

NEWSLETTER

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CELEBRITY ENDORSEMENT & FUNDRAISING APPEAL: MR. SHAHID AFRIDI ENDORSES TKC'S MISSION

Pakistan's cricket legend, **Shahid Afridi**, recently visited The Kidney Centre to lend his powerful support to our 40-year legacy of providing high-quality, patient-centred healthcare. His visit served as a strong reaffirmation of our commitment to serving humanity with compassion and excellence.

The visit was attended by senior TKC leadership, including **Mrs. Marriana Karim**, Chairman, Friends of The Kidney Centre (FOKC), **Dr. Rashid Jooma**, CEO, The Kidney Centre **Mr. Faraz Ellam**, Manager Marketing, and other officials. During an extensive tour, **Mr. Afridi** engaged personally with patients and their families, offering hope and encouragement. He witnessed our state-of-the-art facilities firsthand, including the Modular Operating Theatre, Dialysis Hall, Transplant Bay, Paediatrics Ward, ICU, and the Welfare OPD, gaining a deep appreciation for our comprehensive care model. He was also briefed on future-focused initiatives like our Solar Power Project, which aims to ensure sustainable healthcare delivery.

In a heartfelt message, **Mr. Afridi** issued a compelling appeal to the community. He urged everyone to support The Kidney Centre's vital mission through Zakat and Sadaqah, especially in the upcoming month of Ramadan. At TKC, every patient receives the same exemplary standard of care, and public contributions directly enable us to provide life-saving treatment to those who need it most.

Join The Kidney Centre in making a difference. Your support empowers us to continue shaping a healthier future for all.



To watch Shahid Afridi's video message



PHILANTHROPIC STEWARDSHIP:

ACKNOWLEDGING OUR KEY CORPORATE BENEFACTORS

THE KIDNEY CENTRE EXTENDS ITS SINCERE GRATITUDE

BANK AL HABIB ISLAMIC

We express our gratitude to Bank Al Habib Islamic for their philanthropic support in advancing our mission to provide exceptional renal care. **Ms. Anitra Arsalan**, Senior Chief Manager, and **Mr. Adnan Zahid**, Branch Manager, Bank Al Habib Islamic, visited The Kidney Centre and presented the donation cheque to **Mrs. Marriana Karim**, Chairman, Friends of The Kidney Centre (FOKC), and **Dr. Rashid Jooma**, CEO, The Kidney Centre.



PAKISTAN STATE OIL (PSO) CSR TRUST

The Kidney Centre is thankful to PSO CSR Trust for their valuable support of our mission to deliver quality renal care to patients in need. This contribution was championed by **Brig. Rizwan Ahmed**, Chairman PSO CSR Trust, along with Trustees Mr. Asif Khan, **Ms. Sumera Manzar**, and **Ms. Beenish Magsi**, Manager CSR. Their visit to the hospital underscores a profound dedication to social responsibility. The support was formally acknowledged by **Dr. Rashid Jooma**, CEO, The Kidney Centre.



PHILANTHROPIC STEWARDSHIP:

ACKNOWLEDGING OUR KEY CORPORATE BENEFACTORS

THE KIDNEY CENTRE EXTENDS ITS SINCERE GRATITUDE FOR THE PIVOTAL SUPPORT OF:

HILTON PHARMA

We extend our sincere thanks to **Hilton Pharma** for their generous support and dedicated commitment to making a life-changing impact on community health. **Dr. M. Samar**, Director Marketing & Sales, Hilton Pharma, presented the donation cheque to **Dr. Rashid Jooma**, CEO, The Kidney Centre, reaffirming our collaborative mission to provide essential renal care.



CENTRAL DEPOSITORY COMPANY (CDC)

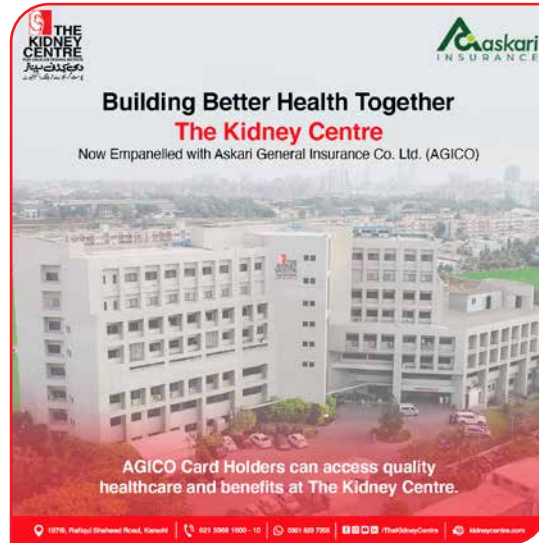
The Kidney Centre gratefully acknowledges the generous contribution from the Central Depository Company (CDC), which reflects their sustained commitment to community wellbeing. The donation cheque was formally presented by **Mr. Faisal Parekh**, Assistant General Manager, CDC, to **Mr. Zaheer Ahmed** from TKC's Resource Development Department. This partnership strengthens our shared mission to ensure access to quality renal care.



