



CHUGHTAI
HEALTHCARE

Issue-4
NEWS BULLETIN

Year-2022

Fighting the Dengue Epidemic in 2021

Chughtai Lab conducted over 200,000 CBC test in 2021.

Karachi CMC Launch

10th CMC launched in Karachi, expanding our healthcare footprint.

Pink Card Launch

Through the Pink Card, women can now avail exclusive discounts and special offers on tests concerning to female health related illnesses across Pakistan.



Redefining HEALTHCARE

Chughtai Healthcare strong
in its pursuit of excellence



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Editor's Note

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March 13, 2020 – The strategic think tank at Chughtai Healthcare sat down to devise effective pandemic mitigation measures against COVID-19. On March 14, 2020, it was time to put the strategy to the test with the first case.

Two years later, our strategic response to the pandemic is considered one of the best globally. 2022 is critical because it is during this time that we truly pushed the envelope of medical services and technology to explore uncharted waters.

In the first few months alone, we advanced our technical capacity to cater to the large influx of COVID testing, which was later upgraded to rapid PCR at the airports.

The year 2022 can be proudly marked by our women-centric initiatives. Services such as free mammograms and the nationwide launch of "Pink Card," an exclusive healthcare card for women and their families, are landmark achievements.

As we continue to expand our national healthcare footprint, we launched our Karachi office and successfully added over **350+** collection points and fully functional medical centers. Adding to our long list of achievements are projects such as "Library on Wheels," "the Human Library Project," and more. As our home sampling fleet championed the cause of accessible and hassle-free testing, the customer relations department worked tirelessly 24/7 to ensure no query was left unanswered. Chughtai Healthcare redefined the meaning of dedicated patient care, and our radiology department expanded its national outreach.

The commitment and professionalism of our Lab Services Department & Pathologists' team in ensuring accuracy and efficiency are unmatched. I congratulate each member of Chughtai Healthcare for their untiring efforts.

One Nation. One Lab.

Editorial Board

Content Team
Ayesha Khalid
Hira Naz
Zahra Afzal

Creative
Muhammad Usman

Photography
Ahmad Ali
Ahmed Hussain

Faculty in Focus



Brig(R). Prof. Dr. **Waheed-uz-Zaman Tariq**

Consultant Virologist

Hometown: Gujranwala

Education: MBBS, PhD, DpBact, FCPS, FRCPath, FRCPE

Hobbies: Poetry, Persian and Urdu Iqbaliyat writing.

Prof. Dr Waheed heads the Department of Virology at Chughtai Healthcare and was instrumental in our fight against COVID-19. This is what he has to say about his journey during the last two years;

The COVID-19 pandemic was a testing time for virologists all over the world. I am proud to have played my part in the fight against Coronavirus and contribute to the vision of Chughtai Healthcare. My aim is to ensure that I continue to stay abreast of the new developments in the field of virology and ensure that we are always at the forefront of medical advances.



Dr. Ghazala Qamar

Fellow Hematologist

Hometown: Haripur, Abbottabad

Education: MBBS, FCPS

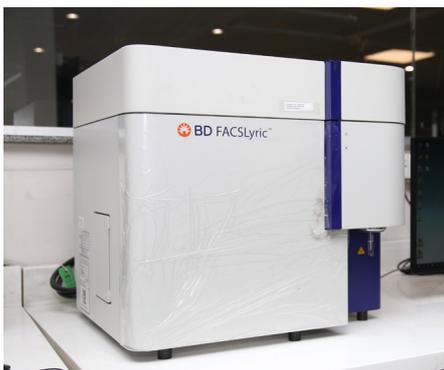
Hobbies: I enjoy reading and browsing the internet for exciting medical discoveries.

Dr Ghazala Qamar is a Fellow Hematologist at Central Park Teaching Medical College and enjoys reading and browsing the internet for exciting medical discoveries. Here is how she intends to make a difference;

I will dedicate my time to learning more with each passing day and excel in this field. The purpose of my life is to contribute to the betterment of my patients.

