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Dr. Moazzam Baig Mirza

Interviewed by Prof. Aziz-ur-Rehman

Dr. Moazzam Baig Mirza, welcome to PSIM News & Views. It is a privilege to interview a physician whose distinguished career spans decades of clinical excellence, institutional leadership, and national service. You are the recipient of the President's Award of Pride of Performance and hold Fellowships from the Royal Colleges of London, Edinburgh, and Glasgow, and fellowships of multiple American Colleges. Thank you for sparing your valuable time for this conversation.

Your educational journey began at Central model school, Government College Lahore and King Edward Medical College, followed by rigorous training abroad. What inspired you to pursue medicine, and how did your early education shape your professional philosophy?

My early education played a foundational role in shaping both my intellectual discipline and my sense of responsibility. Government College Lahore instilled analytical thinking and character, while King Edward Medical College refined clinical curiosity and academic rigor.

Medicine, for me, was never merely a profession; it was a commitment to service. During my formative years in medical school, I realized that knowledge alone is insufficient — a physician must cultivate judgment, ethical clarity, and compassion. That principle has guided my entire professional life.

Your clinical attachment at Hammersmith Hospital London and your training during the MRCP era were formative milestones. How did these experiences influence your clinical reasoning and academic mindset?

Hammersmith Hospital London provided international exposure, an intellectually vibrant environment where clinical reasoning was paramount. Clinical cases were discussed rigorously; differential diagnoses were defended logically; and academic debate was encouraged. The training was under the renowned international teacher like Prof Dr John Goodwin. This culture sharpened analytical thinking and fostered humility before evidence.

The MRCP training period was demanding, requiring



disciplined study and mature clinical judgment. It instilled in me a lifelong habit of structured thinking and evidence-based decision-making. More importantly, it reinforced the idea that medicine is a continuously evolving science requiring constant engagement. Besides learning and training at Hammersmith Hospital I was exposed for one year training at Methodist Hospital/Center. Houston, USA under renowned Prof Dr. Michel Debacky. Denton Colley and Michel Debacky are legends in the medical world. Acquiring all this helped me in my future endeavors in Pakistan.

You established and developed Departments of Medicine and CCU/ICU facilities in for the first time in hospitals both in Saudi Arabia and Pakistan. What motivated your strong focus on system-building?

A physician treats individuals, but institutions protect communities. Early in my career, I recognized that sustainable healthcare depends on strong departmental structures, trained teams, standardized

protocols, and ethical governance.

Establishing CCU and ICU services required not only equipment but training, infection control policies, emergency preparedness, and administrative oversight. System-building is more demanding than individual practice, yet its impact endures beyond one's tenure. That enduring impact motivated my efforts.

In 2002, you introduced the first structured Chest Pain Center (CPC-ED) in Pakistan. What inspired this pioneering initiative?

Chest pain is among the most time-sensitive medical emergencies. Delayed triage and fragmented evaluation can have fatal consequences. Observing structured Chest Pain Centers abroad, I recognized the importance of protocol-driven emergency cardiology.

The CPC-ED concept was introduced to streamline triage, ensure rapid ECG interpretation, and standardize risk stratification. It represented not merely a new unit but a shift toward systematic, evidence-based emergency cardiac care in Pakistan.

Innovation in medicine often lies in disciplined implementation rather than invention.

You authored one of the earliest applied ICU management books in Pakistan, with a foreword written by the President of the Royal College of Physicians of London. Why did you feel this work was necessary?

During years of leading critical care services, I observed a lack of practical, regionally relevant ICU literature. While international texts were available, many did not fully address local infrastructural and resource realities.

The book was written to provide applied, experience-based guidance in infection control and critical care management. It aimed to bridge the gap between theory and bedside practice.

The foreword by the President of the Royal College of Physicians of London was an honor, but more importantly, it symbolized recognition that scholarly contribution from our region holds international relevance.

Receiving the President's Award of Pride of Performance is among the highest civilian honors in Pakistan. How

did this recognition shape you, and what message would you give to young physicians?

The Pride of Performance was profoundly humble. It represented acknowledgment of decades of selflessness service and hard work, institutional development, and educational contribution. Personally, it deepened gratitude; professionally, it reinforced accountability.

Recognition increases responsibility. It reminds one that future generations observe not only achievements but conduct.

To young physicians, I would say: master the fundamentals of clinical medicine, maintain ethical integrity, remain lifelong students, and serve with humility. Medicine is not merely a career — it is a moral commitment to society.

After a lifetime devoted to medicine, leadership, and family, what legacy would you like to leave behind as a physician, a father, and a lifelong student of medicine? How would you like to be remembered?

If I am remembered, I would hope it is not merely for titles or awards, but for integrity in service.

As a physician, I would like to be remembered as someone who upheld standards — who believed that discipline, ethical conduct, and structured systems are essential for safe and effective patient care. If the departments I helped establish continue to function with accountability and compassion, that would be my professional legacy.

As a teacher and mentor, I would wish to be remembered for encouraging critical thinking and humility. Medicine evolves, but values must remain constant. If my students practice with sound judgment and moral clarity, that is a legacy worth leaving.

As a father, I would hope my children remember not the long hours, but the principles that dedication, honesty, and humble service to society.

Above all, I would like to be remembered as a lifelong student. The day a doctor stops learning, he stops growing. Curiosity, discipline, and gratitude — these are the qualities I hope endure beyond my name.

Thank you.

Mentor Mentee

Pre - Conference Workshop - 7th Annual International Conference of Pakistan Society of Internal Medicine

Seminar Title: Mentor Mentee Mock Exam Preparatory Course – FCPSII, IMM, MD Medicine

Date: 5th February 2026

Venue: North Ward, Mayo Hospital, Lahore The program aimed to strengthen postgraduate medical

training through a structured mock examination for FCPS-II/IMM/MD Medicine candidates. The academic content was highly relevant and well-received by all participants. A total of 40+ senior medicine residents from the leading Institute of Punjab actively participated with keen interest and enthusiasm.



Clinical Trials & Research Methodology Workshop

Dr. Sami ullah Mumtaz

Clinical trials and research methodology workshop was a great success by PSIM. It was the first session of PSIM 7th annual international conference 2026 held on 5th February 2026 from 9:30am-1:30pm at Emerald Hall A PC Hotel Lahore. It was moderated by Dr Sami Ullah Mumtaz, Secretary Coordination PSIM. Among the facilitators were **Mr Syed Munawar Ali**, head of clinical operations & associate director IQVIA-RDS Pakistan, **Dr.Nadeem Ahmed**, Associate Professor at the center of excellence in molecular biology university of Punjab, **Prof Dr Saira Afzal**, Dean IPH Lahore & **Prof Dr Shahzad Ali Khan**, Vice chancellor Health Services Academy Islamabad. They talked about Need of Clinical trial units & roadmap for its establishment, Infrastructure and Readiness, Governance, Ethics & research integrity and clinical trial units with National Health priorities respectively. The facilitators engaged the audience very well who were senior faculty from different public and Private Medical colleges & universities. It was followed by panel discussion and question & answer session. Among panelists were **Prof Dr Javed Akram**, Chairman Board of Directors &



founding President PSIM, **Prof Dr Naeem Mubarak**, Pro Vice Chancellor Lahore University of Biological and Applied Sciences Lahore and **Dr Muhammad Imran Sajid**, CEO world Research Center, Associate Professor & director University of Lahore. Facilitators also joined the panel discussion. It was a great panel discussion and question answer session. All the panelists emphasized on establishment of clinical trial units. At the end Prof Javed Akram, presented certificates among panelists and facilitators.





Workshop: Women in Healthcare leadership RCP London

Dr. Naima Huma

A workshop on Women in Healthcare leadership took place on 1st day of the PSIM conference i.e 5th feb 2026 from 10.30 am to 12.30 pm. The workshop was facilitated by Dr. Somia Iqtadar and Prof. Mumtaz Patel and the co-ordinator was Dr. Naima Huma.

