

“REVITALIZING LIFE”
NEWSLETTER
2025 ISSUE

Tabba  **Kidney**
Institute
POST GRADUATE TRAINING & RESEARCH CENTER



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30

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Mr Mohammad Ali Tabba
Chairman

“Tabba Kidney Institute is committed to provide quality renal healthcare services, develop healthcare professionals through structured educational programs, and aims to become a center of research par excellence to prevent and cure renal-related diseases.”

A handwritten signature in black ink, consisting of stylized initials 'M' and 'A' with a horizontal line through them.

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FROM THE COO'S DESK



I have had the privilege of serving at Tabba Kidney Institute for nearly two decades, and throughout this time, I've witnessed remarkable and continuous growth. This growth is not only reflected in our increasing patient capacity but also in the expanded range and depth of the services we offer. From top-tier diagnostic services to cutting-edge surgical prowess, including advanced treatments like laparoscopy with 3D imaging on 4K resolution and high-voltage lasers, to the most sophisticated hemodialysis available in Pakistan.

I am confident that Tabba Kidney Institute stands unrivaled in renal and urological care.

Looking ahead, I foresee a bright and promising future for our institute.

Dr. Syed Aqeel Ahmed
Chief Operating Officer, TKI

FROM THE EDITOR'S DESK

After a long hiatus of nearly five years, we are thrilled to bring back our newsletter with renewed energy and purpose. The last issue, Thrive for Life, resonated deeply with our mission, and today, we continue that spirit with "Revitalizing Life".

This title holds a dual significance for us. At its core, our work—whether through dialysis, critical procedures, or life-saving surgeries — is about restoring hope and vitality to those in need. Beyond that, this issue itself marks a revival, breathing new life into our platform of sharing stories, insights, and medical advancements.

As we embark on this renewed journey, we invite you to engage, reflect, and be inspired by the incredible stories of resilience and medical excellence that lie ahead. Here's to revitalizing life—both within our patients and within these pages.

Welcome back!

Muhammad Ayaz
Manager Marketing (HOD)

CHOOSING THE RIGHT HOSPITAL FOR TREATMENT: A COMPREHENSIVE GUIDE

When faced with a health crisis, one of the most critical decisions you'll make is choosing the right hospital for treatment. Your choice can significantly affect the quality of care, recovery time, and overall experience. With healthcare options expanding, it's essential to look beyond convenience and delve into key factors that indicate a hospital's capability to offer the best care.

1. Accessibility: Location and Availability

Accessibility is often the first factor people consider when choosing a hospital. A hospital's location plays a crucial role, particularly in emergency situations. However, beyond proximity, it's essential to assess whether the hospital has an emergency department equipped to handle a wide range of cases and how readily available doctors and nurses are. Timely access to specialized care can save lives.

2. Competency of Medical Staff: Doctors, Surgeons, and Nurses

The expertise of doctors and surgeons should be the primary criterion for any treatment decision. Look for hospitals that employ specialists trained in your specific health concern. Beyond qualifications, it is essential to consider their experience, particularly in performing complex or specialized procedures. Equally important is the competence of the nursing staff, as they play a critical role in patient care. Hospitals that invest in continuous education and training for their medical staff, especially nurses, ensure a higher level of patient safety and care.

3. Standard Compliance: Certifications and Accreditations

Accreditations and certifications are indicators that a hospital meets International healthcare standards. These certifications demonstrate that the hospital adheres to strict quality protocols, covering everything from patient safety to hospital management. It is essential to choose a hospital that not only meets national regulatory standards but also complies with international healthcare benchmarks.

4. Cleanliness and Infection Control

A hospital's cleanliness is not just about aesthetics—it's a critical component of infection control. The most advanced hospitals maintain rigorous

hygiene protocols to prevent hospital-acquired infections, which can severely impact recovery. Infection control measures, including sterilization of equipment, maintenance of High Dependency Units (HDUs), and use of appropriate safety gear, can be life-saving.

5. Technological Advancement: Equipment and Diagnostic Facilities

Advanced diagnostic and surgical technologies play a pivotal role in successful treatment outcomes. When selecting a hospital, assess whether it offers the latest in diagnostic imaging, laboratory facilities, and surgical tools. Technological advancement ensures more precise diagnostics, less invasive surgeries, and quicker recovery times. Hospitals that continuously upgrade their technology demonstrate a commitment to providing cutting-edge care.

6. Hospital Environment: Courtesy and Overall Experience

Hospitals should foster a welcoming environment where staff are courteous, responsive, and compassionate. A patient-centered approach significantly improves the treatment experience. The comfort of knowing you will be treated with dignity and respect, whether you're dealing with receptionists, nurses, or doctors, contributes to a more positive healthcare experience.

7. Specialized Care and Post-Treatment Follow-Up

Choosing a hospital with a clear commitment to follow through until full recovery is vital. This includes comprehensive in-patient care, well-monitored High Dependency Units (HDUs), Intensive Care Units (ICUs), and post-surgical checkups. Continuity in care, with diligent follow-up appointments, is crucial for long-term health.

