

KULSUM

BECAUSE WE CARE

Towards an **AIDS** Free World

By: Francoise Barre-Sinoussi
and Adeeba Kamarulzaman
(New York Times)

Antioxidants, Vitamins & Heart Disease

By: Safia Alam, Dietician

KIH Cricket Team

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We Provide Premier Health Care Services





Towards an AIDS Free World

By: Françoise Barre-Sinoussi
and Adeeba Kamarulzaman

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Not long ago the very notion of an AIDS Free world was one, many of us working in the field did not dare dream of.

Now there is a new sense of optimism, driven in large part by scientific advances that have elevated the potential of anti-retroviral treatment as prevention to official health policy. They have been complemented by the development of an international scientific strategy and alliance working towards an H.I.V. cure — an idea that until recently many believed was redundant.

“Getting to Zero” has been the slogan for World AIDS Day (Dec. 1) since 2011 and will remain so through until 2015, coinciding with the Millennium Development Goal target of halting and beginning to reverse the spread of H.I.V./AIDS. This offers a starting point for some more sanguine reflection on how, amid generalized talk of zeros, targets and goals, we can so easily lose sight of the extraordinary barriers that

prevent them being reached in the first place.

Asia is a case in point. There is no single “Asian epidemic” — each country in the region has a different epidemiology. In Cambodia, one of only eight countries to have achieved universal access to anti-retroviral treatment, national H.I.V. prevalence has dropped from about 3 percent a decade ago to around 0.5 percent through concerted government and N.G.O. campaigns. Yet a breakdown of that figure reveals an H.I.V. prevalence among drug users in the country of around 20 percent.

Injecting drugs is a major driver of H.I.V. transmission in many countries in Asia. According to UNAIDS, about 16 percent of people who inject drugs in Asia are living with H.I.V. In some countries, this estimate is considerably higher: in the range of 30 to 50 percent in Thailand, 32 to 58 percent in Vietnam and 22 to 28 percent in Malaysia.

Strong campaigns around clean needles and opioid substitution therapy (O.S.T.) by the Malaysian government over the past five years have proven hugely successful in driving down new infections among drug users, and are evidence that harm-reduction programs are key to reducing new infections.

It is simply unacceptable that less than one in 10 injected drug users in the region have access to prevention services and fewer still are able to access anti-retroviral treatment. The issue is further complicated by the overlapping of sex work and injecting drug use in many parts of Asia. Globally only around three percent of injecting drug users living with H.I.V. have access to anti-retroviral treatment — a figure that illustrates the challenges of getting to zero in this key population.

If we are serious about reaching zero, we have to get even more serious about tackling stigma that not only impacts injecting drug users but also sex workers. A host of new evidence is pointing to new and worrying H.I.V. infection spikes among men in countries like Pakistan, Nepal, Thailand, Cambodia, China Vietnam, India, Indonesia, Myanmar and the Philippines. In some cases these account for the bulk of new infections, yet funding for programs to reach out to these communities does not reflect the fast-changing nature of the epidemic. It is also untenable that at a time when we have achieved significant global coverage of the prevention of mother-to-child transmission services, only around 30 percent of pregnant women are offered an H.I.V. test in East, South and South-East Asia.

It is deeply worrying that across these regions only around 16 percent of H.I.V.-infected pregnant women receive antiretrovirals to prevent mother-to-child transmission of H.I.V. We need to closely analyze why current services are not reaching mothers.

Yes, we do have the science to eventually get to zero and end AIDS but the road is full of barriers,

bolstered by the stigma of marginalized groups. In many cases that stigma is driven by government policies that continue to maintain and enforce repressive policies toward those groups. Stigma and discrimination have always been the main drivers of H.I.V./AIDS. It has been a combination of community activism, evidence-based policy programming, political courage and scientific developments based on the three pillars of prevention, treatment and care that has successfully tackled those barriers.

Research has led to dramatic progress over the past years, in particular in developing strategies to use anti-retroviral molecules as prevention tools. Vaccine research is also greatly advancing.

More than ever, we need a fourth pillar: an H.I.V. cure. We still have some way to go to completing the cure puzzle, but some of the pieces are ever so slowly beginning to fall into place.

The case of the “Berlin Patient” — the first person to be functionally cured of H.I.V. — has been well documented. Promising too are the results of two recent studies presented at the International AIDS Conference in Washington earlier this year. One indicated that there exists a unique cohort of patients in France who were treated for a limited period very early after infection and for which no sign of viral resurgence is observed several years after treatment has been stopped. The study confirms the benefits of treating H.I.V. at the very early stages of infection. The other study revealed that two H.I.V.-positive men had achieved undetectable viral loads after bone marrow transplants received as a treatment for cancer.

We now have more knowledge, technology and scientific tools at our disposal to seriously attempt to put the pieces together. Some 15 trials on H.I.V. cure related research are currently taking place, the results of which over the coming years will help to inform us if we are on the right track towards getting to zero and ending AIDS.

Nurses Being Caring, Being Human



By: **Sehriah Niamat Ali**
(Chief of Nursing Staff)

All cultures of the world recognize that caregivers have great power to positively influence the patient's physical and mental well-being, and many professionals have sought to understand how such caring has its effect. The nurse's constant presence with the patient gives an intimate perspective on that care, which undergirds the foundation of patient-caregiver relationships.

The stress of illness and hospitalization creates uncertainty, anxiety and fear in patients and their families. Through personal interaction, care givers can do much to improve the patient's physical and mental well-being, especially in a "high-tech" environment that works against humanizing, high-touch care.

