicine.
- Development of integrated oncology services (radiotherapy and chemotherapy)
- Upgradation of subfertility management services
- Improvement of blood transfusion services
- Advancement in hysteroscopy and laparoscopic services
- Initiation of mother crap classes
- Establishment of day care center for babies of working doctors
- Development of lactation management facility
- Development of daycare services for patients requiring admission
- Development of concept of ambulatory gynaecology
- Development of early pregnancy assessment unit

THANK YOU