



**School of  
Health Sciences**

# NEWSLETTER

October to December, 2022

**ISSUE 2**

**SHS welcomes Dean  
(Prof. Dr. M. Salman Bashir)**

**SHS Student representation  
at Dow University, Karachi**

**SHS signs MoU with Indus  
Hospital and Ghurki hospital**

**280+ publications with  
UMT affiliation**

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## Editor in Chief

**Prof Dr Muhammad Salman Bashir**

Dean, SHS, UMT

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### **Dr Afifa Tanweer**

Assistant Professor,  
Department of Nutrition  
Science, SHS, UMT



### **Ms Rabia Jawa**

Assistant Professor, Department  
of Physical Medicine and  
Rehabilitation, SHS, UMT



### **Ms Ammara Arshad**

Lecturer, Department of  
Nutrition Science, SHS, UMT



### **Ms Fatima Tariq**

Demonstrator, Department  
of Physical Medicine and  
Rehabilitation, SHS, UMT

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# EDITORIAL

I welcome you to the second issue of the School of Health Sciences newsletter. I recently joined SHS and found this place and its people rich in potential. Here, at SHS, we regularly engage in academic, research and co-curricular activities. This newsletter features a glimpse of all the events and activities arranged or attended between October 22 to December 22 by our enthusiastic students, dedicated faculty and hardworking staff. We hope that this newsletter would be of interest to our students, faculty members and colleagues.



**Prof Dr Muhammad Salman Bashir**

Dean, SHS, UMT

## EVENTS GALLERY

### Welcome of Prof Dr Muhammad Salman Bashir, Dean, SHS

Faculty and staff of SHS welcomed Prof Dr Muhammad Salman Bashir as Dean, SHS on November 10, 2022. He joined SHS as Professor and Dean, SHS on October 31, 2022. All the members enjoyed a get-together and showed a warm welcome to Dean, SHS.



# STUDENT TRAINING SEMINARS AND WORKSHOPS

## Awareness Seminar on “Lifestyle and Cancer; What’s the Connection?”

An awareness seminar titled “Lifestyle and Cancer; What’s the Connection” was organized for SHS students and faculty. Dr Ehsan ur Rehman was invited as a guest speaker. He is a CEO of WS Health Care and is a Consultant Oncologist having completed MBBS, FCPS, SCE (Medical Oncology), UK. The audience learned several points related to the modifiable risk factors of cancer in this informative and interactive session.

October 06, 2022



## Hands-on Training Workshop CPM FOR KNEE TO MOBILIZE THE KNEE JOINT IN IMMOBILE PATIENTS TO ENHANCE THEIR ROM

October 14, 2022

A hands-on training workshop was organized by Dr Tamknat Ilyas (Assistant professor, Department of Physical Medicine and Rehabilitation, SHS, UMT) on “CPM for Knee to Mobilize the Knee Joint in Immobile Patients to Enhance their ROM” for Doctor of Physical Therapy (DPT) students. The guest speaker for this workshop was Dr Mamoona Anwar, Lecturer, Department of Physical Medicine and Rehabilitation, SHS, UMT.





## Hands-on Training Workshop on “Spinal Manual Therapy and Assessment”

A hands-on training for final year DPT students was held in University Medical Center. Dr Anam Mehmood (Assistant Professor, SHS), Dr Moeen Ahmad Khan and Dr Rubab Nadeem (Consultant Physiotherapist, UMC). Dr Hashim (Head, Clinical Department, Riphah International University, Lahore) was invited as a guest speaker. The students learned level 1 assessment of spinal issues and treatment strategies.

**October 24, 2022**

## Workshop on “Application of Transcutaneous Electrical Nerve Stimulator (TENS)”

**October 19, 2022**

A hands-on training workshop was organized by Dr Tamknat Ilyas (Assistant Professor, Department of Physical Medicine and Rehabilitation, SHS, UMT) on “Application of Transcutaneous Electrical Nerve Stimulator (TENS)” for Doctor of Physical Therapy (DPT) students of the course Physical Agents and Electrotherapy II. The guest speaker for this workshop was Dr Rabia Majeed, Lecturer, Department of Physical Medicine and Rehabilitation, SHS, UMT. The students learned about the purpose, indications, contraindications and hands on application of TENS.



