



علاج و اشارات

'Ilaj-o-Isharat'
(Treatment & Guidelines)

BKMA NEWSLETTER

SEPTEMBER 2023

ORGANISATION OVERVIEW

1. An association of British Kashmiri healthcare professionals living and working in UK
2. Promoting networking of healthcare professionals Of Kashmiri origin
3. Promoting and sharing good clinical care in U.K & abroad
4. Join us to become a member

 @The BKMA

Email: thebkma@outlook.com

INSIDE THE ISSUE

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We Are BKMA

Editorial



DR MUDASIR FIRDOSI

Vice President BKMA
Consultant Psychiatrist and Clinical
Director KMPT



DR ROSHAN ARA KHUROO

Executive BKMA
Principal GP and GP trainer
CBM tutor university of Birmingham and
Aston University

It gives us immense pleasure and pride to present the first newsletter of the British Kashmiri Medical Association (BKMA). A difficult time can be more readily endured if we retain the conviction that our existence holds a purpose—a cause to pursue, a person to love, a goal to achieve. BKMA came into existence for us living and working in Britain at a difficult time in 2019, with a purpose to link, learn and share our expertise with healthcare professionals back home in Kashmir and contribute whatever we can whilst living abroad. The association has lived up to its reputation and delivered beyond our expectations. This newsletter highlights some of the achievements and reflections from its members. Prof Farooq Wandroo, its founding president, in his reflection has given a detailed narrative of its inception, the reasons for its existence and the contributions from its interim executives who laid down the principles for its constitution and vision. The association is now a registered charity and has a duly elected body. Current president Dr Tafazal Hussain in his message has praised all members for coming together and supporting the organisation's cause. In his message, he has highlighted the achievements of BKMA in recent years and work done in education, health awareness, and links with healthcare institutions of Kashmir.

Whilst COVID-19 hampered efforts to reach our members, BKMA held its 1st successful annual hybrid conference was held in 2022. Dr Shaheen Shora has succinctly penned down the highlights of the meeting and contributions by eminent speakers. It was indeed a memorable day and will certainly go down in the history books. BKMA members have continued to show enthusiasm and passion to link with our parent institutions and fellow professionals in Kashmir. Several seminars, meetings and educational events have been conducted and many are ongoing or proposed. BKMA has encouraged allied healthcare workers to contribute and share their expertise with similar professionals in Kashmir. Burhan Malik, its domain lead has written about his presentation in BKMA conference and the role of allied healthcare professionals in modern healthcare. Dr Salim Punjabi writes about his ambitious Primary Trauma care (PTC) course which will be run by PTC international and PTC Asia and will train the healthcare professionals in trauma and emergency care, an unmet need in Kashmir. Palliative care is almost non-existing in Kashmir. In this newsletter Dr Roshan Ara Khuroo has written about a webinar which highlighted the unmet needs of palliative care, pain control and dementia care in Kashmir. The Webinar was conducted between palliative care specialists from UK in collaboration with GMC Baramulla, SKIMS, SMHS and HSSC cancer centre in Kashmir and highlights another collaborative approach by BKMA. Efforts have been made to reach to new doctors/healthcare workers and create awareness and educational courses like MRCP, for new entrants, courtesy Dr Yasir Rashid and Rukhi Mackay.

We as medical professionals often strive for perfectionism because we deal with humans, that is what we are trained for. However, in that process we can get drowned and lose the track. An important article written by Dr Shah Tarfarosh, about perfectionism and healthy living and how to create a work life balance to avoid burnout. Lastly an important health message from Dr Benish Achakzai, don't sit and munch. We must mind our eating and give a clear message to the public on healthy eating. BKMA urges its members to come forward and contribute towards its vision. We urge members to contribute to future newsletters and share their valuable experiences. Together we succeed.

Best Wishes



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DR TAFAZUL HUSSAIN

President BKMA

CONSULTANT PSYCHIATRIST



PRESIDENTS MESSAGE

Dear esteemed members and colleagues,
Asalam u Alaykum Wa Rahmatullahi
Wa Barakahtuhu.

I am thrilled to address you through the inaugural newsletter of BKMA which is now a registered organisation in UK. As the President of this dynamic organization, it is both an honour and a responsibility to lead this association of dedicated medical, dental and allied health professionals of Kashmiri origin residing in UK. In a relatively short period of time, we have done some impactful work both in UK and Kashmir. I want to share few highlights of our achievements with you. We are now a registered organisation, had a successful first annual conference, have offered many online and live educational programmes in Kashmir, are working on drug de-addiction programme in Kashmir, have established MDT links between an NHS Trust and SKIMS, have established links with KASHMER USA, are helping new doctors, and running educational sessions for aspiring medical students. One of our key accomplishments is the unwavering dedication to nurturing the growth of new doctors. We recognize that the transition from Kashmir to the UK can be a daunting one, filled with challenges and uncertainties. Through targeted programs, teaching sessions, supporting them in every step of their application. we have successfully equipped these young professionals with the tools they need to thrive. Witnessing their achievements and their contributions to patient care reaffirms the purpose behind our organization's establishment.

A pinnacle moment in our journey has been the organization of our first annual conference. This platform has not only facilitated knowledge exchange but has also fostered a sense of unity among medical, dental and allied health professionals from Kashmir in UK. I want to thank every member of BKMA, BKMA trust board, BKMA office and BKMA executive for their contributions in the success of our organisation. I extend my heartfelt gratitude to each member who has contributed to our achievements. Your dedication has been pivotal in making our vision a reality.

As your President, I understand the significance of open communication, inclusiveness, transparency and mutual understanding in our journey towards growth and success. BKMA is your organisation and all of its members are valued stakeholders of the organisation. Today, I want to emphasize our commitment to you and to fostering an environment where your voice truly matters. Looking forward to see you all at the second annual BKMA conference and gala dinner on 30th of September 2023.