New Tests and Equipment

Technology upgrade is an integral part of the services offered at Chughtai Healthcare. With the advent of modern Health Technology tools, we are delivering improved services and patient-care experience to our customers across Pakistan. Here are the details on the new addition to our labs;



BD FACSLYRIC in the Haematology Department

This machine helps with the HLA CROSS MATCH testing and enables health professionals to evaluate whether or not a patient has antibodies against a certain donor. Flow DSA cross-match test is performed by using a kit of ONE LAMBDA USA.



COBAS E601 in the Chemistry Lab Diagnostic

COBAS E601 is set to change the course of diagnosis services by using a fully automated Electro Chemiluminescent immunoassays (ECLIA) methodology. These testing devices offer higher system reliability and intelligent sample workflow increasing accuracy and efficiency.



Chemistry Lab receives the new **LABSCAN 3D**

LABScan3D is the most advanced Luminex® system to date; the two syringe pumps and reagent reservoirs enable increased throughput and scheduled maintenance. This machine will drastically improve our ability to process multiple tests, enhancing efficiency and accuracy.

Fighting the Dengue Epidemic

The year 2021 tested the boundaries of our medical capacities in every way possible.

There were 48,906 dengue cases reported between January 1 and November 25, 2021, with 183 deaths and a case fatality ratio (CFR) of 0.44 percent. From September to November 2021, Pakistan faced a two-pronged threat from COVID-19 and Dengue, further adding to the challenge. Chughtai Healthcare continued to serve the patients through its lab services as the CBC registrations reached overwhelming numbers.

We were only able to achieve this mammoth of a task through the following:

- The addition of two new instruments, such as the Abbott haematology analyser.
- Increased human resources through quick hiring.
- Increased shift timings for the technical team to 12 hours.
- Inclusion of post-graduate residents in the workforce and assigning them early morning and Sunday duties.



Chughtai Lab's Rapid COVID-19 Testing at Airports

Coronavirus brought the world to a halt affecting both the airline industry and passengers, who were subjected to major changes & restrictions.

In these challenging times, Chughtai Healthcare strategically partnered with the airlines enabling travellers to safely reach their destinations.

Chughtai Healthcare team set up its rapid COVID-19 PCR testing lab at the airports offering COVID-19 testing facility and report generation within 6 hours. This one window solution proved to be an integral part of the protective travel measures nationwide. We are glad to play our part in helping people travel safely and meet the global healthcare standards for airlines.



Pushing the Boundaries of Research & Innovation



CHUGHTAI INSTITUTE
OF PATHOLOGY

Chughtai Institute of Pathology is dedicated to making medical breakthroughs in medicine. To achieve this aim, we invest heavily in the training and education of faculty and residents.



“Screening of endometrioid adenocarcinoma and atypical hyperplasia for mismatch repair genes by immunohisto-chemistry: A single institute experience”

Published in Pakistan Journal of Pathology, author Dr. Aafia Qasim (Consultant Histopathologist).



“Seroprevalence of COVID-19 IgG antibodies among healthcare workers of Pakistan: a cross-sectional study assessing exposure to COVID-19 and identification of high-risk subgroups”

Published in British Medical Journal, author Dr. Hijab Batool (Resident Chemical Pathologist).



“Comparison of Covid-19 IgG Anti-Spike Antibody Titer after Vaccination with Sputnik V in Seropositive and Naive Vaccinees”

Published in Proceedings Journal, Shaikh Zayed Medical Complex (SZMC) Lahore, author Dr. Hajra Farooq (Resident Virologist).

Grand Rounds Topics In the **Spotlight**

Grand Round Topics are a part of our CME (Continued Medical Education) initiative for doctors. These are held every Thursday at 9 am at the Chughtai Healthcare Head Office and target consultants, residents and guest faculty as a capacity enhancement measure.



“Novel Biomarkers for the diagnosis of Pre-eclampsia.”

By Dr. Asma Rasheed (Post-graduate resident in Chemical Pathology)



“MRI guided breast biopsy- a brief review.”

By Dr. Muhammad Mubeen UI Haq (Consultant Radiologist, Chughtai Medical Centre, Lahore)



“Diagnostic Laparoscopy”

By Dr. Abul Fazal Ali Khan (Guest Speaker, Professor of Surgery Rashid Latif Medical College)



Adding value to our mission of fighting drug abuse, the department also leads a nationwide awareness campaign to help reduce this menace.

