



NEWS

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LETTER

Volume 5 No 1, April/June 2010

President's Column



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Let me first congratulate Dr Nisar Ahmed and his colleagues for hosting a successful National Hematology Conference. The conference was indeed very well planned and all the programmes were meticulously arranged. A full attendance in all the scientific sessions reflects the interest of hematologists, particularly the postgraduate residents, in academics. Participation in pre-and post-workshops was beyond our expectations.

On request by the Karachi local chapter, the general body of PSH decided to hold the 13th National Hematology Conference at Karachi. The conference will be held at Liaquat National Hospital, Karachi. I request all the members to extend full support to the organizing committee of the conference in all matters, including arrangement of finances.

As discussed in the general body meeting, I wrote to all the members for opting to arrange a postgraduate hematology course in October. So far, I have not received any reply. I take this opportunity to once again give an open invitation to hold this course for the benefit of postgraduate residents.

PSH has also coordinated in various academic activities, viz hematologic morphology workshops at Foundation University Medical College, Rawalpindi and at University of Health Sciences, Lahore, and Thalassemia day meeting at many places in almost all the large cities.

The long-awaited PSH "Hematology Updates" is now in the final stages of printing. Your complimentary copy will be dispatched to as soon as it is ready. I am highly indebted to all the contributors for their articles. It is now time to request all of you to send review articles on the subjects of your own choice for the next volume (Hematology Updates 2010). Please send your articles through email (kh.pims@gmail.com) by 30th September 2010.

Let me also remind you that 2010 is the election year for PSH. The election process will be started in due course of time. I am sure that you would be nominating the most appropriate candidates for various posts.

Lately, we have introduced a new folder "Images in Hematology" on PSH website. It depicts images of various hematological lesions. I hope that with time, we will be able to catalogue an elaborate representation of hematologic morphology. I invite you all to send images of your cases; these will be uploaded with acknowledgment.

With the deepest regards,

Professor Khalid Hassan

PSH New

Next PSH Conference (HAEM Conference 2011) at Liaquat National Hospital, Karachi

Upcoming 13th National PSH Conference (HAEM Conference 2011) will be held in Liaquat National Hospital, Karachi. The local chapter will announce the dates. In a local chapter meeting Dr Khalid Zafar Hashami was requested to be the chairman of the conference, along with Dr Nadeem as secretary and Dr Erum Mazhar as coordinator of the conference. The patrons of the conference will be Dr Mohsin Anvari, Dr Moinuddin and Dr Muhammad Khurshid, Brig Muhammad Ayub, Dr Azmina Tajdin, Dr Budhra Moiz, Dr Gulnar, Dr Hina Quershi, Dr Naila Rehman, Dr Rehan Sajid, Dr Saba Jamal, Dr Salman Adil, Dr Shaheen Kausar, Dr Syed Irfan, Dr Tahir Shamsi and Dr Waseem Iqbal were announced as the members of organizing committee.

Children Hospital Lahore hosted 12th PSH National Conference



Twelfth national conference of PSH was held in Children Hospital, Lahore from 11th to 14th February, 2010. Conference had extensive programme, with inaugural session, Ibn-i-Sina lecture, workshops, seminars, paper sessions, gala dinner, book launching, poster presentations, quiz competition, excursion trips, PSH general body and PSH executive committee meetings. Workshops were of special interest for post graduate trainees. Pre-conference and post-conference workshops on molecular haematology, haematopathology, coagulation medicine, basic haematology for pathologist, bone marrow morphology, blood transfusion, quality control in transfusion medicine and TIF guidelines for management of thalassaemia were very well attended. A workshop for medical lab technologists was also held. Prof Khurshid Ahmad (Aga Khan University Hospital) deliberated extensively on "Evidence based Haematology" in Ibn-i-Sina lecture. Symposia were held on transfusion medicine.



haematological malignancies, haemoglobinopathies and bone marrow transplantation. Trainees were awarded with gold, silver, bronze medals along with cash money for research papers and poster presentations.