Prof. Mumtaz Patel, Vice President, Royal Colleges of Physicians, UK did an interactive session with the workshop participants focusing on leadership definition, qualities of a good leader, effective teamwork, insight on personal capabilities and everyday struggles of female doctors in achieving their desired goals and inspirations to become a leader. All the participants actively took part in the workshop and learned much from the informative interaction.

It was followed by panel discussion from 12.30 pm to 1.30 pm which was again facilitated by Dr. Somia Iqtadar, Senior Vice President, PSIM. The panel included:

Prof. Mumtaz Patel (Vice President, RCP), Prof. Virginia L. Hood (President of International Society of Internal Medicine), Prof. Aftab Mohsin (President PSIM), Dr. Umar Farooq (Assoc. Prof. Of medicine, Penn State



College of Medicine, Dr. Kerri Baker (Dean of education and training, RCP, Edinburgh), Dr Shehla Javed Akram (President, Women Chamber of Commerce) and Dr. Shabnam Sarfraz (Women in Global Health and Gender Equity specialist).

The discussion revolved around differences in women leadership across the globe, how different countries are dealing with gender disparity and lack of women representation at higher positions, the need for women leadership and effective ways to alleviate the situation in Pakistan. The panelists shared their

experiences and positive insights regarding women in leadership positions and what steps can be taken to help women in Pakistan achieve leadership roles and minimize gender biases and disparities. The discussion was met with great enthusiasm from the

audience.

The talk ended with a group photograph and certificates for all the Panelists and participants.



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Hands-only CPR & AED Workshop

Dr. Zulfiqar Ali, Dubai

Bystanders who witness the sudden collapse of an adult should activate the emergency medical services (EMS) system and provide high-quality chest compressions by pushing hard and fast in the middle of the victim's chest, with minimal interruptions. The effective use of automated external defibrillators (AEDs) further enhance the chances of survival. Early CPR and early use of AED in out-of-hospital settings improve the survival. In fact, these two manoeuvres determine the success and outcome of resuscitation. PSIM organised "Hands-only CPR & AED Workshop" during 7th PSIM International Conference as pre-conference event, held at PC Hotel, Lahore on Feb 5, 2026. A large number of healthcare professionals



including doctors, pharmacists, nurses and medical students participated in this workshop. Dr. Zulfiqar Ali



(PSIM Vice President – Overseas) started the workshop with an emphasis on the importance of high quality CPR and effective use of AED. Dr. Seemin Shiraz (PSIM UAE Chapter Head) and Dr. Hina Latif (PSIM Information Secretary) demonstrated the CPR skills on mannequins and then took each and every participant to perform the skill in real-time scenarios. All the participants learnt the important skill of high quality

CPR and use of AED in a friendly but professional environment. Prof. Tariq Waseem distributed “Certificate of Attendance” to all the participants and thanked them all. The training equipments were provided by Mr. Mohammad Kashif, an authorized sales person for life-support training equipments in Pakistan.



Diabetic Foot & Wound Care

Prof. Qazi Masroor

The workshop titled “**Diabetic Foot & Wound Care**” was conducted as an integral academic session of the **7th Annual International Conference of the Pakistan Society of Internal Medicine (PSIM) 2026**, held in Lahore, reflecting the conference's commitment to advancing evidence-based practice and multidisciplinary excellence in internal medicine.

Dr. Mian Zahid opened the session with a 35-minute evidence-based presentation highlighting the current status of diabetic foot services in Pakistan. He elaborated on the pivotal contribution of BIDE Karachi in expanding specialized facilities nationwide, not only within Karachi but across Pakistan. He emphasized capacity-building initiatives, including structured training of family physicians, general practitioners, and consultants. His talk, enriched with

research data and pictorial case presentations, outlined key challenges and measurable outcomes.

Prof. Dr. Qazi Masroor Ali delivered an in-depth lecture on diabetes and its comorbidities, particularly cardio-renal and psychological factors, and their impact on diabetic foot outcomes and quality of life. Drawing upon national and international literature, he discussed holistic management strategies, multidisciplinary collaboration involving cardiologists, nephrologists, psychiatrists, nurses, and podiatrists, and the importance of individualized care.

Dr. M. Saif ul Haque conducted a hands-on clinical workshop on foot examination, demonstrating peripheral arterial assessment, Doppler use, ABI calculation, and sensory evaluation on a patient,

highlighting their diagnostic significance.

Dr. Mian Zahid further presented a detailed session on Charcot Joint, including a surgical case discussion supported by radiological evidence. The workshop concluded with an interactive Q&A session, attended

by family physicians, consultants, and surgeons.

Dr. Kamran also demonstrated practical aspects of diabetic foot appliances and casting techniques. The session was highly appreciated for its academic depth and clinical relevance.



Dengue Master Class

Dr. Somia Iqtadar

The Pakistan Society of Internal Medicine (PSIM) recently organized a Dengue Masterclass as part of its 7th Annual International Conference in Lahore, Pakistan. Led by Prof. Lakkumar Fernando, Founder and Clinical Head of the Centre for Dengue and Dengue Hemorrhagic Fever in Nigambo, Sri Lanka, the workshop focused on critical fluid management

aspects in dengue patients. Prof. Fernando shared his vast experience in managing dengue cases across adult and pediatric populations, introducing a new fluid management approach based on a volume-on-time scale formula. This innovative approach aims to optimize fluid resuscitation and minimize complications in dengue patients. Dr. Somia Iqtadar, a

Dengue Master Trainer for WHO and Government of Punjab, discussed current practices in dengue fluid therapy globally and in Pakistan, emphasizing the importance of adhering to Dengue GCP Guidelines. She highlighted the need for standardized treatment protocols to improve patient outcomes. Prof. Fernando also underscored the role of Point-of-Care Ultrasound (POCUS) in achieving zero mortality in dengue patients, demonstrating its utility in assessing fluid leaks and guiding fluid management. A hands-on

POCUS session, conducted by Dr. Shehzad Kareem Bhatti, equipped attendees with practical skills to assess fluid leaks in dengue patients via ultrasound. The interactive sessions saw active participation from delegates, with Prof. Fernando and Dr. Somia Iqtadar addressing queries and sharing expertise. Certificates were awarded to participants upon completion of the workshop, recognizing their commitment to enhancing their knowledge and skills in dengue management.



Lightning Round – 1

Dr. Ifra Nasir

Key Highlights:

- The emerging threat of **Metabolic Associated Steatotic Hepatitis (MASH)** was emphasized.
- Patient-centered strategies in tuberculosis and population-level interventions for obesity were presented.
- Multidisciplinary approaches improved diabetic foot outcomes and highlighted holistic diabetes care.
- Discussions spanned gut microbiome, pulmonology, dyslipidemia, and AI in medical education, reflecting cutting-edge internal medicine practice.

The Lightning Round – 1, held on **February 5, 2026, from 2:30–4:30 PM at Palace Hall, Pearl Continental, Lahore**, featured a rapid-fire session of concise, evidence-based presentations across multiple domains of internal medicine. Chaired by **Prof. Muhammad Tariq**, Vice Dean and Professor of Medicine at Aga Khan University, Karachi, renowned



for expertise in complex internal medicine and innovations in medical education, and **Prof. Atif Masood**, Professor of Medicine at the University of Lahore, a leading authority in diabetes and infectious diseases, the session was expertly moderated by **Dr. Ifra Nasir**, Infectious Diseases Fellow at SKMCH&RC, Lahore.

Dr. Muhammad Irfan opened with **“MASH: A Real Threat,”** highlighting the growing clinical significance of Metabolic Associated Steatotic Hepatitis and emphasizing early recognition and preventive



strategies. Dr. Mehtab Jan presented patient-centered approaches in tuberculosis therapy, while Prof. M. Imran Hassan Khan addressed the obesity crisis in Pakistan and outlined population-level interventions for metabolic health.