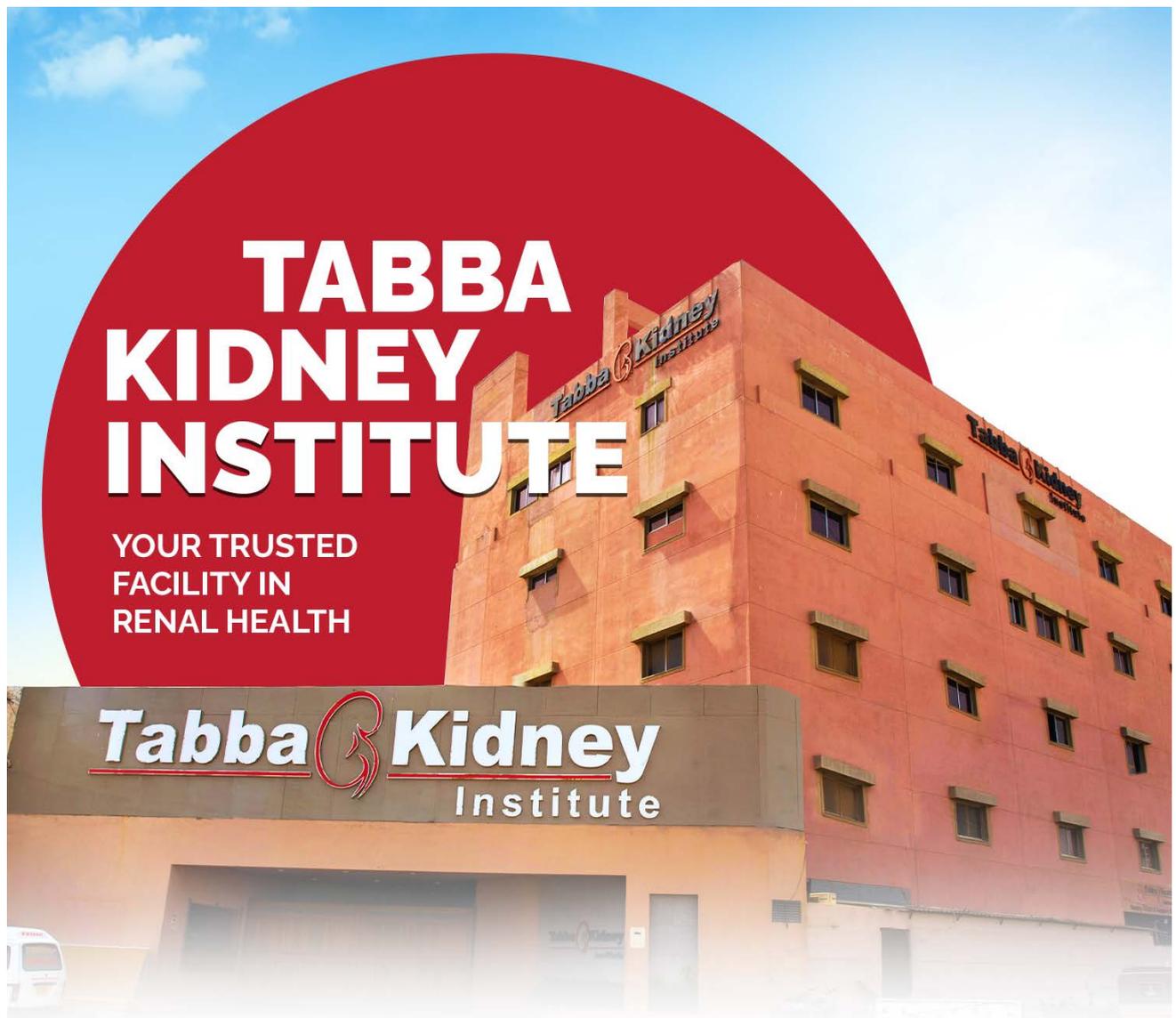
Why Tabba Kidney Institute Stands Out

When considering the above criteria, Tabba Kidney Institute excels on every front. Specializing in complete renal care, it is equipped with state-of-the-art technology and maintains a team of highly skilled doctors, surgeons, and well-trained nursing staff. The institute is ISO 9001-2015 certified while the laboratory is certified by the College of American Pathologist (CAP) 2023-24, reflecting its commitment to maintaining international standards.

Moreover, Tabba Kidney Institute prioritizes infection control and hygiene, with dedicated protocols to ensure the safest environment for patients. Its cutting-edge diagnostic facilities and exposure to a wide range of complex surgeries ensure that patients receive the most advanced and effective treatments.

Above all, the institute is committed to seeing patients through their full recovery. With Intensive Care Units for critically ill patients, genuine high-quality medications, and continuous care until full recuperation, Tabba Kidney Institute stands as a model of excellence in healthcare.

By choosing a hospital that meets these stringent criteria, like Tabba Kidney Institute, you can be confident in receiving top-notch care, from diagnosis to complete recovery.



INTRODUCTION TO THE DOCTORS AT **TABBA KIDNEY INSTITUTE**



Dr. Bilal Jamil

**Medical Director, Head of Nephrology
& Consultant Nephrologist**

MBBS Nishtar Medical College
Fellowship in Medicine CPSP
Fellowship Nephrology, Royal Melbourne
Hospital, Australia

Dr. Bilal Jamil has over 30 years of experience in Nephrology, currently, he is the Medical Director of Tabba Kidney Institute, Karachi. He is a member of the International Society of Nephrology's (ISN) sub-committee on Advancing Clinical Trials (ACT), ISN - ACT, and is one of the authors of ISN's web based 'Clinical Trial Tool Kit'.



Dr. Sherjeel Saulat

**Director Surgeries, Head of Urology,
& Consultant Urologist**

MBBS, Rawalpindi Medical College
Diploma Laparoscopic Urology (University of
Strasbourg, France)
Fellow of European Association of Pediatric
Urology (1st in Pakistan)

Dr. Sherjeel Saulat is a Consultant Urologist, Director Surgeries and Head of Urology Department at Tabba Kidney Institute Karachi. Over the years, Dr. Sherjeel has served at various highly reputed hospitals including Holy Family Hospital, Rawalpindi, Rawalpindi General Hospital, Sindh Institute of Urology & Transplantation (SIUT), and others; garnering excellence in the field of Urology.



Dr. Asif Mehdi
Consultant Nephrologist



Dr. Kulsoom
Consultant Nephrologist



Dr. Jahanzeb Shaikh
Consultant Urologist



Dr. Lubna Razzak
Consultant
Urogynaecologist



Dr. Dur Amin
Consultant Urologist



Dr. Ayesha Ilyas
Consultant Infectious
Diseases



Dr. Diloo Raja
Anesthesiologist



Dr. Rajesh Kumar
Anesthesiologist



Dr. Sadaf Zehra
Anesthetist



Dr. Hana Arbab
Pediatric Surgeon



Dr. Arshad
General Surgeon



Dr. Danish
Consultant
Gastroenterology



Dr. Ibrahim Ali Khan
Consultant
Pulmonologist



Dr. Asad Akram
Consultant Neurologist



Dr. Sumair
Consultant Cardiologist

INSIGHTS

Permacath Procedure – Benefits & Uses: Dr. Asif Mehdi

At Tabba Kidney Institute (TKI), we are committed to providing world-class renal care to our patients. Today, we are honored to sit down with one of our esteemed specialists, Dr. Asif Mehdi (AM), a highly regarded nephrologist and an expert in various renal procedures, including the permanent catheter insertions for dialysis patients. We will discuss the important concepts and misconceptions regarding the catheter with him. Dr. Asif, thank you for taking the time to join us today.