Executive Committee stressed for academic plan, video conferences & interactive sessions

An executive committee meeting of Pakistan Society of Haematology was held on 12th February, 2010 at 12-00 Noon, in Children Hospital Lahore. Prof Khalid Hassan, President PSH chaired the meeting. The meeting was attended by Prof Muhammad Khurshid, Maj Gen (Retd) Masood Anwar, Prof Yasmeen Lodhi, Prof Fazle Raziq, Dr Tahir Shamsi, Prof Samina Naeem, Prof Tahira Zafar, Dr Nisar Ahmad, Col (Retd) Tahir Jamil, Dr Samina Amanat and Dr Nadeem Ikram. Academic plan of year 2010 was discussed. All the members of executive committee appreciated the interest shown by trainees in workshops at the time of PSH conference. Gen Masood Anwar and Prof Fazal-i-Raziq proposed that the detailed academic programme, along with workshops, for the whole calendar year, should be prepared at the start of year and should be available on PSH web site. Dr Nisar and other members suggested using the video conference facilities of College of Physicians and Surgeons of Pakistan for academic activities. Gen Masood Anwar proposed to arrange Post Graduate Course under the auspices of PSH Centre. Prof Muhammad Khurshid proposed to prepare a web site of workshops. Prof Samina Naeem proposed to make workshops more purpose-oriented. She stressed that in the workshops, emphasis should be on hands-on training rather than giving lectures. Prof Muhammad Khurshid was of the opinion that the News Letter should be made more academic; at some later stage, it can be upgraded as a Journal of Haematology. Dr Samina Amanat commented that in the national conferences of

PSH, there is a need to have interactive sessions with professionals from other specialties. Prof Fazle Raziq informed that in Peshawar they are having successful multidisciplinary meetings with other specialties. Prof Muhammad Khurshid proposed to prepare PSH Guidelines for different haematological problems.

Prof Khalid Hassan informed about the upcoming issue of "Haematology Updates". Dr Tahir Shamsi suggested to device standard formats for this book, so as to have a uniformity in articles. The house approved the financial report of PSH for the year 2009. It was decided that matter of tax and Zakat deduction will be discussed with the related banks. The Executive committee approved life and junior memberships. Prof Khalid Hassan and Dr Nadeem Ikram were nominated as the members of election committee for the next PSH elections.

PSH will critically analyze latest PMDC recommendations about posts in Pathology

In the PSH executive committee and general body meeting, held at Lahore, Maj Gen (Retd) Masood Anwar updated about the latest Pakistan Medical and Council recommendations about drastically reducing the Pathology teaching posts in medical colleges. Prof Muhammad Khurshid mentioned that these proposals are for a medical class of one hundred students. Executive committee and general body showed deep concern about the matter. According to Maj Gen Masood Anwar the practical implementation of this proposal will have a net impact of a loss of 2189 posts, that too mostly on junior level. It will make the upcoming post graduates to get appropriate posts very difficult. It appears that private medical colleges have over run the public sector medical colleges, merely by the virtue of their numbers. The strength of students in public sector medical colleges, pathologists working in hospitals and many other matters were completely ignored before embarking on these decisions. It was mentioned that University of Health Sciences, Lahore is practicing the division of classes in two sections, during lectures, in all medical colleges under its supervision. The introduction of Problem Based learning will further necessitate more teaching faculty. President PAP has already written a letter to the PMDC with a request to repeal these unfair recommendations. It was decided unanimously that President PSH will also write a letter to the President PMDC.

PSH General Body proposed special offer of membership fees for post graduate trainees

General body meeting of Pakistan Society of Haematology was held on 12th February, 2010, at the eve of 12th National Conference of Pakistan Society of Haematology, at Children Hospital Lahore. Local chapters of Karachi, Lahore and Peshawar appraised the house about their activities. On inquiry it was mentioned by the President PSH that total number of life members is 130. All participants were of the opinion that membership drive should be initiated in an active manner. It was decided that membership fees of Rs 500/- will be received for once, during the whole period of post graduate training. Then at the time of attaining life membership this amount will be deducted from the life membership fees.