## Workshop on “ Ultrasound Application and Techniques

A hands-on training workshop was organized by Dr Tamknat Ilyas (Assistant Professor, Department of Physical Medicine and Rehabilitation, SHS, UMT) on “Ultrasound Application and Techniques” for final year DPT students. The guest speaker for this workshop was Dr Sania Maqbool, Lecturer, Department of Physical Medicine and Rehabilitation, SHS, UMT.

**October 26, 2022**



## Workshop on “Neural Testing and Mobilization Technique”

**October 26, 2022**

A hands-on training workshop on “Neural Testing and Mobilization Technique” was organized by Dr Anam Mehmood (Assistant Professor, Department of Clinical Services) with the collaboration of the Department of Clinical Services and Department of Physical Medicine and Rehabilitation for DPT students studying the course Therapeutic Exercises II.

Dr Sara Riaz PT (Lecturer, Department of Physical Medicine and Rehabilitation, SHS, UMT) was the guest speaker for this workshop. The students learned the method, purpose, indications, contraindications and hands-on practice of neural testing and mobilization techniques





## Inter Professional Education Workshop

November 22, 2022

School of Health Sciences in collaboration with School of Pharmacy organized an interdisciplinary interactive workshop on 'Osteoporosis/Osteopenia - Diagnosis and Treatment' to bring together multiple disciplines. The students attended brief lectures from facilitators and collaborated with their peers from various disciplines in solving and presenting case scenarios provided to them.

All the departments of School of Health Sciences - Department of Physical Therapy, Department of Nutrition Science, Department of Medical Imaging and Ultrasonography, Department of Medical Lab Sciences, Department of Clinical Services - along with the School of Pharmacy worked together for this workshop. The aim was to deliver the message of interdisciplinary collaboration and to foster the concept of health care teams.





## Seminar on Polycystic Ovarian Syndrome **November 22, 2022**

A seminar on PCOS was organized by Mr Faheem Mustafa of Department of Nutrition Science. The seminar covered PCOS pathophysiology, medical treatment and nutritional management along with a free consultation (camp) for students.



## Webinar on “Spinal Deformity and its Orthotics Applications” **November 22, 2022**

A webinar on “Spinal Deformity and its Orthotics Applications” was organized for senior students of DPT by Dr Rabia Majeed (Lecturer, Department of Physical Medicine and Rehabilitation, SHS). Dr Shad Muhammad Khan (Orthotist, Frontier Medical, Dubai; Lecturer, University of Sharjah, Gulf Medical University) was invited as a guest speaker for this event.



## Students of Nutrition Science Visited Bodytech gym **December 10, 2022**

Students of DNS visited Bodytech Gym for gaining practical exposure and applying the concepts learned in their course Nutrition and Exercise Physiology. This activity was organized by Ms Asma Khan (Demonstrator, Department of Nutrition Science, SHS).



## Training for the Management of Medical Emergency Situations

Final year students of DPT attended a training session on medical emergencies.

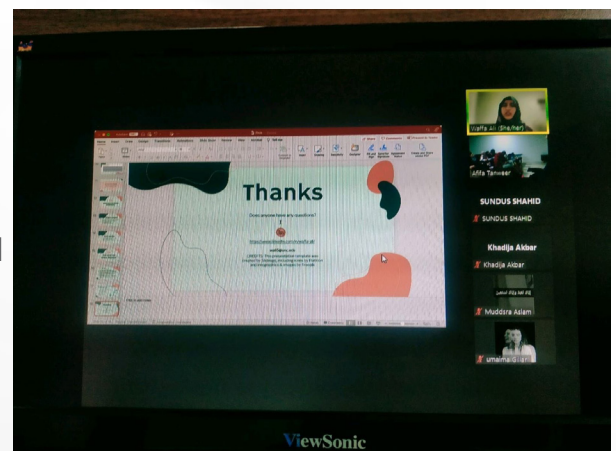
Muhammad Faisal Pasha (Senior Disaster Rescuer, 1122, Lahore) and Mr Razaqat Ali (Emergency Medical Technician, 1122, Lahore) facilitated the session.

