



# ANNUAL REPORT 2018

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## VISION

To become a top ranking medical college of the region that provides state of the art medical education & health care in pursuance with regional development initiative, applied research and development.

## MISSION

To produce broadly educated professional medical graduates with sound knowledge based on scientific principles, latest technology, ethics and moral values to practice medical profession oriented to community needs and enter into advance training, in any branch of medicine.

## INTRODUCTION

Wah Medical College is part of a composite medical education program, undertaken by the POF Welfare Trust, a subsidiary of POF Board, Wah Cantt. POF Hospital is a 648 bedded tertiary care hospital, recognized and approved by Pakistan Medical and Dental Council (PM&DC) and College of Physicians and Surgeons Pakistan (CPSP) for undergraduate as well as post graduate clinical training.

With the vision of establishing a state of the art institution for medical education and clinical training, a strong infrastructure was created in 2003. The college was approved by PM&DC and granted affiliation by the University of Health Sciences (UHS), Lahore, a public sector university. The first batch of 100 students joined Wah Medical College with full confidence in January 2004. Since then, nine sessions have graduated and five more are currently being taught and trained. 2016 stands as a milestone year for Wah Medical College as it gets affiliated with National University of Medical Sciences (NUMS), Rawalpindi.



Wah Medical College enjoys recognition by Educational Commission for Foreign Medical Graduates (ECFMGE).

Wah Medical College is also included in the world directory of medical schools which is a directory of world's undergraduate medical education programs meeting standards of imparting medical education. Wah Medical College is accredited with ISO 9001, ISO 140001 and ISO 180001 certification for quality management, environmental management and occupational health and safety management systems, respectively.



## MESSAGE BY THE PRINCIPAL

.It is a great pleasure to write this foreword for the annual report. Wah Medical College has completed 14 years. This Annual report of year 2018 gives a bird eye view of the achievements of the College.

Wah Medical College has earned a great reputation amongst the medical fraternity and has become a reference standard for other medical colleges. It stands tall among other medical colleges of the region. As would be obvious from this report, an excellent academic record is the hallmark of the College. The faculty continues to provide the latest innovative techniques in teaching. Clinical based learning, problem based learning and evidence based learning are some of the standards used by all the departments of the college. Teachers use small group teaching and self directed learning to keep in line with international trends.



Wah Medical College is fully aware of the changing trends in Medical Education. To achieve the highest standards in this regard, faculty development programs, training of teachers and an active Continuous Professional Development (CPD) is a continuous activity.

We are fully aware of the importance of co-curricular activities for developing full potential of the students. One week per year is reserved for sports and other activities. Students of the College also actively participate in various competitions held in other colleges.

Providing a comfortable environment to students and faculty is the responsibility of the administration. Improvement of amenities in Hostel, Cafeteria and Day Care Centre are some of the areas that have been taken care of. The Medical College Masjid project has been started and will be completed in the next few months. There has been an upgradation in hostel facilities for medical students.

To improve the educational standards of the institute, faculty strength has been increased, with induction of both young and experienced teachers. This would go a long way in imparting quality medical education to our students.

Faculty, staff and students at Wah Medical College will continue to improve in their respective areas of activity. We are sure that we will not only be torch bearer, but will help other colleges in the region to improve the National Medical Education and Health Care standards.

Prof. Dr. Wasim Uddin  
Principal  
Wah Medical College  
Wah Cantt

## MESSAGE BY THE DEAN

It is an honor for me to present the Annual Report of the academic performance of Wah Medical College for the year 2018.

This institute has a history of upholding tradition of merit, obligation and perseverance. This report is a reflection of the academic accomplishments as well as co-curricular activities of the given year. The students did their utmost to uphold the stellar canons set by previous years by attaining highest positions at the university level as well as exceptional performances in the post graduate examinations both at national and international level. This institution has always aimed at inculcating values in its students such as compassion and empathy and helping them in becoming exceptional health leaders.



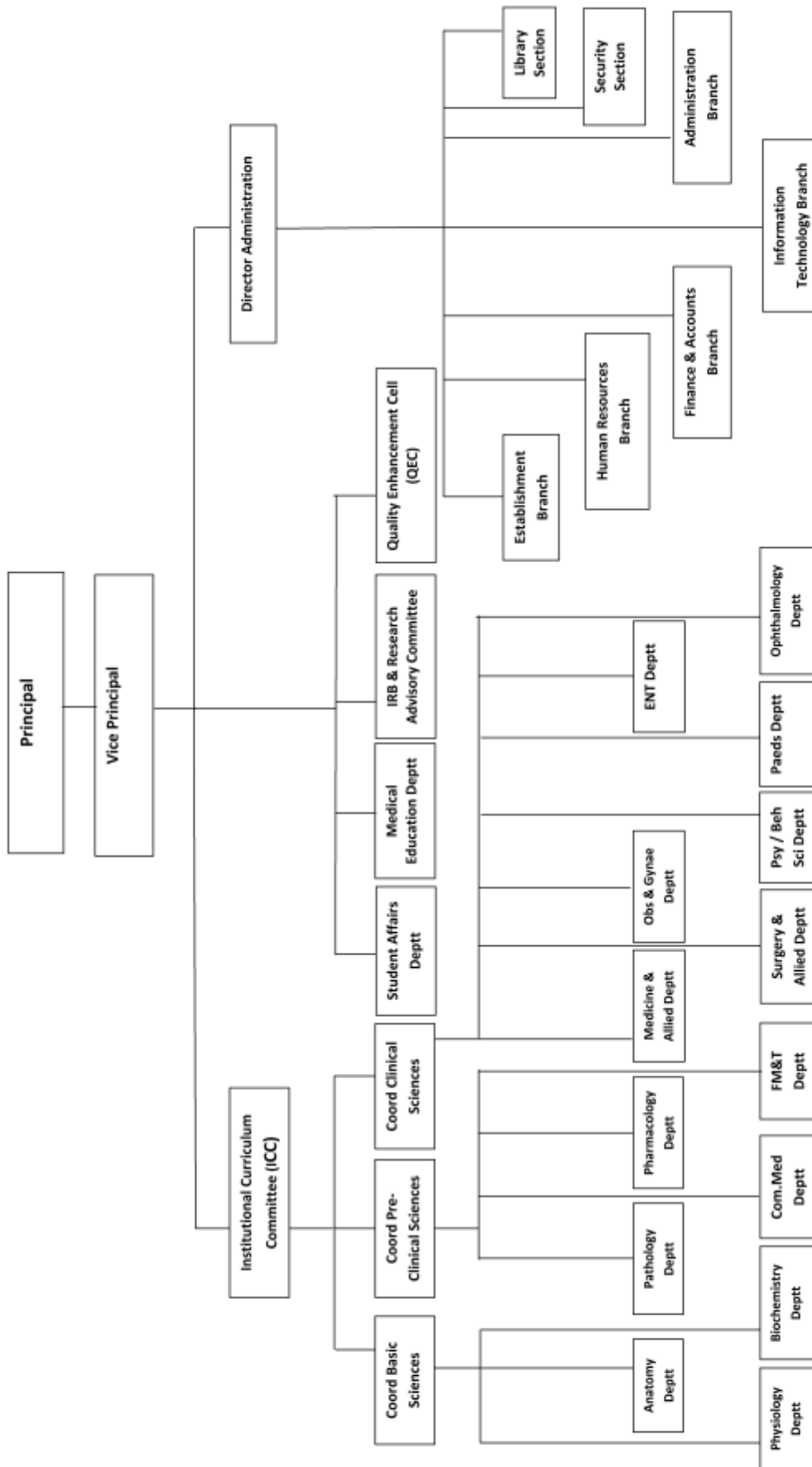
Wah Medical College endeavors to make available an environment conducive premium learning opportunities to its students. Amongst our greater achievements is the recruitment of the most dedicated and distinguished faculty who not only strive to enrich the educational environment provided by Wah Medical College but to further its prime objective of providing training to the best of their abilities. For the team at Wah Medical College, there is a constant effort to keep up with tallest standards by utilizing innovative and state-of-the-art teaching techniques in order to expand the horizons of learning, for a better future.