Insight with

Dr. Asif Mehdi

TKI: Could you start by explaining, for those who may not know, what exactly a permacath is and when it's used?

Dr. AM: A permacath is a type of tunneled catheter used for patients who require dialysis but don't yet have a permanent vascular access, such as a fistula. It's a temporary solution that allows us to initiate dialysis safely while preparations are made for the permanent access.

TKI: That's really insightful. Could you tell us, what are the key benefits of a permacath for dialysis patients compared to other temporary access options?

Dr. AM: The main advantage is the lower risk of infection compared to other temporary access devices. Since the permacath is tunneled under the skin, it's more secure, reducing the chances of it being dislodged. It's also easier for patients to manage, allowing them to receive their dialysis with fewer complications.

TKI: How do you approach the process of determining whether a patient should receive a permacath or go directly to a fistula?

Dr. AM: It really depends on the patient's overall health and the urgency of dialysis. If we anticipate that a patient will need long-term dialysis, we'll start planning for a fistula as early as possible. However, if dialysis needs to start immediately and there isn't enough time to create a fistula, a permacath is a safer, more immediate option.

TKI: How long can a patient safely use a permacath before transitioning to a permanent fistula?

Dr. AM: Typically, a permacath is used for several weeks to a few months, but we always aim to transition to a fistula as soon as possible. Fistulas are the gold standard for long-term dialysis because they have the lowest risk of infection and offer better blood flow for the procedure.

TKI: What are some precautions patients should take if they have a permacath to minimize risks?

Dr. AM: Great question. Patients should keep the catheter site clean and dry, avoid activities that might disturb the area, and follow all hygiene protocols closely. If there's any redness, swelling, or discomfort, they should contact their healthcare provider immediately to avoid any complications.

TKI: Thank you, Dr. Asif. One final question—what message would you like to give to patients who are new to dialysis and might be anxious about the process?

Dr. AM: I'd tell them that it's completely natural to feel anxious, but they're not alone. Our team at Tabba Kidney Institute is here to guide them every step of the way. With the right care and support, dialysis can become a manageable part of their routine, and we're committed to ensuring they receive the best possible treatment.

TKI: Thank you, Dr. Asif, for sharing your expertise with us today. It's been a pleasure.

Dr. AM: I Thank you for having



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VASCULAR ACCESS IN DIALYSIS PATIENTS: **Dr. Jahanzeb Shaikh**



Insight with

Dr. Jahanzeb Shaikh

On Vascular Access in Dialysis Patients

Vascular access is a critical aspect of dialysis treatment, providing a lifeline to patients with kidney failure. Tabba Kidney Institute (TKI) is at the forefront of offering advanced dialysis care, supported by a range of vascular access procedures, including fistulas and grafts. In this interview, Dr. Jahanzeb Shaikh (JS), a renowned vascular surgeon, sheds light on the importance of vascular access, the procedure, and its role in improving patient outcomes. He also discusses TKI's commitment to providing comprehensive care for dialysis patients, from surgery to ongoing treatment.

TKI: Dr. Jahanzeb, thank you for joining us today. Could you start by explaining what vascular access is and why it's essential for dialysis patients?

Dr. JS: Thank you. Vascular access is essentially the process of creating an entry point in the body, usually in the arm, to allow for effective dialysis. Dialysis requires access to a patient's blood vessels because the process involves filtering the blood. For patients with chronic kidney disease or end-stage renal failure, dialysis becomes a routine procedure, and a reliable vascular access, like an arteriovenous (AV) fistula, AV graft, or a central venous catheter, is vital. Without this access, dialysis simply wouldn't be possible.

TKI: What is the process of establishing vascular access, and what types of procedures are commonly used?

Dr. JS: There are three main types of vascular access for dialysis patients: the AV fistula, AV graft, and central venous catheter. The AV fistula is the gold standard because it uses the patient's own veins, connecting an artery to a vein to create a high-blood flow system, which makes dialysis more efficient. The procedure itself is minimally invasive, but it requires skill to ensure that the fistula matures well for dialysis. If a fistula is not possible, an AV graft may be placed, which involves inserting a synthetic tube to connect the artery and vein. Lastly, a central venous catheter is typically used in more urgent cases as a temporary access point.

TKI: Can you share with us the importance of timely and proper vascular access in dialysis treatment?

Dr. JS: Timely vascular access is crucial for the continuity of care in dialysis patients. Patients with chronic kidney disease often need long-term dialysis, so having a well-functioning access point from the start is essential to avoid complications, delays in treatment, and hospitalizations. Early placement of an AV fistula or graft allows it to mature, ensuring it is ready when dialysis is needed. If the access is delayed or improperly placed, patients may face complications such as clotting, infections, or insufficient dialysis treatment, which can negatively affect their overall health.

TKI: What precautions should patients take to maintain the health of their vascular access?

Dr. JS: Patients need to be very diligent in taking care of their vascular access. First and foremost, it's important to avoid putting pressure on the access site. That means no blood pressure checks, IV lines, or blood draws from the arm with the access, keeping the area clean, monitoring for signs of infection, such as redness or swelling, and ensuring that dialysis staff use proper sterilization techniques are some of the key precautions. Regular follow-ups to monitor the health of the access site are also vital to prevent complications.

TKI: What are the benefits of having a well-maintained vascular access?

Dr. JS: The main benefit of having a well-functioning vascular access is that it ensures efficient dialysis. Dialysis is essential for patients with kidney failure, and without proper vascular access, the process becomes less effective, potentially leading to fluid overload, electrolyte imbalances, and other serious health issues. A well-maintained AV fistula or graft lasts longer and has a lower risk of infections and other complications, improving the patient's quality of life and reducing hospital admissions.