Prof. Shabnam Naveed Korejo explored the health impacts of climate change, and Dr. Fazli Rabbi discussed the psychological dimensions of diabetes, advocating holistic and integrated care. Dr. Madeeha Nazar demonstrated measurable improvements in diabetic foot outcomes through structured multidisciplinary units.

Dr. Muhammad Ayub Khan reviewed the role of the gut

microbiome in metabolic disorders, while Dr. Seemin Afshan Shiraz emphasized clinical vigilance in pulmonology beyond imaging. Prof. Jameel Ahmad highlighted the growing burden of dyslipidemia and preventive strategies. The session concluded with Dr. Muhammad Haroon Bilal presenting the transformative role of artificial intelligence in medical education to enhance evidence-based, patient-centered training.

The rapid-fire format fostered **interactive learning, practical insights, and interdisciplinary collaboration**, reflecting PSIM's dedication to advancing internal medicine at national and international standards.

The Lightning Round-2

Dr. Sufia Majeed

The Lightning Round-2 on the first day of the 7th Annual International Conference of PSIM was held from 4:00 PM to 6:00 PM on Thursday, 5th February 2026. The session commenced on time and was efficiently moderated by Dr. Sufia Majeed, Senior Registrar at Mayo Hospital, Lahore, while Dr. Javed Afridi (PGR Medicine) served as the coordinator.

The session was chaired by distinguished leaders in internal medicine: Prof. Dr. Munir Ahmad Azhar Chaudry (Professor of Medicine, Shahida Islam Medical and Dental College), Prof. Dr. Sadaf Yousaf (Professor of Medicine and Head of Emergency Medicine, Shalamar Medical and Dental College), and Prof. Dr. Muhammad Saleem (Professor of Medicine, AJK Medical College). Their presence added academic depth and clinical perspective to the proceedings.

The session featured nine concise, high-impact talks addressing contemporary challenges and innovations in Internal Medicine. Prof. Munazza Nazir discussed the development of leadership and communication skills among new consultants and postgraduate trainees. Dr. M. Afzal Ch. highlighted evidence-based approaches to MASLD. Prof. Shafaat Khatoon delivered an insightful talk titled "The Dopamine Trap: How Screens Hijack Our Brain." Prof. Rizwan Zafar emphasized prevention strategies for metabolic syndrome, obesity, and diabetes at both early-



intervention and population levels.

Prof. Bashir Ahmad Khukro underscored the value of research in improving real-world health outcomes, while Dr. Nighat Fatima explored the promises and limitations of AI in clinical decision-making. Dr. Bashir Ahmad Sheikh elaborated on the transformative role of continuous glucose monitoring (CGM). Emerging infectious threats, particularly Mpox, were addressed by Prof. Khalid Mehmood Khan. Concluding the session, Dr. Mueed Ahmad highlighted the critical impact of the "First Ten Minutes" in emergency patient care.

The chairs commended the speakers and enriched the discussion with their clinical insights, marking a dynamic and forward-looking session.



Obesity Masterclass Highlights Emerging Therapies and Multidisciplinary Care at PSIM Conference

Dr. Wafa Qaisar

The Obesity Masterclass, held during the 7th Annual International Conference of the Pakistan Society of Internal Medicine (PSIM) in Lahore, brought focused attention to one of Pakistan's most pressing health challenges. Moderated by Dr. Wafa Qaisar, the session underscored obesity as a chronic, biologically driven metabolic disease rather than merely a lifestyle concern.

With over one-third of Pakistani adults overweight and nearly a quarter living with obesity, speakers emphasized the urgent need for structured, evidence-based clinical strategies to curb its growing contribution to diabetes, hypertension, cardiovascular disease, and fatty liver disease.

The session was chaired by leading academic



physicians including Prof. Yousaf Kamal (Aga Khan University Hospital), Prof. Zahid Miyan, Prof. Muhammad Imran (King Edward Medical University/Mayo Hospital), and Prof. Bilal Bin Younis (Amna Inayat Medical College).

Dr. Fihbaa Syed opened the masterclass by discussing new frontiers in obesity management, highlighting advances in medical therapy and the importance of long-term disease modeling. Prof. Farooq Afzal followed with an overview of metabolic and bariatric surgery, outlining its role as the most effective intervention for severe obesity when appropriately indicated.

A highlight of the session was a forward-looking debate on incretin-based therapies. Dr. Nauman Niaz

presented evidence supporting semaglutide's continued leadership among GLP-1 therapies, while Prof. Aziz ur Rehman explored the emerging promise of twincretin therapies in redefining metabolic treatment.

The masterclass concluded with interactive polling and expert commentary, reinforcing PSIM's commitment to advancing metabolic medicine through evidence, innovation, and multidisciplinary collaboration.



Plenary Session Explores the Future of Physician ship at PSIM's 7th Annual Conference

Dr. Wafa Qaisar

The Pakistan Society of Internal Medicine (PSIM) commenced Plenary Session One of its 7th Annual International Conference with a forward-looking agenda focused on the future of physicianship, evolving healthcare systems, and the skills required for modern medical practice.

The session was chaired by distinguished academic leaders including Prof. Muhammad Akbar Ch, Dean Medical Sciences at Superior University; Prof. Javed Akram, Chairman Board of Directors PSIM and former Provincial Health Minister of Punjab; Prof. Aamir Shaukat, Pro Vice Chancellor Faisalabad Medical University; Prof. Muhammad Tariq, Professor and Interim Associate Dean, Education at Aga Khan University Hospital; and Dr. Mueed Ahmad, Consultant in Emergency Medicine at American Hospital Dubai.

Dr. Wafa Qaisar, Joint Sec.PSIM moderated the session.

The plenary opened with an address by Prof. Mumtaz Patel, President of the Royal College of Physicians, London, who spoke on “Physicians for the Future: UK and Global Perspectives.” She emphasized the importance of adaptive training models, leadership development, and global collaboration in shaping the next generation of physicians.

The second presentation, delivered by Dr. Tabinda Dugal, Consultant Endocrinologist (NHS UK), addressed the persistent challenge of vitamin D deficiency in Pakistan, dispelling common myths and underscoring evidence-based testing and treatment practices.

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3. Journal of Diabetes 9 (2017), 412-422

The session concluded with Dr. Kerri Baker, Vice President of the Royal College of Physicians of Edinburgh, who highlighted key pillars in acute medicine and the need to strengthen frontline services to meet increasing patient complexity.

The plenary reflected PSIM's commitment to academic excellence, global engagement, and preparing physicians for the evolving demands of healthcare.



Plenary session 2

Dr Sarwat Iqbal khan

The Plenary session 2 of 7th international conference of PSIM was held on Friday 6th February from 11:00am to 1:00pm at Pearl Continental Lahore. It was moderated by Dr Sarwat Iqbal Khan who is working as assistant professor medicine at Shalamar hospital Lahore. The session was graced by esteemed chairs from various specialties of Internal medicine. Chairpersons included Prof Aizaz Mand Ahmed renowned nephrologist, head of nephrology department sharif medical and dental college. Former head Federal Sheikh Zayed postgraduate medical institute and National institute of kidney diseases Pakistan. Prof Asif



Abbas Naqvi consultant gastroenterologist and

hepatologist, he has served in senior leadership roles at Royal College of Physicians and Surgeons Glasgow and Diana Princess of Wales hospital UK. Prof Amir Ghafoor Khan experienced gastroenterologist, head of Gastroenterology division Lady Reading hospital Peshawar Pakistan. Prof Aftab Mohsin President PSIM, Principal Rashid Latif Medical college. Prof Altaf Ahmed Shiekh Head of department Ghulam Muhammad Mahar Medical college Sukkar.