We are reaching out to educational institutes and employees to make campuses drug-free by facilitating the implementation of pre-admission, pre-employment, and random/suspicion-based drug testing.



Ms. Sana Aamir
Head of Lab Services



Dr. Humera Shafi Makhdoom
Foreign-trained and certified expert in Forensic Toxicology and Drug Chemistry

Our Venture into **Clinical** and **Forensic Toxicology**

Chughtai Healthcare is known for its medical expansion and exploration. One such example is the establishment of our Clinical and Forensic Toxicology Department.



Launched in December 2020 in Lahore under the supervision of Dr. Humera Shafi Makhdoom—a foreign-trained and certified expert in Forensic Toxicology and Drug Chemistry, this department is expected to take the Chughtai portfolio to new horizons. Equipped with the latest analytical instruments and highly skilled professionals, this state-of-the-art department revolutionises the understanding of Clinical and Forensic Toxicology in Pakistan.

Aligned to the vision of a “Drug-Free Pakistan” by Dr. Akhtar Sohail Chughtai (CEO, Chughtai Healthcare), the Department of Clinical and Forensic Toxicology will play a pivotal role in reducing and efficiently treating narcotics in Pakistan. The facility introduces the latest drug technology to test poisons, toxic gases, volatiles, metals, and steroids (DOPE test) in clinical and forensic cases.

According to a UN report, the estimated number of addicts in Pakistan is 7.6 million. The number of addicts is estimated to rise by 40,000 annually, making Pakistan one of the most adversely affected countries in the world. The department will immensely benefit schools, colleges,

universities, law enforcement agencies, civil aviation, psychology and psychiatry clinics, rehabilitation centres, and national and multinational companies.

The confirmation tests for drug abuse are conducted using state-of-the-art instruments like liquid chromatography-tandem mass spectrometry (LC-MS-MS). Currently, we are performing quantitative tests for Vitamin A and E, screening, and confirmation of drugs of abuse like cannabinoids, amphetamines, opiates, tricyclic antidepressants, benzodiazepines, phencyclidine, and cocaine. These tests include Forensic Urine testing or workplace drug testing.

Official Diagnostic Partner for PSL

Chughtai Healthcare is elated to announce its official partnership as PSL 7's COVID-19 Testing Partner.

To ensure that we play our role in a successful Pakistan Super League (PSL) season and keep the fans' excitement alive, the Chughtai Healthcare team took on the responsibility of COVID-19 testing of all players, coaches and match officials in PSL 7.

A dedicated team of our professionals worked diligently and tirelessly round the clock, making sure the star-studded national event went as smoothly as possible.



Ms. Javaria Khan
Country Head Sales
& Marketing

Achievements & Milestones

UHS names the gold medal for the first position in MBBS Pathology after Prof. A. S. Chughtai

The University of Health Sciences has named the First Position Gold Medal in Pathology MBBS after Dr Akhtar Sohail Chughtai, CEO of Chughtai Healthcare.

This is a tremendous honour for the Chughtai Healthcare family since it recognises Dr. A. S. Chughtai's efforts in the field of pathology while encouraging budding pathologists to thrive in their careers.



We are now in the City of Lights

To increase our national footprint, Chughtai Healthcare launches its Karachi Head Office.

Our services in the City of Lights now include over 20 locations aided by one of the largest home sampling fleets.

Our healthcare portfolio in Karachi includes a state-of-the-art lab, medical center, radiology, and home care services.



Karachi CMC Launch

Chughtai Healthcare has established Chughtai Medical Center in the Karachi Region.

Chughtai Medical Center are a one-stop solution for all our patients' healthcare needs. Our Medical Centers combine doctor clinics, laboratory testing and radiological procedures. These facilities are staffed with certified physicians from various specializations who provide complete health advice to patients.



Library On Wheels



Taking the Chughtai Public Library, a step further, Library on Wheels is an extension of our efforts to spread the love of reading among young people.