TKI: Can you speak about TKI's role in providing comprehensive care for dialysis patients, particularly in relation to vascular access and surgical support?

Dr. JS: Tabba Kidney Institute has been a leader in providing specialized kidney care, and vascular access is an integral part of that. We offer advanced surgical procedures for establishing and maintaining vascular access, using the latest techniques and high-tech equipment. Our surgical team is highly experienced in both routine and complex vascular access procedures. Additionally, TKI ensures round-the-clock care with trained nursing staff, residents familiar with the intricacies of managing dialysis patients, and top-tier ICU and ventilator support when needed. This comprehensive approach means that patients receive not only dialysis but also any surgical and healthcare support they need in a safe, hygienic environment.

TKI: Lastly, what message would you give to dialysis patients regarding their vascular access and overall care?

Dr. JS: I would encourage all dialysis patients to take an active role in maintaining their vascular access and working closely with their healthcare team. Vascular access is literally a patient's lifeline during dialysis, so any issues or signs of complications should be reported immediately. Additionally, following the healthcare provider's advice on access care, keeping up with regular check-ups, and maintaining a healthy lifestyle can significantly improve the effectiveness of dialysis and overall well-being. TKI is here to support every step of that journey, ensuring that our patients receive the best care possible.

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HIGH-FLUX & SUPER HIGH-FLUX DIALYSIS



FROM TRAINEE TO CONSULTANT: Capturing the journey of Dr. Mansoor Ejaz



Insight with

Dr. Mansoor Ejaz*:

Journey from Trainee to Consultant

We are proud to nurture the next generation of urologists, providing them with state-of-the-art training and opportunities for professional growth. Dr. Mansoor Ejaz (ME) joined TKI's resident fellowship program in 2019 and has since risen to the role of consultant urologist. With a focus on surgery, Dr. Mansoor's journey from a trainee to a consultant is a testament to TKI's commitment to fostering excellence in the field of urology. In this interview, he shares his experiences, the challenges he overcame, and the invaluable opportunities he encountered along the way.

TKI: Can you tell us about your journey to Tabba Kidney Institute?

Dr. ME: I arrived in Karachi in 2019 to join Tabba Kidney Institute, originally hailing from Islamabad. After completing my M.B.B.S, I sought a surgical field and initially pursued neurosurgery, securing a position in a leading hospital in Punjab through a merit-based central induction policy. However, I soon realized that the environment wasn't conducive to my growth, as senior surgeons were not eager to share their knowledge.

TKI: What led you to choose urology?

Dr. ME: While searching for a different path, I discovered urology and visited several hospitals in pursuit of a suitable training program.

Eventually, I came across an advertisement for a fellowship in surgery at Tabba Kidney Institute under Dr. Sherjeel Saulat. After speaking with Dr. Sherjeel, who provided me with realistic insights about my career trajectory, I decided to join TKI in January 2019.

TKI: How was your experience during your initial time at TKI?

Dr. ME: My experience at TKI has been exceptional in terms of learning, training, and exposure. Despite the high patient turnover and busy surgical schedule, I never felt overwhelmed. During my initial days, I often worked more than 36 hours straight, but those hours were invaluable in building my expertise.

TKI: Can you describe the training curriculum at TKI?

Dr. ME: The curriculum at TKI is outstanding. We adhere to a structured schedule of daily lectures and routine rounds. Initially, I was the only resident in the department, which was challenging, but as more doctors joined the fellowship, we managed the workload more efficiently.

TKI: What other activities were included in your residency experience?

Dr. ME: It wasn't all work. TKI management organized outings, get-togethers, and sports activities, which I truly cherish. Engaging in sports like cricket and badminton with colleagues, including Dr. Sherjeel, created a well-rounded experience.

TKI: What challenges did you face during your training, and how did you overcome them?

Dr. ME: Initially, there were only two doctors in the fellowship program, and the patient load was overwhelming, requiring us to work long hours without breaks. However, I view this as a blessing. Now, the fellowship program has grown to include over a dozen residents and three consultants, making it more manageable.

TKI: What surgical skills have you developed during your time at TKI?

Dr. ME: From the beginning, I was actively involved in surgeries. Now, I perform various procedures, including endoscopic and retroperitoneoscopic surgeries, independently, thanks to the rigorous training at TKI.

TKI: Has there been any international exposure during your time at TKI?

Dr. ME: I've been fortunate to participate in international events hosted by TKI, where I've scrubbed alongside some of the best urological surgeons globally. Collaborating with renowned experts like Dr. Emilio Merlini and Dr. Serdar Tekgul has been an invaluable experience, allowing me to witness and learn from complex surgeries with high success rates.

TKI: What does the future hold for you and TKI?

Dr. ME: I have no doubt that TKI will continue to flourish, and I'm excited to be a part of its journey. The combination of advanced training and a supportive environment sets the stage for future successes.

TKI: What advice would you give to aspiring urologists?

Dr. ME: Stay committed and open to learning. Seek out mentorship and be proactive in gaining experience. The path can be challenging, but with perseverance, it can lead to rewarding opportunities.



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THIRD INTERNATIONAL PEDIATRIC UROLOGY COURSE: A TRANSFORMATIVE EXPERIENCE AT TKI 2025

Tabba Kidney Institute (TKI) proudly hosted the third edition of the International Pediatric Urology Intensive Course (IPUIC) from January 15th to 18th, 2025. This prestigious annual event brings together renowned pediatric urologists from around the world to offer participants hands-on surgical experience and valuable theoretical knowledge.



Global Collaboration and Expert Faculty

The course, led by distinguished professionals including Prof. Dr. Serdar Tekgul, Prof. Dr. Santiago Vallasciani and TKI's very own Prof. Dr. Sherjeel Saulat, attracted postgraduate doctors and surgeons from Pakistan and abroad. The diverse group included participants from Turkey, Iraq, etc. highlighting the global reach of this transformative event.

Hands-On Surgical Experience

Participants not only observed but also assisted in live surgeries, gaining firsthand experience with complex pediatric urological procedures. The IPUIC's interactive sessions were enhanced with live HD relays of surgeries, allowing in-depth discussions and immediate clarifications by the faculty.