**December 13, 2022**



## Invited Lecture on 'Scope of Public Health Nutrition'

An invited lecture was arranged for the students studying the course 'Public Health Nutrition' from Dr Afifa Tanweer. Ms Waffa Ali joined as a guest speaker over the zoom for this session. Ms Waffa is currently pursuing her Master's in Public Health Nutrition from University of North Carolina in Chapel Hill, USA under Fulbright Scholarship Program. She has done DNS (Batch 002) from the Department of Nutrition Science, SHS, UMT (Gold Medalist) and has served actively as president of UMT Nutrient Club during her final semester.



## Seminar on “Career Guidance for Nutrition Students”

**December 21, 2022**

Seminar on “Career Guidance for Nutrition Students” was organized by Mr Faran Khan (Lecturer, Department of Nutrition Sciences, SHS). Ms Arooj Abid (Community Engagement Manager and Nutritionist at Slice Catering Service, Dubai, UAE) joined as a guest speaker for this event. The students benefitted from current market trends and gained insights about job opportunities in Pakistan and Middle East. The aim was to guide the students about the success stories of nutritionists who are representing Pakistan overseas and have set a bar for younger nutrition professionals.



## Lecture on ‘Practical Application of Patient Counseling Skills During Dietetic Practice’

**December 22, 2022**

An invited lecture was arranged for the students studying the course ‘Nutrition Education’ from Dr Afifa Tanweer. Ms Hamna Muqadas joined as a guest speaker for this webinar. Ms Hamna has done her Master’s degree in Food and Nutrition and has a clinical experience of over 5 years. She has wide range of patient dealings and several success stories especially in patients with weight loss issues, PCOS and Arthritis. She is the CEO of Prime Nutricare which is an online consultation platform for dietitians and serves through the platform of Marham as well. The students learned several tips on patient counseling and practical application of their knowledge for dietetic practice



## Students of Nutrition Science Visit UMT Gym

December 31, 2022

Students of DNS visited UMT Gym for gaining practical exposure and applying the concepts learned in their course Nutrition and Exercise Physiology. This activity was organized by Ms Ammara Arshad (Lecturer, Department of Nutrition Science, SHS).



## FACULTY TRAINING WORKSHOPS

### Workshop on “Effective Strategies of Synopsis Writing, Reference Manager and Publication”

December 31, 2022

A workshop on “Effective Strategies of Synopsis Writing, Reference Manager and Publication” was organized by the department of PM&R for SHS faculty and staff. The guest speakers were Dr Muhammad Sharjeel Ilyas (Assistant Professor, Oral Biology, PJMI, UHS, Lahore) and Dr Samreen Sadiq (PT, Associate Professor, Head, Department of Community Health Sciences, Lahore College of Physical Therapy). This session was held in a hybrid mode with on-site and online participants over zoom.



## Faculty Training Workshop on “Effective Article Writing Strategies”

October 20, 2022

A research training workshop on “Effective Article Writing Strategies” was arranged by the CoD, Department of Physical Medicine and Rehabilitation. Dr Danish Hassan (Assistant Professor, Riphah Collage of Rehabilitation and Allied Health Sciences) was invited as a guest speaker for this workshop. The faculty learned research tips and tools for writing a publishable manuscript.



## Faculty Development Program by Center for Teaching and Learning, UMT

September and October, 2022

Nominated faculty members of SHS successfully completed Faculty Development Program arranged by Center for Teaching and Learning (September 19–23, 2022) and participated in the certificate distribution ceremony on October 19, 2022.





## Training Workshop on 'Application of Statistical Software in School of Health Sciences

**November 11, 2022**

A training workshop on application of statistical software was organized by CoD Department of PM&R. The guest speakers for this workshop were Dr M Moeen Butt (Associate Professor, HSM, UMT; HEC approved supervisor) and Mr Mueen ud Din Azad (Assistant Professor, HSM, UMT). They trained the faculty on utilizing statistical software for their own research projects as well as for supervising the research students.

