

Pakistan Society of Emergency Medicine is a permanent Member of "International Federation of Emergency Medicine"

Inaugural Excellence in EMERGENCY Care Course **cHALO**

SMBBIT - Karachi 10th to 11th October



PSEM & CPSP to Conduct EMERGENCY CARE COURSE

A significant event in the field of emergency medicine is set to take place this October on 10th and 11th at **Shaheed Mohtarma Benazir Bhutto Institute of Trauma (SMBBIT) Karachi**, as national and international emergency physician come together for

an exclusive Emergency Care Course. This course promises to be a pivotal opportunity for medical professionals to learn, collaborate, and exchange expertise, ultimately strengthening emergency healthcare systems worldwide.

The course, organized by Pakistan Society of Emergency Medicine and College of Physicians and Surgeons Pakistan which will offer a platform for emergency physicians from diverse backgrounds to enrich their knowledge and skills in providing critical care during emergencies. Here are some key highlights of this upcoming event:

Global Collaboration for Enhanced Emergency Care:

Multinational Participation: The Emergency Care Course has attracted emergency physicians and healthcare experts from various countries, fostering international knowledge sharing and collaboration.

Comprehensive Curriculum: Participants can expect an extensive curriculum that covers a wide spectrum of topics such as trauma care, disaster response, advanced life support techniques, and the latest advancements in emergency medicine.

Hands-on Training: Practical workshops, simulations, and case studies will be an integral part of the course, enabling attendees to gain hands-on experience in various emergency scenarios.

Expert Faculty: Renowned emergency physicians, trauma specialists, and disaster management professionals will lead the course, providing insights and expertise from their diverse experiences.

Networking Opportunities: In addition to the classroom sessions, the event offers ample networking opportunities, allowing participants to exchange experiences, build professional relationships, and establish international collaborations.

Certification: At the conclusion of the course, attendees will receive certification and CME points by **DOW University of Health Sciences (DUHS)**, attesting to their successful completion of the program, which will be recognized globally.

The Emergency Care Course will not only empower emergency physicians with the knowledge and skills to handle complex

cases but will also contribute to the establishment of a global network of medical professionals dedicated to emergency care.

PSEM & CPSP has a strong commitment to improving healthcare globally, and this course reflects their dedication to providing high-quality education for emergency care professionals. With the collective knowledge and expertise of emergency physicians from various corners of the world, this event aims to advance the field of emergency medicine and ultimately enhance patient care during critical situations.

The October Emergency Care Course is a testament to the global medical community's dedication to saving lives, and it promises to be a remarkable and transformative experience for all attendees.

By: **PSEM Admin**

EDITOR'S CAUSERIE

EMERGENCY MEDICINE AT CROSSROAD

Emergency Medicine is a reality in Pakistan. We are well into second decade of EM in Pakistan. The contribution of plenty of doctors has brought us to this point. The theory exam of FCPS part II have seen 26 trainees appearing in the exam and that was the highest of the present times and all history of Emergency Medicine. This has the potential to create a significant workforce now in Pakistan and thus improving the Emergency Care due to their presence in the Emergency Departments across Pakistan. The physician demand in the world is not going away for now, but our pace of creating trained doctors is tilting towards more doctors staying in Pakistan in future.

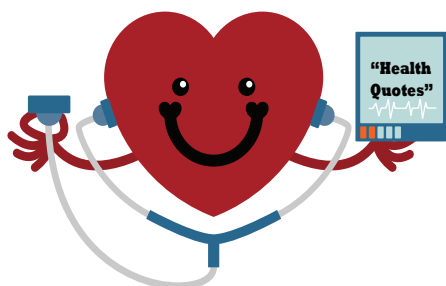
On the EM front in Pakistan, there are more things happening which are geared towards increasing the caliber of the doctors and nurses working in the Emergency Department. Whether it be the CPSP training program or MD/MD programs of various universities. It also includes certification programs of different collaborations. These collaborative programs offer real value for people already working in the Emergency Department across Pakistan and are not part of any training. With these programs doctors working in far away areas from big cities can learn emergency medical treatment and develop competence.

Our collective vision is to enhance all efforts to increase the caliber of doctors and nurses working in Emergency Department and thus improve the care provision in Emergency Department. Future looks bright due to the efforts of the pioneers and with increasing number of trained doctors now it can look a smooth road forward only if the power corridors in Pakistan act quickly in this respect so the trained doctors should not leave the country for lack of opportunities in job market. This moment defines the future of Emergency Medicine in Pakistan and would convey the message to young doctors and nurses about their future in Pakistan.