Wah Medical College feels honored to be a part of vigorous community based health care projects as is visible in the last year's performance. Our students take keen interest in the community outreach activities in order to cater for the health related issues faced by the community and relevance of their learning experience. Such practices are, infact, stepping stones for enhancement of the standards of health care provision at local, national and international levels.

Wah Medical College ensures the highest quality of medical education, research and health care and looks forward to providing a dynamic state-of-the-art educational experience in the years to come. I expect Wah Medical College and its teaching hospital to set and uphold superior standards for educational excellence in future.

Prof. Dr. Musarat Ramzan,  
Dean  
Wah Medical College  
Wah Cantt

# ORGANOGRAM



## ACADEMIC COUNCIL MEMBERS

1.	Prof Dr Wasim Uddin	Principal & HOD Medicine
2.	Prof Dr Musarat Ramzan	Dean & HOD Com Medicine
3.	Prof Dr M Afzal Khan Niazi	HOD Ophthalmology
4.	Prof Dr Brig Ayaz Hussain Qureshi (R)	HOD Pathology
5.	Prof Dr Brig Muhammad Riaz Akhter (R)	HOD ENT
6.	Prof Dr Zobia Athar	HOD Anatomy
7.	Prof Dr Syed Tauqeer Abbas	HOD Biochemistry
8.	Prof Dr Shamsa Parveen	HOD Gynae & Obs
9.	Prof Dr Farooq Nadeem	HOD Radiology
10.	Prof Dr Matloob Azam	HOD Pediatrics
11.	Prof Dr Muzammil Jamil	Prof of Medicine
12.	Prof Dr Iffat Ara	HOD Pharmacology
13.	Prof Dr MA Nasir Malik	HOD Surgery
14.	Prof Dr Brig Muhammad Parvez (R)	Prof of Surgery
15.	Prof Dr Brig Imran-UI-Haq	HOD Anesthesia
16.	Prof Dr Anjum Iqbal	Prof of Pathology/ Dir Student Affairs
17.	Prof Dr Sohail Iqbal Bhutta	Prof of Medicine
18.	Prof Dr Shahid Saleem	Prof of Medicine
19.	Prof Dr Ayisha Qureshi	HOD Physiology
20.	Prof Dr Uzma Shahid	Prof of Anatomy
21.	Prof Dr Humayun Agha	Prof of Dermatology
22.	Prof Dr M Asad Chughtai	Prof of ENT
23.	Prof Dr Sajid Ejaz Rao	Prof of Orthopedics
24.	Dr M Fahim Qasim	Assist Prof & HOD Behavioral Sciences
25.	Prof Dr Babur Rashid Chughtai	Secretary AC/HOD Forensic Medicine





## ACADEMIC COUNCIL MEETINGS—2018

### 1. 53rd Academic Council Meeting

Held on 17th January, 2018.

The following agenda points were discussed:

- i. Preparation plan of Vision of Wah Medical college – 2030.
- ii. Decision on frequent and regular meetings of ethical review committee.
- iii. Briefing on conduction of smooth practical examination across all departments.
- iv. Facilitation of active learning practices by establishing Information Technology links for students.

### 2. 54th Academic Council Meeting

Held on 4th May, 2018.

The following agenda points were discussed:

- i. Constitution of committee for formulating detailed recommendations for study and examination leave for faculty.
- ii. Constitution of anti-harassment and grievances settlement committee.
- iii. Drill for emergency evacuation in case of any calamity.

### 3. 55th Academic Council Meeting

Held on 11th October, 2018.

The following agenda points were discussed:

- i. Briefing on new admission policy formulated by Pakistan Medical and Dental Council (PM&DC).
- ii. Establishment of Quality Enhancement Cell(QEC).
- iii. Conduction of faculty development workshop in National University of Medical Sciences (NUMS) and Wah Medical College (WMC).
- iv. Dean was announced to be the coordinator of curriculum development committees.
- v. Feedback regarding faculty will continually be taken from the students as part of audit of academics.
- vi. Focus on World Federation for Medical Education (WFME) standards during upcoming inspections.

## PM&DC COMPREHENSIVE INSPECTION OF WAH MEDICAL COLLEGE, 2018

Pakistan Medical and Dental Council (PM&DC) is statutory, regulatory and registration authority for all medical and dental practitioners. The aim of PM&DC inspection is to ensure official recognition of the integrity and reliability of an institute. In February 2018, PM&DC decided to have a one-day comprehensive inspection of all medical college to ensure the standards set for them. Wah Medical College is always prepared well for inspections. All basic, pre-clinical and clinical departments were inspected by a team of inspectors. The team visited the college campus including auditorium, lecture halls, finance and accounts department, administration and all teaching departments of the college and the hospital. The inspection team thoroughly assessed basic, pre-clinical and clinical departments.



## MAJ GEN [R] PROFESSOR MUHAMMAD ASLAM, PRO-VICE CHANCELLOR NATIONAL UNIVERSITY OF MEDICAL SCIENCES (NUMS) VISITS WAH MEDICAL COLLEGE, WAH CANTT

Maj Gen [R] Professor Muhammad Aslam, Pro-Vice Chancellor, National University of Medical Sciences (NUMS), Islamabad visited Wah Medical college (WMC). The objective of the visit was to appraise the senior faculty of Wah Medical College regarding the vision and mission of National University of Medical Sciences for future. Special focus was on:

- Feedback regarding affiliation process of Wah Medical College with National University of Medical Sciences.
- Facilitation in academic matters and matters regarding research, post-graduation and faculty development by NUMS on request of faculty of Wah Medical College.