Thank you for your unwavering support

Warm regards,



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Dr Mudasir Firdosi
Vice President BKMA

Empowering BKMA: Our Collective Journey

In our close-knit community, selecting leadership can indeed be challenging due to our limited numbers and strong interpersonal connections. The recent elections that formed our current office stand as a shining example of dedication and fairness. Special thanks go to Mr Gulzar Mufti, Dr Yasmin Naqshbandi, Dr Nazir Shameem, and Dr Zarka Batool for orchestrating these elections with integrity and grace, even abstaining from voting to avoid any hint of conflict of interest.

Notably, Dr Zarka Batool, previously an executive in the interim office, poured countless hours and personal resources into crafting the BKMA website from scratch, with immense support from Dr Imtiaz Gilani.

As we approach our eagerly anticipated 2nd annual conference and AGM at the end of September 2023, reflecting on our achievements within this short span is truly remarkable, as detailed in the executive team's newsletter update. Many of you bore witness to a highly successful and reflective first annual conference in 2022. Heartfelt appreciation goes to Dr Shaheen Shora, Social Secretary, for flawlessly orchestrating this conference and investing a significant amount of effort and time for the benefit of all. The upcoming 2nd annual

conference on 30th September 2023 promises an excellent social programme, delicious food, and distinguished speakers—all made possible through Dr Shaheen Shora's dedication. Your attendance will undoubtedly make it a worthwhile and memorable event.

Above all, let us remember that an organisation's strength lies in its members. We urge you to continue supporting us, for many of you have already become paid members, and we hope more will follow suit. Treasurer Mr Arshad Bhat has displayed exemplary transparency and diligence, meticulously managing membership fees and conference bookings, and working towards solidifying BKMA as a financially stable organisation. He deserves our unwavering support to materialize these efforts. This association is yours to embrace and nurture, a platform for you to serve our community both at home and here. Together, let's make a meaningful impact, united in purpose and dedication.



It is truly an honour to serve as the vice president of the BKMA, witnessing the journey from its humble beginnings to a thriving, officially registered medical association that stays true to its core principles. Our success is a testament to the engagement, understanding, and support of our dedicated members who entrust us with the responsibility of leading this association.

Undoubtedly, managing the association poses significant challenges, demanding countless voluntary hours and immense energy. The progress made from ground zero, advancing through deliberate, small steps, has undeniably borne fruit, moulding the association into its present form. The solid groundwork laid by the interim office has seamlessly translated into reality through the relentless efforts of the elected body. Retaining the name "British Kashmiri Medical Association" during the registration process was a formidable task, with President Dr Tafazul Hussain surpassing expectations to ensure not only the name's retention but also the establishment of a robust constitution and due process for electing our executives and non-executive trustees. This positions the BKMA favourably as a medical association, empowered to progress and steadfastly pursue its primary objectives.



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Reflections of the Founding President



Dr Farooq A Wandroo

MD, FRCP, FRCPath, FRCPathME

Former President BKMA

Honorary Associate Professor: University of Birmingham

Consultant Haematologist: SWBH NHS Trust, Birmingham

It gives me immense pleasure to write about my experience as the initial president of this association. I don't think anyone would be happier than me to see this association growing and flourishing. One of the leading successes of this association was the first CME conference held in Birmingham which had presentations from world class speakers and was attended by guests from all over the world. This was a great success, as one of the first, and perhaps only, meeting by a group of Kashmiri professionals focussed on education and collaboration without the interference of politics.

In my 27 years in this country, I have been part of many professional and social organisations, mainly run by professionals of Indian, Pakistani and Kashmiri origin. During this time, I saw the need for our growing UK Kashmiri diaspora to have its own association. August 2019 shook us all, highlighted in the Lancet published article on deteriorating health care in Kashmir

after the infamous internet shutdown. This was a violent awakening where we were barred from contacting home and our loved ones, who were suffering. We wanted to raise awareness about deteriorating healthcare in Kashmir and needed a platform. That is when a few of us came together to frame this association which became the new BKMA. It happened within days, such was the need and enthusiasm at the time. I remember my daughter, Ifrah, a 2nd year medical student at the time, proposing a dark shikara logo (to represent the sad situation at the time) crafted on a notepad at home. Our current logo is a development of the same, the shikara now being red. A committee came into being an executive board created where I was nominated to lead as President.

same time, it was challenging to keep a group of professionals largely unknown to each other, united. There were hurdles at times but, in spite of that, our common goal and interest was what kept us together. A plan was made to meet our newly formed/joined members and put forward our agenda and constitution; hence a conference was planned in Birmingham for 15th March 2020. God Almighty however had other plans as COVID struck. The focus shifted from a conference to survival from COVID. Many of us sadly lost loved ones during this time. Kashmir was no exception and given the current healthcare system there it was imperative that we acted. In some ways, the pandemic provided new found motivation, accelerating the rate of BKMA activity. We organised professional conferences on COVID, social awareness programmes, shared guidelines, and protocols with professionals in Kashmir and many members went on social media platforms and interacted with people and healthcare teams in Kashmir.