## Workshop on "Reference and Literature Management using Mendeley"

A workshop on Reference Management using Mendeley was held by Department of MLS for SHS faculty and staff. Mr Shanawer Rafique (Senior Officer, Metadata Editor at Knowledge and Research Support Services for UMT Journals) was invited as a guest speaker. Mr Shanawer is a certified Mendely Advisor at Elsevier. In this hands on training session, the participants learned about using Mendeley for organizing references and literature.

The poster features the logos of the School of Health Sciences, Mendeley, and KRSS (Knowledge & Research Support Services). It includes the following text:

**WORKSHOP ON:**  
**REFERENCE & LITERATURE MANAGEMENT USING MENDELEY**

**Date:** November 30, 2022  
**Time:** 12.00pm to 2.00pm

IPC lab-1  
 Health sciences campus  
 UMT

**Shanawer Rafique**  
 Senior Officer (Metadata Editor)  
 UMT

**Mr. Shanawer Rafique** is serving as Senior Officer (Metadata Editor) at Knowledge & Research Support Services (KRSS) for UMT Journals and also a Certified Mendeley Advisor at Elsevier.

No registration fee

## Workshop on “Practical and Non-Practical Clinical Skills Assessment Tools”

December 14, 2022

A workshop on building Multiple Choice Questions, Objective Structured Clinical Examination and Objective Structured Practical Examination tools was organized for SHS faculty members. The speakers for this workshop were Dean, SHS (Professor, Muhammad Salman Bashir) and Dr Tamkhat Ilyas (Assistant Professor, Department of Physical Medicine and Rehabilitation, SHS). The faculty learned ways to improve their assessment tools.



## COMMUNITY SERVICE

### Participation in PAK MEDICA Medical, Health and Cosmetics Expo and Conference, 2022, Expo Center, Lahore

October 6 to 8, 2022

School of Health Sciences and University Medical Center (UMC) setup a stall at Expo Center, Lahore. This expo and conference was organized by Government of the Punjab, Pakistan and Ministry of Health, Republic of Turkey. Faculty and volunteer students from all departments of SHS as well as representatives from UMC attended the expo center and showcased the contribution of UMT in health and allied health sciences fields.

This expo led to contact with several national and international delegates. This three-day event concluded on October 08, 2022. SHS is proud to have interacted with professionals

and students from all over Lahore and Pakistan. It was a great learning experience and an interactive expo.



## Nutrition Screening Camp at Evercare Hospital

November 17, 2022

The final year students of DNS arranged a screening camp at the Evercare Hospital Wapda Town, Lahore. The services offered were: Nutritional Assessment, Fat Analysis, Nutrition Counseling, Diet Planning and Healthy Food Stalls.





## World Diabetes Day at Indus Hospital, Lahore

November 17, 2022

Students of SHS have actively participated in the two days' workshop on Diabetes and Nutrition at Indus Hospital, Lahore. Students from the Department of Nutrition Sciences, SHS displayed posters, arranged nutrition screening camp and did counseling sessions for public at Indus Hospital, Lahore.



## Breast Cancer Awareness Seminar and Walk

December 02, 2022

A breast cancer awareness seminar and walk were organized by collaborated effort of Department of Nutrition Science and Department of Physical Medicine and Rehabilitation for raising the awareness regarding symptoms, screening and treatment of breast cancer. Dr Ehsan ur Rehman (CEO WS Health Care, Consultant Oncologist) and Dr Uzma Naz (Consultant Gynecologist) were invited as guest speakers for this event. After the talk, an awareness walk was held at SHS campus in which faculty, staff and students



## Nutrition Awareness Camp at the City School, Allama Iqbal Town

November 17, 2022

Final semester students of DNS from SHS, UMT under the supervision of Mr Faran Khan held a 'Nutrition Awareness Camp' at the City School. Students of Grade 4 and 5 were assessed for nutritional status and counseled for general health lifestyle and eating habits. Fun activities including a quiz session followed by prize distribution underwent with great enthusiasm.