Professor Dr. Wasim Uddin, Principal, Wah Medical College and Professor Dr. Mussarat Ramzan, Dean, Wah Medical College welcomed Maj Gen [R] Professor Muhammad Aslam to the institute and appreciated the initiatives taken by NUMS to facilitate and support all affiliated colleges in attainment of objectives outlined in vision and mission of National University of Medical Sciences. The visit was concluded with interactive session between Maj Gen [R] Professor Muhammad Aslam and Wah Medical College faculty.





## LT GEN SADIQ ALI, CHAIRMAN POF, VISITS WAH MEDICAL COLLEGE, WAH CANTT

Prof. Dr. Waseem-ud-din, Principal, WMC, and Prof. Dr. Mussarrat Ramazan, Dean, WMC, welcomed Lt. Gen. Sadiq Ali, Chairman, Pakistan Ordnance Factories (POF) Wah Cantt, on his visit to Wah Medical College on 5th September, 2018. He was introduced to the senior faculty of WMC and a comprehensive presentation about Wah Medical College was given to him. He was also briefed on the budget and faculty induction in the college. After a welcome tea, Lt Gen Sadiq Ali was taken on a guided tour of the institute. He also planted a tree. He appreciated the level of commitment and hard work put in by the faculty and staff at Wah Medical College and wished them success for the future.





### 3<sup>RD</sup> INTER MEDICAL COLLEGES PHYSIOLOGY QUIZ COMPETITION, 2018 WAH MEDICAL COLLEGE, WAH CANTT

Physiology Quiz Competitions, held worldwide among the medical students provide an opportunity to promote regional educational activities and to develop sense of healthy competition. This provides a platform to the medical students to further enhance their knowledge of Physiology.

In Pakistan, 1st and 2nd Physiology quiz competitions were held in Islamic International Medical College and Foundation Medical University, respectively. It has been a tradition that the winner college has to conduct the next quiz competition. The Second Physiology Quiz Competition was won by the team of Wah Medical College in the year 2013. Therefore, the third quiz competition was held at Wah Medical College on 7th August, 2018. It was arranged by Department of Physiology, Wah Medical College under the leadership of Prof. Dr Ayisha Qureshi.

Registration for the participating teams started in April, 2018. A Quiz software was purchased by the college. MCQ pool for the quiz was prepared using the questions submitted by the colleges participating in the event. All MCQs were vetted in meetings held in WMC by the vetting committee comprising of senior Physiology Professors:

- Prof. Dr Abdul Majid
- Prof. Brig (R) Dr M Mazhar Hussain
- Prof. Col(R) Dr Idrees Farooq Butt

The structure and semantics of the MCQs were supervised by Prof. Dr Musarrat Ramzan, Dean, WMC. The quiz was conducted in four rounds; Qualifying round, Quarter Final round, Semi Final round and the Final round.

The team from Rawalpindi Medical University won the competition. The team from Shifa College of Medicine was the Runner Up. Trophies and certificates were distributed by the Chief guest Maj Gen. (R) Prof. Dr. Muhammad Aslam, Pro Vice Chancellor National University Of Medical Sciences (NUMS) and Prof Dr Wasim Uddin, Principal WMC. Prof. Dr Ayisha Qureshi, Head of Physiology Department, thanked the audience and concluded the ceremony.



## BREAST CANCER AWARENESS 2018

The Breast Cancer Awareness Month, observed every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease. There are about 1.38 million new cases and 458, 000 deaths from breast cancer each year (IARC Globocan, 2008). Health Awareness Cell of Community Medicine Department in collaboration with Pink Ribbon Organization conducted the sessions for creating awareness about breast cancer in the month of October 2018 at following institutions:

Sr. No	Health Awareness Sessions	Date
1.	Lahore Grammer School, Wah Cantt	8-10-18
2.	Wah Medical College (for students), Wah Cantt	12-10-18
3.	Institute of Nursing POF Wah Cantt	19-10-18
4.	Mashal degree college Wah Cantt.	24-10-18
5.	Wah Medical College ( Faculty and staff ), Wah Cantt	26-10-18
6.	CB College Nawababad, Wah cantt.	29-10-18

The sessions included presentation of the patients with focus on risk factors for breast cancer and life style modification for its prevention and importance of breast self examination as a part of early screening along with the demonstration. At the end, question/answer sessions were held. Pamphlets were also distributed for more information.





## CLEANLINESS DAY 2018

Hand hygiene is the most important measure to avoid transmission of harmful germs and prevent health care-associated infections.

Proper hand washing remains the most effective way of removing germs and harmful bacteria from our hands. Ignaz Semmelweis, a Hungarian doctor working in Vienna general hospital is known as, "The Father of hand hygiene". Good hand washing is the first line of defense against the spread of many illnesses from common cold to more serious infections such as meningitis, bronchiolitis, flu, hepatitis A and many types of diarrhea.

Lahore Grammar School Wah Cantt celebrated cleanliness week from 1st to 5th October, 2018. The event was graced by the presence of Dr. Sadia Nadeem (Assistant Professor) and Dr. Anwar Bibi (Assistant Professor) of community medicine department at Wah Medical College. They highlighted the significance of cleanliness in prevention of infectious diseases by focusing on personal hygiene and demonstrated the steps of hand washing technique to the students of junior campus. The students participated actively in the session and showed a positive response in learning steps of hand washing.



## HEALTH, SAFETY AND ENVIRONMENT WEEK - WMC

In October, 2018 the initiative of arranging 'Safety Week' in POF was taken by Health, Safety and Environment (HSE) Department of POF. The speaker highlighted the importance of Health, Safety and Environment in an industry and stressed upon the audience to create awareness among employees and residents of the city. Director Health, Safety and Environment Mr. Tariq Shauq addressed and highlighted the importance of health, safety and environment as a part and parcel of any industrial complex. The week was followed by multiple activities at various institutions in vicinity of Wah. He stressed on provision of latest safety equipment to the employees that will help reduce the number of accidents in this industrial complex.

Wah Medical College wholeheartedly participated in the Health, Safety and Environment (HSE) Week celebrated by the HSE Directorate of POF. The first lecture in this context, was delivered by Dr. Ambreen Ansar of Community Medicine Department of WMC to the employees at Pakistan Ordnance Factories on 22nd October, 2018.

The second lecture on Personnel and Organizational Development was arranged at WMC on 23rd October, 2018 which was delivered by Dr. Attique Raza of 'Positive Solutions'. It was followed by a fire drill to learn the use of fire extinguishers and evacuation procedures. A large number of students and employees of WMC attended the session.