NEW STRATEGIC PARTNERSHIP:

THE KIDNEY CENTRE'S EMPANELMENT WITH ASKARI GENERAL INSURANCE

The Kidney Centre is pleased to announce a new strategic alliance through its formal empanelment with Askari General Insurance Co. Ltd. (AGICO). This partnership enables AGICO cardholders to access comprehensive, high-quality healthcare services at The Kidney Centre. This collaboration underscores our shared commitment to making exceptional medical care more accessible and convenient for the community.



CONTINUING MEDICAL EDUCATION (CME) & PROFESSIONAL TRAINING: PROF. DR. KIRAN NASIR (CONSULTANT NEPHROLOGIST) ADDRESSES "THE OLD AND NEW OF UTIS' AT THE CONSULTANT FORUM IN LONDON"

Prof. Dr. Kiran Nasir, Consultant Nephrologist at The Kidney Centre, presented on "The Old and New of Urinary Tract Infections" at "The Consultant Forum" in London, UK. This CME event was attended by leading consultants from Pakistan, including specialists in Nephrology, Pulmonology, General Surgery, Orthopedics and General Medicine.



CONTINUING MEDICAL EDUCATION (CME) & PROFESSIONAL TRAINING: BENCHMARKING QUALITY: DR. NADIA ASHER, CHEMICAL PATHOLOGIST, REPRESENTED THE KIDNEY CENTRE, ATTAINMENT OF PNAC* ISO 15189 ASSESSOR ACCREDITATION

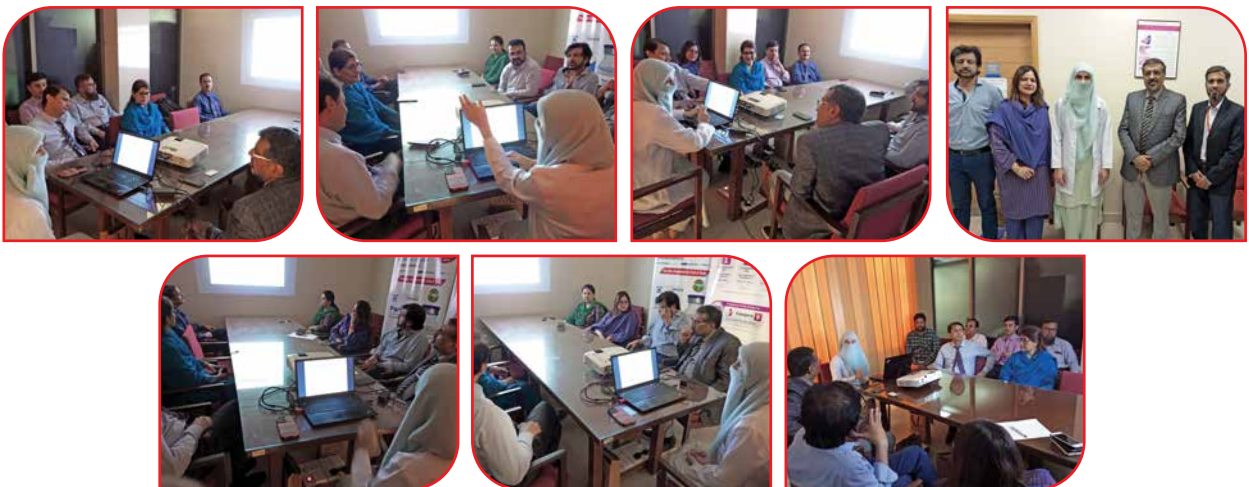
Dr. Nadia Asher, Chemical Pathologist at The Kidney Centre Laboratory, has successfully completed the PNAC ISO 15189 Assessor Training, conducted by the Director General, PNAC, and **Mr. Azhar Iqbal** from 22–26 December 2025. This advanced accreditation enhances our laboratory's capabilities in quality assurance, risk management, and audit readiness, ensuring strict compliance with international standards and further strengthening the reliability of our diagnostic services.