To keep all activities under PSH umbrella it was decided that local chapters will give whole year plan to PSH centre. Dr Atifa Shoaib informed that she will arrange a coagulation workshop in

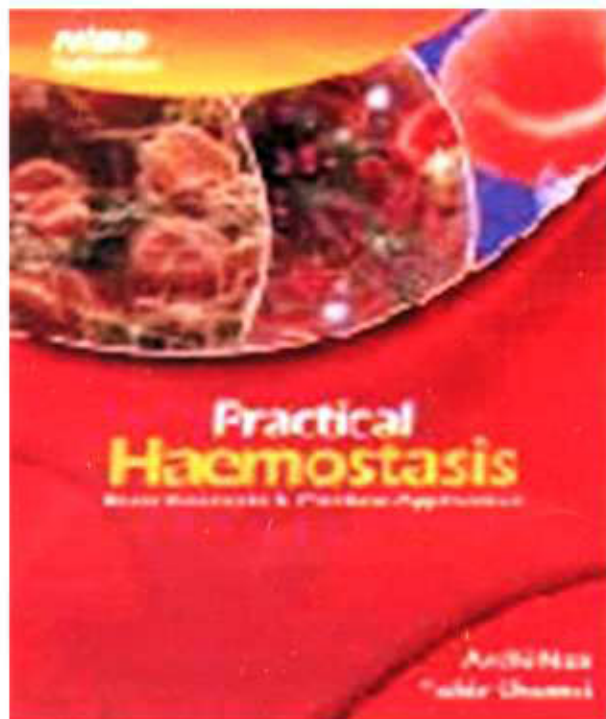
Rawalpindi Medical College, in collaboration with National Institute of Blood Diseases, Karachi. It was decided that all chapters will contribute in finances of next coming PSH Annual conference. It was decided that forth coming PSH conference will be held in Karachi. The Karachi local chapter will inform about the dates and venue. The point was raised to hold the annual conference along with National Pakistan Association of Pathologists Conference, which is going on to held in Lahore. The house was divided on this proposal. Gen Masood Anwar, President PAP was requested to look into its feasibility.

Armed Forces Institute of Pathology providing forum to discuss cases in Haematology

Monthly meetings of PSH is a regular venture under the auspices of Armed Forces Institute of Pathology (AFIP). Consultants and post graduate trainees from different institutions participate actively. In the January, February, March and April meetings interesting cases were presented by trainees from Foundation Medical College, Holy Family Hospital, Pakistan Institute of Medical Sciences, Bone Marrow Transplantation Centre and AFIP. Cases generate informative discussion. Immunocytochemistry and flow cell markers in malignant haematological cases, uncharacterized thalassaemia mutations, Haemoglobin j disease, Haemoglobin E beta Thalassaemia, Chronic Lymphocytic Leukaemia in transformation and post bone marrow transplantation cases were some of the interesting cases. Diagnosis of few cases were established after consensus of senior consultants.

"Practical Haemostasis": a publication of NIBD, Karachi

"Practical Haemostasis - basic concepts and practical application", book launching ceremony was presided over by Professor Rashid Joona, Director General Health Pakistan on 22nd March 2010. He appreciated the efforts of National Institute



of Blood Disease & Bone Marrow Transplantation (NIBD) for its untiring efforts for the cause of patients suffering from haemophilia and other blood disorders. He admired the authors for converting a dry subject into a lively colourful and joyful reading. President, Pakistan Society of Haematology, Professor Khalid Hassan stressed upon the need to have more books and fascicles with a local perspective. Dr Tahir Shamsi explained the outcome of the capacity building for haemophilia care programme in Pakistan. The seriousness of inherited bleeding disorders is not recognized nor do these patients get reimbursement for their disability. Patients monitoring and management are best described as limited, insufficient and inadequate. The project was able to train master trainers involved in haemophilia diagnosis, patients' database of correct diagnosis and severity of their disease. Dr Tahir Shamsi mentioned that this book is an attempt to develop training material for the diagnosis of bleeding disorders. Basics of haemostasis, pre-analytical, analytical, post-analytical variables, selection of reagents and equipments, quality assurance and case studies, are extensively dealt with colour illustrations and in an easy to understand manner. He hoped that it will become a benchmark book for haematologists, postgraduate students and laboratory technologists. He thanked NNHF who supported the whole capacity building project. Most of the senior haematologists from Karachi, Lahore and Pindi-Islamabad attended the ceremony.