## Seminar on 'Healthy Eating Habits' at Unique School, Johar Town

November 17, 2022

A seminar was conducted in the Unique School and Science Academy, Johar Town Central Chapter. The target audience was the faculty members of the school. The seminar was focused on calcium, Vitamin D intake as well as generally healthy dietary routines. This activity was held under the supervision of Mr Faran Khan.



## Nutrition Screening Camp at Lifeline Hospital

December 24, 2022

The final year students of DNS arranged a screening camp at Lifeline Hospital, Johar Town, Lahore under the supervision of Mr Faran Khan (Lecturer, Department of Nutrition Sciences, SHS). The students conducted a general nutrition screening, assessment and counseling for the public visiting the hospital.



## STUDENT COMPITITIONS

### All Pakistan DICE – Health Exhibition at DOW University of Health Sciences, Karachi

November 04, 2022

A “Study Visit” for All Pakistan DICE - Health by DOW University of Health Sciences, Karachi organized by Department of Nutrition Sciences (Dr Umar Bacha, Ms Ammara Arshad, Mr Faheem Mustafa) SHS was organized in which students and faculty members of Nutrition Sciences Department have presented different innovative projects.



# Pakistan Culinary League - PCL

November 30, 2022

Culinary Competition was organized by the Department of Nutrition Sciences (Dr Umar Bacha and Ms Ammara Arshad) SHS in collaboration with College of Tourism and Hotel Management (COTHM). The students participated in this activity and showcased their culinary skills under specific food themes assigned by the organizers.



# INDUSTRY LINKAGES



## Visit to Remington Pharmaceutical Industry

November 10, 2022

The School of Pharmacy faculty along with colleges from SHS and OCLP visited Remington Pharmaceutical industry with the aim to strengthen the academia-industry linkage. A health discussion was held with Remington management and Chairman, Dr Abdul Qadeer Khokhar with hopes for future collaborations.



## MoU with Indus Hospital and Health Network

December 08, 2022

A Memorandum of Understanding (MoU) has been signed between the University of Management and Technology (UMT) and Indus Hospital and Health Network – IHHN. Indus Hospital and Health Network – IHHN is a non-profit organization and is dedicated to provide state of the art healthcare services entirely free-of-cost to the populace of the country through its countrywide network. IHHN is managing 15 full-service hospitals and has an extensive outreach program covering 60 districts of Pakistan for treatment.

UMT and Indus Hospital joined hands to facilitate UMT students and provide services in UMT healthcare initiatives and for a wider scope including:

- Industry–Academia Liaison
- Internship and Placements for UMT Students
- Impart Clinical or Pharmacy Training
- Health Education Sessions for Students and Faculty
- Indus Yaqeen Volunteer Program for Students
- Students' Ambassadorship for Road Safety in Collaboration with Total Parco

## MoU Inked with Ghurki Hospital

**December 2022**

UMT has signed an MoU with Ghurki Trust and Teaching Hospital. Ghurki Hospital is a tertiary care charitable hospital having a capacity of 600 beds and is one of the famous names in orthopedics. They acquired the latest state of the art Cyberknife technology which is Punjab's first and Pakistan's 2nd Robot and can treat any cancerous and non-cancerous tumor.

Both joined hands to facilitate UMT students from SPH and health sciences and to provide services in UMT healthcare initiatives including:

- Internship and Placements Opportunities for Students
- Clinical Pharmacy Training
- Health Education Sessions for Students
- Orientation Visits for SPH and SHS Students
- Faculty Secondment Program



# FALL 2022 ADMISSIONS CAMPAIGN

## Outreach Admissions Campaign for Fall 2022



Faculty of SHS along with representatives from the admission department, UMT visited various industries and raised awareness regarding the programs offered at SHS, UMT as part of admissions campaign for Fall 2022.