One of our highlights was the creation of a COVID awareness video and funeral guidelines picked up by "IndiaToday". It was widely recognised, not only in Kashmir but also in India. The BKMA earned recognition and healthcare professionals back home became more receptive to the organisation. As a president it was a learning curve for me and gave me tremendous satisfaction, helping my own professional development. As a head of professional organisation, I was privileged to have a group of highly motivated professionals as my executive



Promoting networking of healthcare professionals
of Kashmiri origin in UK

INTERIM OFFICE BEARERS
(2019-2022)

President	Dr Farooq A Wandroo
Vide President	Dr Mudasir Firdosi
Gen Sec	Dr Afifa Qazi
Social Sec	Dr Amina Bacha
Treasurer	Mr. M Iqbal Sheikh
Scientific sec	Prof. Shakeel Shadad
Student Rep	Sehar Farooq

Board members;

Dr Syed Imtiaz Geelani
Dr Mr Nazir A Bhat
Dr Shariq Langar
Dr Zahoor Fazili
Dr Shaheen Shora
Dr Sajad Yosouf
Dr Zarka Batoool
Dr Aaliya Majeed
Dr Javed Latoo
Dr Shafat Gangoo
Dr Sameena Muzaffar
Dr Yaqoob Wani
Dr. Tahir Masudi
Dr Adil Zargar

Advisors

Mr. Gulzar Mufti
Dr Yasmeen Naqushbandi
Dr Nisar Bakshi
Dr Nazir Shameem

Our first face-to-face meeting took place in October 2019 where a draft constitution was created, the aim being to create an association of Kashmiri healthcare professionals working towards making improvements in healthcare in Kashmir.

It was a privilege to lead a group of highly motivated medics of Kashmiri origin. At the



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team whose constant advice and criticism helped to shape the future of this association. Many of them are not in the limelight but their contribution cannot be ignored. One of the legacies we have left is to hold fair and free elections, never seen before with a Kashmiri association. I am pleased to see a duly elected body who have taken over the reigns from us and carried the association forward since. The association has improved its membership, included students and new entrants to the UK and also achieved charitable status. A lot of work has been carried out to provide help/guidance to students, new medics and for MRCP. Also, notably, BKMA has created initiatives for fellowship programmes, which is a good step, however going forward the focus should be professional development so that colleagues can work back in Kashmir, so called "brain-gain" not "brain-drain". Looking forward my hopes for the BKMA are three: following its constitution, uniting the Kashmiri medical diaspora and focussing on making healthcare improvements in Kashmir.

The BKMA should feel proud to have members that are scientists and researchers of international repute who have contributed immensely to medicine and healthcare. It is also important that we celebrate the achievements of our members and honour its heroes. The UK has given us opportunities to undertake higher medical training, allowed us to develop professionally without discrimination and to work in a unique professional frame work. It has allowed many of us to reach heights that we may not have imagined.

As British Kashmiri doctors we should maintain the professional ethos and work within the framework of GMC's good medical practice. We are a growing medical force in this country and I hope that future generations will look back at BKMA as a source of inspiration. My best wishes for future.



BKMA 1st Annual Conference 2022 "Zuv Aur Jahan Aur"



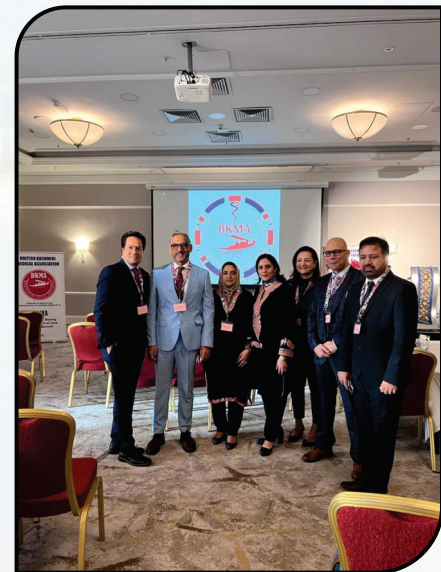
Dr Shaheen Shora

*Consultant Psychiatrist,
Clinical Director
Mental Health Services,
Hertfordshire Partnership
University NHS Foundation Trust
Social Secretary, BKMA*

British Kashmiri Medical Association (BKMA) 1st Annual conference was held on the 26th of November '22 in Birmingham. This was the culmination of months of hard work and took many years for a dream to become a reality on this day. This was indeed a renewed beginning of mutual support, shared learning and commitment between medical & allied health care colleagues here in UK and back home in Kashmir with over 120 delegates attending in person and many joining the conference from Kashmir and across the globe via hybrid technology.

Dr Farooq Wandroo, Consultant haematologist opened the conference with 'History of Medical Education in Kashmir' sharing interesting facts about the evolution of medical education & contributions of prestigious members of medical faculty since 1945 till present times. Mr Gulzar Mufti, Fitness to Practise Tribunal

Member at GMC & ex medical director, enlightened us with fascinating facts about the origins of surgery from Waatan'gor (bone fixer) in Kashmir to present day robotic surgery and the possibility of the marvels of technology partly or may be fully taking over direct human input in surgical procedures, at some point in the future.





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Dr Yasmin Naqushbandi, Ex Medical Director, Queen's Hospital, shared her journey of challenges, experience & wisdom of working as a female medical director in the NHS.

Prof Paul Moss OBE, our guest speaker gave an interesting and thorough Covid-19 update. He was a highly engaging speaker and delegates thoroughly enjoyed listening to & interacting with him. He was touched by the Kashmiri hospitality and loved his paper m^âch^e memorabilia from Kashmir which was presented as a token of appreciation to him from BKMA.



Prof Bashir Laway, Dean Sher-i-Kashmir Institute of Medical Sciences (SKIMS) gave an informative talk on 'Diabetes – An emerging Health issue in Kashmir,' highlighting the modern-day lifestyle and dietary habits contributing to this challenging situation.

We had an enriching panel discussion on 'Health Care Challenges in Kashmir: Safety, Quality & Governance and finding ways of support'. Mr Gulzar Mufti chaired and moderated this session with passion and a desire for an agreed outcome for the benefit of improving safety and quality of services in health care in Kashmir. We were joined by distinguished panel members from UK and Kashmir - Prof Ghulam Mufti, OBE, Consultant Haemato-oncologist; Dr Mushtaq A Rather, Director Health Services Kashmir; Prof Ruby Reshi, Principal GMC Baramullah; Prof Tariq Qureshi, Principal GMC Anantnag; Dr Roshan Ara Khuroo, Principal & Lead GP; Dr Shariq Lanker, GP with cardiology role. Our young and aspiring member, Dr Ibreez Ajaz gave a succinct and impressive talk sharing valuable advice and tips to IMGs and newly arrived doctors on working life in the NHS.