Library on Wheels was created to ensure that we are able to give back to the society in which we operate by reaching out to underserved areas. The mobile library makes the rounds of multiple public schools to allow students to enjoy reading time with a variety of books to choose from. Currently, there are three mobile libraries in Lahore that

offer free services and memberships to deserving children. Schools and colleges can partner with the Chughtai Library on Wheels project and allow students to borrow a book for up to 7 days. The project will soon be launched in other cities across Pakistan.

For further details, contact us at [042-35750368](tel:042-35750368) or email at www.chughtailibrary.com

Chughtai Public Library celebrates the publication of its first book

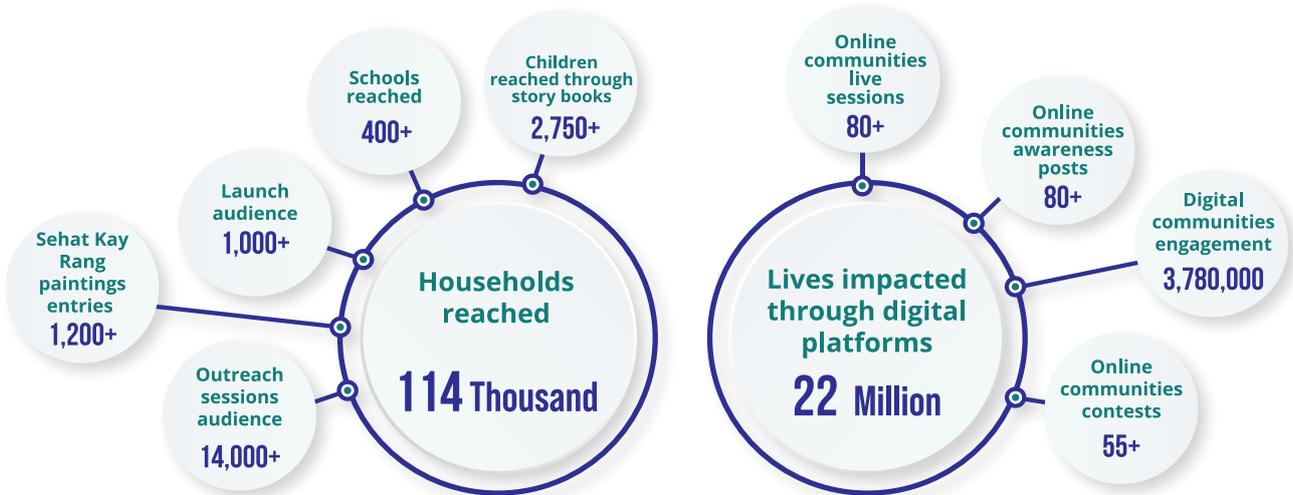
The Chughtai Public Library project's objective is to promote reading and publish engaging content that highlights unique talents such as Mehboob Ali.

Mahboob Ali is widely considered as the only woodcut printmaker in Pakistan to have utilized fifty-two different colours in a single print. This book chronicles his career as an artist and his commitment to this fifty thousand-year-old method, as well as his efforts to innovate within it.





Community Education

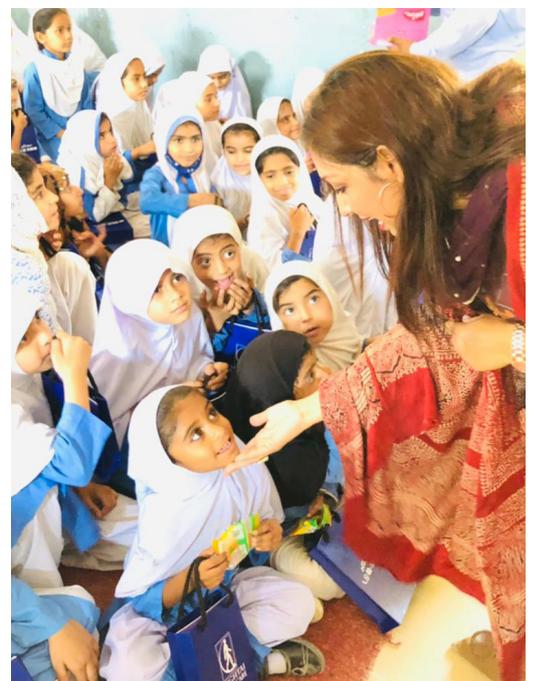


Engaging Children in Community Health Drives

Chughtai Healthcare Community Education Programmes were developed to address a range of health-related topics and create awareness amongst youngsters to create a healthy Pakistan.