## Orientation Ceremony Fall 2022

November 13, 2022

Orientation ceremony for new batch of Fall 2022. The students were warmly welcomed by the Dean, SHS, CoDs and orientation committee. The students also visited the facilities available at the campus in campus tour



# STUDENT ACHEIVEMENTS



## Dean's Award Ceremony

December 9, 2022

Dean's Merit Award ceremony was held on December 09, 2022. The students were appreciated for their hard work. Top scorer students of all the departments of SHS were awarded dean's merit award in this ceremony.

# ALUMNI CORNER

## 23rd Convocation of UMT

November 02, 2022

Graduating batch of DPT, DNS, BS MI&USG and BS MLS were conferred degrees on 23rd Convocation of UMT held in UMT Greens.





### Employment of Alumni

1. Ms Ghazala Shaikh (DNS batch 1) has joined as a Research Associate at Aga Khan University, Karachi, Pakistan
2. Ms Zainab Binte Anees (DNS Batch 1) joined as a faculty member at the School of Food and Agriculture Sciences (UMT)

## ACHEIVEMENTS OF THE FACULTY



Three faculty members of SHS recently completed their PhD degrees

1. Dr Naveed Munir (Assistant Professor, Department of Medical Laboratory Sciences)
2. Dr Afifa Tanweer (Assistant Professor, Department of Nutrition Sciences)
3. Dr Noor Yunis (Lecturer, Department of Nutrition Science)

Dr Naveed Munir completed his PhD degree in the subject of Biochemistry from Government College University, Faisalabad. His PhD thesis title was 'Fertility Restoration Capacity of Selected Medicinal Plants in Experimental Animals'.

Dr Afifa Tanweer completed her PhD degree in the subject of Home Economics (Food and Nutrition) from University of the Punjab, Lahore. Her PhD thesis title was 'Improving dietary data collection tools for use in local settings'.

Dr Noor Yunis completed her PhD degree in the subject of Human Nutrition and Dietetics from University of Agriculture, Faisalabad. Her PhD title was 'Biochemical Characterization and Therapeutic Potential of Moringa oleifera Against Hepatic Injury'

## RESEARCH CORNER

### Keynote Speaker at International Conference on Advances in Allied Health Sciences

October 2022

Dean, SHS, Prof Dr Muhammad Salman Bashir presented as a key note speaker at International Conference on Advances in Allied Health Sciences held in October 2022 at University of Lahore, Pakistan. The title of his talk was 'The emerging role of Artificial Intelligence in Allied Health Education'. Dr Salman enlightened the audience with evidence based information in this emerging field of allied health sciences and highlighted the application of robotics, virtual reality, simulation labs and other evolving technologies in health care



# Research Publications

**Research in Numbers: SHS has contributed in 280+ publications with UMT affiliation**

**Research Publications during Oct - Dec 2022 are as follows:**

	Title of Publication	Journal/ Book	Names of SHS Authors	Web Link of Publication
	Journal Articles			
1	Phytochemical And Antioxidant Screening of Moringa Oleifera for Its Utilization in The Management of Hepatic Injury	Frontiers in Nutrition (W-bronze)	Noor Yunis	<a href="https://www.frontiersin.org/articles/10.3389/fnut.2022.1078896/full">https://www.frontiersin.org/articles/10.3389/fnut.2022.1078896/full</a>
2	Frequency Of Stress Urinary Incontinence With Chronic Obstructive Pulmonary Disease In Men; A Cross Sectional Survey	Multicultural Education (X category)	Rabia Majeed	<a href="http://ijdri.com/me/wp-content/uploads/2022/12/14.pdf">http://ijdri.com/me/wp-content/uploads/2022/12/14.pdf</a>
3	Incidence of Burn-out and its Relationship with Musculoskeletal Disorders among Healthcare College Students in Lahore, Pakistan	Pakistan Journal of Medical and Health Sciences (HEC Y category)	Tamkanat Ilyas, Mamoon Anwar, Muhammad Nouman Tabassum, Sania 4Maqbool, Quratulain, Madiha Asghar	<a href="https://www.pjmhs-online.com/index.php/pjmhs/article/view/2958">https://www.pjmhs-online.com/index.php/pjmhs/article/view/2958</a>
4	Covid-19 Vaccine Acceptance, Intention to Participate and its Associated Adverse Events Happening among the Vaccinated Population of Lahore, Pakistan	Pakistan Journal of Medical and Health Sciences (HEC Y category)	Almina Shafiq, Madiha Asghar, Qurat Ul Ain, Sania Maqbool, Rabia Aslam, Sana Mehmood	<a href="https://pjmhs-online.com/index.php/pjmhs/article/view/2911">https://pjmhs-online.com/index.php/pjmhs/article/view/2911</a>

