



# PSCP Collected Histories of IFCC Member Societies



Dr. Asim Mumtaz  
The Man Behind

"Aamir I think this is the right time we should have a Society for Chemical Pathology" Asim said to me on that summer evening of May 2003 in his house at Fane Road Lahore. "Stop day dreaming. It's a very difficult job and don't expect any help from me, I am too busy..." I replied in a very cold tone while enjoying my samosa and tea. "I have prepared some preliminary documents and have met some lawyers regarding legal aspects of formation of a professional body" I could see a brightness in Asim's eyes when talking of this dream. That day I realized that nobody can stop Asim in this task. I just gave him one suggestion that he should come to Rawalpindi some day and see Brig (then) Farooq Ahmad Khan. So after several meetings at AFIP and in Lahore, PSCP became a reality!!

The first meeting of the PSCP council was held on 22nd March 2003 at Children's Hospital, Lahore. Twenty Chemical Pathologists from different cities attended the meeting which was presided by Brig (then) Farooq Ahmad Khan. (Narrative: Surg Cdre Aamir Ijaz)


















Glimpses of First Council Meeting  
of PSCP March 2003



Dr. Imran Siddiqui,  
Ex -President PSCP,  
Representing PSCP at APFCB 2013, at Bali-  
Indonesia.



PSCP: Past and Present Office Bearers  
 Since Jan 2004 PSCP is functioning as per its constitution (memorandum). It elections are held every two years. Here is an archive of the office bearers:

<u>Year</u>	<u>President</u>	<u>Vice President</u>	<u>Secretary /Treasure</u>
2004-2006	Maj Gen Farooq Ahmad Khan 	Brig Rizwan Hashim 	Dr. Asim Mumtaz 
2007-2008	Prof Ejaz Hassan Khan 	Brig Dilshad Ahmed Khan 	Brig Aamir Ijaz 
2008-2010	Brig Abdus Sattar 	Col Muhammad Dilawar 	Dr Asim Mumtaz 
2010-2012	Dr Imran Siddiqui 	Brig Aamir Ijaz 	Dr Adnan Zubairi 
2012-2014	Dr. Dilshad Ahmed Khan 	Dr. Sameena Ghayur 	Dr. Rizwan Hashim 

## PSCP: Academics

PSCP holds CPD activities at least once a year. Postgraduate courses and Biennial conferences were held on alternate years

<u>Year</u>	<u>Activity</u>	<u>Venue</u>
Feb 2005	1 <sup>st</sup> Biennial Conference	King Edward Medical College, Lahore
Aug 2006	1 <sup>st</sup> Postgraduate Course	AFIP Rawalpindi
Mar 2007	2 <sup>nd</sup> Biennial Conference	Aga Khan University Karachi
Feb 2008	2 <sup>nd</sup> Postgraduate Course	Army Medical College, Rawalpindi
Mar 2009	3 <sup>rd</sup> Biennial Conference	Quaid-e-Azam Medical College Bahawalpur
Apr 2010	3 <sup>rd</sup> Postgraduate Course	AFIP Rawalpindi
Feb 2011	4 <sup>th</sup> Biennial Conference	Allama Iqbal Medical College Lahore
Mar 2012	4 <sup>th</sup> Postgraduate Course	AFIP Rawalpindi
Dec 2012	1 <sup>st</sup> Joint Conference	AFIP Rawalpindi / Convention Centre Islamabad

## PSCP: Office Bearers 2010-12



From Right:  
 Surg Cdre Aamir Ijaz (Vice President);  
 Dr Imran Siddiqui (President)  
 Dr Aysa Habib (Provincial Coordinator Sindh);  
 Dr Adnan Zubairi (Secretary/Treasurer)

PSPC: Activities during Last One Year

Workshop on "Good Professional Practice in Chemical Pathology" at PNS SHIFA Karachi Dec 2011



Group of Chemical Pathologists at 35<sup>th</sup> PAP Conference at CPSP Karachi Dec 2011



Workshop on "Method Evaluation" at PNS SHIFA Karachi 06 Nov 2012



Workshop on "Inborn Errors of Metabolism" at CPSP Karachi 07 Nov 2012

Participants of 4<sup>th</sup> Biennial Course in Chemical Pathology at AFIP, Rawalpindi, on 16<sup>th</sup> -17<sup>th</sup> March 2012





## International Affiliation of PSCP

### Asia and Pacific Federation of Clinical Biochemistry (APFCB)

Forum of societies of 16 Asian and Pacific countries i.e. Australia, China, Hong Kong, India, Indonesia, Japan, Korea, Malaysia, Pakistan and Singapore.