Networking and Certification

Beyond the rigorous academic agenda, attendees enjoyed social events, including a dinner at Karachi Gymkhana and a Gala Dinner at Arena Club Karachi. The event culminated in a certificate presentation ceremony, celebrating the participants' achievements. The third IPUIC reinforced TKI's commitment to advancing pediatric urology and fostering international medical collaboration.



DIALYSIS INSIGHT 2023: A LANDMARK EVENT IN RENAL CARE

CEO Mr. Muhammad Ali Tabba's visionary leadership brought forth the Dialysis Insight 2023. The pioneering conference was held at the Avari Towers Karachi on March 11 & 12, offering a crucial platform for discussions and advancements in dialysis care. The event, organized by Tabba Kidney Institute (TKI) and chaired by Dr. Bilal Jamil, Medical Director TKI, along with his capable team, marked a significant milestone in renal healthcare.

The conference featured renowned foreign faculty, including Dr. Peter David Hill (UK), Dr. Behram Khan (Singapore), Dr. Leong Chong Men (Malaysia), Dr. Futoshi Yamaguchi (Japan), Dr. Saeed Ahmed (UK), Dr. Aine's Burns (UK), and Dr. Eric Hoste (Belgium). Local experts such as Dr. Bilal Jamil, Dr. Ameen Zubair, Dr. Ejaz Ahmed, Dr. Salman Imtiaz, Dr. Bashir Hanif, Dr. Aisha Ilyas, and Dr. Ali Asghar also presented their valuable insights.





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The seminar spanned seven sessions, with four held on the first day and three on the second, each featuring at least one international expert. The discussions on Managing ESRD, Dialysis in Frail Patients with Cardiac Failure, and Cardiac Disease in Dialysis, were presented by renowned specialists Aine Burns (UK), Peter David (UK), and Eric Hoste (Belgium) providing valuable insights into the management of these conditions in their respective countries.

On the second day, we discussed the treatment of historical hyperphosphatemia in patients, psychological issues in dialysis, super high-flux dialysis, and the benefits of water purification in dialysis. These sessions featured insights from distinguished experts: Dr. Peter Hill (UK), Dr. Futoshi Yamaguchi (Japan), and Dr. Byran Leong (Malaysia).

Furthermore, e-posters were also presented by various renowned institutes of Pakistan; such as Karachi Institute of Kidney Diseases, National Institute of Child Health, Aga Khan University Hospital, The Kidney Center, Multan Institute of Kidney Health, Liaquat National Hospital, Pak Emirates Military Hospital, etc. The posters covered in-depth topics such as Understanding of Determinants: Depression, Anxiety & Stress in Hemodialysis Patients, Frequency of Insomnia in Hemodialysis Patients, Estimation of Glomerular Filtration Rate in Healthy Adult Population of Hyderabad, etc.

In total, 43 research articles on a number of hemodialysis and peritoneal dialysis-related topics were received from across Pakistan, out of which the scientific committee chose 16 for podium presentations while 28 were selected for e-Poster presentations.

The event was highly praised, with attendees leaving enriched with the latest knowledge on vital and evolving topics in nephrology. Dialysis Insight 2023 succeeded in fostering collaboration and enhancing the future of renal healthcare in Pakistan.

MASTER CERTIFICATION IN UROGYNÆCOLOGY & PELVIC FLOOR RECONSTRUCTION AT TABBA KIDNEY INSTITUTE

The Master Certification in Urogynaecology & Pelvic Floor Reconstruction, held at Tabba Kidney Institute in collaboration with Aga Khan University Hospital, took place on the 16th and 17th of February, 2024. This intensive two-day program brought together leading experts and participants to enhance skills in the specialized field of urogynaecology, combining theoretical insights with practical surgical demonstrations.



Course Leadership

The course was directed by Prof. Dr. Ahmet Akin, Vice President of the International Society of Pelvic Floor Disorders (ISPP), and co-directed by Dr. Lubna Razzak, a distinguished consultant urogynaecologist. Their extensive expertise provided participants with a comprehensive learning experience, covering the latest developments in the field.

Hands-on Learning and Live Surgery

A key feature of the event was the integration of live surgeries, giving participants a firsthand view of complex procedures such as Posterior IVS for Apical Prolapse, Sacro Hysteropexy, and Anti-incontinence surgeries. Those present in the operating theater had the chance to assist the surgeons, while other attendees watched real-time broadcasts on high-definition screens.

Academic Recognition & Networking

Participants were awarded Continuing Medical Education (CME) certificates, adding professional value and recognition to their achievements. Beyond the academic sessions, networking opportunities allowed for fruitful exchanges between peers and faculty, strengthening the sense of community among urogynaecology professionals.



Shaping the Future

The event concluded with a certificate distribution ceremony, acknowledging the participants' commitment and the course directors' leadership. Tabba Kidney Institute remains committed to organizing similar events in the future, reinforcing its status as a leader in medical education and innovation.

By hosting this Master Certification, TKI has solidified its role in advancing urogynaecology and fostering collaboration across the medical community.



Main Campus Clinic Timings

Tuesday | Thursday | Saturday

1:00pm - 4:30pm | 03:00pm - 5:00pm | 03:00pm - 05:00pm

DHA Campus Clinic Timings

Friday

02:00pm - 4:00pm

UROGYNÆCOLOGY CLINIC

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SIGNS AND SYMPTOMS

- High Fever
- Shaking and Chills
- Nausea
- Vomiting
- Burning while Urination
- Discharge



TRAINING & DEVELOPMENT PROGRAM – **TABBA KIDNEY INSTITUTE**

The Human Resource Department (HRD) at TKI is responsible for employees' professional and personal growth and development among various other functions.

Understanding the current training needs, the HRD orchestrated a series of workshops and trainings round the year.



These sessions focused on three pivotal themes:

- **Workplace Ethics** by Ms. Sidra Mehmood, Head of HR & OD at Lucky Textile Mills.
- **Teamwork & Problem-Solving** by Mr. Muneeb Kidwai, Sr. DGM HR at Lucky Cement.
- **Sustainability Practices at The Workplace** by Mr. Salman Hameed, Corporate Trainer.
- **Customer Service Skills** by Mr. Zubair Ali & Mr. Agha Arslan, Corporate Trainers.

