

## WORLD KIDNEY DAY

The Kidney Centre is pleased to present the highlights from its World Kidney Day Health Camp from expert consultations by our senior doctors to personalized dietary recommendations from our clinical nutritionists, the World Kidney Day Health Camp offered expert guidance on caring for kidney health. Visitors benefited from free blood pressure readings, investigations of kidney health, BMI assessments, and blood sugar level testing.



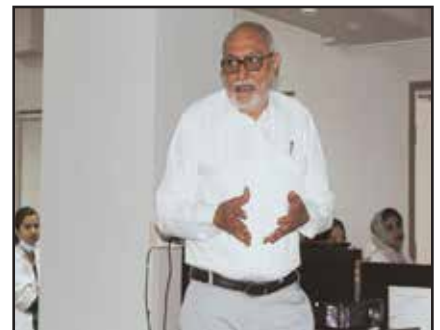
## INTERNATIONAL WOMEN'S DAY

We joined the global celebration of International Women's Day. We took this opportunity to express our deep appreciation for the talent, dedication, and invaluable contributions of our female employees, who played a crucial role in making The Kidney Centre a success. We recognized and celebrated their significant contributions to the daily operation of our facility. We are committed to fostering a supportive and inclusive environment where all individuals can thrive.



## PROFESSIONALISM AND COMMUNICATION SKILLS FOR ELEVATING PATIENT CARE-SESSION

The Kidney Centre recently hosted a professional speaker session on-site, featuring insightful presentations by leading medical professionals. **Prof Dr. Aasim Ahmad** (Dean and Chief Nephrologist, The Kidney Centre) shed light on the significance of 'Professionalism and Ethics of Institutional Practice', emphasizing the importance of maintaining integrity and excellence in delivering healthcare services. Guest speaker **Prof Dr. Muhammad Tariq** (Professor of Medicine, Vice Dean, Medical College, AKU) engaged the audience with his insights on 'Communication Skills in Clinical Practice', highlighting the pivotal role communication plays in strengthening the bond of trust in doctor-patient relationships. **Dr. Rashid Jooma** (Chief Executive Officer, The Kidney Centre) gave the closing remarks, summarizing the key takeaways from the presentations and encouraging attendees to implement the learnings in their professional practice.



### SESSION BY DR. SHOBHA LUXMI

Dr. Shobha Luxmi, Consultant Infectious Diseases has worked at leading hospitals in Karachi. Her special interests are in infections in immunocompromised individuals and antimicrobial stewardship.

#### Proposal of Antimicrobial Stewardship at The Kidney Centre

Dr. Shobha Luxmi

MBBS, MCPS (medicine), FCPS (medicine), FCPS (infectious diseases), DTM&H (UK).





## SESSION ON TIME MANAGEMENT BY MR. AMYN GILLANI (SR. MANAGER & H.O.D. HUMAN RESOURCES)

Time management is the habit of organizing your day based on tasks. The Department of Human Resources organized a training session on “Time Management” for its employees. The session provided guidelines and solutions to plan your day successfully.

## TIME MANAGEMENT

By Mr. Abyn Gillani  
(Sr. Manager & H.o.D. Human Resources)



## RADIO SESSIONS

In the quest to promote health literacy and empower communities, The Kidney Centre conducted consultant-led radio sessions which served as a powerful tool for disseminating crucial health-related knowledge to the general population. These radio sessions, hosted by seasoned healthcare professionals, offer a unique platform to address prevalent health concerns, debunk myths, and provide evidence-based information to listeners of all demographics.



## ARTICLE BY PROF. DR. AASIM AHMAD

Hear from **Prof. Dr. Aasim Ahmad**, Dean & Chief Nephrologist **The Kidney Centre**, about **Chronic Kidney Disease**, its diagnosis and treatment. In this insightful article, Dr. Aasim touches on the global impact of Chronic Kidney Disease (CKD) and its link to diabetes, hypertension, and obesity. Early detection and management are key.