In the end of Safety week, a walk was arranged in which POF officers, workers and students of local educational institutions participated. Lt. Gen. Sadiq Ali, HI(M) Chairman, POF Board, was the Chief Guest on this occasion. Chairman POF Board, while addressing the participants of the walk said that it is the dire need of recent era to educate our youth about safety and cleanliness during their daily life. Tree plantation in our country is an essential requirement to maintain healthy environment. Students should be educated to participate in healthy activities like sports & games and to care about their personal hygiene.

Mr. Tariq Shouq, Director HSE, thanked all participants of the walk. Chairman POF Board, distributed shields among some prominent participants who played an important role in this programme.





## UPGRADATION OF ANESTHESIA DEPARTMENT

Anesthesia Department is responsible for providing anesthetic service and pain management care 24 hours a day and 7 days a week in Pakistan Ordnance Factory Hospital (POF), Wah Cantt. It also provides training services for undergraduates, postgraduates and paramedical & nursing staff.

The Department provides clinical services for thousands of patients each year. In addition to providing outstanding clinical care in various disciplines, including adult and pediatric pain management, intensive care and pre-operative medicine, the department also contributes in education and research. The department was upgraded in terms of infrastructure uplifting as well as introduction of several new procedures.

The upgradation took place from May 2018 to September, 2018. It included:

- I. Renovation of OR to Modular 4 OR's in August, 2018
- ii. Introduction of new equipment which comprised of:
  - a) Ultrasound machine with linear high frequency probe for Vascular access and Nerve Blocks installed in May, 2018
  - b) Difficult airway management system (Videoscope, Video laryngoscope, Styliet) installed in September, 2018
  - c) Six patient Shifting Trolleys added in September, 2018

The new procedures introduced during 2018 were as follows:

- a) Use of Nerve Stimulator (05-10-2018).
- b) Spinal Facet Block (20-06-2018)
- c) Ultrasound guided Blocks (06-08-2018)
  - I. PECS Block
  - ii. TAP Block
  - iii. Trigeminal Nerve Block
  - iv. Axillary Nerve Block
  - v. Femoral Nerve Block
  - vi. Fascia Iliaca Block
- d) Ultrasound guided Procedures such as:
  - I. Arterial line
  - ii. Central Venous Pressure Line
  - iii. Intra articular steroid injection in Shoulder Joint
- e) Management of Difficult Intubation (10-10-2018)
  - I. Fiber Optic Laryngoscope
  - ii. Videoscope
- f) Chronic Pain management (01-05-2018) with:
  - I. Local injection at trigger points
  - ii. Fluoroscopic epidural blocks



## 8TH CONVOCATION AT WMC

The 8th Convocation Ceremony for the graduates of 10th Batch, Session 2012- 2017, of Wah Medical College was held on Thursday, 12th April, 2018 in Auditorium, Wah Medical College (WMC), Wah Cantt.

The Chief Guest for the Convocation was Lt. Gen. Sadiq Ali HI (M), Chairman, Pakistan Ordnance Factories (POF) Board. other dignitaries from POF Board, POF Hospital and the medical, academic world also joined the event.

This year a total of 113 graduates were awarded degrees, 104 of Session 2012- 2017 and 09 (nine) graduates from previous batches.

The Convocation commenced with the grand academic procession marching in to the auditorium, followed by the National Anthem.

Following recitation of the few verses from the Holy Quran, Prof. Dr. Wasim Uddin, Principal, Wah Medical College addressed the audience and presented the Annual Report. Prof. Dr. Wasim Uddin proudly presented the young graduates of the 10th batch of WMC who had been declared successful by the University of Health Sciences (UHS), Lahore, in the Final Professional MBBS Examinations, 2017. He highlighted that students of Wah Medical College scored a pass percentage of 95.4% and secured 2nd Position among 33 Medical Colleges of UHS. Prof. Dr. Wasim Uddin emphasized the achievement of the graduates of the 10th Batch. Dr. Nusrat Shaheen, Dr. Muhammad Akif Ali Khan and Dr. Marya Ahsan secured the first, second and third position, respectively. He also touched upon all the other salient developments including publications, collaborations in academics and research, awards, distinguished visitors and dynamic student activities etc.

Following his speech, by virtue of the authority vested in him by the University of Health Sciences, the Principal admitted the graduates, both present and in absentia, to the Degree of Bachelor of Medicine and Bachelor of Surgery. He also authorized the students present to wear the robes ordained as the insignia of this degree. Prof. Dr. Wasim Uddin signed the list of awardees as well.

Prof. Dr. Musarat Ramazan, Dean of Academics, lead all the graduates for taking the Medical Oath.

The Principal and the Vice Principal awarded the degrees to the graduates of 10th Batch of WMC.

The Chief Guest and the Principal awarded medals and certificates of distinction to 28 graduates. Dr. Nusrat Shaheen was awarded the medal for being the best graduate of WMC for the year 2017.

Principal presented the college souvenir to the Honorable Chief Guest, after which the Chief Guest addressed the audience. Lt. Gen. Sadiq Ali HI (M) congratulated the graduates and their families and stressed that the field of medicine demanded a commitment to consider problems holistically and identify relevant solutions. He emphasized that the "high tech" diagnostic approach should be combined with a "high touch" caring paradigm. In recognition of the superb performance of the graduating students, he announced monetary accolades for the First, Second and Third positions.

The Convocation ended with the grand Academic procession proceeding out of the Auditorium.





## 8TH CONVOCATION AT WMC





## SEMINAR ON OCCUPATIONAL HEALTH

Occupational health deals with all aspects of health and safety in the workplace and has a strong focus on primary prevention of hazards. The health of the workers has several determinants including risk factors at the workplace leading to cancers, accidents, musculoskeletal diseases, respiratory diseases, hearing loss, circulatory diseases, stress related disorders and communicable diseases etc. Dangerous machinery and poorly ventilated factories, once commonplace, have now made ways for safer, cleaner environments for employees.

Health, Safety & Environment Week is celebrated by Pakistan Ordinance Factories, Wah Cantt, every year. On 22nd October, 2018, Health Safety and Environment (HSE) Directorate, POF invited Wah Medical College to educate the employees of POF on occupational health and its importance. Dr. Ambreen Ansar, Assistant Professor, Community Medicine represented the Health Awareness Cell of Wah Medical College on this occasion. A 30 minutes presentation including the holistic concept of Occupational Health & Ergonomics was explained to the participants. The use of personal protective equipment and tools was emphasized and role of leadership, administration and workers was clearly explained. The dissemination of this information not

only created awareness about the protection of the workers from workplace hazards, but also prevention from occupation related illnesses, while promoting a healthy life style.