*PNAC: Pakistan National Accreditation Council



CME SESSION: DELIVERING EXPERTISE TO CORPORATES, SUI SOUTHERN GAS COMPANY LIMITED (SSGC) DR. AYESHA KHAN, CONSULTANT FEMALE UROLOGIST

The Kidney Centre conducted a specialized Continuing Medical Education (CME) session at Sui Southern Gas Company Limited (SSGC), led by **Dr. Ayesha Khan**, Consultant Urologist at TKC. The session provided comprehensive insights into Urinary Tract Infections (UTIs), covering classifications, symptoms, risk factors, complications, and contemporary treatment protocols. **Mr. Faraz Ellam**, Manager Marketing at TKC, extended gratitude to SSGC's medical leadership for hosting this vital knowledge exchange. This initiative reflects TKC's commitment to extending preventive healthcare beyond hospital walls, fostering collaborative partnerships between industry and healthcare for a healthier community.



CONTINUING MEDICAL EDUCATION (CME) & PROFESSIONAL TRAINING: CME SESSION: STRESS INCONTINENCE IN FEMALES BY DR. AYESHA SALEEM, CONSULTANT FEMALE UROLOGIST

A focused Continuing Medical Education (CME) seminar on "Stress Incontinence in Females: Causes & Management in Primary Care" was held at The Kidney Centre.

The session, led by **Dr. Ayesha Saleem**, Consultant Female Urologist, provided an in-depth discussion on the key factors contributing to female stress incontinence and outlined practical, effective management techniques for primary care practitioners. This discourse is part of TKC's ongoing commitment to advancing medical education and enhancing the quality of patient-centered care through continuous professional development.



COMBATING ANTIMICROBIAL RESISTANCE: A LABORATORY-FOCUSED PROTOCOL WORKSHOP

An intensive educational session on Combating Antimicrobial Resistance (AMR) in Kidney Care was conducted in November 2025, with a specialized focus on the pivotal role of infection control and arranged by the Infection Control Department, The Kidney Centre.

The workshop featured **Dr. Farheen Ali**, Consultant Infectious Diseases at NICVD, as the guest speaker. **Dr. Ali** emphasized the critical importance of robust infection prevention and control practices to mitigate AMR, especially among vulnerable renal patients. The session reinforced evidence-based protocols, multidisciplinary collaboration, and strict adherence to infection control guidelines as essential strategies to improve patient outcomes and curb the rise of antimicrobial resistance.



CONTINUING MEDICAL EDUCATION (CME) & PROFESSIONAL TRAINING: GOVERNANCE & SAFETY: GUEST SPEAKER SESSION ON QUALITY & PATIENT SAFETY FRAMEWORKS

The Kidney Centre hosted a distinguished session on "Quality and Patient Safety in Healthcare," featuring **Dr. Ahson Qavi Siddiqui**, CEO of the Sindh Healthcare Commission, as the guest speaker.

Dr. Rashid Jooma, CEO of The Kidney Centre, expressed deep appreciation for Dr. Siddiqui's exemplary contributions in advancing healthcare quality and safety standards across Sindh. The event convened TKC's administrative and clinical leadership, fostering meaningful dialogue on reinforcing systems of excellence and embedding patient-centered care at the core of our operations.



ENHANCING DIAGNOSTIC PRECISION: PHLEBOTOMY & PRE-ANALYTICAL STANDARDS TRAINING

A comprehensive Phlebotomy & Sample Handling Training Session was conducted at The Kidney Centre in collaboration with **S. Ejazuddin & Co.** The hands-on workshop, led by **Mr. Saleem Khan** (Product Manager) and his team, focused on correct blood collection techniques, order of draw, tube selection, biohazard safety, and specialized handling for pediatric, elderly, and difficult cases to minimize pre-analytical errors.

Dr. Izza Hussain, Head of Laboratory & Pathology and Consultant Haematologist, The Kidney Centre graced the occasion, underscoring TKC's dedication to clinical excellence, patient safety, and stringent quality compliance. This initiative reinforces our commitment to ensuring safe, accurate, and reliable laboratory services through continuous professional development.



CONTINUING MEDICAL EDUCATION (CME) & PROFESSIONAL TRAINING: EXTERNAL QUALITY ASSURANCE: PARTICIPATION IN THE NATIONAL MICROBIOLOGY NEQAP*

The Microbiology Section of The Kidney Centre Laboratory actively participates in the National External Quality Assessment Program (NEQAP) to ensure the highest standards of accuracy and reliability in culture and antimicrobial susceptibility testing.