The primary purpose of these training sessions was to hone employees' skills in teamwork, ethical decision-making, and sustainable practices, thereby equipping them with the knowledge necessary to navigate the complexities of modern workplace dynamics. By introducing new corporate and professional ideas, the workshops not only aimed to refine existing competencies but also sought to inspire innovative thinking among employees. Moreover, the focus on workplace efficiency tools underscored the organization's commitment in promoting a productive work environment. Through interactive learning and practical applications,



participants were encouraged to adopt best practices that enhance team collaboration, ethical behavior, and environmental responsibility in their daily operations.

In conclusion, the workshops exemplified a strategic initiative by the HR and Admin Department to invest in the professional development of Tabba's workforce. By prioritizing skill enhancement and ethical practices, the organization is poised to achieve greater efficiency and foster a culture of sustainability, ultimately driving long-term success.



GOING GREEN: A JOURNEY TOWARDS SUSTAINABILITY

At Tabba Kidney Institute, innovations and sustainability practices go hand in hand as we strive to create a greener and more efficient healthcare environment. Our commitment to eco-friendly practices and efficient resource management has led to several exciting initiatives, highlighting our dedication to protecting the environment while ensuring top-notch healthcare.



Water Conservation: Turning Waste into Resource

Did you know that each dialysis session uses up to 120 liters of water? With numerous dialysis treatments every day, the water consumption adds up to thousands of liters. Typically, this water, once used, would go to waste, but at TKI, we've changed the narrative.



Through an advanced wastewater treatment process, we're able to treat and recycle this water, using it for sanitation, cleaning, cooling towers, and more. This initiative saves us approximately 6,000 gallons of fresh water every single day—an incredible achievement in a country where water scarcity is a growing concern.



Solar Power: Harnessing Clean Energy

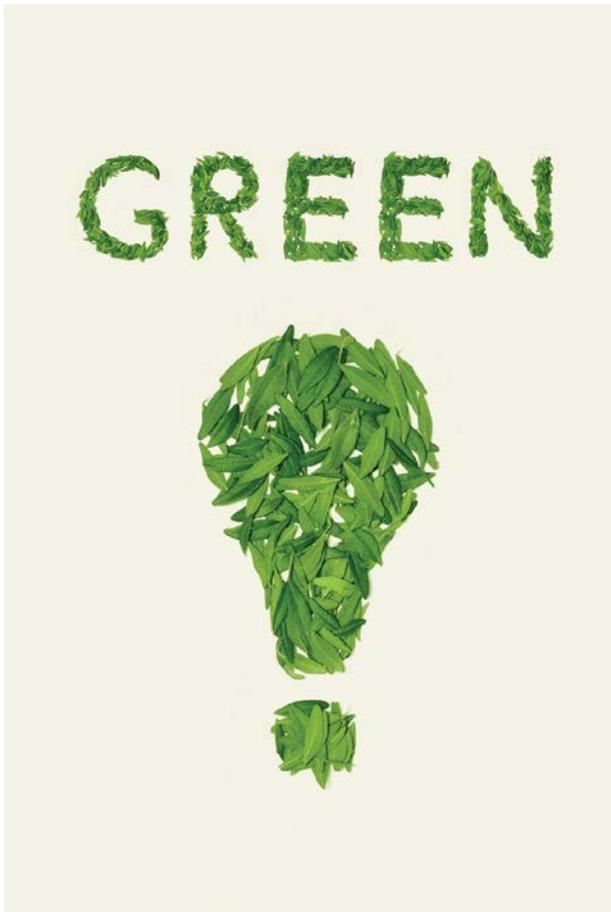
In another bold move towards sustainability, TKI has taken major steps in reducing its carbon footprint by investing in solar energy. Currently, 20% of our electricity needs are powered by solar energy, reducing reliance on non-renewable resources. This transition means that TKI is now producing over 200,000 units of electricity annually through solar power, with plans to expand this capacity even further in the near future.

This not only lowers our environmental impact but also reduces operational costs, allowing us to channel more resources into patient care.



Harvesting Water from Air: The Future of Water Supply

Perhaps the most exciting initiative is our experiment in generating water from the air! Yes, you read that right—TKI has successfully explored technology that extracts humidity from the atmosphere to produce drinkable water. This cutting-edge innovation could offer a revolutionary solution to water shortages. With the infrastructure already in place, we're on the brink of having an entirely new source of pure, potable water for the institute.



A Greener Future for Healthcare

These green initiatives are just the beginning of our long-term vision for sustainable healthcare. By focusing on energy efficiency, water conservation, and innovative solutions, Tabba Kidney Institute is not only contributing to a healthier planet but also setting new standards for the eco-friendly operations in healthcare.

As we continue to push boundaries and explore new technologies, our goal is to create a healthcare model that's both efficient and environmentally conscious,

ensuring a brighter, greener future for everyone. Stay tuned as we continue to grow and innovate—because at Tabba Kidney Institute, going green is not just a choice; it's a commitment.

FIRE SAFETY WORKSHOP AT TABBA KIDNEY INSTITUTE: EMPOWERING EMPLOYEES FOR EMERGENCY RESPONSE

Tabba Kidney Institute recently conducted a comprehensive fire safety workshop for its employees, ensuring that everyone is equipped to protect themselves and others in the event of a fire emergency. Participants were trained in responding to alarms, assembling at emergency exits, operating fire extinguishers, and safely escaping hazardous situations.

The workshop emphasized the importance of using the correct fire extinguishers based on the type of fire. For instance, electrical fires require a different approach than fires caused by burning paper or materials. Employees also learned life-saving techniques, including assisting suffocating individuals, protecting themselves from smoke by crawling close to the ground, avoiding hot door knobs, and recognizing escape routes by observing smoke movement.

By imparting these critical skills, Tabba Kidney Institute aims to enhance the safety and preparedness of its team in case of fire-related emergencies.