## BASIC LIFE SUPPORT (BLS)

Basic Life Support (BLS) course was conducted by emergency department POF hospital for final year students on 27th February, 2018 in WMC Auditorium, Wah Medical College. The BLS (CPR and First Aid provider program) is designed to provide course participants with foundational knowledge and teach skills needed to perform cardiopulmonary resuscitation (CPR) and other lifesaving skills. During this course, participants became familiar with the signs and symptoms associated with cardiovascular diseases such as myocardial infarction as well as with other diseases and conditions that may also pose an immediate threat to life. The BLS guidelines were provided to the students that highlighted a set of clinical interventions for the immediate emergency management. The aim of the training session was to equip the participants with basic knowledge, skills and attitude to perform, basic life support techniques confidently. The students learnt the basics of resuscitation like chest compression, adult and infant breaths, management of choking in adults and infants etc. Simulations were focused on the following key concepts:

- Proficiency in recognizing and initiating early management
- Identifying and treating life-threatening clinical situations

Students successfully completing the first aid training session received an individual certificate of participation.



## SPORTS WEEK 2018

Annual Sport Week 2018 focused on celebrating the role of play and sportsman spirit in academics. It also fulfills the commitment of WMC to provide opportunities for healthy extracurricular activities for students ensuring a holistic approach to academics.

Sports week was scheduled in 2nd week of March, 2018. The week began with a Flag Raising Ceremony and March Past followed by formal inauguration of sports week by Professor Dr. Wasim Uddin, Principal, Wah Medical College.

Before the start of sports week a committee was formed that managed and ensured the smooth and successful conduction of all activities and provided safe environment to enhance the healthy experience for students. The committee was presided by Professor Dr. Zubia Athar. The pleasant weather and hues of spring added more color to the activities. The outdoor activities comprised of various sports like badminton, table tennis, tug of war, cricket, throw ball and football. Referees and other technical help was sought from POF sports complex and other sport professionals. Indoor events included stalls, English and Urdu declamation, videography and poetry contests of Urdu & English. The judges and chief guests for these events were invited from various institutes in the vicinity of Wah Cantt. A cricket match among faculty member was also part of the sports week. The result of each event was announced at the end of each game. The winning class was TROEZIANS (Final year) on the basis of maximum points accumulated through individual events. The week was concluded with the Annual Dinner attended by the faculty and students of Wah Medical College.





## SPORTS WEEK 2018



## PAKISTAN ORDINANCE FACTORIES HOSPITAL

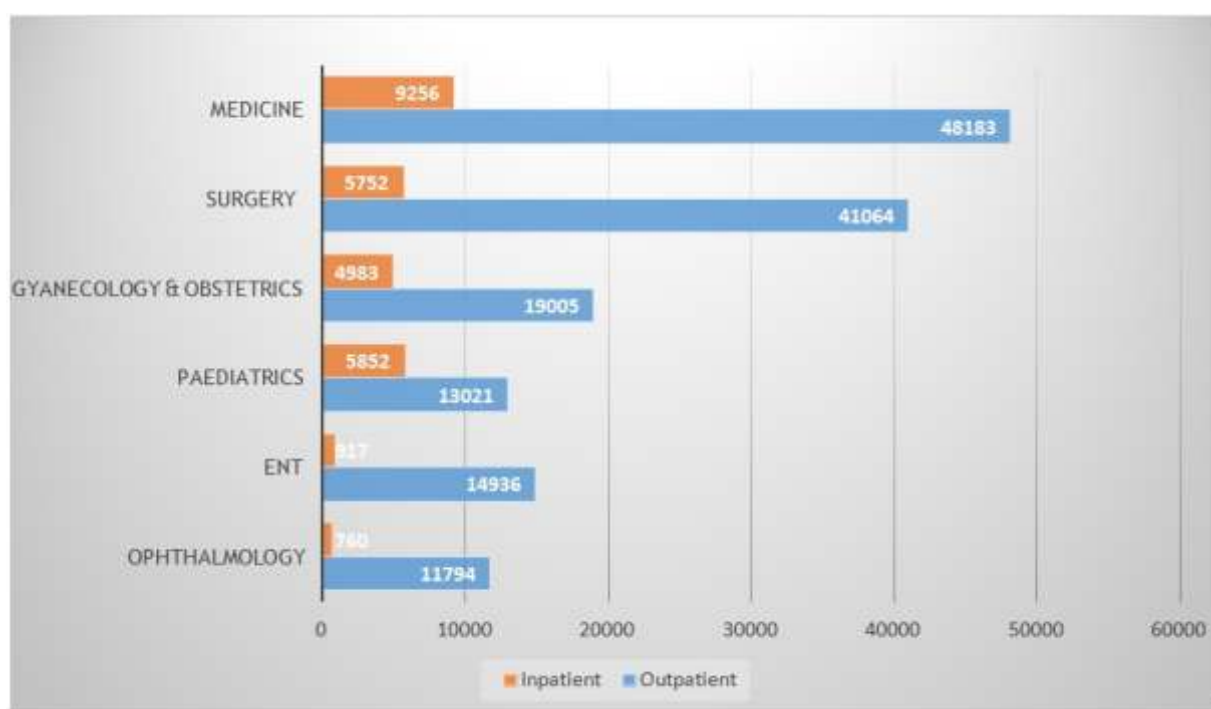
POF hospital provides best treatment to patients with specialized staff and modern equipment. The hospital is largely staffed by professionals i.e. physicians, surgeons, and nurses. The Medical Unit have three main units i.e. CCU, ICU, Endoscopy along with Dialysis facility. The Critical care areas, ITC, ICU and CCU have Central monitoring facility, and central Oxygen/Suction and Ventilation Facility.

POF Hospital has the facility of Radio Imaging which consist of CT Scan, Digital X-Rays, Fluoroscopy, X Ray, Ultrasonography and Color Doppler studies etc.

For facilitation of patients, round the clock services are provided which ensures internal quality standards by means of quality control materials.

The Dental Centre is capable of providing all sort of Basic Dental treatments including operative procedure etc.

The dermatology department is well equipped and has facilities like electro cautery, cryotherapy, skin biopsy sets and a state-of-the-art full body phototherapy chamber.