To read the article, please scan the QR code.





## AWARDS

The Kidney Centre is honored to receive a prestigious award in the category of Public Health (Secondary or Tertiary Healthcare) at the KE KHI Awards 2024. This recognition acknowledges our unwavering commitment to promoting healthcare excellence and the impactful work we do to serve and save lives.

Dr. Saeed Chishti, Administrator, and Mr. Muhammad Faraz Ellam, Manager Marketing, proudly accepted the award on behalf of our team. A heartfelt thank you to our exceptional leadership and everyone at The Kidney Centre (Post Graduate Training Institute) who has been part of this journey. We are also incredibly grateful for this recognition from K-Electric.



## CERTIFICATIONS

We are proud to share that The Kidney Centre has successfully completed the "Harassment in Organizations, Prevention and Empowerment Program".

The Kidney Centre is deeply committed to fostering a workplace culture of safety, respect, and inclusivity. Our team members' well-being and empowerment are our top priorities, and we're dedicated to creating a harassment-free environment for everyone. By completing this program, we have taken proactive steps to educate and empower our staff, ensuring that they feel supported and equipped to address any concerns related to harassment.





## PARTNERSHIPS

The Kidney Centre (TKC) and Lucky Core Industries (LCI) joined hands together to provide essential kidney care to marginalized communities in Khewra, Punjab, Pakistan. Supported by LCI, our team of dedicated nephrologists, including a consultant, registrar, and radiologist, hosted a comprehensive Kidney Camp at an LCI-set-up hospital near their Soda Ash plant. Services included consultations, screenings, and ultrasounds, aiming for early detection and prevention of kidney diseases. This initiative emphasizes accessible healthcare and the importance of regular check-ups.



## VASCULAR ACCESS SESSION

A session on Advanced Vascular Access for dialysis was conducted on January 20, 2024 by Dr. Bilal Masood Khan (MBBS, FCPS - Urology & Vascular Access Surgery) at TKC. The session engaged residents from all leading hospitals of Karachi. The session highlighted the proper methods and management of vascular access in providing utmost care to patients. The attendees rated the session as highly informative.



## CME-PRE RAMADAN

The Kidney Centre hosted an enlightening Continuing Medical Education (CME) seminar, focusing on a vital topic: "Protecting Your Kidneys During Ramadan: Advising Your Patients on Healthier Fasting". Dr. Saeed Hassan, our distinguished Paediatric Nephrologist, captivated the audience with invaluable insights and strategies, as many General Practitioners came together to enhance their expertise in caring for kidney health. Dr. Saeed shared crucial advice on ensuring optimal kidney health during the holy month of Ramadan, emphasizing the significance of informed fasting practices for patients.



## CME-DURING RAMADAN

The Kidney Centre aims to foster professional development among its healthcare providers. On 16th March 2024, Dr. Ruqaya Rizwan, Consultant Nephrologist (TKC), led an enlightening session for General Practitioners. Delving into the intricacies of Urinalysis, Dr. Ruqaya offered an in-depth view of the significance of abnormal findings, equipping medical professionals with essential insights.



## SUPPORT TO THE KIDNEY CENTRE

PAIR Investment Company Limited proudly featured in the quarterly newsletter for its generous donation to The Kidney Centre. **Mr. Amir Aizaz, Executive Vice President and Company Secretary & Ms. Kauser Safder, CFO** exemplified the company's commitment by presenting a substantial donation cheque to **Mr. Zaheer Ahmed, Deputy Manager (Resource Development)**.



This act of philanthropy highlights PAIR Investment Company Limited's dedication to making a positive impact in the community and supporting crucial healthcare initiatives. Their contribution strengthens The Kidney Centre's mission, highlighting PAIR Investment's values of corporate social responsibility and fostering a healthier society through meaningful partnerships.

## WELCOME ON-BOARD TKC



**Ms. Hina Ali**  
Sr. Manager & Head of Nursing



**Mr. Faraz Ellam**  
Manager Marketing