Some of the BKMA executive members shared updates on their respective domains - BKMA Education Programmes update was given Dr Yasir Rashid, Consultant & Lead Anaesthesia for Emergency Surgery; 'An Overview of entry into medical school and Allied Healthcare in UK' was given by Rukhi Mackay, Medical Student at Barts London School of Medicine & BKMA student lead & Burhan Malik - Clinical Technologist, Nuclear Medicine.

A heartfelt tribute was shared by Dr Syed Imtiaz Gilani, General secretary BKMA, on both the challenges & great care his mother received at the time in Kashmir. He joined us online from Srinagar, Kashmir and summarised beautifully that despite living in the UK 'our flesh and blood remain in Kashmir'. This, no doubt, is relatable to most of us British Kashmiris living in the United Kingdom.

Our sincere thanks to Prof Parvaiz A Koul, director SKIMS for his support and shared passion & vision between colleagues in Kashmir and UK & to Dr Sameena Muzaffar, Dr Amina Bacha, Rukhi Mackay and Dr Mudassir Wani for tremendous support behind the scenes for an entertaining evening social programme. A special thanks to all our sponsors for their support in ensuring the conference ran successfully & to members who helped towards this in particular - Dr Sameena Muzaffar, Dr Yasir Rashid and British Kashmiri Charitable Foundation.

BKMA executive board members worked together as a committed team delivering a great conference with IT support led by Dr Mudasir Firdosi, Vice President BKMA, with support from Dr Mehdi Hassan & Dr Manaaz Qazi. Our sincere thanks to our young medical graduates who worked with diligence at the registration desk supported by Dr Eram Durrani & Burhan Malik. Dr Roshan Ara Khuroo, Dr Adil Zargar and Dr Salim Punjabi oversaw the arrangements for smooth running of the conference on the day.

BKMA President, Dr Tafazal Hussain persevered with determination and passion to successfully retain the name BKMA for the association under Companies House, UK & put in tremendous effort and hard work to make this conference a highly



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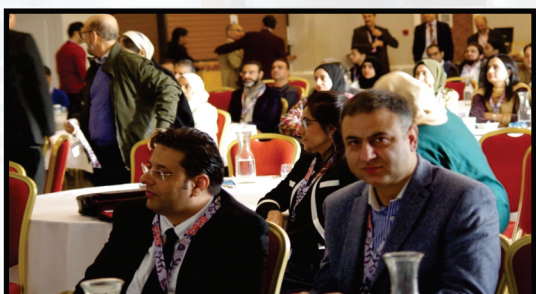
(Treatment & Guidelines)

successful 1st conference with over 120 delegates attending in person.

Last but not the least, Dr Arshad Bhat, Treasurer BKMA, who kept us on track within the available resources with utmost discipline and dedication overseeing the operational management of the conference.

For me, this conference as the social secretary of BKMA, was a labour of love for my Kashmiri medical and allied healthcare fraternity in UK and colleagues and my people back home in Kashmir.

BKMA executive board and trustees would like to convey their immense gratitude to the excellent speakers for giving their valuable time and to BKMA members & delegates who attended the conference and made it such a memorable day.



BKMA Career and Education



Dr Yasir Rashid
Consultant Anesthetist

BKMA has been very active in terms of providing educational and career building activities since 2022. The main aim is to make doctors better equipped to provide effective and safe medical care for patients in the UK. The main areas of work done so far includes:

1. MRCP PACES online teaching
2. PLAB 2 Teaching
3. Interview preparation, Clinical Attachment and Job application process support.
4. Induction into UK healthcare system related webinars
5. Other general webinars like Professional conduct for doctors and Good Medical Practice.

MRCP Teaching: The MRCP course was launched in January 2022 with the idea of helping doctors to pass the final viva part of the MRCP exams which enables the candidates to get the MRCP title. This program has been possible due to the untiring efforts of many senior and junior medical consultants practising in the UK. The contributions from them are entirely voluntary and the course is totally free for the candidates saving them thousands of pounds when compared with other PACES courses available in the country. The course was run continuously for most of the year with a two hour session every Sunday. So far out of the 12 candidates, 4 appeared in the PACES exam and all of them passed.





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PLAB Exam Coaching: BKMA education wing has been conducting PLAB exam related webinars intermittently as per demand. In addition advice and help is also provided through the whats app support group. The support is provided mainly for candidates preparing for PLAB part 2 Exam. Since the start of this activity, dozens of doctors have been successful in PLAB 2 exam enabling them to apply for GMC registration and license to practice in the UK.

Interview preparation, Clinical Attachment and Job

Application Support: BKMA New to UK Doctors Whats app group has been constantly busy since its inception in early 2022 by providing help and support to all the candidates who are looking for clinical attachments or jobs. The support provided is in the form of CV writing sessions, Interview Skills Workshops, Job application process webinars. We have been regularly conducting individual and group mock interviews for jobs. Most of the candidates have managed clinical attachments and then progressing to secure jobs in the NHS. In terms of numbers more than 20 candidates managed to get their first jobs in the NHS system and many more have secured clinical attachments.

Support for doctors after securing jobs on NHS:

BKMA recognized the need for further support for those doctors who had secured their first jobs on the NHS, therefore more webinars are being conducted in order to make them better induced into the NHS

system and work in a safe and effective manner for their patients. So far we have conducted online webinars on Managing Medical Emergencies, Professional Conduct of Doctors and Good Medical Practice as described by the General Medical Council UK. In addition to all the activities above BKMA has been providing constant help in terms of psychological support and wellbeing to all these new doctors who are passing through some of the most testing times of their careers.