The session featured three talks from highly renowned physicians. Prof Virginia L. Hood President International Society of Internal medicine, nephrologist, Professor emeritus university of Vermont delivered talk on “Role of an internist in prevention of kidney stones. Prof Andrew Elder

President Royal College of Physicians Edinburgh, consultant Internal medicine and Geriatrician give a thought-provoking Insight about aging population. “70 not out; challenges of silver innings. His talk highlighted emerging need of preventive health measures for aging individuals and training of geriatric specialty in Pakistan. Prof Awais Masud MD, Consultant nephrologist and Critical care medicine Jersey Shore University Medical Centre USA talked about “Hepatorenal Syndrome”. Prof Aftab Mohsin gave an engaging talk on Metabolic Health and longevity; Route2 health.

This event gave excellent update on current best practices and future perspective and direction on geriatric and metabolic health.



Longevity Lounge By Route 2 Health

Dr. Somia Iqtadar

PSIM in collaboration with Route 2 health launched Pakistan's first ever Longevity Lounge, at its 7th Annual International Conference held at Pearl Continental Hotel, Lahore. This innovative initiative marked a significant shift towards preventive and performance-driven healthcare, introducing Wellness 2.0. The Longevity Lounge featured a comprehensive six-step functional health evaluation designed to assess metabolic fitness, cardiovascular resilience, muscular strength, and biological performance. Participants underwent:

1. Anthropometric Measurements
2. Plank Endurance Test
3. 3-Minute Step Test (post-exertion heart rate recovery analysis)
4. 6-Minute Cycle Test (cardiovascular endurance assessment)
5. Grip Strength Test
6. Balance Assessment

Each station was structured to evaluate real-world physiological performance, shifting focus from isolated lab markers to dynamic functional health indicators. The Longevity Lounge served as more than an assessment zone – it became a platform for critical conversations around metabolic health, cardiovascular optimization, healthy aging,



preventive intervention strategies, and personalized wellness pathways. By engaging physicians directly in experiential health screening, the initiative reinforced the importance of early intervention and performance-driven monitoring. PSIM believes that the future of medicine lies in:

- Prevention over prescription
- Personalization over generalization
- Performance over passive treatment

The Longevity Lounge represented a bold step toward a healthcare ecosystem where physicians and patients are empowered to take ownership of longevity – not just lifespan, but health span. This launch signaled a transformative commitment to shaping a preventive healthcare culture in Pakistan, one rooted in science, innovation, and sustainable wellness

Parallel Session Hall A

Dr Sami Ullah Mumtaz

This was a very busy and engaging session in Crystal Hall A Friday 6th February 2026 230-430PM, PC Hotel Lahore. Dr Sami Ullah Mumtaz, Secretary Coordination was the moderator. Among panelists were **Prof Dr Jameel Ahmed**, Dean of Medicine at Baqai Medical University Karachi, **Prof Khalid Mehmud Khan**, Professor of Medicine at Allama Iqbal

Medical College, Lahore, **Prof Zahra Nazish**, Chairperson department of Medicine Nishtar Medical university Multan, **Prof Zaheer Akhtar** Prof of Pulmonology at al-Aleem medical college, Gulab devi medical complex Lahore and **Prof Shabnam Naveed Korejo**, Head of Department of Medicine at Jinnah Postgraduate Medical Centre and Jinnah Sindh

Medical University Karachi.

The first speaker was **Prof Qasim Bashir**, Prof of Neurology at Punjab Institute of Neurosciences Lahore who talked about the provincial stroke care model of LMICs. The 2nd speaker was **Prof Irfan Malik**, Professor and Head of the Department of Pulmonary, Critical Care, and Sleep Medicine at university college of med & dentistry /university of Lahore who talked on a very important topic approach to a patient with Shortness of Breath.3rd speaker was **Prof Waseem Jafri** from Agha Khan University, Karachi and he talked about MAFLD and its metabolic complications.4th speaker was **Prof Feroz Memon**, Professor of Cardiology & Vice-Chancellor Indus Medical College/ University of Modern Sciences, Tando Muhammad

Khan. He gave talk on treatment of resistant hypertension, and role of aprocitentan.5th Presenter was **Prof Bilal S. Mohyidin**, Executive Director of the Punjab Institute of Cardiology (PIC), Lahore who talked about heart failure.6th presenter was **Prof Bikha Ram Devrajani**. Dean Postgraduates & Director International Liaisoning: University of Modern Sciences, Tando Muhammad Khan. He talked about Future of Diabetes Mellitus. Last presenter was none other than the chairperson Scientific Committee of 7th annual international conference 2026 **Dr Somia Iqtadar** Associate professor of Medicine at KEMU Lahore and SVP Operations PSIM. She talked about management of type-II DM. The session was concluded with the closing remarks from the worthy panelists.



Parallel Session

Dr. Muhammad Irfan

The Parallel Session of the Pakistan Society of Internal Medicine Annual Meeting 2026 was conducted at Hall 2 from 2:30 PM to 4:30 PM under the chairmanship of Prof. Taj Jamshad, Prof. Zia Ullah Khan, and Dr. Ahmed Zeshan. The session was moderated by Dr. Muhammad Irfan.

Prof. Zaman Sheikh delivered an insightful lecture on reproductive and sexual health, emphasizing the importance of sexual education for both female and male partners, particularly highlighting the challenges faced by young women in Eastern societies who often struggle to express their emotions and concerns.

Prof. Zafar Mehmood presented a comprehensive talk on clinical audit, focusing on its role in improving patient care and healthcare quality standards.

Prof. Saima Zeb discussed the management of Immune Thrombocytopenia (ITP), with special emphasis on recent therapeutic options beyond steroids.

Prof. Zulfiqar Ali elaborated on the evolving concepts in acute coronary syndromes, clearly explaining the difference between STEMI and OMI, and how the

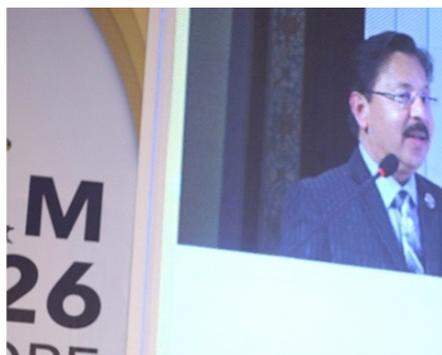


traditional concept of NSTEMI is being reconsidered in light of the OMI paradigm.

Prof. Nughat Mir presented various cases of autoimmune diseases and stressed the importance of timely referral to a qualified rheumatologist to improve patient outcomes and save lives.

Finally, Prof. Shahzad Qureshi discussed the clinical implications of molecular profiling of tumors and its growing role in personalized medicine.

Due to time constraints, the question-and-answer session could not be conducted.



Pakistan Society of Internal Medicine Research Award encourages Scholarly Achievement Among Medical Professionals (PSIMRA)

Dr. Rizwan Iqbal

The **Pakistan Society of Internal Medicine Research Award (PSIMRA)** is a prestigious academic and research initiative launched through the collaboration between Pakistan Society of Internal Medicine (PSIM) and PharmEvo Research Forum (PRF).

Established to recognize and promote excellence in **Internal Medicine research**, PSIMRA aims to encourage innovation, strengthen evidence-based clinical practice, and foster academic excellence among physicians and postgraduate trainees across Pakistan.

PSIMRA was first introduced during the Annual Conference of PSIM in 2021, and in 2026, it proudly marked its **6th edition**. Since its inception, more than **400 healthcare physicians** have participated by submitting research abstracts. Out of these, over **30 outstanding researchers** have been awarded research grants in recognition of their valuable contributions to the medical community.

The competition is structured into two categories:

- **Budding Physicians**
- **Emerging Clinicians**



These categories provide a structured platform for young and early-career physicians to showcase their research capabilities.

In 2026, more than **50 participants** from across the medical community submitted their work. From these submissions, **20 research abstracts** were shortlisted to compete in the **Grand Finale of PSIMRA**, held during the **7th International Annual Conference of PSIM** at Pearl Continental Hotel Lahore from **5–8 February 2026**.

