



AHS-NEWSLETTER

Volume 2

Second Edition

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NEWS!

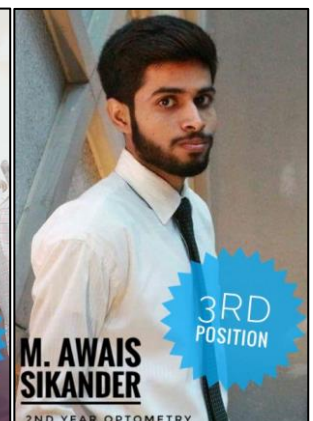
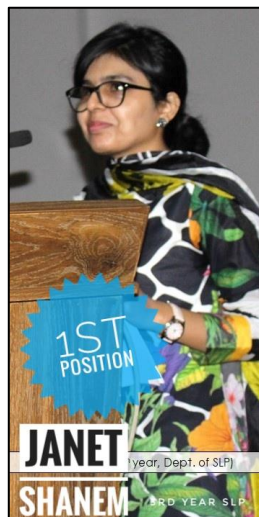
RESULTS – 2018 (UHS POSITION HOLDERS)

Students of Department of Nutrition, Speech & Language Pathology and Optometry and Orthoptics got positions in UHS with distinctions.

**BE
HUMBLE**
ENOUGH TO BE COACHABLE

**BE
CONFIDENT**

ENOUGH TO
**DOMINATE
YOUR
POSITIONS**



These students achieved this by their hard work, guidance, effort, support and help of their teachers.

Rashid Latif Institute of Allied Health Sciences

Organized Pre-conference workshop on Meta-Analysis

Keeping in view, the importance of research, RLIAS organized a workshop on Meta-analysis- Introduction and its application.

The Principal of Rashid Latif Medical College, **Professor Dr. Tahir Masood** was the honorable Chief Guest of this event and was also the person give the inaugural address to the participants of the workshop. The Principal of Rashid Latif Institute of Allied Health Sciences, **Professor Dr. Rizwana Muzaffar** gave the

welcome address as well as the overview of the workshop to the attendees.

Speaker was **Dr. Muhammad Asif Ali, Senior Lecturer at University of Veterinary and Animal sciences (UVAS)**. He explained the true meaning of meta-analysis, its importance in research and also presented his work on meta-analysis. **Prof. Dr. Farrukh Zaman** gave the concluding remarks. This workshop proved to be a success as several students and young researchers who attended the event gave positive remarks related to it.



Professor Dr. Rizwana Muzaffar, giving the welcome address and overview of the workshop to the attendees.



Dr. Muhammad Asif Ali, delivering a comprehensive lecture on Meta-Analysis



Prof. Dr. Farrukh Zaman, giving the concluding remarks.

Professor Dr. Tahir Masood, Chief Guest, addressing the audience.



5th Annual National Conference

Like previous years, 5th Annual Conference was also a huge success. This conference was conducted with aim to encourage research, collaboration and promote professional interaction.

THEME

*Transformation of Allied Health
Practices towards Excellence*

(A Multidisciplinary team approach)

Two days conference officially began on 17 April 2018 and continued till 18 April 2018. Professor Dr. Tahir Masood, Principal of Rashid Latif Medical College, was

the honorable Chief Guest of the conference. Professor Dr. Almas Begum, Vice Principal of Rashid Latif Medical College, was the guest of honor at the conference.

The second day of the conference was completely devoted to the various disciplines of Allied Health Sciences.

Participants from several universities across the country such as Pakistan Institute of Medical Sciences (PIMS), King Edward Medical University (KEMU), ShaukatKhanum Memorial Cancer Hospital (SKMCH), University of Sargodha (UOS) and many more presented their research work to the attendees of the conference.

The honorable chairperson of the session was Dr. Muhammad Sanaullah, Assistant Professor, Department of Food Sciences, University of Veterinary and Animal Sciences (UVAS). And the esteemed co-chairperson was Dr. Muhammad Sikander Ghayyas Khan, Assistant Professor, RCRS, Riphah International University.



ANNUAL
NATIONAL
CONFERENCE

Some of the researchers that gave presentations of their work included Dr. Asher Isaac from Pakistan Institute of Medical Sciences, who presented his research related to the field of Nutrition, Miss Safa Pervaiz from King Edward Medical University, presented her research in the field of Speech and Language Pathology, Miss Zunaira Rasheed from Shaukat Khanum Memorial Cancer Hospital, presented her work in the field of Medical Imaging technology.