STUDENT ACTIVITY

Rukhi Mackay Medical Student

The BKMA student wing has had a very busy year thus far with multiple flagship developments!

We kickstarted the year with offering mock interviews for last year's medical/dental applicants. This provided an opportunity for candidates to practice the required skills to be successful in their subsequent applications. All students were sent individual and personalised feedback to further assist them in their progress. A big thank you to the wonderful members of the BKMA community who volunteered to act as examiners for the students!

An event targeted specifically for medical students and newly graduated doctors was held in collaboration with The Bart's and The London Kashmiri society. We aimed to engage the younger generation of Kashmiri healthcare professionals and

fortify a stronger community. In July, the first ever UCAT preparation course was held to aid this year's cycle of applicants, followed by a Q&A session. This was the first of a trilogy series, where we hope to conduct sessions on personal statement guidance as well as interview preparation.

To summarise, the BKMA students wing has been working tirelessly towards supporting the up and coming healthcare professionals. We hope to continue our work for the benefit of the wider community. If anyone has any suggestions/ideas, please don't hesitate to get in touch!





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ALLIED HEALTH CARE

Burhan Malik

*Clinical Technologist
Nuclear Medicine*



Allied Health was first introduced within BKMA soon after the formation of present body with a dedicated Domain Lead. Awareness about different specialities, mode of training, registration, regulatory bodies, English language, patient care, team work and working in UK was made with a small special presentation in first BKMA Annual conference. A dedicated page for Allied Health was uploaded on BKMA website which can be viewed here (<https://bkma.net/in-kashmir/>).

With more specialities in Allied Health, growth in technology and aging population it is estimated more Allied Health Professionals, Nurses, Pharmacist and Clinical Scientist will be needed for patient pathways along with doctors. Allied Health Professionals graduating from Indian Subcontinent (including Kashmir) and working in Middle East continue to come to UK and enhance their skills to improve patient care where ever they work. We have got registered Allied Health and Nursing members in our

organisation and numbers are increasing every year.

DENTISTRY

Dr Eram Durrani

Principal Dentist, Speciality Doctor In Oral and Maxillofacial Surgery

We are providing our full guidance and support to new dentists arriving in the UK. We organized an online course in August for dentists in Kashmir who are applying for jobs in the UK. We conducted mock interviews and discussed various pathways for career progression.

While in Kashmir I personally met with the Principal of Dental College and spoke to him about organising dental courses in Kashmir. He was very positive about conducting such events in the near future. The dates have not been finalised yet.

Our ultimate vision is to improve the quality of care with regard to dental care and hygiene available to everyone back home, in line with the latest international guidelines.

KASHMIR INITIATIVES

PTC COURSE IN KASHMIR



Dr Salim Punjabi

Trauma And Orthopaedic Surgoen

BKMA is in the process of organising PTC (primary trauma care) courses in the

valley of kashmir with a closed cooperation from the Government medical college, Srinagar. The courses will be conducted under the guidance of PTC international with its headquarters situated in the UK and run by PTC Asia. This has been possible after multiple meetings with PTC international chairman Mr. Nigel Rossiter and it's Asian head Mr. Arun Prasad.

The specific aim of these courses is to train as many Doctors and allied health personnel to establish a standardised system of managing Trauma at the site of accident. Furthermore, it will train healthcare workers to orchestrate a professionally managed system for the safe transportation of the patients and their initial management in hospitals and trauma centres in lieu of guidelines similar to ATLS in the West.

We have undertaken the initial meeting with Principal GMC, Srinagar, prof Masood Tanvir and H.O.D General Surgery Prof. Iqbal Saleem and his team who will be directly involved in conducting the PTC courses. The team is very motivated to get it started and hopefully make a significant difference in how the trauma is managed in Kashmir. BKMA is part funding the courses with the local hospitality being offered by GMC Srinagar. We will try to extend it further to other districts in the valley seeking Co-operation from Health department and other Medical colleges.



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PALLIATIVE CARE

Dr. Roshan A Khuroo

MBBS, MRCP

Principal GP and GP trainer

CBM Tutor University Of

Birmingham & Aston University

SHARING BEST PRACTICE
PALLIATIVE CARE, DEMENTIA, CANCER & CHRONIC CARE
WEBINAR

SPEAKERS

- Dr Roshan A Khuroo**
UK Primary Care Pathway for Dementia and Palliative Care (Principal & Lead GP) Trainer & Clinical Tutor, University of Birmingham & Aston University UK
- Prof. Mohammad Maqbool Lone**
Existing palliative care structure in Cancer Care in Kashmir (Oncologist, Govt. Medical College, Baramulla)
- Dr Tajamul Hussain**
Dementia Care (Consultant Psychiatrist, Govt. Medical College, Baramulla, Kashmir)
- Dr Anna Lock**
Hoping for the best & planning for the worst (Regional Lead and Palliative Medicine Consultant, Sandwell and West Birmingham Hospitals NHS Trust, UK)
- Dr Shaheen Shora**
Mental Health in Later Life: Dementia & Beyond (Consultant Psychiatrist, Clinical Director, Hertfordshire Partnership University, NHS Trust, UK)

PANELISTS

- Professor Shad Salim (J&K)
- Dr Mohd Hussain Mir (SKIMS J&K)
- Dr Javid Muzamil (SMHS J&K)
- Dr Shah Junaid Rafiq (UK)
- Dr Mudasir Firdosi (UK)
- Dr Aliya Majid (UK)
- Dr Farooq A Wandroo (UK)
- Dr Nazir Shamim (UK)
- Dr Shiv Shankar Reddy (AP, India)