In a demonstration of this commitment, **Mr. Zain-ul-Abedin**, Laboratory Supervisor, represented the TKC Microbiology Department at the National Meeting of NEQAP Participating Laboratories at the National Institute of Health (NIH), Islamabad. The meeting focused on strengthening nationwide quality assurance practices in bacteriology. During the session, Mr. Zain-ul-Abedin received hands-on training in best practices for bacteriological testing and interpreting NEQAP performance using the Z-score scale, further enhancing our laboratory's capacity for standardized analysis and continuous quality improvement.



RECOGNIZING DEDICATION: 25 YEARS' SERVICE AWARD

The Kidney Centre proudly organized a special ceremony to honor two long-serving members of our team in recognition of their **25 years of dedicated service**:

- **Mr. Pervaiz Gayan**, Senior Operation Theatre Coordinator
- **Mr. Asghar Khan**, Dialysis Technician

The ceremony was graced by the presence of **Mr. Adnan Afridi**, Chairman Board of Governors of TKC, **Dr. Syed Saeed Chishty**, Administrator TKC, alongside esteemed board members and **Mr. Muhammad Talha Zeb**, Manager HR. The event celebrated their unwavering commitment, exceptional teamwork, and invaluable contributions, which continue to uphold TKC's core values of excellence and compassionate patient care.



MEET OUR NEW CONSULTANTS

THE KIDNEY CENTRE
دوسکت سینٹر

Meet Our Consultant

DR. MOHAMMAD FAHAD
CONSULTANT
GASTROENTEROLOGIST
MBBS, FCPS (GASTROENTEROLOGY)

Areas of Interest:

- Heartburn
- GERD
- Peptic ulcer disease
- IBS
- IBD (Crohn's, colitis), gallstones
- Constipation
- Diarrhea
- Hepatitis
- Esophageal, Gastric colonic liver and pancreatic cancer

Procedures:

- Endoscopy and colonoscopy
- ERCP
- Band ligation
- Polypectomy
- PEG tube placement

CLINIC SCHEDULE
WEDNESDAY
05:00 PM TO 07:00 PM

197/9, Rafiqi Shaheed Road, Karachi | 021 3566 1000 - 10 | 0301 8237205 | /TheKidneyCentre | kidneycentre.com

THE KIDNEY CENTRE
دوسکت سینٹر

Meet Our Consultant

DR. FARZANA BATOOL
CONSULTANT INFECTIOUS
DISEASES
MBBS, FCPS (MEDICINE & ALLIED),
FCPS (INFECTIOUS DISEASES), MSPH

Areas of Interest:

- Complex and MDR Infections (Bacterial, Viral, Fungal, Parasitic)
- Antimicrobial Stewardship (AMS)
- Infection Prevention & Control (IPC)
- HIV Care (including Opportunistic Infections)
- Hospital-Acquired Infections (HAIs: VAP, CLABSI, CAUTI, SSI)
- Tuberculosis (MDR/XDR TB)
- Emerging and Re-emerging Infectious Diseases
- Vaccination and Immunization
- Fever of Unknown Origin (FUO) Management

CLINIC SCHEDULE
WEDNESDAY
03:00 PM TO 04:00 PM

197/9, Rafiqi Shaheed Road, Karachi | 021 3566 1000 - 10 | 0301 8237205 | /TheKidneyCentre | kidneycentre.com

YOUR HEALTH MATTERS: COMMUNITY AWARENESS INITIATIVE

WORLD DIABETES DAY – HEALTH AWARENESS VIDEO MESSAGE BY DR. RUKHSHANDA JABEEN, CONSULTANT ENDOCRINOLOGIST.

This World Diabetes Day, **Dr. Rukhshanda Jabeen, Consultant Endocrinologist**, shares vital insights on managing health and maintaining productivity at work. As a leader in comprehensive care for four decades, The Kidney Centre empowers individuals through expert screening, diagnosis, and personalized diabetes management.

Diabetes is manageable with awareness and the right support. We urge everyone to take proactive steps toward their well-being.

To watch the video message from **Dr. Rukhshanda Jabeen**, please scan the QR code below.



THE KIDNEY CENTRE'S COMPREHENSIVE VASCULAR ACCESS SERVICE REVOLUTIONIZES RENAL CARE

FEATURE ARTICLE BY DR. BILAL MASOOD KHAN, CONSULTANT UROLOGIST, VASCULAR ACCESS AND TRANSPLANT SURGEON

The Kidney Centre has become a centre point for renal failure treatment. Dialysis remains the mainstay of treatment for the majority of these patients. With the state-of-the-art dialysis centre already in place, the thing missing from the armamentarium of The Kidney Centre Hospital was a vascular access service.