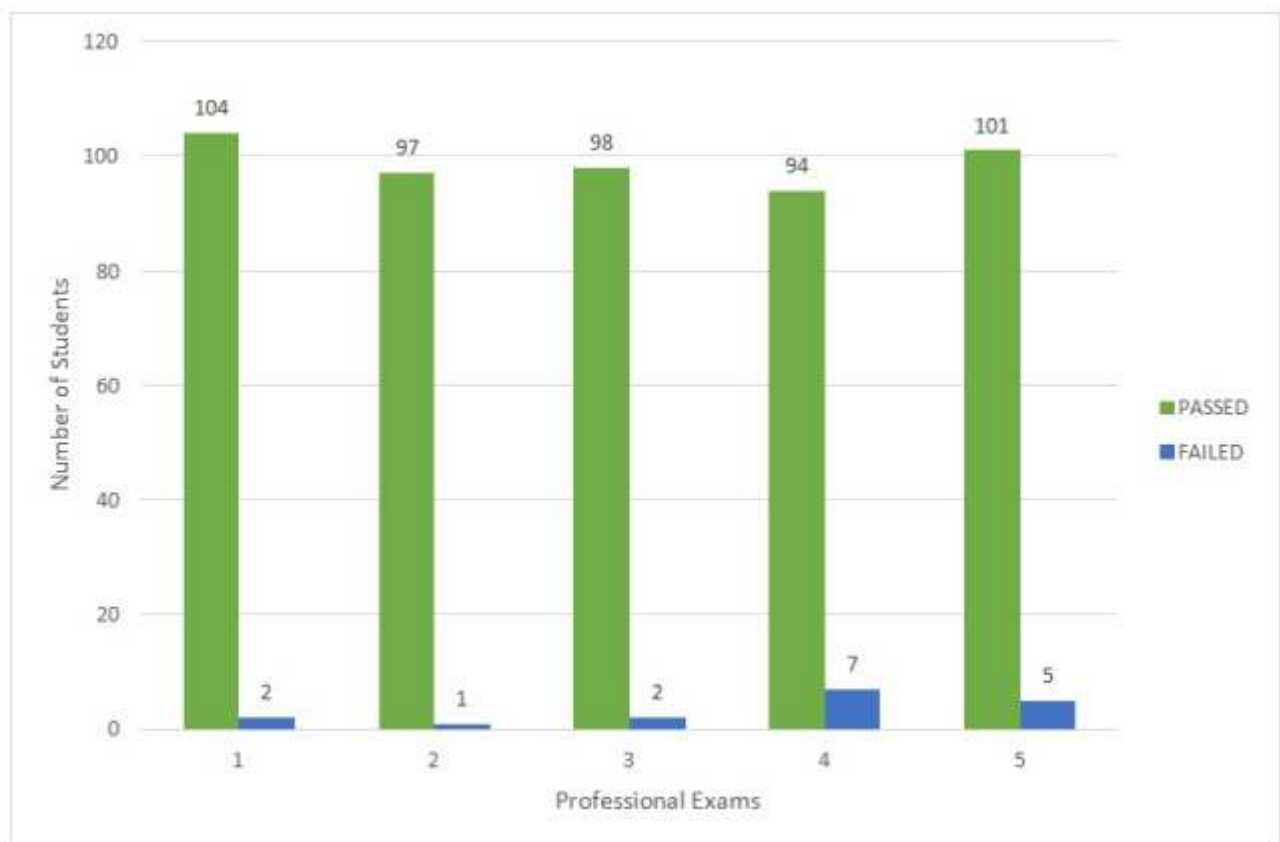


Outpatient and Inpatient admissions during 2018 in  
Pakistan Ordinance Factories Hospital in various Departments



## ACADEMIC PERFORMANCE 2018

Wah Medical College is currently taking its professional exams under two universities. Students of first year and second year are evaluated by National University of Medical Sciences (NUMS), Rawalpindi. Whereas, pupils of third year, fourth year and final year are assessed by University of Health Sciences (UHS), Lahore. Wah Medical College takes pride in achieving more than 90% results for each professional exam and producing best graduates for the community.



## DEPARTMENT OF MEDICAL EDUCATION

### MISSION STATEMENT

Department of Medical Education is committed to promote excellence in teaching, enhance the curriculum by supporting and recognizing outstanding teachers and assuring quality & accountability by using evidence based practices. It aims to provide opportunities for continuous professional development and continuous medical education for the faculty and alumni of Wah Medical College.

### PREFACE

The Department of Medical Education (DME) at Wah Medical College was established in April 2008. Dr. Tariq Mahmood Mufti, Professor of Anesthesiology was the first coordinator of the department. Faculty members, Dr. Asma Hafeez and Dr. Waseem Kayani, were selected as members of the Department of Medical Education to assist Dr Tariq Mufti.

Currently the department is headed by Prof. Dr. Mussarat Ramzan (Dean Academics & Vice Principal WMC) as the Chairperson of the Department of Medical Education. A full time faculty member has also been inducted in the department in December, 2018.

The Department of Medical Education at Wah Medical College works in collaboration and in accordance with the outlines provided by the National University of Medical Sciences (NUMS) and the requirements of PM&DC received from time to time. The department is now conducting regular activities and workshops & is involved in various academic aspects of the MBBS program at WMC.

### OBJECTIVES

The Department of Medical Education works with the following objectives:

- Making an impact on the health-care delivery by using best evidence medical education principles. Working with the Academic Council at WMC to regularly update the curriculum, in line with latest NUMS and PM&DC guidelines.
- Raising the standard of teaching/learning activities through appropriate training of faculty from both basic and clinical sciences according to modern principles of medical education.
- Assessing student performance according to national and international standards of achievement.
- Assuring quality and accountability in the delivery of medical education.
- Developing a system of ethical review to improve patient safety in research.
- Developing and implementing a system of quality assurance and audit.
- Supervising and conducting the pre, per and post evaluation of all examination conducted across all the subjects.
- Ensuring academic management through the Institutional Curriculum Committee (ICC). The ICC comprises of modular committee which includes Basic Sciences, Pre-Clinical and Clinical coordinators along with heads of relevant departments and oversees the implementation of all policies pertaining to curriculum, assessments (both summative and formative) and attendance. The ICC also ensure that the information is duly shared with the students on a regular basis.

## DEPARTMENT OF MEDICAL EDUCATION

### REPORT OF EVENTS ARRANGED BY THE DEPARTMENT

Workshop on Curriculum Development and Quality Assurance in Assessment, November 2018

A 2-day workshop on "Curriculum Development and Quality Assurance in Assessment" conducted by health professions educationists from NUMS was held at Wah Medical College in the Medical Education Department, on the 19th and 20th of November, 2018.

During the 2 days' workshop, 23 participants (Faculty of Basic & Clinical sciences) took part in the workshop. The major focus of the workshop was to develop understanding about basics of an integrated curriculum and to improve faculty skills in developing technically correct one- best Multiple Choice Questions. The facilitator mainly used the participatory and group work approach. The participants solved their queries and shared their experiences with one another during each session of the workshop.

Objectives:

The main objectives of the workshop were to;

- Establish rapport and build relationship.
- Sensitize the faculty to the need for reform in accordance with the PM&DC standards.
- Develop awareness about basics of an integrated curriculum and its alignment with exit competencies and outcomes.
- Improve faculty skills in instructional strategies for promoting active learning.
- Improve faculty skills in developing technically correct one- best MCQs of clinical application and higher cognitive level.

Facilitators:

This workshop was facilitated by;

- Prof. Dr. Rukhsana Ayub, Additional Director HPE, Assistant Dean Assessment, NUMS.
- Dr. Ayesha Rauf, Additional Director HPE, Assistant Dean Curriculum, NUMS.