By: **Dr. Abdus Salam Khan**

"HEALTH QUOTES"



"A HEALTHY OUTSIDE STARTS FROM THE INSIDE." -Robert Urich



"LOOKING AFTER MY HEALTH TODAY GIVES ME A BETTER HOPE FOR TOMORROW." Anne Wilson Scheaf



"HEALTH IS THE SOUL THAT ANIMATES ALL THE ENJOYMENTS OF LIFE, WHICH FADE AND ARE TASTELESS WITHOUT IT." Lucius Annaeus

PSEM NEWS FEED

Keeping you Informed



FIRST INTERNATIONAL “PAK TRAUMACON 2023”.

ORGANIZED BY SHAHEED MOHTARMA BENAZIR BHUTTO INSTITUTE OF TRAUMA (SMBBIT)



This exclusive conference on ‘Traumatology’ from 25 to 28 May, 2023, at Hotel PC, Karachi, Pakistan, was based on trauma issues & its management as a completely specialized multi-specialty collective domain.

The scientific sessions were compartmentalized into different anatomical regions instead of individual specialties to cover management aspects under one roof & to promote multidisciplinary team (MDT).

The theme of the conference was “Trauma Care Challenges; The Way Forward in a Digital Era” to bridge the gaps faced in our clinical practices leading to address the future directions.

Core Management comprised of: Chief Patron - Dr. Azra Fazal Pechuho, Patron - Prof. M. Saeed Quraishy, Chairman Organizing Committee - Prof. Anisuddin Bhatti, Co-Chairman Organizing Committee - Prof. Shahriyar Ghazanfar, Organizing Secretary - Executive Director SMBBIT, Dr. M. Sabir Memon.

Scientific Committee remained the most important body and its hard work has played a major role in the success of Pak TraumaCon 2023. It was Chaired by Prof. S. Shahid Noor, and he was supported by the Co-Chair - Prof. Shahjahan Katpar, Dr.

Syed Akmal Sultan had the important role of Secretary.

Sixteen Pre-Conference Workshops were organized between 17th & 25th May, 2023, to provide the skills training to the doctors. This program had been a huge success in the context of organization, knowledge sharing, skills development, quality and attendance.

Renowned Clinicians and academicians, especially from the field of Traumatology and allied specialties along with the healthcare administrative departments, business faculty and government officials attended the opening ceremony.

The scientific sessions was divided into Plenary Session and Regional Session and were organized simultaneously in two conference rooms. Panel Discussion were on Trauma Anaesthesia Conundrums and Facial & Neck Trauma

Session Themes were:

- **Trauma Prevention & Pre-Hospital Care**
- **Disaster Management**
- **Acute Trauma Management & Emergency Medicine**
- **Trauma Anesthesiology, Critical Care & Infectious Disease**
- **From Evidence to Impact: Codesigning Trauma Care for the Future**
- **Trauma Registry: to Facilitate Research & Education**
- **Neuro-Spinal Trauma**
- **Chest Trauma**
- **Pelvic & Limb Trauma**
- **Facial & Neck Trauma**
- **Abdominal & Pelvic Trauma**
- **Functional Rehabilitation & Emotional Wellness**

The highly anticipated Gala Night at the Pak TraumaCon 2023 conference was nothing short of a resounding success, leaving attendees with unforgettable memories and a profound sense of unity within the healthcare community.

Closing ceremony was held on the evening of 28th May 2023. Chief Guest was Dr. Sohail Rajput - Chief Secretary Government of Sindh. Chairman Scientific Committee, Prof. S. Shahid Noor, Chairman TraumaCon, Prof. Anis Uddin Bhatti, Executive Director of SMBB Institute of Trauma also gave their speeches and highlighted the clinical and academic importance of trauma care and Traumatology. The Chief Guest was presented with TraumaCon Shield.

TraumaCon will be a regular annual feature in regional medical conferences calendar. The event was concluded over an informal social interactive session.

STROKE AND CERVICAL TRAUMA MANAGEMENT ONE DAY TRAINING AT SIALKOT



Amidst the dynamic backdrop of Khwajah Muhammad Safdar Hospital in Sialkot, a remarkable one-day training event unfolded on 'Stroke and Cervical Trauma Management', a joint effort of the Pakistan Society of Emergency Medicine, the Pakistan Society of Neurology, and 1122. The event's core objective was to empower the participants with the knowledge and skills essential for becoming proficient first responders in the domain of trauma care. Through a meticulously organized blend of theory and hands-on practice, led by the Emergency Specialist, Dr. Adeela Irfan, the participants were immersed in the art of efficiently handling critical medical cases that not only deepened their understanding but also heightened confidence, arming them with the ability to respond swiftly to life-threatening emergencies. With this newfound knowledge and expertise, the participants stand ready to make a profound impact in the world of trauma care, prepared to be the heroes who rise to the occasion when lives hang in the balance.