Dr. Asher Isaac (PIMS)

Mr. Muhammad Yousaf (UOS)

Ms. Safa Pervaiz (KEMU)

Ms. Zunaira Rasheed (SKMCH)

Dr. Muhammad Sanaullah (UVAS)
receiving souvenir from Prof. Dr.
Rizwana Muzaffar (Principal RLIAHS)

Dr. Muhammad Sikandar Khan,
(RIU) receiving souvenir from Dr.
Rehana Niazi (Principal RLCP)

The conference received great reviews from the attendees who said that they learnt a lot of important information through this platform and promised to attend such conferences in the near future too.

NEWS!

MERAKI



*'Art speaks where words
are unable to explain'*



Rashid Latif Medical College arranged an event "MERAKI" to promote art on 11th May, 2018. Students of Rashid Latif Medical College and from different colleges also participated in this event. Event included many categories like live sketching, art exhibition, and calligraphy and drama directory.

Ayesha Bakhtawar, student of 2nd year Optometry & Orthoptics participated in live sketching and drew a fabulous picture on the theme of 'My dream City'. Meraki was the great enjoyment for the medical students during their tough studies.

DEPARTMENT OF *SPEECH* — AND — *LANGUAGE* *PATHOLOGY*

ORGANIZED AN ACTIVITY

On 19th July 2018

Department of Speech and Language Pathology organized an activity for the participants Youth leadership program 2018. The participants were given an introduction to clefts of the lip and palate, its types and then shown patients with cleft lip and palate who were scheduled for their surgeries at Arif Memorial Hospital. The students were instructed on how to take histories of cleft lip and palate patients and also how to assess the speech of such patients. A hands-on training of how to make an Oral Motor Mechanism Examination (OMME) was also part of the activity. Under the

supervision of qualified SLPs of RLIAHS and Arif Memorial Hospital, pupils were guided on how to make accurate phonological and articulation assessments as well.

The members of the programme partook enthusiastically in the session and praised the organizers for arranging it. This served as a great learning experience for the students and broadened their horizons regarding this field. They said that this was a very informative session that would help them a lot in the future.

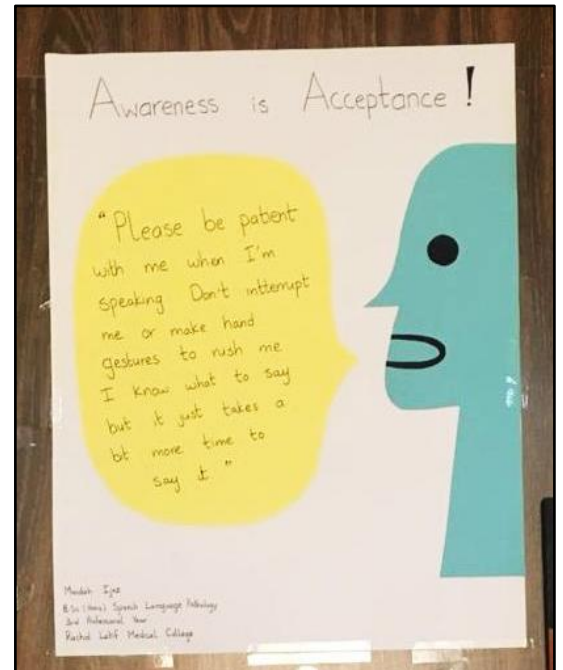


POSTER COMPETITION ON STUTTERING AWARENESS

Students of SLP participated in Poster competition on Stuttering Awareness, arranged by NUR International University, Lahore. **Noor e Fatima, student of Department of SLP, RLMC got the 2nd position.** Students from different institutes of Lahore participated in this competition such as King Edward Medical University, University of Lahore and Riphah International University. **Three posters from RLMC were included in the competition made by Janet Shanem (SLP 4th year), Maidah Ijaz (SLP 3rd year) and Noor e Fatima (SLP 1st year).**