JOIN VIA ZOOM:
THURSDAY 03 NOV
08:00 UK TIME
15:30 IST
Meeting ID: 328 085 0624
<https://ucl.zoom.us/j/3280850624>

Attendance worth 2 CPD points
For enquiries: roshan.khuroo@nhs.net

A Webinar on Palliative Care and Dementia (A collaboration between BKMA and Medical college Baramulla, Shri Maharaja Hari Singh and SKIMS Sher-i-Kashmir Institute of Medical Sciences Srinagar) (Nov 2022)

Palliative care is focused on providing relief from the symptoms and stress of illness with an aim to improve the quality of life for both patients and families. Research published in NEJM has shown that patients who received palliative care lived longer. Realising the importance of palliative care as an important modality of health-care, this webinar was organised to share the best practice between UK and Kashmir. The Webinar was organised by Dr Roshan Ara Khuroo on behalf of BKMA and chaired by Dr Farooq Wandroo and Dr Mudasir Firdosi.

The webinar was attended by hundreds of doctors, general practitioners, nurses, senior oncologists, the head of the Royal College of Physicians Global representative, and medical students of Government Medical College (GMC) Baramulla. Principal GMC Baramulla, Dr Rubi Reshi, appreciated the efforts of BKMA and described it as a stepping stone for future collaboration.

Various informative and educational presentations from the UK and Kashmir took place. Dr Anna Lock, Dr Roshan Ara Khuroo, and Dr Shaheen Shora discussed palliative care and dementia care in the UK. Professor Maqbool gave a detailed history and practice of palliative care in Kashmir and the unmet needs in Kashmir. Professor Shad Salim efficiently highlighted the cultural barriers to delivering such care. Dr Mohammad Hussain Mir (SKIMS) and Dr Shah Junaid Rafiq (UK) added their valuable comments regarding the practice of palliative care. Dr Shora and Dr Tajamul Husain explained the increasing incidence of dementia and the progress being made in dementia care in Kashmir. Dr Aliya Majeed (UK), Dr Nazir Shameem (UK), and Dr Shiv Shankar Reddy (India) contributed to the discussion on dementia care. A helpful insight was provided by Imam Asad (MBE) of Birmingham Central Mosque on religious and spiritual aspects of end-of-life care.

In collaboration with the palliative care team at Sandwell and West Birmingham NHS Trust, we are in the process of preparing a booklet to help nurses and doctors in their practice with patients who are receiving care both at home and in various hospitals in Kashmir.

LIFE SAVING WORKSHOP

Dr Mehdi Hassan Teeli

Consultant Emergency Medicine



In August 2022, Dr. Sameena Muzaffar and I conducted a life-saving courses and gynaecological procedures workshop in Dhobivan. The event was attended by hundreds of doctors and paramedics, and it was organised by the Directorate of Health Services in Kashmir. We received a lot of positive feedback on our work, which led to our invitation to return in October of this year. During the third week of August 2022, I presented a lecture on improving emergency medicine in Kashmir and providing training on emergency medicine at GMC Srinagar. The lecture was well-attended by many GMC faculty members and students, and I received positive feedback. As a result, we are planning a similar lecture at GMC Anantnang in October of this year.





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HEALTH AND WELL BEING



Dr Beenish Khan Achkzai

Dentist with special interest in psychological aspects of oral health and eating disorders (CBT-E) University of Oxford Adult Community Eating Disorder Service (ACED), Oxford Health NHS Foundation Trust Oxford

Mindful Eating for Busy Healthcare Professionals:

Tips and Tricks from a Dentist Working in Eating Disorders Service

As healthcare providers, we often preach the importance of health and well-being to our patients, but how often do we practice what we preach? This is especially true when it comes to our eating habits. With non-stop appointments, emergencies, and administrative tasks, it's all too easy to eat mindlessly, on the go, or not at all. This lifestyle not only affects our overall health but can also have significant implications for oral health. As a dentist working extensively with eating disorders, I can attest that incorporating mindful eating into your busy schedule is not only possible but also highly beneficial.

What is Mindful Eating?

Mindful eating is a practice that encourages being fully present during meals. It involves savouring each bite, appreciating the taste, texture, and aroma of food, and listening to the hunger and satiety cues of your body. The idea is to create a conscious and healthy relationship with food.

Why Mindful Eating is Important for Medicos?

Oral Health

First and foremost, as a dentist, I can't emphasise enough how vital chewing is for oral health. Proper chewing stimulates saliva production, which neutralises acids and helps protect your teeth from decay. Mindless snacking or rushed meals often lead to inadequate chewing and consequently, a higher risk of dental problems.

Digestive Health

Taking time to chew also aids digestion by breaking down food into more manageable portions for the digestive system to handle. Given the long shifts and irregular meal timings, digestive issues are common among medical professionals.

Stress Reduction

Medicos often operate under high stress. Mindfulness practices, including mindful eating, have been shown to reduce stress and improve mental well-being. A few minutes spent enjoying a meal can act as a short but effective mental break.

Practical Tips and Tricks for Busy Medicos

1. Pre-Plan Your Meals

The unpredictable nature of medical jobs makes it challenging to maintain a regular eating schedule. To avoid unhealthy snacking or skipping meals, plan your

meals in advance. Keep nutrient-rich foods readily available so you can grab and go if needed.

2. Create a Dedicated Eating Space

Whether it's a small corner in the break room or a specific spot in your work area, create an environment that allows you to distance yourself from work physically and mentally, even if it's just for a few minutes.

3. Turn Off Distractions

Put away your phone, stop checking emails, and use this time to focus on your meal. This helps you appreciate the flavours and textures of your food, making the eating experience more satisfying

4. Chew Thoroughly

From a dental perspective, thorough chewing is non-negotiable. It not only facilitates better digestion but also enhances saliva production, which is crucial for maintaining oral pH balance.