PSIMRA stands as a remarkable initiative that empowers young physicians and emerging clinicians to build their research careers, contribute to scientific





advancement, and strengthen the culture of research in Pakistan. Through this platform, PSIM and PRF continue their shared commitment to elevating healthcare standards and improving patient care nationwide.

This year, winners again 06 clinicians were awarded prizes in both categories, who are as follows:

Panel of Judges: Dr. Rizwan Iqbal, Prof. Bikha Ram Devrajani & Prof. Shjazia Jamil

Emerging Clinician: 1st Position - Dr. Hina Saghir 2nd

Position - Dr. Attiya Arif

Budding Physician: 1st Position - Dr. Zaeem Ahmed 2nd Position - Dr. Syeda Wil e Zehra

3rd Position - Dr. Ayesha Munaf 3rd Position - Dr. Kainat Khan

The Winner who holds 1st Position will award with a cash prize of 150,000 PKR, 2nd Position will award 100,000 PKR and 3rd Position will award with 50,000 PKR to recognize their efforts in research.

Pakistan Society of Internal Medicine Fellowship Convocation 2026

Prof. Tariq Waseem

The 7th Annual International Conference of the Pakistan Society of Internal Medicine (PSIM) reached a significant milestone on February 6, 2026, with the Fellowship Award Convocation held at the Pearl Continental Hotel, Lahore. The ceremony was a celebration of global medical excellence, presided over by Chief Guest Prof. Dr. Muhammad Ali, Vice Chancellor of the University of the Punjab.

The ceremony commenced with the traditional **Academic Procession**, led by the Secretary General PSIM Prof. Munir Azhar. The atmosphere was one of solemnity and pride as Executive Council and Fellows



entered the arena.

Fellowships were conferred in four distinct categories, highlighting a blend of local clinical expertise and international leadership:

1. Honorary Fellowship (With Citation)

As per PSIM tradition, these fellowships were awarded to world-renowned): Citation read by Dr. Somia Iqtadar. A distinguished academician with 37 years of experience, he has been awarded both the Tamgha-e-Imtiaz and Sitara-e-Imtiaz for his contributions to higher education.

2. Honorary Fellowship (Without Citation)

Recognizing distinguished service to the medical profession:

Prof. Abdul Basit

Prof. Khawar Kazmi

Prof. Saeed Khokar

3. Full Fellowship (FPSIM)

Twenty-one senior clinicians were inducted for their lifelong dedication to Internal Medicine:



Professors: Ghulam Hussain Baloch, Muhammad Sadik Memon, Shaikh Khalid Muhammad, Karim Kammeruddin, Qaiser Jamal, Muhammad Sajid Abbas Jaffri, Fahad Aman Khan, and Kashif Ali Hashmi. Dr. Liaqat Ali, Dr. Muhammad Adnan Haider, Dr. Mujahid Ali Chandio, Dr. Sarwat Iqbal Khan, Dr. Fuad Ahmad Siddiqi, Dr. Bashir Ahmed Chandio, Dr. Muhammad Uthman Ahmad, Dr. Mohammad Azizur Rahman, Dr. Muhammad Sajid Hussain, Dr. Javeid Iqbal, Dr. Muhammad Farid, Dr. Mehtab Jan, and Dr. Zia Ullah.

4. Associate Fellowship

This category honored emerging leaders in the field:

Dr. Ali Shakeel

Dr. Tabish Raza

Professor Aamir Ghafoor Khan Senior Vice President PSIM administered the Oath to the newly elected fellows.

The chief guest Prof. Muhammad Ali Vice Chancellor University of the Punjab delivered an inspiring address centered on the theme of **Innovation in healthcare**. He emphasized that PSIM fellowship is not just a credential, but a responsibility to contribute to the global community.

"The world doesn't just need your intelligence; it needs your courage, commitment and compassion"

Inaugural Ceremony

Dr. Somia Iqtadar

The 7th Annual Conference of the Pakistan Society of Internal Medicine (PSIM) was inaugurated on February 6, 2026, with Professor Mehmood Ali Malik, a distinguished educator, gracing the occasion as the Chief Guest. The esteemed gathering comprised the Executive Council, Chapter Heads, Office Bearers, Heads of medical institutions, Principals of Medical Colleges, Deans, Senior Medical Professionals, and a substantial number of doctors from across Pakistan and abroad. The international faculty included Professor Mumtaz Patel, President of the Royal College of Physicians London; Professor Andrew Elder, President of the Royal College of Physicians Edinburgh; Professor Virginia Hood, President of the International Society of Internal Medicine, Prof Serhat Unal from Turkish Society of Internal Medicine and Professor Namal Wijesingha President of the Ceylon College of Physicians, Sri Lanka. Other notable

international attendees were Dr Kerri Baker, Dean of Education and Training, Royal College of Physicians Edinburgh; Doctor Mathis Heydeitman from NHS UK; Professor Ng Heng Joo from Singapore; Professor Peter Lachman from Ireland, Professor LakKumar Fernando renowned Dengue expert from Srilanka, Prof Muhammad Aziz ur Rehman from Bangladesh Society of Internal Medicine and overseas faculty from the US, UK, UAE, and Australia.

The proceedings were moderated by Senior Vice President, Dr Somia Iqtadar, who also chaired the Scientific Committee. Professor Azizul Rahman, President-Elect of PSIM, delivered the welcome address. The General Secretary of PSIM, Professor Munin Azhar, presented a captivating documentary on PSIM's journey, highlighting the society's achievements and contributions to internal medicine.



The highlight of the event was the presidential address, themed "Mentoring and Networking for Physicians," delivered by President PSIM, Professor Aftab Mohsin, who shared insightful perspectives and experiences. Professor Javed Akram, Chairman of the Board of Directors, PSIM, also addressed the audience, congratulating the organizing committee on a successful conference and expressing gratitude to dignitaries for their academic support. In his address, Professor Mehmood Ali Malik lauded PSIM's efforts in disseminating medical knowledge and fostering unity among physicians, commending the society's

commitment to promoting excellence in internal medicine and encouraging members to continue their commendable work. The conference culminated with Professor Andrew Elder presenting souvenirs on behalf of the Royal College of Physicians Edinburgh to Dr Somia Iqtadar and Professor Aftab Mohsin, acknowledging their warm hospitality and contribution to the conference. The event concluded with a dinner and networking session, providing opportunities for attendees to connect and build relationships. The conference was a resounding success, garnering appreciation from attendees.



Co-Morbidities Associated with Diabetes Myelitis- The Most Common and Less Spoken

Dr Umbreen Aslam

The PSIM 2026 session moderated by Dr. Umbreen Aslam focused on an important yet under-discussed topic: "Comorbidities Associated with Diabetes Mellitus – the Most Common and the Less Spoken." The session was delivered by Dr. Imtiaz Hassan, who demonstrated exceptional command over the subject, presenting both common and overlooked comorbid conditions of diabetes with clarity and depth.

The session was chaired by esteemed faculty members Prof. Sajid Abaid Ullah, Prof. M. Zaman Sheikh, Prof. Munir Ahmad, and Prof. Khalid Mehmood Khan, whose insightful and interactive discussion at the conclusion of the presentation greatly enriched



the learning experience. Their practical perspectives and critical analysis translated the evidence into real-

world clinical application, making the session highly relevant to daily medical practice. Overall, the session

stood out for its academic excellence, engagement, and valuable take-home messages for clinicians



Vaccine Master Class

Dr. Hina Latif

The Vaccine Masterclass, held during the 7th Annual International Conference of the Pakistan Society of Internal Medicine (PSIM) 2026, served as a pivotal forum for addressing the evolving landscape of adult immunization. The session was Chaired by Prof. Azizur-Rehman president elect PSIM, Prof. Yusuf Kamal, Prof. Raffad and Prof. Sarah Shoaib. It was moderated by Dr. Hina latif secretary information PSIM.