Nurses need to make clear to themselves, to their colleagues in medicine and to society; the features of caring that make it effective, so that

they can investigate its overall contribution to patient welfare. Such knowledge will help to transform care agencies into environments that promote healing and wholeness.

Previous researches have identified and described the patient's perceptions and responses to demonstrations of nurses' caring. Because nurses have the central role on the health care team and are present with the patient at all times, they gain an intimate perspective on caring as the basis of patient-caregiver relationships. This paper defines caring as the foundation of humane health care. The paper concludes with a description of caring that will contribute to the growing body of caring knowledge and applies it to the delivery of humane health care by all health care professionals.

Caring, a universal phenomenon evokes certain thoughts and compels certain behaviors in all cultures of the world. With the traditional connotation of nurturing, sustaining and

protecting, caring moves the recipient toward growth and development. Although all other human feelings have both a positive and (potentially) negative effect by their nature and definition, caring can have only a positive action. The process of caring begins as a feeling, and those feelings are compelled into thoughtful action based on knowledgeable concern for the recipient.

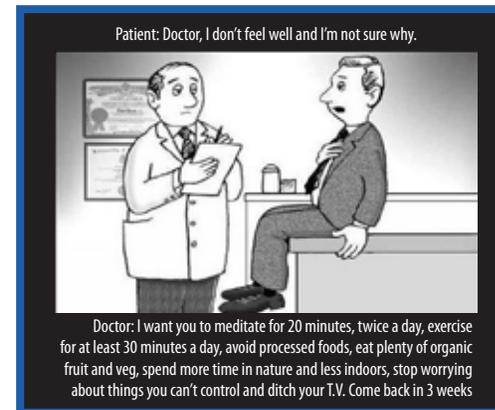
Quality nursing care, with the main attribute "simple human caring," is the most important asset our hospital has. Nurses at Kulsum International Hospital use this unique opportunity to take command of this indispensable commodity as a means of safeguarding the economic future of health care and, at the same time, becoming a model for other disciplines. Commitment to this systematic study and practice of caring reduce reliance on instinct and trial and error. Thus, the art of professional nursing here at KIH becomes the ability to balance respect for human freedom and individual rights with responsibility for the welfare of others through knowing from the feeling attribute of empathy in the moral action that is nursing practice.

Here at KIH we believe that the expression of caring is an essential part of professional practice - of what the caregiver does, as well as



the manner in which it is done. Caring blends the instrumental and expressive domains - the left brain and the right brain - with neither having any more importance than the other; "being with" becomes a way of "doing." The importance of caring in promoting recovery and well-being cannot be denied or ignored. Caring is confirmed as a critical component in the care-giver-client interaction. It forms the basis for person-centered practice in a growth-producing context and leads clients to their highest level of wellness. By modeling a caring practice, nurses can be leaders for the entire health care team by creating an atmosphere of healing to transform health care settings from places of fear and uncertainty to sources of nurture and well-being.

Laughter the Best Medicine



Antioxidants, Vitamins & Heart Disease

By: Safia Alam
Dietician, KIH

For a healthy heart and general well being foods that are rich in antioxidants and vitamins are helpful to build immunity. Here are some food tips from KIH nutrition department that will help you choose wisely as you eat.

Salmon

Omega-3 fatty acids.

Oatmeal

Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber.
Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.

Black or Kidney Beans

B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber.
Give soup or salad a nutrient boost -- stir in some beans.

Almonds

Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.
Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

Walnuts

Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.
Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.

Brown rice

B-complex vitamins; fiber; niacin; magnesium, fiber.
Microwavable brown rice makes a quick lunch. Stir in a few chopped veggies (broccoli, carrots, spinach).

Blueberries

Beta-carotene and lutein (carotenoids); anthocyanin (a flavonoid); ellagic acid (a polyphenol); vitamin C; folate; calcium, magnesium; potassium; fiber.
Cranberries, strawberries, raspberries are potent, too -for fruit salad.

Carrots

Alpha-carotene (a carotenoid); fiber.
Baby carrots are sweet for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter.

Spinach

Lutein (a carotenoid); B-complex vitamins; folate; magnesium; potassium; calcium; fiber.
Pick spinach (not lettuce) for nutrient-packed salads and sandwiches.

Oranges

Beta-cryptoxanthin, beta- and alpha-carotene, lutein (carotenoids) and flavones (flavonoids); vitamin C; potassium; folate; fiber.
Got orange juice? Check out the new nutrient-packed blends available in market.

Tomatoes

Beta- and alpha-carotene, lycopene, lutein (carotenoids); vitamin C; potassium; folate; fiber.
For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas.

Papaya

Beta-carotene, beta-cryptoxanthin, lutein (carotenoids); Vitamins C and E; folate; calcium; magnesium; potassium.
Serve papaya salsa with salmon: Mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper.

Dark chocolate

Resveratrol and cocoa phenols (flavonoids)
A truffle a day lowers blood pressure, but choose 70% or higher cocoa content.

Tea

Catechins and flavonols (flavonoids).
Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine. Ice tea and many other flavors are also available.



KIH Cricket Team



Staying active keeps you healthy. At KIH we understand the importance of sports and outdoor activities. Keeping in view best practices in human resource management the KIH Cricket Team has been formed under the captaincy of Mr. Hasan Rana and Kamal Waseem.

Kulsum International Hospital looks forward to playing friendly matches with fellow institutions and hospitals.



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Ph: +92 - 51 - 8446666, Fax: +92 - 51 - 2870365
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