Workshop Achievements:

By the end of workshop the participants felt they were able to:

- Integrate relevant aspects from different disciplines with their own discipline.
- Identify all the item flaws and rectify those.
- Conceptualize the basis of "blue print" and "table of specification" of the curriculum.
- Differentiate between learning objectives and learning outcomes.
- Distinguish between passive and active instructional strategies.





## WAH MEDICAL COLLEGE CELEBRATES INDEPENDENCE DAY, 2018

Pakistan celebrates its independence day on August 14, an occasion to promote patriotism and national unity. People all over Pakistan celebrate Independence Day with patriotic zest. Wah Medical College also celebrated 72nd Independence Day on Tuesday 14th of August, 2018.

Department of Pharmacology organized an at-the-spot poster competition to celebrate Independence Day at WMC. All faculty and students attended the auspicious event which was graced by the Principal Professor Dr. Wasim Uddin and Dean of Academics Professor Dr. Mussarat Ramzan's presence. All the classes participated enthusiastically in the competition. Mr Muhammad Ali (3rd year) secured first position. Second position was shared by Bilal Faiz (4th year) & Talha Umer (3rd year) while Ahmed Junaid (3rd year) and Noor ul Eman (1st year) shared the third position.



## ACCOMPLISHMENTS OF FACULTY

1. Dr. Ayesha Afzal (Associate Professor of Pharmacology Department) qualified the comprehensive PhD Exam (GPA 4.0) at Riphah International University, Rawalpindi.
2. Brig (R) Imran Ul Haq, Professor of Anesthesiology
  - a. Successfully accomplished Technical Training, at Zywiec POLAND in range of Installation of INFIMED on 26-03-2018:
    - Modular Operation system
    - Operating Tables
    - Operating Lights
    - Integration system OPERA
  - b. Successfully attended a training programme at Headquarter in Barga GERMANY on 29-03-2018:
    - European Standards for Air Handling Units
    - Air Handling Units for Hygienic Applications
    - Quality Features of Air Handling Units
    - Maintenance and Troubleshooting of Air Handling units
  - c. Completed the KLS Martin Service Training at Tuttlingen GERMANY in the field of Operating Lights on 03-04-2018:
    - Installation
    - Basic Engineering
    - Pre-Maintenance
  - d. Completed KLS Martin Services Training at Tuttlingen GERMANY on the following topic on 04-04-2018:
    - Requirements for surgical and anesthetically used ceiling pendants
    - Basic Gas Outlets
    - Installing Ceiling Pendants
    - Maintenance and Adjustments
3. Maj (R) Dr. Khalida Ajmal (Associate Professor of Pharmacology) qualified the First Semester PhD Exam (GPA 3.8) at Riphah International University, Rawalpindi.
4. Dr. Saima (Assistant Professor of Pharmacology) joined CHPE (Certificate in Health Professions Education) at NUMS
5. Dr. Sumera Gul (Associate Professor of Physiology) completed her PhD in Physiology.

## PUBLICATIONS

1. Afzal, A, Waheed, A, Ahmed, N, Khan, B, Ara, I. (2018) Effect of Luminally Released Psychoactive Drugs on Intestinal Motility in Vitro. Saudi J. Med. Pharm. Sci., Vol-4, Iss-2 (Feb, 2018): 235-237
2. Afzal, A., Sharif, M., Khan, A., Khan, B., & Ara, I. (2018). Effect of fluoxetine and paroxetine on intestinal motility. International Journal of Basic & Clinical Pharmacology, 7(3), 429-432.
3. Afzal, Ayesha et al. Effect of fluoxetine and paroxetine on intestinal motility. International Journal of Basic & Clinical Pharmacology, [S.I.], v. 7, n. 3, p. 429-432, feb. 2018. ISSN 2279-0780.
4. Agha, M. A. K. F. H. (2018, April). External Dacryocystorhinostomy or Endoscopic Endonasal Dacryocystorhinostomy, Results of Surgery with Multi-disciplinary Team Approach. In Ophthalmology update welcomes the participants of Islamabad Congress of Ophthalmology. Bhurban at (Murree) (Vol. 16, No. 2, p. 613).
5. Ashraf, S., and S. Mushtaq. "Study Habits, Learning Approaches and Coping Strategies of Medical Students." Biomedica 34, no. 2 (2018): 113.

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1. Afzal, A, Waheed, A, Ahmed, N, Khan, B, Ara, I. (2018) Effect of Luminally Released Psychoactive Drugs on Intestinal Motility in Vitro. Saudi J. Med. Pharm. Sci., Vol-4, Iss-2 (Feb, 2018): 235-237
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5. Ashraf, S., and S. Mushtaq. "Study Habits, Learning Approaches and Coping Strategies of Medical Students." Biomedica 34, no. 2 (2018): 113.
6. Ashraf, Sohail, and Saba Mushtaq. "Metabolic Complications and Outcome of Infants Born to Diabetic Mothers." Journal of Rawalpindi Medical College 22, no. 1 (2018): 39-42.
7. Cheema, M. A. R., Nawaz, S., Gul, S., Salman, T., Naqvi, S., Dar, A., & Haleem, D. J. (2018). Neurochemical and behavioral effects of Nigella sativa and Olea europaea oil in rats. Nutritional neuroscience, 21(3), 185-194.
8. Dr. Fatima Aamir Khan, Dr. Muhammad Fahim Qasim, Prof. Fareed Aslam Minhas, Dr. Asad Tamizuddin Nizami, "Frequency of delirium in patients with underlying urinary tract infection" vol.16 /4, Oct-Dec 2018.
9. Dr. Muhammad Fahim Qasim, Dr. Muhammad Shoaib Irfan, Dr. Fatima Aamir Khan, Dr. Asad Tamizuddin Nizami, "Frequency and severity of depression in adolescents at tertiary care psychiatric facility", Ophthalmology Update, vol.16 /4, Oct-Dec 2018.
10. Dr. Shakeel Asif, Dr. Asif Kamal, Dr. Muhammad Fahim Qasim, Dr. Nadia Naveen, and Dr. Farah Yousaf, "Exploring Gender Differences in Academic Motivation among Adolescents" vol.16 /4, Oct-Dec 2018.
11. Ghazal, L., Qureshi, A. H., & Iqbal, N. (2018). Antibiotic Susceptibility Pattern of Gram Negative Bacilli Isolated from Different Clinical Specimens in a Tertiary Care Hospital. Journal of Islamabad Medical & Dental College, 7(2), 112-117.
12. Imran, Shezadi Sabah, Khola Waheed Khan, Imrana Maqsood, Muqadsa Mehmood, and Tallisa Tallae. "Perception and Practice of Energy Drinks Consumption by Medical Students of Wah Medical College." Pakistan Armed Forces Medical Journal 68, no. 5 (2018): 1323-26.
13. Jabeen, A., Ashraf, S., Mahmood, T., Shah, S. A., & Riaz, F. Specialty Preference and the Factors Affecting it among the Junior Doctors of Wah Medical College.
14. Jabeen, A., Iqbal, S., Sheikh, G. M., & Riaz, F. Comparison of Perceived Stress and Sources of Stress in Students of Basic, Preclinical and Clinical Levels of Medical Education. Isra Medical Journal (2019), 11(1), 51-54.
15. Kalsoom, S., Majeed, N., Riaz, M., & Tariq, S. (2018). Labetalol Versus Methyldopa: Comparison of Frequency of Small for Gestational Age in the Treatment of Pregnancy Induced Hypertension. Journal of Rawalpindi Medical College, 346-349.
16. Khan, A., Afzal, A., Rauf, A., & Waheed, A. 2018 May 22. Comparative efficacy of melatonin in attenuation of endotoxin/LPS induced hepatotoxicity in BALB/c mice. International Journal of Basic & Clinical Pharmacology. [Online] 7:6
17. Khan, A., Ahmad, W., & Kamran, M. (2018). Celiac Disease in Different Age Groups and Gender in Pakistan. Journal of Rawalpindi Medical College (JPMC), 22(3), 244-247.
18. Khan, K. W., Ramzan, M., & Bibi, S. (2018). Orientation programme for first year medical students. A qualitative study. Pakistan Armed Forces Medical Journal, 68(5), 1332-38