The session focused on bridging the gap between clinical data and public health implementation,



emphasizing the critical role of vaccinations in reducing the global burden of infectious diseases.

A primary focus of the session was the Burden of Pneumonia and the Importance of Pneumococcal Vaccination, presented by Prof. Salman Ayaz. The discussion underscored that pneumonia remains a leading cause of morbidity and mortality among elderly and immuno-compromised populations. Prof. Ayaz highlighted the efficacy of modern pneumococcal conjugate vaccines in preventing invasive disease, advocating for a proactive approach in routine adult primary care.

Following this, Dr. Imtiaz Hassan presented clinical data on Shingles and the Recombinant Zoster Vaccine (RZV). He detailed the debilitating impact of Herpes

Zoster and its common complication, post-herpetic neuralgia, demonstrating the superior long-term protection offered by RZV for those over the age of 50. This was followed by expert's comments.

The session peaked with an enriched panel discussion led by the brilliant Dr. Somia Iqtadar. Our esteemed panel of experts, including Prof. Farhan Essa Abdullah, Prof. Serhat Unal, Dr. A J A LakKumar Fernando, Prof. Aftab Mohsin, Prof. Tayyiba Wasim, and Prof. Irfan Malik—engaged in a high-level dialogue on overcoming vaccine hesitancy and implementing robust adult immunization protocols in Pakistan. The session concluded with a consensus that physician advocacy and cross-specialty collaboration are essential to improving vaccination coverage and enhancing the quality of life for the aging population.



Plenary Session 03

Dr. Hina Latif

Plenary Session 03 of the PSIM 2026 conference, moderated by Dr. Hina Latif, focused on the critical intersection of regional cardiovascular challenges and digital health innovations. The session was guided by a distinguished panel of chairs, including Prof. Dr. Fakhar Imam, Prof. Nadeem Hayat Malik, Prof. Bashir Ahmed Sheikh, and Dr. Salma Zeb.

The session opened with Prof. Namal Wijesinghe (President, Ceylon College of Physicians, Sri Lanka), who addressed "Coronary Artery Disease (CAD) in South Asians." He explored the disproportionately high and early burden of CAD in the region, driven by unique genetic factors and metabolic syndrome. His presentation emphasized the need for population-specific clinical strategies to navigate these complex risk profiles effectively.

Following this, Prof. Umar Farooq (Chief Medical Officer, Penn State Health, USA) presented "Hypertension Reimagined: From Pharmacological Advances to Digital Innovation." He highlighted a shift in hypertension management, moving beyond traditional medicine to incorporate: Wearable technology and AI-driven monitoring, Novel pharmacologic pathways to improve patient adherence and the integration of digital tools into daily life to bridge the gap between clinic visits and long-term care.

The session concluded with an interactive Q&A led by the chairs. The dialogue reinforced that the future of metabolic health lies in a dual approach: mastering regional clinical data while embracing the digital tools now literally "in the palm of the patient's hand."

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Plenary Session 04

Dr. Hina Latif

Plenary Session 04, moderated by Dr. Hina Latif, focused on critical updates in vascular and hepatic medicine, specifically addressing the complexities of thrombosis and hemostasis. The session was overseen by an eminent panel of Chairs, including Prof. Aamir Ghaffar Khan, Prof. Dr. Qazi Masroor Ali, Prof. Dr. Sajid Abaidullah, and Prof. Dr. Shabnam Naveed Korejo.

The session opened with Prof. Ng Heng Joo (Singapore General Hospital/National Cancer Centre), who presented "Venous Thromboembolism (VTE): Prevention and Management Updates." He provided a comprehensive overview of the evolving landscape of VTE, emphasizing the need for evidence-based intervention and clinical vigilance to balance the risks

of prevention and treatment in modern practice.

Dr. Mathis Heydtmann (NHS/University of Glasgow, UK) followed with a specialized "deep dive" into "Understanding Clot Formation and Bleeding in Advanced Liver Disease." His presentation clarified the often-misunderstood hemostatic imbalances found in hepatic patients, bridging the gap between clinical research and practical policy to improve outcomes in complex cases.

The session concluded with a robust 20-minute Q&A, where the Chairs and audience discussed the practical application of these international insights within the local healthcare context. The proceedings highlighted the importance of cross-border knowledge exchange in managing high-stakes vascular and liver conditions, ultimately aiming to enhance patient safety and treatment efficacy in Pakistan.



PSIM MCQS QUIZ

Moderators: Dr Somia Iqtadar, Dr Sami Ullah Mumtaz, Dr Wafa Qaiser

PSIM organized a MCQS based Quiz competition for the first time in its 7th annual international conference 2026 that received huge response from the audience. Dr Somia Iqtadar, Dr Sami Ullah Mumtaz & Dr Wafa Qaiser Moderated the quiz competition. Prof Mumtaz Patel, Prof Richmond Virginia hood, Prof Javed Akram, Prof Aftab Mohsin, Prof Aziz Ur Rehman and Prof Tariq Waseem were the panelist jury. The participants were offered 20 MCQ's with 5 best options through a QR code. The hall was full of crowd while the quiz was being attempted, making it a great attraction for the

participants. The moderators engaged the audience and read out all 20 questions with 90 sec time per question. The questions were carefully selected by the panelists. The results were announced same day by President PSIM Prof Aftab Mohsin. Two participants tied for the First position. Dr Anaiza Akbar from Narowal Medical College Narowal and Dr Dhanesh Kumar. The prize of the winner was 3 days free stay at one of the PC hotels of choice at any weekend. The participants greatly urged to keep such activities in future.



Plenary Session 05

Dr. Fibhaa Syed

The 5th Plenary Session of the 7th International Conference of the Pakistan Society of Internal Medicine was held from 12:30 pm to 1:30 pm and brought together distinguished international experts to address two critical dimensions of modern medicine. The session was chaired by Prof. Javed Akram, Prof. Muhammad Umer, Prof. Tariq Waseem, Prof. Aftab Mohsin, and Dr. Zulfiqar Ali, with Dr. Fibhaa Syed serving as moderator.

The session commenced with Prof. Serhat Unal (Hacettepe University School of Medicine, Turkey), who delivered a compelling presentation titled “Anti-Microbial Resistance (AMR): The Silent Pandemic.” He highlighted the alarming global rise of antimicrobial resistance and its profound implications for patient safety, healthcare systems, and future therapeutic effectiveness. Emphasis was placed on antimicrobial stewardship, robust surveillance mechanisms, infection prevention strategies, and the urgent need for coordinated international policy and research initiatives to mitigate this escalating crisis.

This was followed by Dr. Muhammad Zaman Khan (University of Aberdeen, Scotland, UK), who presented “Harnessing Human Stem Cell Technologies to

Understand Disease Mechanisms and Develop Novel Therapies.” His talk explored the transformative potential of stem cell technologies in unraveling complex disease pathways, enabling precision medicine, and advancing regenerative therapeutics. He underscored the translational impact of stem cell models and the ethical considerations shaping this rapidly evolving field.

The plenary concluded with an engaging question-and-answer session, fostering meaningful academic dialogue. Plenary 05 effectively bridged global health priorities with cutting-edge biomedical innovation, reflecting the forward-looking vision of the conference





Plenary Session 06

Dr. Hina Latif

This session focused on two critical pillars of modern medicine: long-term transplant care and emergency neurological intervention. Moderated by Dr. Hina Latif and overseen by an expert panel of Chairs, including Professors Mushtaq Haroon, Ather Javed, Nauman Tarif, Ahsan Nauman, and Prof. Shafaat Khatoun. The session bridged the gap between specialized surgical outcomes and rapid-response emergency medicine.

The first presentation, delivered by Dr. Kanza Haq from the University of Vermont, focused on kidney transplant concerns for the internist. Dr. Haq highlighted that while transplants are lifesaving, the "medical honeymoon" period requires intense surveillance. Because cardiovascular disease remains the leading cause of mortality in these patients, the role of the internist in managing blood pressure, glucose, and immunosuppression is just as critical to graft survival as the surgery itself.