In 2021, Chughtai Healthcare reached more than 114 thousand households through a storytelling session, “The Defeat of Coronasaurs,” a painting competition, “Sehat kay Rang” and a special workshop on “Germs Are Not For Sharing” in schools across Lahore and Karachi.

Our digital collaborations & alliances have impacted over 22 million lives. Our corporate team has worked hard to ensure that we impact individuals from every social background and help them stay healthy.



Lab Tours

Chughtai Healthcare welcomes educational institutions, organisations, and patients for lab tours in hopes of developing a greater understanding of lab testing services.

Participants learn how the many departments of Chughtai Healthcare work together to provide high-quality health care in Pakistan.



Engaging the Corporates

Chughtai Healthcare believes in educating communities on pertinent healthcare issues and giving access to healthcare facilities to individual households.

In the last three months, Chughtai Healthcare held more than 50 corporate awareness sessions and health camps, which had an impact on almost 33,600 people.

Our Corporate Partners

Nestle	Dawlance	Avari Hotel	The Body Shop	Artistic Apparel	Transparent Hands
Coca Cola	Gul Ahmed	Pak Wheels	Master Motors	Indigo Textile	Novartis
Meezan Bank	Ibex.	US Apparel	Cross Stitch	Arpatech	Ismail Industries
Colgate	Interwood	LimeLight	Starumann	Soorty	Allied Paints
Sapphire	Style Textile	Gerry's International	Fortress Square	Next Bridge	

39 years of Patient Care Excellence

We are immensely proud of our continued commitment to excellent patient care.

Chughtai Healthcare is celebrating 39 years of providing high-quality patient care, comfort and convenience to patients throughout this year by ensuring we remain steadfast to our commitment.



Fire Fighting Training

The HR team at the Head office arranged a special training session for its employees in collaboration with the Rescue 1122 master trainers.

The session focused on first aid essentials, including CPR, dealing with minor injuries, fracture, burn cases, snake/insect bites, and fire cases. It ended with a mock fire drill.



Continued Medical Education Session



The CME programme is designed to engage young doctors and residents in awareness and capacity enhancement initiatives. Our team of experienced doctors lead these sessions and collaborate with numerous hospitals. Here are the highlights from some of the sessions held this quarter.



Diagnostic Modalities of TB

Dr. Irum Iftikhar (Consultant Microbiologist) took the stage at an informative session on “Diagnostic Modalities of TB” and the testing facilities at Chughtai Labs. Mayo Hospital sees a high number of rural patients with pulmonology-related disorders, making it an ideal location for the awareness session.

Assistant Prof. Dr. Asif Hanif thanked the Chughtai team for giving the participants pertinent information about respiratory disorders and their diagnosis. He was also impressed by the Chughtai Lab’s diagnostic abilities.



Skin Biopsy & Immunofluorescence Facility

Skin Biopsy is a field less explored and understood. Similarly, immunofluorescence is a relatively new field for many young medical professionals, which is why we hosted a session on “Overview on Skin Biopsy & Immunofluorescence Facility.” The participants included doctors and residents from the Shaikh Zayed Hospital Skin Department who were keen on learning about new research and advancements made in the field. Dr Hijab Batool answered many queries and shared vital information to keep participants’ interest.

Prof. Dr. Safoora Aamir (HOD, Skin Department) was delighted with the outcome of the interaction and thanked the Chughtai Healthcare team for shedding light on the topic.



Overview Of Frozen Section Facility

A group discussion was held at the Surgical Department of Services Hospital, Lahore, on the “Overview of Frozen Section Facility.” Dr. Fatima Khalid (Consultant Histopathologist) from Chughtai Healthcare led the discussion and opened the forum for a fiery Q&A session.