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19. Khan, Khola Waheed, Shezadi Sabah Imran, and Sidrish Idris. "Do Mobile Addicts have Poor Sleep Quality?" *Annals of PIMS-Shaheed Zulfiqar Ali Bhutto Medical University* 13, no. 4 (2018): 306-309.
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21. MCPS, M. M. A., & Aftab, A. (2018). Short Term Efficacy of Intra-Vitreous Bevacizumab (Avastin) in Macular Oedema. *GENERAL SECTION-ORIGINAL ARTICLES*, 16(4), 854.
22. Rafique, S. (2018). Outcome of Mechanical Induction of Labour in Patients with Previous One Caesarean Section. *Journal of Rawalpindi Medical College*, 270-273.
23. Ramzan, M., & Ansar, A. (2018). Learning and Teaching Styles at Wah Medical College; A Qualitative Approach. *Annals of PIMS-Shaheed Zulfiqar Ali Bhutto Medical University*, 13(4), 275-280.
24. Ramzan, Musarat, and Ambreen Ansar. "Learning and Teaching Styles at Wah Medical College; A Qualitative Approach." *Annals of PIMS-Shaheed Zulfiqar Ali Bhutto Medical University* 13, no. 4 (2018): 275-280.
25. [T. Mahmood](#), [S. Haider](#), [S. Ashraf](#). Treatment outcome of infantile spasms in neurology clinic at Wah Cantt. September 2018, *Medical Forum Monthly* 29(9):6-9
26. Tahira Khatoon, Anum Fatima, Skills of Nurses Regarding Oral Health Care Provision to Patients in Pediatric Intensive Care Units: A Nurses Perspective. *Case Studies Journal* ISSN (2305-509X) – Volume 7, Issue 10–Oct-2018
27. Tehseen, T., Qureshi, A. H., & Ghazal, L. Bacterial Isolate of Neonatal Sepsis and their Susceptibility Pattern in POF Hospital Wah Cantt. *Infectious Diseases Journal of Pakistan*, 70.

## ONGOING PROJECTS

1. An interventional study on "Efficacy of sofosbuvir and Ribavirin in naïve and treatment experienced patients of Chronic hepatitis –C genotype 3 in the department of medicine
2. Hemorrhagic alleviation with tranexamic acid: intestinal system: An international Randomized Double Blind Placebo Controlled Trial (HALT-IT Clinical Trial)—department of medicine is part of Ongoing International Trail
3. A case report on an uncommon cause of Bronchiectasis by Dr. Aziz ul Qadir, Dr. Anum Rasheed and Dr. Maria Aslam

## INSTITUTE OF NURSING

### INSTITUTE OF NURSING

Institute of Nursing is an affiliated institute of Wah Medical College and POF Hospital, which helps to meet the emerging demands of qualified nurses in the health sector. It works with the objective to ensure quality nursing care by focusing on the professional enhancement, to equip the nursing students with knowledge based on critical thinking, reasoning and community experience and to prepare competent, safe, committed and knowledgeable nurse clinicians for hospitals and community settings.

The Bachelor of Science in Nursing aims to produce professionals who provide safe, skilled and compassionate nursing care that meets theoretical and professional standards. 35 nursing students join institute of nursing each year. The nursing curriculum provides relevance of concepts of social practice, leadership, critical nursing care and ethics of care. Courses are taught in purpose built campus equipped with high-tech labs and computerized patient simulators. Wah Institute of Nursing is in its fifth year and has already earned a good name in Nursing Education across Pakistan. In year 2018, Institute of Nursing achieved 48 distinctions in University of Health Sciences (UHS) Annual Examination. Institute of Nursing, received exceptional results (100%) in Post RN BScN Prof - II & Generic BScN Prof-III in UHS Annual exam, 2018.



## AUDIT

The International Standards Organization (ISO) certification is a seal of approval typically granted after an external audit is carried out. To ensure that Wah Medical College meets the international standards of quality management system (QMS), the institute is annually subjected to external audit. The institute uses the certification granted for the standards met to demonstrate its ability to consistently meet Pakistan Medical and Dental Council regulatory requirements. Regular audits provide the objective feedback needed to correct any deviations from the quality path and ensures implementation of regulations. The external audit for 2017 was carried out by Health Safety and Environment (HSE) directorate of POF. Wah Medical College also won ISO 9001, ISO 140001 and ISO 180001 certification for quality management, environmental management and occupational health and safety management systems, respectively.







# CERTIFICATE



## Management system as per EN ISO 9001:2008

In accordance with TÜV AUSTRIA CERT procedures, it is hereby certified that

**Wah Medical College**  
**Wah Cantt, Pakistan**

applies a management system in line with the above standard for the  
following scope

**to provide medical education (under-graduate & post-graduate  
programme)**

Certificate Registration No. 20100131336992 / 26

Valid until 2018-09-15

Certification Body  
at TÜV AUSTRIA CERT GMBH

Vienna, 2016-09-26

This certification was conducted in accordance with TÜV AUSTRIA CERT auditing and certification  
procedures and is subject to regular surveillance audits. The certificate is valid in conjunction with the  
main-certificate.

TÜV AUSTRIA CERT GMBH Krugerstraße 16 A-1015 Wien [www.tuv.at](http://www.tuv.at)





# CERTIFICATE

**TÜV**  
AUSTRIA

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Certificate Registration No. 20116131336993 / 26

Valid until 2019-12-03

*Noraf*

Certification Body  
at TÜV AUSTRIA CERT GMBH

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