5	Association of Age and Gender with the BMI of Obese Subjects in Pakistan	Bioscientific Review (Y- category)	Faheem Mustafa, Umar Bacha, Hafsa Tahir	<a href="https://journals.umt.edu.pk/index.php/BSR/article/view/2606">https://journals.umt.edu.pk/index.php/BSR/article/view/2606</a>
6	The Utility of Brain CT in Highlighting the Etiological Patterns and Incidental Findings of Traumatic Brain Injury	Pakistan Journal of Medical and Health Sciences (HEC Y category)	Arifa Mobeen, Sania Maqbool, Tamkanat Ilyas, Tamsal Ha-meed	<a href="https://pjmhsonline.com/index.php/pjmhs/article/view/2963">https://pjmhsonline.com/index.php/pjmhs/article/view/2963</a>
7	Formulation and evaluation of anti-viral drug sofosbuvir fast dissolving tablets using natural super disintegrants	Pakistan Journal of Pharmaceutical Sciences	Dr. Shahzada Kurram Syed	<a href="https://web.s.ebscohost.com/abstract?direct=true&amp;profile=ehost&amp;scope=site&amp;authtype=crawler&amp;jrnl=1011601X-">https://web.s.ebscohost.com/abstract?direct=true&amp;profile=ehost&amp;scope=site&amp;authtype=crawler&amp;jrnl=1011601X-</a>
7	The dietary concepts, patterns and lifestyles in adults with diabetes in Punjab, Pakistan.	International Journal of Pharmacy and Integrated Health Sciences	Faran Khan	<a href="https://ijpihs.pk/index.php/IJPIHS/article/view/48">https://ijpihs.pk/index.php/IJPIHS/article/view/48</a>
8	Physical Modalities for Wrist and Hand Tenosynovitis	Acta scientific nutritional health	Faran Khan	<a href="https://actascientific.com/ASNH/pdf/ASNH-06-1131.pdf">https://actascientific.com/ASNH/pdf/ASNH-06-1131.pdf</a>
9	Moringa oleifera: A Miraculous Plant to Combat Malnutrition	Acta scientific nutritional health	Faran Khan	<a href="https://actascientific.com/ASNH/pdf/ASNH-06-1135.pdf">https://actascientific.com/ASNH/pdf/ASNH-06-1135.pdf</a>
	Student publications			
10	Development of Perception-Focused Nutrition Education Material for Mothers of Children in Early Childhood	Nurture (Y-category)	Students: Remesah Noor, Faiza Khurshid, Ujala Qamar, Fabia Yousaf, Javeria Akbar, Supervisor: Afifa Tanweer	<a href="https://scholar.google.com/citations?view_op=view_citation&amp;hl=en&amp;user=AysZYRsAAAAJ&amp;sortby=pub-date&amp;citation_for_view=AysZYRsAAAAJ:kNdY-Ix-mwKoC">https://scholar.google.com/citations?view_op=view_citation&amp;hl=en&amp;user=AysZYRsAAAAJ&amp;sortby=pub-date&amp;citation_for_view=AysZYRsAAAAJ:kNdY-Ix-mwKoC</a>