Shifting focus to neurocritical care, Dr. Faisal Bashir Chaudhry from the UK presented modern strategies in acute stroke care. Centered on the principle that "Time is Brain," he noted the staggering loss of 1.9 million neurons every minute during an ischemic stroke. His talk emphasized that modern intervention is not merely about treatment but about the efficiency of the clinical system, specifically regarding stroke thrombectomy and reducing "door-to-needle" times.

The session concluded with a panel discussion where the Chairs and audience explored how these international protocols can be integrated into local practice. The proceedings reinforced that patient survival in both nephrology and neurology depends on a seamless partnership between innovation and logistics. The session adjourned following a robust exchange of clinical insights.





Parallel Session

Dr. Farah Naz Farooq

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Parallel Session

Dr. Mehreen Kamran

The scientific session of the 7th International Pakistan Society of Internal Medicine Conference, held on 7th February from 4:00 to 5:00 PM in Hall B, was successfully moderated by Dr. Mehreen Kamran. The session was guided by a distinguished panel of chairs including Prof. Dr. Imran Ali Sheikh, Prof. Dr. Shafaat Khatoon (Islamabad Chapter Head, PSIM), Prof. Dr. Ghulam Hussain Baloch, Prof. Dr. Munazza Nazir (Elected Chapter Head AJK, PSIM), and Dr. Seemin Afshan Sheraz (UAE Chapter Head, PSIM). Their collective academic and leadership experience ensured a well-structured and engaging session.

The session featured four high-quality scientific presentations addressing key and contemporary themes in Internal Medicine. Dr. M. Haroon Hafeez delivered a thoughtful presentation on Patient Safety: A Global Issue with Local Solutions, emphasizing practical strategies relevant to local healthcare systems. Dr. Ahad Qayyum presented an excellent and comprehensive overview of recent advances in the



management of anemia in chronic kidney disease. Dr. Muazz Waseem provided an informative and well-organized talk on inpatient care of older people, highlighting challenges and practical approaches in geriatric medicine. The session concluded with an impactful presentation by Dr. Muhammad Tahir Bashir on optimizing cancer screening pathways in Pakistan, underscoring the importance of early detection and structured screening programs.

A brief lucky draw session break was incorporated during the program, adding an interactive and engaging element, during which several participants won prizes. This activity helped maintain audience enthusiasm and contributed to a lively and positive atmosphere.

Overall, the session was academically enriching, well-coordinated, and successfully met its educational objectives, contributing meaningfully to the scientific success of the conference.



Insulin vs Incretins: High-Impact Debate Marks PSIM Conference Session on the Future of Diabetes Care

Dr. Wafa Qaisar

A dynamic and thought-provoking debate on the future of Type 2 diabetes management took center stage at the 7th Annual International Conference of the Pakistan Society of Internal Medicine (PSIM) in Lahore. Moderated by Dr. Wafa Qaisar, the session examined whether insulin continues to hold its position as the gold standard, or whether incretins and emerging

twincretins are redefining therapeutic leadership.

Opening the session, Dr. Qaisar emphasized that diabetes care is at a crossroads. While insulin has long been the backbone of treatment, newer agents now target weight reduction, cardiovascular protection, and broader metabolic wellness.

The session was chaired by prominent academic leaders including Prof. Bikharam Devrajani, Prof. Zaman Sheikh, Prof. Munir Ahmad Azhar, Prof. Khadija Irfan Khawaja, and Prof. Yousaf Kamal. Earlier, Prof. Zahid Miyan delivered an engaging presentation on the role of twincretins in metabolic wellness, setting the stage for the much-anticipated debate.

The highlight of the evening was a spirited exchange between Prof. Javed Akram, Chairman Board of Directors PSIM, and Prof. Aziz ur Rehman, President-Elect PSIM. Prof. Javed Akram argued that the era of metabolic therapies signals a shift beyond traditional

insulin-centric models. In response, Prof. Aziz ur Rehman defended insulin's enduring relevance, reinforcing its unmatched efficacy, safety familiarity, and life-saving role.

Interactive audience polls conducted before and after the debate revealed evolving perspectives, reflecting the complexity of modern diabetes care.

The session concluded with expert commentary, underscoring a key message: diabetes management is no longer an “either-or” choice, but a personalized, evidence-driven strategy tailored to each patient.



Cardio-Kidney-Liver-Metabolic (CKLM) Forum

Dr. Hunza Malik

The CKLM Forum Seminar, held from 8:30 to 10:00 AM on Sunday, was a key academic highlight of the 7th Annual International Conference of the Pakistan Society of Internal Medicine (PSIM). The session was moderated by Dr. Hunza Malik, Senior Registrar, Department of Internal Medicine, Saleem Memorial Hospital, and coordinated by Dr. Eimaan Illyas, Medical Officer at the same institution. The forum focused on the expanding global burden of cardiometabolic disease, exploring its interconnected cardiac, renal, hepatic, and metabolic dimensions.

A distinguished panel of chairpersons oversaw the proceedings, including Prof. Dr. Kashif Ali Hashmi, Dr. Yousaf Ikram, Dr. Tariq Mahmood Mian, Prof. Dr. Capt (R) Arshad Humayun, and Prof. Dr. Abdul Basit. Their presence added depth and academic rigor to the session.



The seminar featured five expert scientific presentations centered on screening, prevention, and management strategies. Prof. Tariq Waseem highlighted essential principles for identifying CKLM syndrome during initial patient encounters. Prof. Khawar Kazmi discussed primary prevention

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strategies for individuals at high risk of Atherosclerotic Cardiovascular Disease (ASCVD). Prof. Aizaz Mand Ahmad provided a structured clinical approach to evaluating and managing proteinuria. Prof. Zeeshan Ali outlined updated prevention and treatment modalities for Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD). Dr. Asma Ahmad concluded the presentations by sharing evidence on

the effectiveness of lifestyle interventions in achieving remission of pre-diabetes.

The session concluded with a comprehensive synthesis by the chairpersons, emphasizing the importance of a multidisciplinary and integrated approach to metabolic health, followed by a commemorative group photograph of the panelists and speakers.



Young Talent in Internal Medicine Oral Presentation Competition

Dr. Tabish Raza

CHAIRS/ JUDGES: Prof. Jameel Ahmed, Prof. Hakim Ali Abro, Prof. Asma Kazi

One of the most enthralling sessions of PSIM 2025 was the Young Talent in Internal Medicine Oral Presentation Competition. The session commenced in the name of Allah, followed by the National Anthem. Thirteen contestants presented rare and challenging case reports, evaluated by judges on five parameters: scientific content and novelty, case presentation and description, discussion and literature review, structure and ethics, and presentation skills. Each parameter carried 20 marks, with a total of 100 marks awarded by each judge.

The competition was highly engaging, with each participant allotted five minutes for presentation. A penalty was imposed for exceeding 30 seconds beyond the allocated time. The candidates displayed remarkable confidence, enthusiasm, and academic depth, keeping the audience captivated throughout. The judges assessed each presentation meticulously, resulting in an exceptionally close contest.



Dr. Izza Khan and Dr. Zeeshan Khan secured joint first position, while Dr. Mehran Imtiaz achieved third place. The top three winners will receive prizes at the concluding session of the PSIM Annual Conference 2025, and the top ten papers were selected for presentation at an international conference.

The session concluded with a keynote and expert review by Prof. Dr. Somia Iqtedar, followed by remarks from the session chairs and closing comments by President PSIM, Prof. Dr. Aftab Mohsin.