With most of these patients already drained financially from the burden of the disease, these procedures are offered at well-discounted welfare prices to everyone and anyone.

The requirements for the creation of an arteriovenous fistula range from a basic 45-minute procedure to more complex surgeries requiring 3 to 4-hour-long procedures. Procedures like basilic vein transposition, femoral vein transposition, translocation, and AVBG, which were not done in good numbers at other centres because of the high cost and complexity attached to them, are now being offered at The Kidney Centre Hospital.

For the troubleshooting of faults and malfunctioning of these fistulas, fistula salvage surgeries and fistula refashioning surgeries are also offered at The Kidney Centre hospital. These are essential for patients as it allows them to continue their dialysis through the fistula without needing a catheter to be put in.

Vascular access service is another Feather in the cap of The Kidney Centre Hospital. I believe that increasing the spectrum of urologists to deal with access problems as well will result in creating more manpower and will help in solving the issue of this patient population.



AV fistula salvage and repair procedures	
AVF ligation/pseudoaneurysm	60
Outflow Refashioning	24
Inflow Refashioning/ Patch Plasty	29
Venography Venoplasty	377
Thrombectomy	60
Permcath Insertion	340
Total	890

AV Fistula formation procedures	
AV fistula LA	875
BVT second stage	89
BVT single stage	15
Superficialization	8
SFVT	10
SFV translocation	11
AV fistula GA	15
AVBG using PTFE graft	3

WELFARE PROGRAM

UPDATES & STATS

During the fourth quarter (**October to December 2025**), with the help of our generous donors, well-wishers, and philanthropists, The Kidney Centre provided essential treatment to thousands of patients, spending over **PKR 273 million** on patient welfare. For patients who are unable to afford treatment, TKC offers comprehensive renal care either free of charge or at highly subsidized rates. All donations received through Zakat and Charity are strictly utilized to support underprivileged patients in need. At The Kidney Centre, we firmly believe that access to quality healthcare is a basic human right, and this belief continues to guide our mission of serving humanity. Below is the welfare support extended to deserving patients during Q4 (October–December 2025):

Services	Amount in PKR
Free Filter Clinic	14,849,390
Dialysis Sessions	77,885,400
Diagnostic Procedures	56,193,764
Surgeries	93,976,438
In-Patients (Nephrology)	29,455,759
Lithotripsy Sessions	1,211,700
Total	273,572,451

TKC ensures that your donations are used with the utmost transparency and efficiency, and remains dedicated to serving humanity. Your continued support empowers us to bring meaningful change to countless lives. Together, we are shaping a healthier, brighter future.

To support The Kidney Centre's mission, please visit: www.kidneycentre.com



EXPERIENCE EXCELLENCE IN HEALTHCARE SERVICES



Services Offered at TKC

- **Primary Dialysis Unit**
Cutting-edge unit with 64 dialysis machines.
- **Executive Dialysis Wing**
Private cubicles with TV, internet and attendant area.
- **Nephrology & Urology Services (Adult & Paediatrics)**
State-of-the-art therapies for Kidney and Bladder diseases.
- **Cardiology Services (Adult & Paediatrics)**
Non-invasive procedures including Echocardiography, Stress Testing, Paediatrics Echo Services, Coronary CT Angiography and Coronary Calcium Scoring Test.
- **Gastroenterology Services (Adult & Paediatrics)**
Endoscopy, Colonoscopy, and more.
- **Advanced Laboratory Services**
ELISA testing and automated analysers.
- **Radiology Services**
CT Scan, Ultrasound, and X-ray facilities.
- **In-Patient Services**
Modular OT, ICU, HDU, Transplant Bay, Deluxe Rooms, Private & Semi Private Rooms, and General Ward.
- **24/7 Services**
Emergency, Laboratory, X-ray & Pharmacy.

Specialities

- Nephrology (Adult & Paediatrics)
- Kidney Transplant
- Urology (Adult & Paediatrics)
- Female Urology
- Uro-gynaecology
- Cardiology
- Gastroenterology (Adult & Paediatrics)
- Endocrinology
- Haematology
- Pulmonology
- Neurology
- General Surgery (Adult & Paediatrics)
- Vascular Surgery
- Neurosurgery
- Infectious Diseases
- Physiotherapy
- Nutrition
- Free Renal Screening Clinic
- Free Eye Clinic (Courtesy of LRBT)