11	Production and Physico-Chemical Evaluation of Non-Dairy Probiotic Beverages	Nurture (Y-category)	Students: Armisha Arshad, Momina Rao, Mumiza Khadim, Safia Ameen, Syeda Rameesha Hassan, Supervisor: Saba Nadeem Dar	<a href="https://scholar.google.com/citations?view_op=view_citation&amp;hl=en&amp;user=AysZYRsAAAA-J&amp;sortby=pub-date&amp;citation_for_view=AysZYRsAAAAJ:3fE2CSJl-rl8C">https://scholar.google.com/citations?view_op=view_citation&amp;hl=en&amp;user=AysZYRsAAAA-J&amp;sortby=pub-date&amp;citation_for_view=AysZYRsAAAAJ:3fE2CSJl-rl8C</a>
12	Impact of Food Literacy on Consumer's Food Purchasing Habits and Dietary Intake-A Systematic Review	Proceedings of SZMC (Y- category)	Students: Amber Yaseen, Saira Amir, Rimsha Arshad, Laiba Imran, Mehar Nigar, Mutiba Irshad, Kainat Ashraf Supervisor: Afifa Tanweer	<a href="https://scholar.google.com/citations?view_op=view_citation&amp;hl=en&amp;user=AysZYRsAAAA-J&amp;sortby=pub-date&amp;citation_for_view=AysZYRsAAAA-J:5nxA0vEk-isC">https://scholar.google.com/citations?view_op=view_citation&amp;hl=en&amp;user=AysZYRsAAAA-J&amp;sortby=pub-date&amp;citation_for_view=AysZYRsAAAA-J:5nxA0vEk-isC</a>
	Book Chapters			
13	Chapter: The Control Center of Anger	Book chapter in The Psychology of Anger (Springer Nature)	Ammara Arshad and Umar Bacha	<a href="https://link.springer.com/chap-">https://link.springer.com/chap-</a>
14	Chapter: Factors controlling anger	Book chapter in The Psychology of Anger (Springer Nature)	Asma Khan, Umar Bacha and Ammara Arshad	<a href="https://link.springer.com/chap-">https://link.springer.com/chap-</a>
15	Chapter: Introduction and definition of anger	Book chapter in The Psychology of Anger (Springer Nature)	Anum Tariq and Umar Bacha	<a href="https://link.springer.com/chap-">https://link.springer.com/chap-</a>

## Machines vs Doctors: A Tug of War in the Healthcare Management – A Light towards Artificial Intelligence (AI)



Dear Editor,

Is it possible for machines to take the position of doctors?

This discussion has been more heated in recent years due to the arrival of numerous new healthcare technologies, including artificial intelligence (AI). We think that using these technologies to manage patients has both benefits and drawbacks.

But, The bulk of AI specialists think that AI in healthcare will naturally settle at a point where it combines human experience with digital enhancement.

Each sort of intelligence will contribute to healthcare in a positive way, so both should cooperate to enhance the quality of care. A patient-physician face-to-face relationship should continue to hold the same importance for patients despite their greater comfort with AI technologies. Technology. Improvements are drastically altering the way healthcare is provided, with both significant advantages and disadvantages.

Both patients and practitioners will be monitoring the most recent developments and advancements as the fourth industrial revolution progresses.

Additionally, human doctors can empathies with their patients as fellow mortal, helpless beings and learn about the patient's ailment holistically in relation to his or her life. As a result, healthcare professionals like doctors frequently develop a sincere affinity and empathy with their patients

Patients are at a disadvantage due to the severe global scarcity of trained physicians and other healthcare workers, particularly in rural areas. By sharing some of the labour currently being done by doctors, AI may help to reduce some of the shortages and the stress associated with burnout.

## Conclusion

The most crucial element of managing patients' care has taught us throughout the ages that "doctor-patient relationships can have a therapeutic effect, regardless of the treatment prescribed"; as a result, Machines can never completely Replace humans and are only meant to be aids for them and increase their productivity.....

**Dr.Sania Maqbool,**

Demonstrator, Department of Physical Medicine and Rehabilitation, SHS

MPhil Scholar (King Edward Medical University)

DPT (King Edward Medical University)

No. of publications: 41

Corresponding Author: 39



## EXCLUSIVE JOURNAL

**International Health Review  
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