“CROSSING ANOTHER MILESTONE”

DR. IMMAD QURESHI BECOMES LEAD EXAMINER FOR MRCEM OSCE

Dr. Immad Qureshi, an eminent medical professional, has achieved a remarkable milestone in his career, and in doing so, he's made his homeland proud. Dr. Qureshi has been appointed as a lead examiner for the MRCEM OSCE (Membership of the Royal College of Emergency Medicine Objective Structured Clinical Examination), an honor that not only recognizes his dedication to the field but also underscores his commitment to medical education.

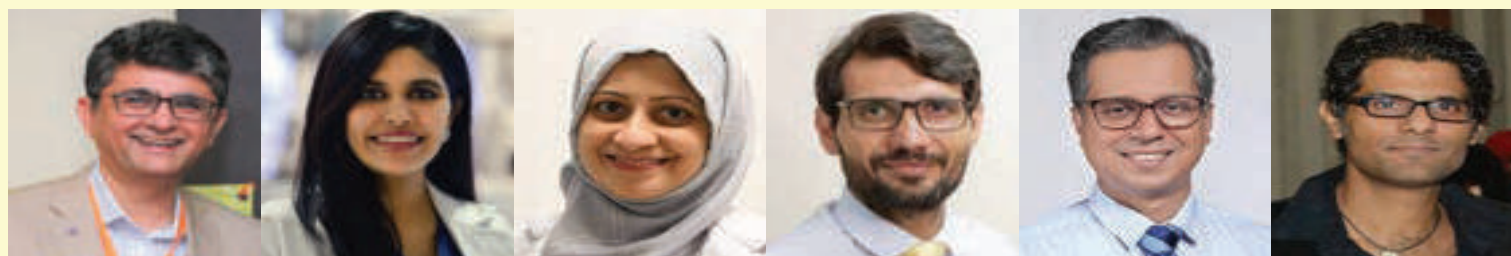
What makes this achievement all the more exceptional is that Dr. Immad Qureshi is the first individual of Pakistani origin to hold the esteemed position of a lead examiner for the MRCEM OSCE. This milestone represents a significant step forward, not only for Dr. Qureshi but also for the broader medical community in Pakistan. It serves as a shining example of the immense talent and expertise that the country has to offer to the world of medicine.

Dr. Qureshi's appointment as a lead examiner is a reflection of his outstanding medical knowledge, his years of dedication to the field, and his passion for educating the next generation of medical professionals. He brings a wealth of experience to this role, and his contributions are expected to have a lasting impact on the MRCEM examination and the future of emergency medicine education.

Congratulations to Dr. Immad Qureshi for this well-deserved honor!



PAKISTANI ORIGIN EMERGENCY PHYSICIANS WITH AMERICAN COLLEGE OF EMERGENCY PHYSICIANS



We are incredibly proud and honored to share some exciting news with you all – our exceptional team of Emergency Physicians has been recognized with the prestigious Ambassador Liaison Award from the American College of Emergency Physicians (ACEP) from Pakistan. This distinguished accolade signifies the remarkable dedication, commitment, and expertise that our physicians consistently bring to the forefront of patient care and community outreach. It is a testament to their unwavering efforts in promoting excellence in emergency medicine and furthering our mission of delivering top-tier healthcare services.

Dr. Junaid Razzaq as LEAD AMBASSADOR and Dr. Sara Andrabi with Liasons Dr. Omar Abbas Ahmed Malik, Dr. Saima Ali, Dr. Syed Ghazanfar Saleem, Dr. Shahan Waheed and recently added Dr. Asad Mian.

They have long been at the forefront of advancing the field of emergency medicine, and their outstanding contributions have not gone unnoticed. The ACEP Ambassador Liaison Award, a symbol of excellence and leadership in emergency medicine, highlights their role as ambassadors of compassionate care, education, and innovation within our community. Their tireless work in building relationships, fostering collaboration, and enhancing the quality of care we provide is not only commendable but also crucial in ensuring the well-being of our patients.

This recognition serves as a reminder of the dedication and expertise that our Emergency Physicians bring to their roles every day, ensuring that we maintain the highest standards of care and support for our patients. We are profoundly grateful for their ongoing commitment to excellence, and we look forward to the continued positive impact they will have on emergency medicine and the health and well-being of our community. Join us in celebrating this remarkable achievement and in thanking our outstanding team of Emergency Physicians for their exceptional contributions to our organization and the field of emergency medicine.