Dr. Waseem Hayaat (Assistant Professor), and Dr. Syed Bilal (Assistant Professor) appreciated the management and doctors at Chughtai Healthcare for designing an engaging programme to keep medical professionals updated with discoveries and practises while refreshing the basics.



Molecular Genetics & NGS Technology

Each year, about 170,000 new cancer cases are reported in Pakistan. Considering the staggering number of cancer patients in the country, Chughtai Healthcare is determined to keep the medical fraternity engaged and abreast of the latest updates in this field. Furthering our efforts towards the Community Education Programme, Dr. Saddat Ali (Molecular Geneticists) from Chughtai Healthcare conducted a session on “Molecular Genetics and NGS Technology” at the Gangaram Hospital, Lahore. Prof. Dr. Saif-ur-Rehman (Head of Department, Oncology Ward), was immensely impressed with Chughtai Lab’s testing capability and the great insights provided at the session. The participating doctors and residents showed immense interest in the topic and asked many questions about the new testing technologies and how they could improve diagnosis and treatments in the future.

Events & Symposia

Home Sampling Fleet Launched in Faisalabad and Multan

Chughtai Healthcare has one of the largest and fastest-growing networks of home sampling in the country, serving thousands of patients every day at their doorsteps. In 2021, Chughtai Healthcare inaugurated the Home Sampling Fleet in Faisalabad and Multan.



The Ambassador of Azerbaijan Visits Chughtai Healthcare

March 1, 2022 - Mr. Khazar Farhadov, Ambassador Azerbaijan visited Chughtai Healthcare Head Office Lahore with his wife Mrs. Tarana Farhadova.

The respected ambassador met with the leadership team of Chughtai Healthcare and was briefed on the steps taken towards bringing innovation, research & development as well as the community development efforts taken under the group's CSR wing.

The dignitaries were given a tour of our state-of-the-art facility. They were immensely impressed and appreciated the work Chughtai Healthcare has undertaken to improve healthcare in Pakistan.



Spreading Awareness about Heart Health & Diabetes

Chughtai Healthcare conducted a symposium on Heart Health in Lahore and Faisalabad to emphasize the importance of a healthy heart and various cardiac diseases. The session provided an excellent opportunity for the participants to learn about the best ways to keep hearts healthy, including a diet promoting heart function.

A dedicated awareness session under the title of 'Managing Diabetes - The Path to a Healthier Future' was conducted by the experts at Chughtai Healthcare. The symposium aimed to spread awareness on lifestyle modifications for the prevention of diabetes and the strategies to manage it.



Awareness Sessions on Cervical Cancer

Chughtai Lab conducted Family Con 2021 on November 3, 2021, for family physicians and gynaecologists. The attendees learned about the cervical screening techniques and Chughtai Labs' capabilities in performing these successfully. These techniques include;

- Cervical liquid-based liquid-based cytology
- Pipelle based endometrial sampling
- Mirena insertion

The Cervical Cancer awareness sessions were conducted as part of the capacity enhancement initiative for the medical fraternity at large.





Breast Cancer Awareness Walk

According to the WHO, there were 2.3 million women diagnosed with breast cancer worldwide in 2020, and 685,000 fatalities. According to the World Health Organization (WHO), approximately 26,000 women were diagnosed with breast cancer in Pakistan in 2020, and over 13,500 died due to the disease.

Playing our role in the awareness and education of breast cancer prevention, Chughtai Healthcare initiated a nationwide campaign of awareness sessions and walks.

Celebrating Women's Day

From homemakers to doctors, women are known to excel in multiple roles. To celebrate the incredible women at Chughtai Healthcare, the HR department arranged a dedicated event on women's day. The event invites were sent out with chocolates and a thank you note. On the day of the event, female employees were engaged in a series of fun activities putting their communications skills to the test. Ms. Abida Khawar (Personal Development & Relationship Coach), delivered an energising speech on female empowerment. The event concluded with a delectable hi-tea and giveaways for female employees.



Female employees of Chughtai Healthcare left with a renewed sense of responsibility and a determination to go above and beyond their call of duty in order to contribute to Chughtai Healthcare's vision of excellence in patient care.