PROMOTING HEALTHCARE THROUGH CSR

Tabba Kidney Institute's Health Camp at Ocean Mall

In commemoration of World Kidney Day 2024, Tabba Kidney Institute (TKI) organized a successful three-day health camp at Ocean Mall, Clifton. The event aimed to raise awareness of kidney health and provide free health screenings, aligning with the theme "Kidney Health for All – Advancing equitable access to care and optimal medication practice."

TKI offered free screenings, including sugar tests, BMI calculations, and blood pressure checks, along with consultations from expert nephrologists and urologists. The camp also featured interactive activities, dispelling myths around kidney stone procedures and emphasizing minimally invasive treatments.

This initiative demonstrated TKI's commitment to promoting public health and advancing equitable access to healthcare in Pakistan.



World Hypertension Day 2024: TKI Health Camp at Lucky One Mall

Tabba Kidney Institute (TKI) hosted a free health screening camp and awareness drive at Lucky One Mall on May 17, 2024 to commemorate World Hypertension Day 2024. This initiative aimed to raise awareness of hypertension and its harmful effects on renal health while offering free screenings and consultations.

Health Camp Services

Mall visitors received free health screenings, engaged in fun activities like health quizzes and won exciting prizes. Interactive approach attracted a large crowd, creating a lively and educational atmosphere.

Expert Consultations

COO's Participation: TKI's COO provided personal consultations on renal health, diabetes, and kidney management. His insights into TKI's treatment capabilities were highly valued by attendees.

Dietary Guidance: Ms. Maria led discussions on weight management, healthy eating, and lifestyle improvements, using games to motivate participants.

Personality Insights: Ms. Sana offered personality and self-assessment tests, helping visitors gain a deeper understanding of their overall well-being.



The camp was a great success, driven by the committed efforts of the TKI team and the general mall visitors alike. The event effectively promoted hypertension awareness and its impact on kidney health, leaving a lasting impact on the participants.

TOP 5 IMMUNITY BOOSTERS THAT COULD PROTECT YOU FROM DISEASES!

Your immune system is your body's personal army, always ready to battle infections and diseases. But like any army, it needs the right fuel to stay strong. So, what can you do to boost your immunity and keep yourself healthy? Here's a list of top immunity-boosting power foods and vitamins that can help keep you strong and disease-free!



1. Vitamin C

The ultimate immune booster! Vitamin C is essential for the production of white blood cells (WBCs) that fight infections. Load up on oranges, lemons, broccoli, red peppers, and strawberries to get your daily dose.

2. Vitamin A

This powerhouse vitamin helps produce antibodies that defend against infectious cells. Get your fill from carrots, spinach, sweet potatoes, and melons.

3. Vitamins E & D

While Vitamin E fights free radicals and keeps your cells healthy, Vitamin D is essential for immune regulation. Vitamin E can be found in almonds, seeds, and avocados, while vitamin D comes from fish, eggs, and that all-important sunlight.

4. Probiotics

Good gut health is your first line of defense! Probiotics, found in yogurt, kefir, and fermented foods, help keep your digestive system healthy, which directly boosts your immune system.

5. Vitamin B6

This vitamin helps produce infection-fighting antibodies and can be found in bananas, chicken, tuna, and chickpeas.

Bonus Tip: Garlic

Adding garlic to your daily diet could be a game changer. Packed with immune-boosting vitamins and antioxidants, it's your natural shield against diseases!

Start adding these nutrient-packed foods to your daily routine, and keep your immune system ready to fight off any unwanted invaders!



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Dr. Syed Aqeel Ahmed
Chief Operating Officer



Dr. Bilal Jamil
Medical Director,
HoD Nephrology



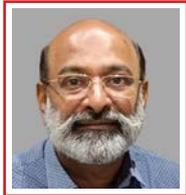
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HoD Urology



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Chief Finance Officer



Mr. Ahsan Waseem
General Manager
HR & Admin



Mr. Salman A. Wahab
DGM Material
Management Department.



Dr. Shakeel Tukdi
HoD Dialysis Hall



Mr. Abdal Hassan
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and Stores



Mr. Syed Asif Ali
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Mr. Shahzad Ali
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Mr. Khurram Khan
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Dr. Zubia Qasmi
Sr. Medical Officer
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Ms. Afsheen Zeeshan
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Ms. Tanzeela Raheel
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Mr. Abdul Rehman
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Ms. Maria Aamir
Consultant & HoD
Nutrition & Dietetics



Mr. Ammad Shakeel
Assistant Manager
Admin and Security



Mr. Emanuel
Supervisor Housekeeping



Mr. Anis Ur Rehman
Manager Engineering
and Maintenance



Dr. Tazeen Saeed
Jr. Pathologist

FAREWELL TO A VISIONARY, EMBRACING NEW BEGINNINGS

This week, Tabba Kidney Institute bid a warm and dignified farewell to our respected outgoing COO, Dr. Syed Aqeel Ahmed, who has served the institute with dedication and vision for the past 15 years. His invaluable contributions have played a pivotal role in strengthening TKI's growth and reinforcing our commitment to excellence in patient care. We extend our heartfelt gratitude and best wishes to him for all his future endeavors.

At the same time, we are delighted to welcome Dr. Jahangeer Khan as the new COO of TKI. We look forward to his leadership and the fresh perspective he will bring as we continue our mission of delivering the highest quality kidney care in Pakistan.