5. Use Smaller Utensils

Using smaller spoons or forks can help you take smaller bites, making it easier to chew thoroughly and slowing down your eating pace.

6. Check-in with Yourself

Before diving into your meal, ask yourself: How hungry am I? What am I in the mood to eat? Halfway through, pause to assess how full you are. This practice can prevent overeating and make you more in tune with the needs of your body.



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Conclusion

The busy lifestyle that accompanies the medical profession often comes at the expense of personal health and well-being. As a dentist focusing on eating disorders, I have seen how neglecting mindful eating can lead to both oral and systemic health issues. Mindful eating is not a time-consuming practice; it's an approach that can be adapted to even the busiest of schedules. So, the next time you find yourself scarfing down a sandwich between appointments or eating in front of your computer, PAUSE! Those few moments spent eating mindfully can have a profound impact on your day and long term health.

Perfectionism vs Healthy Striving in Medicos:

A Perspective from Cognitive Behavioural Therapy with Real-life Examples



Dr Shah Faisal Tarfarosh,
Psychiatrist Specialising in CBT

In medical fields, the pressure to excel can be overwhelming, and the boundaries between healthy striving and perfectionism blur easily. This article aims to shed light on this dichotomy, peppered with anonymised real-life stories, to help medical professionals navigate the complex

landscape of high performance versus self-destruction.

The Thin Line: Perfectionism vs Healthy Striving

Mr Smith's Story

Mr Smith was a neurosurgeon known for his incredible surgical skills but was perpetually discontented. He set impossibly high standards, causing him to dread every surgery with the fear of committing a minor error. On the other hand, Mr Davis, a colleague, maintained high but reasonable standards. Unlike Mr Smith, he enjoyed the surgical process and was resilient, bouncing back quickly from any setbacks.

While both doctors aimed for excellence, Mr Smith's perfectionism led to increased stress levels and reduced job satisfaction. Mr Davis's healthy striving allowed him to be grateful for his accomplishments and continuously improve his skills.

Attributes	Perfectionism	Healthy Striving
Standard Setting	Establishing unattainable and unreasonable standards	Setting high yet achievable standards
Satisfaction Level	Dissatisfaction unless achieving perfection	Takes pleasure in both the process and the outcome
Reaction to Failure	Falls into depression with failure or disappointment	Recovers rapidly from failure or disappointment
Attitude Toward Fear	Consumed by fears of failure and disapproval	Manages normal levels of anxiety and fear of failure
View of Mistakes	Regards mistakes as proof of inadequacy	Sees mistakes as avenues for growth and learning
Response to Criticism	Becomes overly defensive when criticised	Responds positively to constructive criticism

The Myths and Realities

Myth 1: Perfectionism Drives Success

Reality: Emma's Story

Emma, an academic clinical fellow, spent countless hours fine-tuning her papers, often missing deadlines. While she believed that her perfectionism made

her successful, she faced burnout quickly. Meanwhile, her colleague, George, who also had high standards but was not bogged down by perfectionism, published more and received better reviews. The lesson? Success may come despite perfectionism, not because of it.

Myth 2: Perfectionists Do It Right

Reality: Dr Lee's Story

Dr Lee, a Consultant in General Medicine, would spend hours obsessing over the smallest details in his patient notes, often staying late to get them 'just right.' Consequently, he missed out on critical learning opportunities and networking with peers. The obsession with minute details hindered rather than helped him.

Myth 3: Perfectionists Overcome All Obstacles

Reality: Sarah's Story

Sarah, a medical student, believed she could power through her perfectionistic tendencies to study for her exams. Despite long hours, her focus on achieving an impossible 100% led to high levels of stress, affecting her health and social relationships, ultimately undermining her academic performance.

Coping Strategies through CBT

Chris's Story

Chris, a general practitioner, had always suffered from perfectionism until he engaged in deep self-reflection. He started by making a list of pros and cons of his perfectionist actions and realised how damaging his behaviours were. Chris learned to set realistic goals and manage his time effectively, leading to



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reduced anxiety levels and an overall better quality of life.

Perfectionism and healthy striving, though seemingly similar, are poles apart in their impact on mental health and performance. The stories mentioned above are testaments to the pitfalls of perfectionism and the merits of healthy striving.

As medical professionals, our job is inherently stressful. The stakes are high, and there's little room for error. But it's crucial to differentiate between the pursuit of excellence and the crippling obsession with perfection. Cognitive Behavioural Therapy offers invaluable tools to make this distinction clear and provides coping strategies that can be incorporated into daily life for a more balanced and fulfilling career.

Here are 5 of these strategies:

1. Weigh the Costs and Benefits

Create a list that weighs the pros and cons of your perfectionistic tendencies. Often, you'll find that the costs, such as relationship strain or mental health issues, far outweigh the advantages.

2. Challenge All-or-Nothing Thoughts

CBT emphasises restructuring thinking errors. One of these thinking errors is 'all-or-nothing thinking' - which means that you start viewing every situation as a success or failure, best or worst, high quality or worst quality, and so on. Start recognising your all-or-nothing thought patterns and challenge them. Instead of viewing a situation as a catastrophic failure, try to find a balanced perspective and in shades of grey. In every setback lies the

hidden seed of a remarkable opportunity. Seize that seed and cultivate it.

3. Be Realistic

Setting achievable goals can help relieve the anxiety associated with perfectionism. For instance, if you can write 2 clinic letters in an hour, don't set an unrealistic target of 10. Be content with your current capabilities while striving for gradual improvement.

4. Time Management

Set strict time limits for tasks to avoid the procrastination trap. Discipline in time management can result in increased

5. Constructive Criticism

Learn to handle criticism positively. Instead of viewing it as a personal attack, see it as an opportunity for growth and improvement.