PSCP has full voting membership and has membership of scientific, education and lab management committees

### Membership of International Federation of Clinical Chemistry (IFCC)

PSCP is a member of IFCC which is an international body of Clinical Chemistry (Chemical Pathology).

Regular participation by PSCP in international meeting as country representatives.

## First Publication of PSCP

Book on "STANDARDIZATION OF PATHOLOGY LABORATORIES-PROBLEMS AND PROPECTS"

First edition Published in 2008 in collaboration with College of Pathologists Pakistan.



## Education and Publication History of PSCP

Prof (Brig) Aamir Ijaz

MBBS, FCPS, FRCP, MCPS-HPE

Consultant Chemical Pathologist /


Prof of Chemical Pathology, AFIP, Rawalpindi. Pakistan

Chairperson


Education, Research and Publication Division PSCP



### 1. Distance Learning Programme in Chemical Pathology

 First Edition of Distance Learning Programme (DLP) in Chemical Pathology was conducted under the auspices of Pakistan Society of Chemical Pathology (PSCP) in collaboration with all the senior Chemical Pathologists of the country. The programme was absolutely free and voluntary. Ninety five (95) participants were registered in DLP which included Residents Chemical Pathology FCPS Part II (60), Scholars of MPhil Chemical Pathology (8), Rotational Trainees in Chemical Pathology (9), Medical Laboratory Technologist (2) and Junior Consultant Chemical Pathologists (16). Largest number of participants were from Quaid-e-Azam Medical College Bahawalpur (23) followed by AFIP Rawalpindi (13), PNS SHIFA Karachi (11), AIMC Lahore (9), AKU Karachi (5), Zia-ud-Din University Karachi (4), Army Medical College Rawalpindi (3), LNH Karachi (2), SIUT Karachi (2), Sheikh Zaid Medical College Rahim Yar Khan (2) and other institutes. All these participants were sent 20 lessons on weekly basis from March 2013 to Aug 2013. The participants sent their answers after finding them from internet or books within a stipulated time. A competition was simultaneously held for selection of the best trainee participant called **Chemical Pathology Laureate** and other high performers. Electronic methods were successfully used during the course e.g. e-mails, Facebook to provide inter-participant discussion forum and Skype for live discussion with the facilitators. At the end of the course participants gave the feedback of the curse on a prescribed proformas. There was an eagerness and enthusiasm of Residents and Consultant Chemical Pathologists to continue the course with some modification in the schedules. Totally paperless nature of the programme was well-depicted in the logo of the course i.e. **The Green Laurel**.

### 2. Second Edition of Distance Learning Programme in Chemical Pathology (DLP-2)- Brief Report

 During the feedback of DLP-1, many participants demanded that DLP should be continued in 2014, so DLP-2 was started on 19 Jan 2014. The topics were selected after proper consultation with senior Chemical Pathologists. Some of the seniors also prepared some lessons and DLP-2 is deeply indebted to them i.e. Prof Dilshad Ahmad Khan, Dr. Muhammad



Aamir, Dr. Naveed Asif and Dr. Zujaja Hina Haroon (AFIP Rwp), Prof Asma Shoukat and Dr Lubna Sarfraz (QAMC Bahawalpur), Dr Ayesha Habib Khan and Dr Lena Jafri (AKU Karachi) and, Dr Asma Naseer Cheema (AJK Medical College, Muzzafarabad). A schedule of the lessons with dates was sent to the participants and lessons were sent on alternate Sundays without fail (Alhamdulillah). The number of participants was quite higher as compared to DLP-1 and participants' response was also much more enthusiastic. DLP-2 consisted of 20 lessons and was participated by 78 trainees and 23 consultants out of total 113 registered participants. Lessons were made in a uniform pattern with 10-12 days for response. The students also contributed in the key presentations and developed an increasing sense of participation in the programme. Although in some lessons trainees of AFIP (near students) were allocated topics to prepare slides, generally participants sent slides voluntarily. In this regard, contribution from Dr Sabiha Waseem (Canada) is really commendable. Skype sessions followed each lesson and the number of sessions ranged from one to three to facilitate the participants. Connectivity remained an issue in the Skype sessions but participants never got frustrated indicating their deeply entrenched interest in the process of learning. Facebook page of PSCP was also extensively used for sharing literature and important announcements. Dr Usman Munir, a very efficient administrator of the group, changed the cover picture according to the running lesson and kept the group alive. At the end of programme, nine top positions in three different categories were announced based on the total scores earned. In addition, CME/CPD credits have also been awarded to the participants at the rate of 5 credit points per lesson. Facilitators who developed the lessons were given double credit points i.e. 10 per lesson.