NAME	MARKS	REMARKS
1.DR. IZZA KHAN	213	1 ST POSITION
2.DR. ZEESHAN KHAN	213	1 ST POSITION
3.DR. MEHRAN IMTIAZ	201	3 RD POSITION
4.DR. MAHA BATOOL	198	TOP 10
5.DR. SALVA SHARIF	198	TOP 10
6.DR. KAINAAT BAIG	195	TOP 10
7.DR. MUNTAQA BUTT	195	TOP 10
8.DR. HUNZA MALIK	195	TOP 10
9.DR. HARIS KHAN	193	TOP 10
10.DR. SARAH ZAFAR	189	TOP 10



AI Master Class - Session Summary

Dr. Suhail Chughtai

Topic: Creating Electronic Medical Records through Artificial Intelligence

This session, featuring Prof. Farhan Essa Abdullah, Prof. Aziz ur Rehman, Prof. Muhammad Atiq Qureshi, and Prof. Mehrin Farooq, explored how artificial intelligence (AI) can be embedded into outpatient workflows to organically generate Electronic Medical Records (EMRs) without the need for separate data-entry teams.

The central concept presented was that AI should operate as a continuous digital layer throughout the patient journey. Rather than creating EMRs through retrospective manual documentation, AI-driven systems can capture, structure, validate, and reuse clinical information in real time, making the EMR a natural by-product of care delivery.



The model outlined structured AI “touchpoints” across six stages of outpatient care. During pre-visit registration, AI-enabled digital intake tools and natural language processing (NLP) convert patient-entered free text into structured, coded data. In

waiting areas, AI-assisted kiosks record vitals and risk scores while performing automated validation checks.

During consultations, ambient AI scribes transcribe interactions and auto-classify symptoms, findings, diagnoses, and management plans into standardized templates. Diagnostic data from laboratories and imaging are directly integrated and flagged for abnormalities, while therapeutic planning tools ensure dosage accuracy and interaction safety. At discharge, AI automatically generates summaries, instructions, and referral letters using previously

captured data, eliminating redundancy.

Across all stages, AI performs four core functions: capture, structure, validate, and reuse.

The session concluded that, particularly in resource-constrained healthcare systems such as Pakistan's, AI-assisted EMR workflows offer a scalable and pragmatic pathway toward digital transformation by reducing clerical burden while preserving physician authority and improving data integrity.



Debate Summary

Dr. Suhail Chughtai

At the 7th Annual Conference of PSIM in Lahore, a structured academic debate on “Artificial Intelligence in Healthcare: Friend or Foe?” was conducted between postgraduate trainees from King Edward Medical University and Allama Iqbal Medical College. The session was supervised by Dr. Suhail Chughtai, FRCS (Orthopaedic Surgeon and Digital Health Strategist, UK), and examined AI's role across three domains: medical education, diagnosis, and therapeutics.

In medical education, the KEMU team cautioned that excessive reliance on AI could erode bedside learning and the humanistic foundations of medicine. In contrast, AIMC participants highlighted AI-powered virtual patients and simulation platforms as scalable, risk-free tools that enhance case diversity and procedural practice. The supervisor emphasized that AI should complement—not replace—clinical

apprenticeship and direct patient interaction.

Regarding diagnosis, critics warned against cognitive atrophy and overdependence on algorithms. Proponents described AI as an extension of physician cognition, strengthening pattern recognition and data synthesis while maintaining clinician oversight. It was concluded that AI functions best as a decision-support system, particularly in image-based diagnostics, with physicians retaining interpretative authority.

In therapeutics, concerns centered on algorithmic errors and accountability. Supporters cited AI-assisted prescribing and precision medicine tools that improve accuracy and reduce variability. The supervisor reiterated that therapeutic responsibility remains with the treating physician, with AI serving as structured support.



Parallel Session

Dr. Sibgha Kanwal

On February 8, 2026, the final day of the 7th International Conference of PSIM featured a parallel session on Free Papers and Original Research from 11:00 a.m. to 1:00 p.m. The session was moderated by Dr. Sibgha Kanwal, Senior Registrar at Mayo Hospital NMW, with Dr. Syeda Ayesha Fatima (PGR Medicine) serving as coordinator. The session was presided over by distinguished chairs including Prof. Imran Hasan Khan, Professor of Medicine and Endocrinologist at King Edward Medical University and Consultant at



Mayo Hospital, and Prof. Naila Masood Siddiqui, an accomplished physician with multiple international fellowships.

Three impactful presentations addressed key clinical challenges. Prof. M. Aziz ur Rehman highlighted the often-overlooked burden of COPD among South Asian females. Dr. Sarwat Iqbal presented a systematic

review and meta-analysis on the impact of exercise and nutritional interventions in sarcopenic obesity. Dr. Attya Arif explored psychological and social barriers contributing to insulin hesitancy in patients with Type 2 Diabetes. The session concluded with insightful remarks from the esteemed chairs, enriching the discussion with valuable clinical perspectives.



The Free Paper and Research Session

Dr. Nauman Rafi Rajpoot

The Free Paper and Research Session held in Hall B during the Pakistan Society of Internal Medicine (PSIM) Conference 2026 on 8th February was a vibrant and academically enriching component of the conference, reflecting the true spirit of research, mentorship, and scholarly collaboration. The session was skillfully moderated by Dr. Nauman Rafi Rajpoot, whose structured and organized approach ensured smooth conduct and productive discussion throughout.

The session brought together distinguished academicians from across Pakistan. Prof. Dr. Aatif Querashi, Professor of Medicine at Azra Naheed Medical College, provided valuable guidance to young researchers, particularly in medical education and research methodology. Prof. Dr. Muhammad Jameel, Head of the Department of Medicine at Baqai Medical University Karachi, emphasized the importance of institutional research culture and strong mentorship. Prof. Dr. Najam un Nasir highlighted the need for



structured postgraduate training and high-quality research frameworks. Prof. Dr. Shabnam Naveed Korejo shared insightful perspectives on the challenges faced by public-sector healthcare institutions.

The research segment showcased promising young clinicians. Dr. Maheen Asim presented a study on

migraine prevalence and productivity impact among healthcare professionals. Dr. Rao Muhammad Waleed discussed Hepatitis D infection among Hepatitis B patients in Southern Punjab. Dr. Barak Waris examined anxiety and depression in Type 2 diabetes patients, while Dr. Nadia Sehar compared geriatric care models

in Pakistan and the UK.

Overall, the session stood out as one of the most insightful and well-organized scientific segments of PSIM 2026.



National Medicine League Season 3 Concludes at PSIM, Celebrating Clinical Excellence Nationwide

Dr. Wafa Qaisar

The National Medicine League (NML) Season 3 Grand Finale concluded with great enthusiasm and academic spirit at the prestigious platform of Pakistan Society of Internal Medicine (PSIM), bringing together some of the brightest clinical minds from across Pakistan. The National Medicine League is a structured, competitive clinical medicine quiz series designed to connect hospitals and medical professionals nationwide. Spanning six months, this year's competition covered 70 wards across 22 hospitals, engaging more than 750 doctors in a rigorous academic marathon. From the Player Selection Rounds to Knockouts and Qualifiers, only five elite teams advanced to the Grand Finale.

The qualifying teams represented leading institutions

including Akhtar Saeed Hospital Lahore, Allied Hospital Faisalabad, Nishtar Hospital Multan, Fauji Foundation Hospital Rawalpindi, and Khyber Teaching Hospital Peshawar. The finale comprised two challenging rounds: a structured team-based clinical round with lifelines and a high-intensity "Quick Finger" round that tested speed and accuracy. After a thrilling contest marked by sharp clinical reasoning and teamwork, Fauji Foundation Hospital Rawalpindi emerged as the champions, earning a cash prize of PKR 150,000. The runner-up position was secured by Akhtar Saeed Hospital Lahore, who were awarded PKR 100,000. The event was graced by esteemed faculty members and senior clinicians, who appreciated the initiative as a powerful platform promoting academic excellence, healthy competition, and national

collaboration in medicine. Season 3 of NML once again reinforced its vision: celebrating clinical knowledge,

fostering unity among institutions, and inspiring the next generation of physicians across Pakistan.



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