Stains in Haematology : A publication of Baqai Institute of Haematology

Muhammad Saboor, Arika Khatoon co authored Prof Moinuddin in a recent publication on different stains in haematology. The book extensively describes basics, reagents, methodologies and interpretation of these stains. In the foreword Prof Moinuddin, in his well acclaimed style, mentioned that "Journey through stain technology has been long yet gratifying and rewarding. It has helped reveal the mysteries of intracellular organization and has laid the foundations for the advancements in our understanding of cellular functions with structural hierarchy. It all started in a humble way with the use of simple stains. With procedural refinements and intellectual ingenuity, more stains were introduced. It is high time that the role of special stains in diagnostic haematology should be emphasized".

Symposium on Haemopoietic Neoplasms at Foundation University Medical College

A symposium on " Haemopoietic and Lymphoid Neoplasms Current Classification and Diagnostic Modalities" was held at Foundation University Medical College (FUMC), Rawalpindi on 1st April, 2010, in collaboration with Pakistan Society of Haematology.

Principal FUMC inaugurated the symposium, followed by welcome address from Prof Dr Muhammad Luqman, head department of Pathology FUMC, Maj Gen (R) Nasim ul Majeed, Dean FUMC and Dr Manzoor Hussain , Rector FUI chaired different sessions of the symposium .The topics presented were:

- 1.Acute Leukaemias: WHO Classification (Dr Lubna Zafar)
- 2.Chronic Myeloid Leukaemia & other Myeloproliferative disorders (Dr Nadir Ali)
3. Historical background & WHO classification of Lymphomas (Brig Shahid Jamal)
4. Hodgkin's Lymphoma(Prof Faiza Kazi)
5. Current treatment options in haematological malignancies (Dr Fauzia Samad)
6. Special stains (Prof Dr Zahur ur Rehman)
7. Immunohistochemistry in Lymphomas(Dr Nadira Mamoon)
8. Role of immunophenotyping in haematological malignancies (Brig Tahir Aziz)
9. Importance of Cytogenetics in haematological malignancies (Dr Aftab Ahmad)
10. Molecular diagnosis of haematological malignancies (Maj Gen Suhaib Ahmed)

The symposium was followed by a Workshop on Diagnosis of Leukaemia. Participants were given slides with clinical scenarios. This was followed by an interactive session.



Many Faces of Bleeding Disorders: United together on World Hemophilia Day

As part of World Hemophilia Day, Pakistan Haemophilia Patients Welfare Society (PHPWS) organized a function at PMA House, Rawalpindi, on World haemophilia day, 17th April 2010.

Mr. Zamurrud Khan, Managing Director, Pakistan Bait ul Mal (PBM) was the Chief Guest.

Participants included doctors, nurses and paramedics from various hospitals, patients with haemophilia and their families, representatives from governmental and non-governmental organizations.

"On World Hemophilia Day we want to spread the message that most people around the world with bleeding disorders do not have access to adequate diagnosis and treatment," says Dr. Tahira Zafar, Chairperson, Medical Advisory Board, PHPWS.

"We aim to raise awareness among patients, their families, medical staff and general public about Haemophilia. Dr Samina Amanat, Consultant haematologist, requested the chief guest to help in provision of treatment to all haemophilia patients & Dr Nadeem Ikram, consultant haematologist, DHQ hospital thanked the chief guest for his special consideration for the care of haemophilia patients.