### 3. Structured Assessment of Skills (SAS) in Chemical Pathology

Under the auspices of PSCP, two DLPs were conducted for the improvement of cognitive domains of postgraduate students i.e. recall, interpretation and application of knowledge. In the feedback of DLP2 many students demanded a programme of practical training. So skill training programme by the name of Structured Assessment of Skills (SAS) in Chem Path was started in January 2015 after running two pilot lessons. This programme focuses on practical aspects including laboratory skills, data interpretation skills, lab and biosafety practices, managerial skills and soft skills (e.g. communication with patients, staff, clinical colleagues, administrators and vendors, ethical issues and professionalism). The collective wisdom of all qualified Chemical Pathologists resulted in development of a valid and reliable assessment format most suitable to our peculiar specialty. All the centres where MPhil and FCPS training in Chemical Pathology are conducted, are participating in SAS and *all consultants, supervisors and examiners in Chemical Pathology are playing their role in preparation and conduct of SAS. Chemical Pathologists who are presently not on a teaching appointment are contributing by formulating the lessons.* SAS is conducted on monthly basis and it comprises two components:



- **Practical** which includes 'Major Biochemical Practical', 'Quality Control Procedure' and *Task Oriented Assessment of Clinical Skills (OSPE)*.
- **Data Interpretation Skills:** Every month we give a test of 10 cases. We have improved the format of this very essential component and given it a proper name i.e. "**Quick Assessment of Data Interpretation Skills –QADIS**".

### 4. Publication of Newsletter "The Spectrum"

PSCP launched its newsletter "**The Spectrum**" in December 2012. Since then three editions have been published on annual basis. The selection of this name is quite interesting as Chemical Pathology traditionally deals with the visible and invisible spectrum of light. It also indicates the wide variety of disorders dealt by a Chemical Pathologist in its clinical practice. In addition, in day to day working, a Chemical Pathologist is usually approached by various specialists like Physicians, Surgeons, Gynaecologists and Paediatricians regarding interpretation and further investigations of their patients. Newsletters and other publications like this provide an opportunity to the professionals to express themselves on their favourite topics in a relatively informal manner. It can also act as an archiving document for recording various activities and for acknowledging the efforts of the members of any professional body.

### 5. Clinical Practice Guidelines for Endocrinology Investigations

One of the most important tasks of any professional organization is to provide evidence-based guidance for safe and efficient patient care. PSCP is playing this role in the field of Chemical Pathology and Endocrinology. Chemical Pathologist is the right specialist to develop and implement scientific practices based on latest update, which are not only patient friendly but also feasible in the available resources. Clinical Practice Guidelines have been compiled to facilitate medical officers and specialists in Laboratory Medicine, Adult and Paediatric Medicine, Obstetrics/Gynecology, Critical Care and many other fields. These guidelines are based on best available research evidence and practice experience. Only Grade 1A and Grade 1B evidence have been used as per GRADE system, which is in fact a tradeoff between benefits on the one hand, and risks, burden, and costs on the other. Most of the evidence has been obtained from sources like 'UpToDate', 'MEDSCAPE', standard text books and landmark studies and articles from authentic medical journals. Each guideline has been primarily prepared by one author but reviewed by other authors, making it an authentic multi author publication. One or more closely related Endocrine diseases have been discussed in one guideline and consist of a brief introduction and diagnostic and monitoring strategies most suitable in our set up. Useful algorithms have also been added for quick reference. Where necessary detailed protocols of the dynamic function tests have also been given.