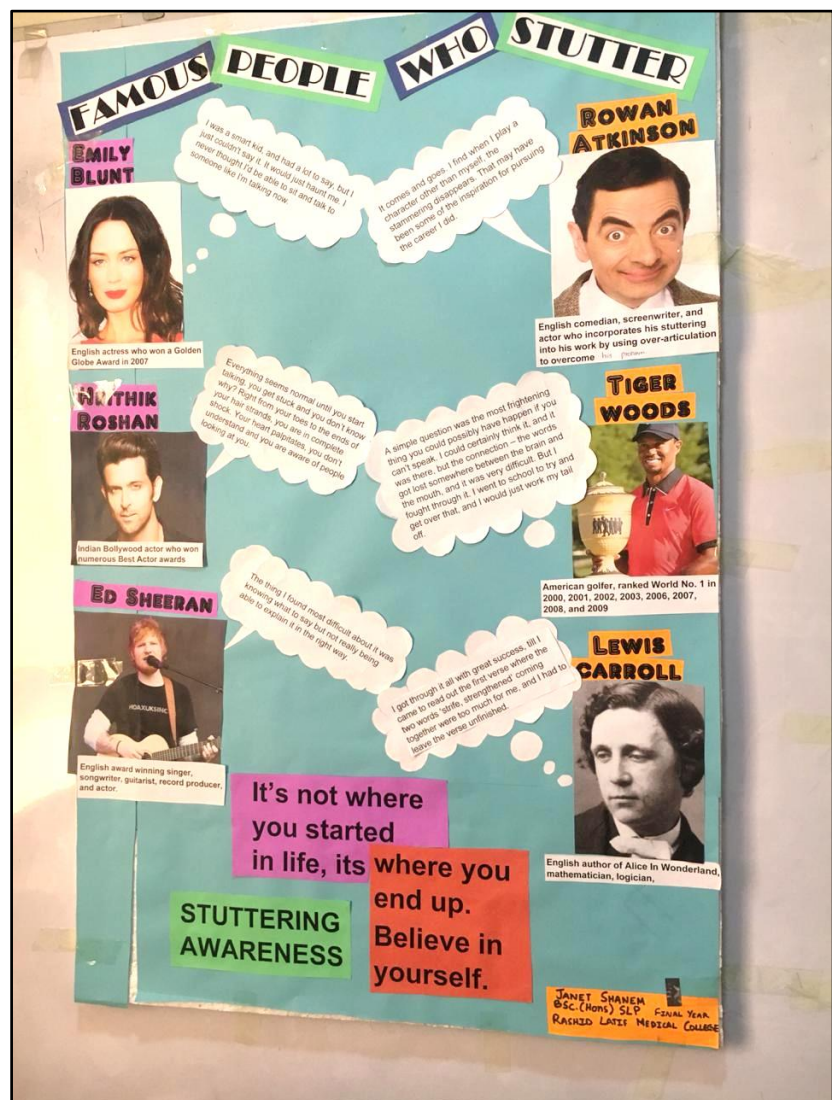


Noor-e-Fatima (Got 2nd Position)



Maidah Ijaz

Janet Shanem



DEPARTMENT OF

On 26th July 2018

NUTRITIONAL SCIENCES

ORGANIZED

NUTRITIONAL
ASSESSMENT

CAMP

This camp helped students to learn about nutritional science, its importance and scope in different health services fields, furthermore they were taught about the different techniques, tools and methods for assessing nutritional status. Students learned about importance of healthy body weight and learned the methods to determine their BMI, ideal body weight, Mid upper arm

circumference and waist to Hip ratio. Students participated in the above-mentioned activities with whole heartedly and actively. Their positive and learning attitude facilitated them to learn all the new techniques and methods to assess their own nutritional status, of their peers and of their family members.

NEWS!

FACULTY TRAINING WORKSHOP

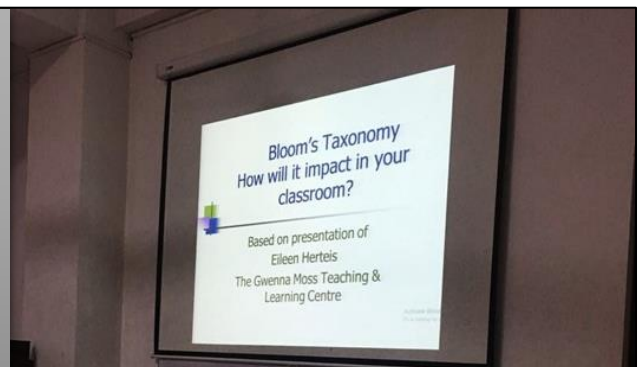
*“Teachers are the **most responsible and important** members of society because their professional efforts affects the fate of the earth.”*