Chughtai Healthcare's Participation in 24th National Psychiatric Conference

Chughtai Healthcare participated in the 24th National Psychiatric Conference from November 26-28, 2021, at the PC Hotel, Lahore. The event was arranged by the Pakistan Psychiatric Society to spread awareness of various mental illnesses.

Our toxicology team participated in a three-day event promoting its drug testing services amongst the participants. Our representatives were overwhelmed by the positive response of participants and by their interest in learning more about the services.

Nationwide Launch of Pink Card



March 11, 2022, was a historic day for the team members and leaders at Chughtai Healthcare since it marks the beginning of a new era in women's health with the launch of our Pink Card nationwide.

Through the Pink Card, women can now avail exclusive discounts and special offers for tests and other services pertaining to their health. Cardholders can also add up to 5 family members to their card account to avail these services.

میری صحت سے ہے سب کی صحت

50% off on
Vitamin D

50% off on
Mammogram

35% off on
Executive Health Screening

30% off on
Hormone Profile

Upto
20% off on
Doctor Consultation

15% off on
Lab Tests

15% off on
Radiology

8% off on
Chughtai Pharmacy

10% off on
Homecare Service

More
Service to come

The Pink Card launch event featured strong and successful women as champions of women's health to promote the vision of Chughtai Healthcare. Our distinguished guests included Masarrat Misbah (Founder Depilex & Smileagain Foundation), Fatima Asad Said (CEO Abacus Consulting), Margo Aziz (Director The International School of Choueifat), Sam Ali Dada (President WCCI), and Dr. Mona Zafar (Professor of Gynae and Obstetrics).



Ms Ayesha Nasir (CEO Scaryammi), was announced as the brand ambassador of Pink Card during the ceremony.



Ensuring a Drug-Free Pakistan

Drug abuse has surfaced as a major social crisis facing Pakistan today. With one of the world's youngest populations, Pakistan is home to over 7.6 million drug addicts, 78 percent of whom are male users and 22 percent are female.

On March 31, 2022, an awareness and exploratory seminar was held on Drug Abuse and Advances in Drug Testing at Four Points by Sheraton Hotel, Lahore.

In this engaging dialogue-based seminar, the experts raised awareness of the issue by conducting sessions at multiple forums as well as introducing the latest technologies available to detect drug abuse accurately and reliably.

Dr. Humera Shafi, the Chief Toxicologist at Chughtai Healthcare, delivered a powerful opening speech highlighting the urgency and seriousness of the challenge at hand. Dr. Aftab Asif, Head Department of Psychiatry, Mayo Hospital, brought to light the importance of mental health and how young adults can fall prey to the menace due to their weak mental state as well as the harmful effects of drugs on health.

The chief guest at the event, Brig. Rashid Minhas, Force Commander, ANF Punjab, reiterated the importance of strategic collaboration to fight the rising drug abuse in Pakistan. Other attendees included Dr. Imran Murtaza, Medical Superintendent, Fountain House; Irfan Rehman Khan, Drug Abuse Survivor; Muhammad Baseer Shah Anwar, Country Manager, H. A. Shah & Sons; and Muhammad Awais, Business Development Manager, ThermoFisher Scientific.

In his closing remarks, Dr. Akhtar Sohail Chughtai, CEO Chughtai Healthcare briefed the attendees about the initiatives taken to ensure that we play our part in a drug-free Pakistan. These include the introduction of comprehensive drug screening and testing facilities, strategic alliances with educational institutes, community education drives to spread awareness, and more.



Impacting Students at the Career Guide Expo 2022

Islamabad, March 11, 2022 – Chughtai Healthcare's participation in the three-day Career Guide Expo 2022 attracted a large group of students keen on exploring career opportunities in the healthcare industry. Our HR representatives helped students identify careers and relevant educational degrees, along with knowledge and exposure to Pakistani market trends and corporate advancements.



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آپکی صحت کا نمبر

☎️ 03 - 111 456 789

www.chughtailab.com

For stories/updates: marketing@chughtailab.com

Lahore:

7 Jail Road, Main Gulberg.

Karachi:

Plot no. 2, Block 3, P.E.C.H.S, Shaheed-e-Millat Road, Karachi.

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