By identifying and altering these dysfunctional thought patterns and actions, medical professionals can not only improve their quality of life but also become more effective caregivers.

Dr Shah Tarfarosh, an Oxford-based Registrar Psychiatrist, possesses a deep-seated interest in Positive Psychology, Preventative Psychiatry, and Personal Productivity. Beyond academic pursuits, he integrates these specialised areas into his hands-on clinical practice. In his role as a Teaching Fellow at the University of Oxford, Dr Tarfarosh embeds these principles within his academic curriculum. Furthermore, his leadership engagements, spanning both regional and national projects, are informed and enhanced by these interdisciplinary concepts.

FELLOWSHIP PROGRAMME

Mr Arshad Malik

Consultant Colorectal Surgeon

The "Malik Amin Traveling Fellowship" was started by Arshad Malik in the year 2021 in the name of his father- an architect by profession, whom he considers an inspiration in his life. This fellowship in Medicine for Kashmiri Doctors is a remarkable initiative that aims to empower and support medical professionals from Kashmir in their pursuit of knowledge, skills, and global experiences. This travelling fellowship is an attempt to advance healthcare and provide opportunities for talented individuals from Kashmir. The fellowship is designed explicitly for doctors from Kashmir who are passionate about expanding their horizons and honing their medical expertise through international exposure. It offers a unique platform for these doctors to immerse themselves in diverse healthcare systems, learn from renowned medical institutions, and collaborate with experts in their respective fields.

The fellowship at the moment offers a stipend of £1000. Fellows are encouraged to establish connections with healthcare professionals, participate in conferences, and engage in research collaborations, ultimately strengthening the healthcare network between Kashmir and the rest of the world.

Upon completion of their fellowship, the doctors are expected to bring back their newfound knowledge and skills to benefit the medical community



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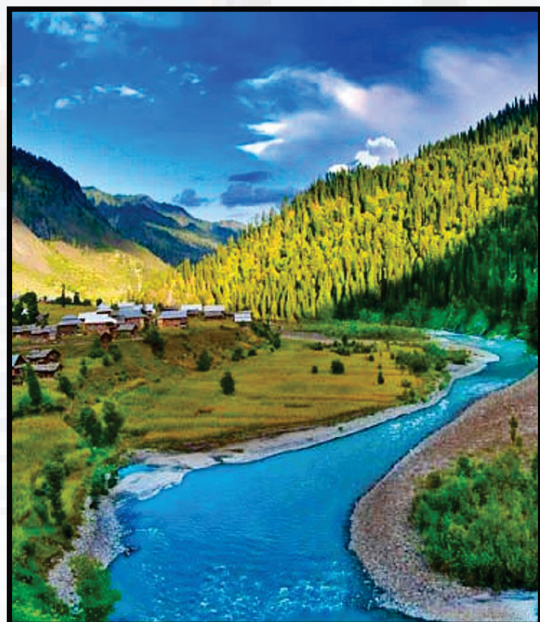
in Kashmir. They are encouraged to share their experiences, conduct workshops, and implement innovative practices that can improve healthcare outcomes in the region. The fellowship aims to create a ripple effect, inspiring other doctors in Kashmir to pursue similar opportunities and raise the standard of healthcare in the region.

The Malik Amin Traveling Fellowship in Medicine for Kashmiri Doctors is a transformative opportunity for talented medical professionals from Kashmir. It not only provides them with the means to broaden their medical expertise but also empowers them to become change-makers in their communities. Through this fellowship, these doctors can gain invaluable international exposure, forge global connections, and contribute to the betterment of healthcare in Kashmir, ultimately leaving a lasting impact on the lives of countless individuals in need of quality medical care.

Past Fellows:

2022 - Dr Rouf Wani

2023- Dr Fazle Roub & Dr Suhail Khuroo



CREATIVE CORNER

Paintings

Dr Riyaz Ahmad
Rtd Ophthalmologist
Loughton, Essex.
3rd June, 2023.



1.Hari Parbat / Kohi Maraan.
(water colour on canvas)



2.Cheshmashahi Gate.
(water colour on canvas)



3.Clouds and the moon
(Abstract art, water colour on canvas)

POEM

Dr Mudasir Firdosi
Consultant Psychiatrist & Clinical
Director of QI KMPT
Vice President BKMA

HOME

Across the snow-clad mountains
beneath the lush green jungles of
deodar

Floating fields stacked like
steps to the stars

Freshwater in streams playing
soft songs of joy

Still waters of lakes holding
the beautiful shikaras

Pigeons flying low over Dargah

dancing slowly in a mystical trance

Friendly people dwell here toiling in

fields till sundown

Hospitality their faith no matter
even a foe comes by

Saintliness throngs on its pastures,

habitats, and valleys

It is dubbed heaven on the earth,

We just call it home.



علاج و اشارات

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ELECTED OFFICE BEARERS AND TRUSTEES. 2022

Trustees:

- MR GULZAR MUFTI
- DR NAZIR AHMAD KUCHHAI
- DR TAFAZUL HUSSAIN
- DR MUDASIR FIRDOSI
- DR SYED I GILANI
- MR ARSHAD BHAT

Executive members:

- > DR MEHDI HASSAN
- > DR ADIL ZARGAR
- > DR SALIM ALI PUNJABI
- > DR ROSHAN ARA KHUROO
- > DR QAZI MANAAN
- > DR ERAM DURRANI
- > BURHAN MALIK
- > RUKHI MACKAY
- > DR YASIR RASHID

* DR TAFAZUL HUSSAIN

PRESIDENT

* DR MUDASIR FIRDOSI

VICE PRESIDENT

* DR SYED I GILANI

GENERAL SECRETARY

* MR ARSHAD BHAT

TREASURER

* DR SHAHEEN SHORA

SOCIAL SECRETARY

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