Faculty training is essential for excellence in academics. Rashid Latif Institute of Allied Health Sciences is very keen in training its faculty members. Recently, institute arranged a one day workshop for its faculty on **“Developing vision, mission and objectives”**. Along with the RLIHS’ faculty members, faculty from other departments of Rashid Latif Medical College also attended the workshop. Program of the workshop was

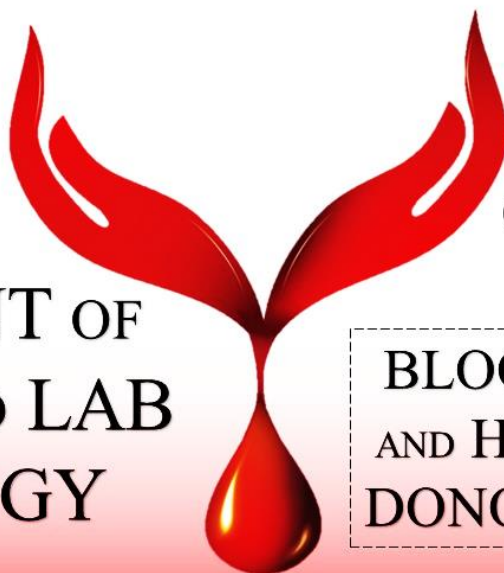
consisted of two sessions. In first session, after introduction of the facilitator Dr. Mussarat and the participants, a very precise yet comprehensive lecture was given. While in second session, a group activity was performed to provide hands on training on developing objectives followed by group presentation and discussion. Institute is hoping to arrange such workshops very frequently.



FACULTY
TRAINING
WORKSHOP



DEPARTMENT OF MEDICAL AND LAB TECHNOLOGY



ORGANIZED ACTIVITY

BLOOD TRANSFUSION AND HEALTHY LIFE FOR DONOR AND RECIPIENT

This activity was arranged as an important part of training for the students in '**Student Leadership Programme**'. In this programme O and A level's students participated from different schools.

Blood Transfusion is an indispensable component of health care as it contributes in saving millions of lives each year. Blood Transfusion face a dual

challenge of ensuring both a sufficient supply and the quality of blood and blood products. HIV/AIDS pandemic focused the world's attention on blood transfusion as a significant route of HIV/AIDS and also other blood borne diseases like Hepatitis B and C, Malaria, Chagas disease, etc. This camp is designed to raise awareness of these issues in students and laboratory staff. In this participants learned about Needs of blood transfusion, blood and blood products, donor selection criteria and most important the screening of blood for different infectious diseases. A brief demonstration of the whole process was given to the participants.

With the help of that kind of activities we can help our community by giving them a safe blood transfusion and lowering the ratio of blood borne diseases.



The blood you donate gives someone
another chance at life.

GIVE THE GIFT OF LIFE
DONATE BLOOD





DEPARTMENT OF OPTOMETRY AND ORTHOPTICS

STUDENTS LEADERSHIP PROGRAM

Department of Optometry & Orthoptics of Rashid Latif Institute of Allied Health Sciences conducted a workshop on visual acuity assessment for participants of student leadership program 2018. A lecture was delivered by Dr. Kalsoom Ijaz in which she highlighted the importance of History taking of a patient, visual acuity, visual acuity charts, procedure and documentation of visual acuity. Then, students were taught practically about how to record distant and near vision.



CLINICAL ROTATIONS

Rashid Latif Institute of Allied health sciences arranged one week clinical rotation for 3rd year Optometry and Orthoptics students at Jinnah hospital Lahore from 30th July, 2018 to the 3rd of August, 2018. The objective of the clinical rotation was exposure of students to the manifold patients, all diagnostic instruments and tertiary health care system under government. The rotation was conducted under supervision of one of our faculty member Ms. Fatima Zahid. Premier two days included practice of diagnostic procedures of eye like FFA, OCT, Tonometry and Perimetry. Last three days embodied with orthoptic assessment, autorefraction and subjectiverefraction.



It was the best illustration for the students of Optometry and Orthoptics as it allowed them to observe and diagnose various diseases. Moreover it helped a lot in experiencing the system and working methodology at a government hospital.



FREE EYE CAMP

One week free eye camp was arranged at Arif Memorial Hospital. In this camp whole department perform free eye surgeries and examination with completely free medication and lab tests.



