

E-NEWSLETTER

Community Medicine Department CMH Lahore Medical College
Year 2021-22



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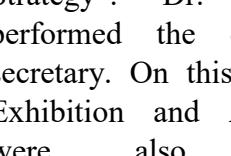
Seminar National awareness on Dengue Fever Held at CMH Lahore Medical College

Department of Community Medicine of CMH Lahore Medical College (CMHLMC) organized a seminar on Dengue Fever with a primary objective of creating awareness among youth, students and general public about “Dengue Fever”. CMHLMC Principal Maj Gen (R) Naeem Naqi ,HI (M), was the chief guest on the occasion wherein eminent medical professionals delivered lectures on



such as “Epidemiology & prevention of Dengue Fever”, “Dengue –

Diagnosis & Management” & Wolbachia Aedes Mosquito Suppression Strategy”. Dr. Zainab Batool



performed the duties of stage secretary. On this occasion, Poster Exhibition and Awareness Walk were also organized, in which students and faculty members enthusiastically participated.



National Awareness Seminar on World Health Day 2022 Held at CMH Lahore Medical College

Department of Community Medicine of CMH Lahore Medical College (CMHLMC) organized a seminar on World Health Day 2022 with a primary objective of creating awareness among youth, students and general public about “Impact of Climate Change on Health”. CMHLMC Principal Maj Gen (R) Naeem Naqi ,HI(M), was the chief



guest on the occasion wherein eminent medical professionals delivered lectures on such as “Our Plant, Our Health”, “Air Pollution and Health ”. On this occasion, Poster Exhibition and Awareness

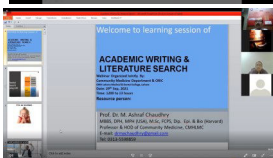
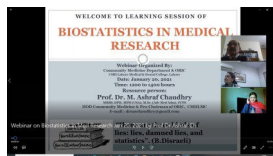


Walk were also organized, in which students and faculty members enthusiastically participated.



Webinar Conducted

- * Webinar on “Biostatistics in Medical Research”
- * Webinar on “Data Analysis Using SPSS”
- * Webinar on “Cultivating Research Culture”
- * Conducted Webinar on Medical Writing and Endnote for Faculty 3rd March 2021 for faculty development
- * Conducted webinar on Academic Writing and Literature Search



CMH LAHORE MEDICAL COLLEGE AND INSTITUTE OF DENTISTRY
Two hours webinar for faculty members
On “Medical Writing & End Note”

Resource Person
Professor, Dr. Muhammad Ashraf Chaudhry
HOD Community Medicine & CO-Chairman ORIC
CMH Lahore Medical College and Institute of Dentistry

Programme Details:
Day & Date: Wednesday, March 03, 2021
Time: 12 pm to 2 pm

Learn With Us
Are you beginner?
Not understanding how to Write Research article & use End Note for reference or an Expert looking for review or upgrade we invite you to attend two hour webinar on “Medical Writing & End Note”

Note: Meeting ID & Password of Zoom will be intimated by IT department through Department of Medical Education.

CMH LAHORE MEDICAL COLLEGE AND INSTITUTE OF DENTISTRY
Two hours webinar for Faculty Members
On “Biostatistics in Medical Research”

Resource Person
Professor, Dr. Muhammad Ashraf Chaudhry
HOD Community Medicine & CO-Chairman ORIC
CMH Lahore Medical College and Institute of Dentistry

Programme Details:
Day & Date: Wednesday, January 20, 2021
Time: 12 pm to 2 pm

Note: Meeting ID & Password of Zoom will be intimated by IT department through Department of Medical Education.
For any query, contact: 0313-559839

CMH LAHORE MEDICAL COLLEGE AND INSTITUTE OF DENTISTRY
One hour webinar for faculty members
On “Cultivating Research Culture”

Resource Person
Professor, Dr. Muhammad Ashraf Chaudhry
HOD Community Medicine & CO-Chairman ORIC
CMH Lahore Medical College and Institute of Dentistry

Programme Details:
Day & Date: Wednesday, June 02, 2021
Time: 12 pm to 1 pm

Note: Meeting ID & Password of Zoom will be intimated by IT department through Department of Medical Education.
For any query, contact: 0313559839

CMH LAHORE MEDICAL COLLEGE AND INSTITUTE OF DENTISTRY
Two hours webinar for faculty members
On “Data Analysis Using SPSS”

Resource Person
Professor, Dr. Muhammad Ashraf Chaudhry
HOD Community Medicine & CO-Chairman ORIC
CMH Lahore Medical College and Institute of Dentistry

Programme Details:
Day & Date: Thursday, January 21, 2021
Time: 12 pm to 2 pm

Learn With Us
Are you beginner?
Not understanding how to handle data or an Expert looking for review or upgrade we invite you to attend two hour webinar to learn data analysis using SPSS

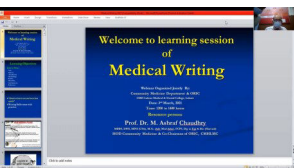
Note: Meeting ID & Password of Zoom will be intimated by IT department through Department of Medical Education.