Mr Saif ul Islam, a patient of haemophilia & president of HPWS talked about the role HPWS has played in looking after haemophilia patients.

Mr. Zamurrud Khan, Managing Director, Pakistan Bait ul Mal won the heart of all haemophiliacs when he announced establishment of a haemophilia centre at District Head Quarter Hospital, Rawalpindi.

In addition to this he also promised to provide free education for all haemophilia patients so that they become useful members of the society.

Already under the kind auspices of Pakistan Bait - ul Mall patients of haemophilia and other bleeding disorders are receiving enormous support in the form of factors and financial assistance.

Morphology Workshop at University of Health Sciences Lahore



Morphology workshop was organized by at University of Health Sciences on 17 and 18th April 2010.

It was conducted by Prof Khalid Hassan head of haematology department PIMS, Islamabad. Prof A.H. Nagi head of Pathology Department UHS was the chief guest for inauguration session.

The objective was better perception and exposure of morphology of hematological disorders for the participants.

On the first day, Prof Dr Khalid Hassan delivered lecture on red cell morphology and introduced WHO classification of acute leukemia, which was followed by slide sessions. All the participants were given 30 short cases and 30 long cases along with the history and relevant hematological findings.

Second day started with an elaborate lecture on bone marrow trephine biopsy, slide session which followed the lecture, special emphasis was given on trephine biopsies of hematological disorders particularly myeloproliferative disorders.

Interactive session and detailed discussion followed each session and cases were discussed with multimedia images.



World Thalassaemia Day at Rawalpindi

On 8th May, 2010 a walk and symposium was organized at Rawalpindi Council of Arts. Mr. Zamurrud Khan, Managing Director, Pakistan Bait ul Mal (PBM) was the Chief Guest. Dr. Tahira Zafar, told that treatment of Thalassaemia per child per year is Rs. 2,00,000 and cost for BMT is 15-20 lakhs, whereas prevention of Thalassaemia is much cheaper.

It includes targeted screening (family screening for carriers) which costs Rs.1000, and prevention of marriage between carriers.



Dr. Atifa Shoaib, Haematologist, talked about iron overload which can cause a lot of problems including severe heart diseases and heart failure. Many drugs are now available for this purpose including Desferal, Deferiprone etc. These drugs are very expensive therefore there is a need for public and private support. Dr Samina Amanat talked about the importance of awareness programmes for thalassaemia.

Prof. Dr. Khalid Hassan, President PSH, ensured his full support for the patients of Thalassaemia Chief Guest, Mr. Zamurrud Khan in his address appreciated the efforts of the Thalassaemia Centre and ensured his full cooperation and support to the patients of Thalassaemia. At this occasion, a magic show was organized for the patients of Thalassaemia. It provided great entertainment to the participants and patients, especially children, enjoyed it a lot.





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Thalassaemia Day Celebrated at Bolan Medical College, Quetta



Bolan Medical College, Quetta celebrated International day on 8th of May 2010. Mr. Ahmad Bux Lehri, Chief Secretary Govt of Balochistan and Mr. Jalal Khan Mandokhail Secretary Health Govt of Balochistan graced the occasion as the chief guest and the guest of honour. Prof Dr M.Luqman Butt, Head of Haematology (Organising Chairman) emphasized upon creating awareness in regards to prevention, diagnosis and ways to maintain a healthy life in thalassaemias. Chief Secretary Balochistan assured for the allocation of space and separate budget for thalassaemia centre. He also committed for the provision of an elaborate diagnostic system for thalassaemia including Hb electrophoresis, ELISA and prenatal diagnosis of thalassaemia.

Your views and news

Dear Colleagues: Your contributions to PSH newsletter are backbone to its success. Please send short communications, case reports, scientific activities and developments in your departments and issues of common interest. Photographs of scientific events/meetings are also welcome. Members are requested to visit PSH website and post in their contributions.

Update Address

Please update your addresses in case there is any change in it. All members are requested to email us their mobile/phone contact and email address.

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