DEALING WITH DIFFICULT ATTENDANTS IN EMERGENCY ROOM: A GUIDE FOR EMERGENCY PHYSICIANS AND HEALTHCARE PROVIDERS

In the stressful environment of emergency room, emergency doctors often face poor performance not only in providing care but also in dealing with emotionally troubled and behaviorally anxious or aggressive attendants of patients. These are often the patient's family or friends, and they can be emotional, irritating, or destructive. Managing such situations with professionalism and common sense is crucial to providing patients with the best possible care and ensuring the safety of everyone involved.

Attendants play an important role in the care of affected individuals, providing emotional support and important research information to medical professionals. Their presence may instill confidence in victims, but their reactions to disaster are different. While some attendants remain calm and cooperative, others may become frustrated or out of control. Mastering this transition is the first step to succeeding on a difficult server.

Empathy and Active Listening is another pivotal tool in dealing with such tensed situations in emergency room. One of the most important skills when dealing with a difficult attendant is compassion. Doctors need to voice their problems, express their fears and concerns. Many times attendants become frustrated and do not want to speak up. By acknowledging their feelings, doctors can build consensus and deescalate the situation. Keeping this as a tool, effective communication is yet another important skill to overcome such environment, clear and understandable advertising is very important. Physicians should provide information about the patient's condition, treatment and diagnosis. Do not use medical jargon and explain in simple and understandable language. Transparency reduces tension and distrust. Make sure attendants understand the hospital's policies, such as travel time and space restrictions. In some cases, limiting the number of participants in the treatment room may be important to keep the treatment safe and efficient.

Some tension Relief Techniques may help, these include speaking in a positive tone, maintaining a non-threatening stance, and offering more options than just ordering. Qualified security personnel are also ready to assist if the situation escalates.

Understanding the signs of burnout: Doctors themselves can experience burnout due to the stress of dealing with difficult patients or attendants. It is important to understand the signs and symptoms of burnout and seek guidance. Regular debriefing sessions and peer support can help to reduce the emotional burden of these difficult situations. Documentation of the event is also very crucial, If the patient's behavior becomes difficult, doctors must keep accurate records of the event. This information is important for future use and the safety of all doctors and patients.

The Role of Administrators:

Health care administrators play an important role in supporting healthcare providers when dealing with difficult patients or attendants. They can:

Design Policies and Procedures: Healthcare administrators can develop and implement policies and procedures to solve complex problems. This includes defining the roles and responsibilities of support staff, security personnel and floor supervisors.

The role of security in reducing tension:

When an attendant is anxious and aggressive, security personnel can be an asset.

Security personnel are trained to ensure the safety of everyone in the hospital. They can use their presence to prevent aggressive behavior and thus de-escalate the situation. Security professionals are trained in conflict resolution and de-escalation techniques. They can moderate wait staff arguments and guide them to better behavior. They can serve as a bridge between attendants and medical professionals. They can send questions and requests and encourage effective communication.

Security personnel are responsible for enforcing policies, including visitor restrictions and visitor behavior. This role helps maintain management and security in the hospital.

Conclusion: Dealing with difficult attendants in emergency situations is part of the medical profession. While this can be difficult, it is also an opportunity to be compassionate, professional, and able to manage stressful situations. By applying courtesy, open communication, and problem-solving strategies, healthcare professionals can provide a safe and supportive environment for all patients and their attendants, ultimately improving the quality of emergency care.

By: Ali Hassan

TRAINING IN *EMERGENCY* *MEDICINE*

In the halls of the ER, a journey begins, A path to saving lives, amidst chaos and din, Brave souls embark on a training so tough, To become heroes in scrubs, resilient and rough.

From the first day of residency, a steep uphill climb, Learning the intricacies of medical rhyme, Navigating through cases, diverse and demanding, Mastering skills, the foundation expanding.

They study the textbooks, long into the night, Finding solace in coffee, to battle sleep's fight, Diagnoses unraveled, puzzles to solve, In the realm of Emergency Medicine, they evolve.

They witness the heartbreak, the joy and the strife, Holding hands of the injured, breathing hope into life, They learn to remain calm, amidst chaos and fear, Guiding patients through storms, their voices clear.

With every shift, they face the unknown, Adapting swiftly, as skills continue to grow, Knowing that an instant can change someone's fate, Emergency Medicine, a profession innate.

In the midst of tragedy, they find rays of light, A patient's grateful smile, an embrace so tight, Their perseverance is tested, their resolve put to flame, Yet they rise above, transcending any acclaim.

And as their training comes to an end,

They stand tall, ready to defend,

Armed with compassion, knowledge profound, Emergency Medicine, their calling resound.

So let us honor the heroes, the trainees so brave, Who navigate the storm, the lives they save, In Emergency Medicine, they shine so bright, Guiding us through darkness, a beacon of light.

By: Dr. Aftab Ahmad

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