CMH LAHORE MEDICAL COLLEGE AND INSTITUTE OF DENTISTRY
One hour webinar for faculty members
On “Literature Review & Academic Writing”

Resource Person
Professor, Dr. Muhammad Ashraf Chaudhry
HOD Community Medicine & CO-Chairman ORIC
CMH Lahore Medical College and Institute of Dentistry

Programme Details:
Day & Date: Wednesday, September 29, 2021
Time: 12 pm to 1 pm

Note: Meeting ID & Password of Zoom will be intimated by IT department through Department of Medical Education.
For any query, contact: 0313559839



Workshop “Evidence-Based Medicine & Critical Appraisal Articles

Subject workshop was held on 4th August, 2022 at CMH Lahore Medical College for faculty members of CMH Lahore Medical College & Institute of Dentistry. This workshop was jointly organized by Department of Community Medicine and L-ORIC. Twenty faculty members including Professors, Associate & Assistant Professors participated.. Resource person was Prof. Dr. Muhammad Ashraf Chaudhry, HOD Community Medicine and Co-Chairman L-ORIC. Basic concepts of EBM and Critical appraisal of Research articles were discussed. All faculty members actively participated in group activity and highly appreciated. At the end, Certificates of participation were also distributed among participants of workshop



Dengue Awareness Activity Held At CMHLMC & IOD

Dengue Awareness Activity was held at CMH Lahore Medical College and Institute of Dentistry on 11th August, 2022 by 4th Year MBBS students.

This activity was organized by Department of Community Medicine. All Faculty members of Department and 150 medical students actively participated.

Dengue Awareness leaflets were distributed among the



lower staff of CMH Lahore Medical College and Institute of Dentistry by students. Moreover, they also imparted health education regarding preventive measures of Dengue

Community House Hold Survey 2022



COMMUNITY OUTREACH ACTIVITY AMONG CHILDREN WITH INTELLECTUAL DISABILITIES AND THEIR PARENTS

By

Medical Students and Faculty of Community Medicine



“The best among you are those, who bring greatest benefits to many others.” Hadith Mubarak

Field visits are an essential part of the Community Medicine curriculum, which provide a unique, time-intensive and



community-driven learning environment, which can be utilized by the undergraduate students to gain valuable practical experience.

The Department of Community Medicine, CMH LMC and IOD, arranged a field visit of 4th year MBBS to, Rangers’ Institute of Special Education (RISE), to raise awareness about children with disabilities and their right to dignity and social inclusivity. The main aim of this visit is to develop empathy and acceptance, mobilize resources and to provide support. During this visit, counseling and support services were provided to the families, encouraging socialization within the community.





The said visit was conducted in two batches. The purpose of which was to raise awareness, conduct researches on specific risk factors, provide rehabilitation and assist in regards to development of skills in disabled individuals in order to increase their quality of life and to help make their lives productive.



For the purpose of better understanding of the general diseases and disabilities, a case control study is also being conducted by the Department of Community Medicine with the assistance of RISE. Fund raising was also done by medical students and an amount of about Rupees 50,000/- was donated to the Institute for Special Children. This department has also planned a funding campaign in future which shall not only provide financial but also medical care in the form of hearing aids, which are to be provided to the children under the auspices of RISE. Similarly, a free medical camp is also being planned by the department, to counsel the parents and provide awareness, enabling them in managing the needs of their special children.



In respect to the above mentioned visit, the medical students showed active participation, keen involvement, apparent motivation and an empathetic response; all of which are pertinent qualities for health care workers. The faculty of Community Medicine Department took active part in all the activities and guided the students throughout the field visit. The tasks assigned were completed and thoroughly assessed.

The overall experience of the students, faculty members, RISE staff members and most of all, the children, has been up to the mark, which gives further hope and light for future accomplishments so that all could benefit from such positive steps in the right direction.

Visit of Tara Group of Industries




Field Visit of Hospital Waste Management System CMH Lahore




Publication of Awareness Raising Brochures: 2021-22

- * “Dengue Fever”
- * Congo fever
- * Influenza – Swine Flu

Crimean-Congo Hemorrhagic Fever (CCHF)



Prevention is Better than cure



Professor Dr. M. Ashraf Chaudhry
HOD Community Medicine
CMH Lahore Medical College
Lahore Cantt

Precautionary Measures


- There is no vaccine to prevent Dengue. Precautionary measures are avoiding mosquito bites and eliminating mosquito breeding places.
- Mosquito control agents become transmission period and insect sprays during transmission period 2 to 3 times per week.
- Chemical fogging to cover an area.
- Use mosquito repellents like citronella or lavender. DEET is used in exposed parts of the body. Use mosquito coils or vaporizers in the rooms to repel the mosquitoes.
- Wear long protective clothing, long sleeved shirts, long pants, socks and shoes.
- Keep insecticide doors, windows closed. Use screens on windows & doors.
- Keep windows & door screens repaired.
- Use mosquito nets over beds during sleep.
- Avoid going to open areas during dengue outbreaks.

Get Rid of The Breeding Places of Mosquitoes Around The House

- Remove all the water vessels and storage containers like buckets, food covers or water cans.
- Empty pots and cans weekly or replace and discard if that area is used to collect rainwater.
- Keep the bins and things immediately clean on both inside and outside the bins and spray over them with insecticides, particularly in the evening.
- Always garbage clear off from your back yard.
- Dispose the old tires and empty tins and cans after use or discard them.
- Add clean (bleached) granules to fill the larvae in the water.
- Keep surrounding clean.
- Don't let the water accumulate both inside or outside the house.

Key Points

- It's Not A Flu.
- It's Not A Cold.
- It's Not A Bacterial Infection.
- It's Not A Virus Infection.
- It's Not A Fungal Infection.
- It's Not A Parasitic Infection.
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- It's Not A Bacterial Infection.
- It's Not A Fungal Infection.
- It's Not A Parasitic Infection.



DENGUE

Prevention is better than cure

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Prof. Dr. M. Ashraf Chaudhry
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CMH Lahore Medical College
Lahore Cantt