Schedule of ocular assessment for a normal person

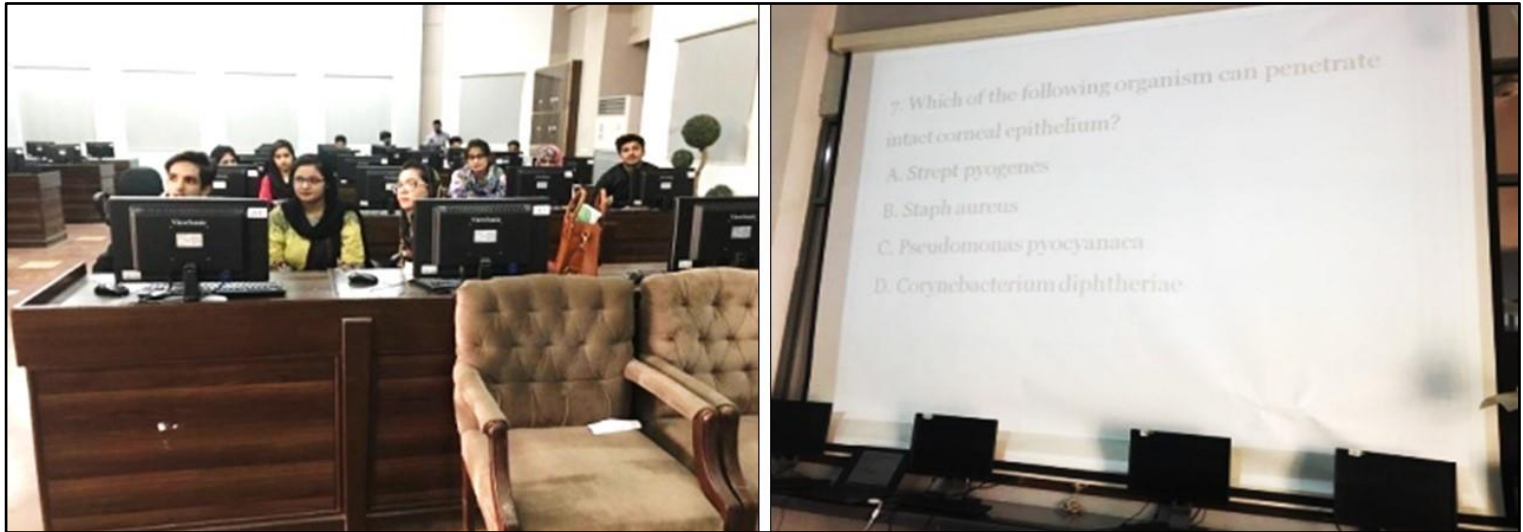
Age	Checkup Schedule
At one year	Once
In preschool children	Once
At puberty	Once
At age 19 to 40	At least every 10 years

Contd.

At age 41 to 55	At least every 5 years
At age 56 to 65	At least every 3 years
Over age of 65	At least every 2 years

QUIZ COMPETITION

On 6th August 2018, Quiz competition of 2nd and 3rd year Optometry was held in college campus. This competition was organized by Ms. Kalsoom Ijaz and Ms. Fatima Zahid. Four teams had participated in this quiz completion. This quiz consists of two rounds. First round was conducted by Ms. Fatima Zahid. In first round Team 'D' was on the lead with 7 out of 10 while Team 'A' & 'C' scored 6 out of 10 and team B scored 5 out of 10. Then a tie breaking question was asked by Team 'A' & 'C' which was won by Team 'A'. The second round was played between Team 'D' and 'A'. Ms. Kalsoom Ijaz had prepared 12 questions for each team of this round. Team 'D' won this competition by scoring 7 out of 12. Members of Team 'D' include Hafiz Danish Ibraheem and Uraiba Mustaqeem from 3rd year and Ayesha Bakhtawar from 2nd year Optometry & Orthoptics.



Independence Day, 14th August

Rashid Latif Institute of Allied health sciences celebrated Independence Day. Students presented skits and sang the national songs paying tribute to all those who sacrificed their lives for the country we have today. Ceremony was concluded by cake cutting and a special prayer for the betterment of the country.

The event ended with shouts of **PAKISTAN ZINDABAD** and prayers for the country to keep developing and asking Allah almighty to keep it under his protection as long as humans thrived on the planet.



UPCOMING EVENTS

School Screening
camps

1st National
Laboratory
Medicine
Symposium

3rd Student's
National
Conference

Orientation of
new batch 2019