TABBA KIDNEY INSTITUTE OUTREACH CENTERS

DHA

**BIG NEWS FOR THE RESIDENTS OF
DHA, CLIFTON AND NEARBY AREAS!**

TKI now offers OPD consultation in;

Nephrology

- Haemodialysis Clinic
- Nephrotic Syndrome Clinic
- Diabetes Clinic
- Hypertension Clinic
- Transplant Clinic

Urology

- Antenatal Clinic (Adult & Paeds),
- Antenatal Clinic for Urological Disorders,
- Adolescent Urology Clinic,
- Andrology & Prostate Clinic,
- Uro-Oncology (Adults/Paeds),
- Urogynaecology Clinic,
- Stone Clinic

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**WE NOW CATER TO THE RESIDENTS OF HYDERABAD AT
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Nephrology

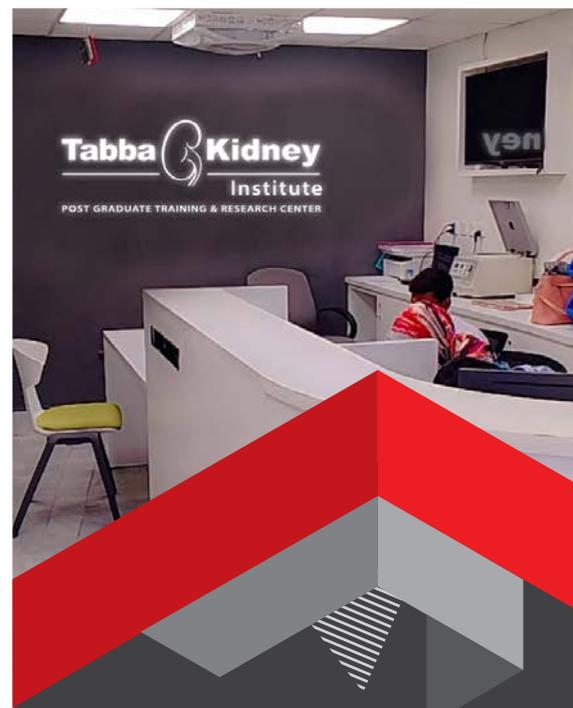
- Haemodialysis Clinic
- Nephrotic Syndrome Clinic
- Diabetes Clinic
- Hypertension Clinic
- Transplant Clinic

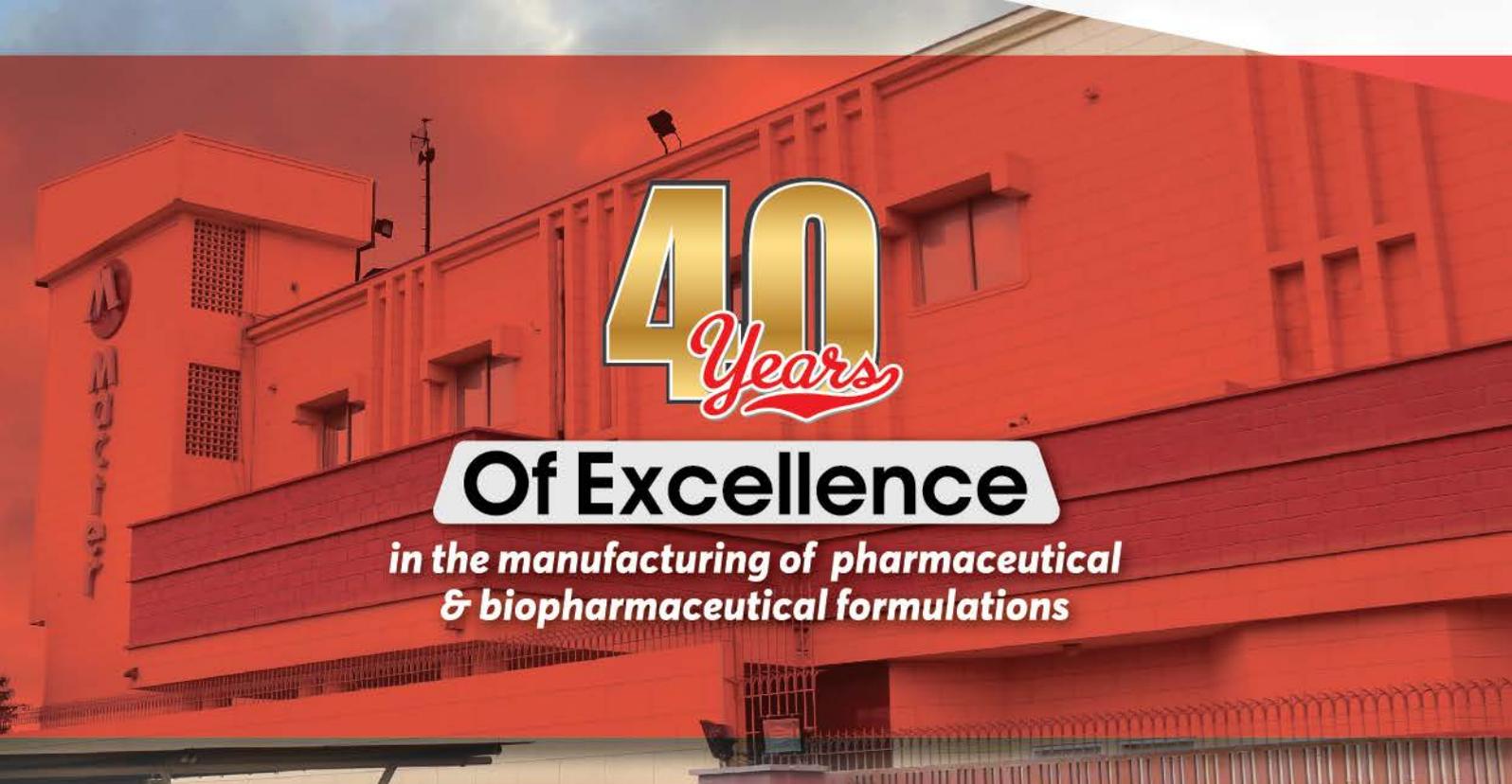
Urology

- Antenatal Clinic (Adult & Paeds),
- Antenatal Clinic for Urological Disorders,
- Adolescent Urology Clinic,
- Andrology & Prostate Clinic,
- Uro-Oncology (Adults/Paeds),
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- Mr. Sheikh Salman ul Haque, CEO (ATF)
- Dr. Syed Aqeel Ahmed, COO
- Dr. Bilal Jamil, Medical Director
- Dr. Sherjeel Saulat, Director Surgeries
- Mr. Mohammad Zahid Ahmed, CFO
- Mr. Ahsan Waseem, G.M. HR & Admin



Tabba Kidney Main Campus:
ST-26, Block - 7, Federal "B" Area, Karachi. Near Mukka Chowk Azizabad.
(021)-36333036 – (021)-36333042
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107-C, Main Korangi Road, Adjacent To Tooba Masjid, PHASE II, DHA.
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