

24th National Health Sciences Research Symposium

nutrition through the life course
improving health
for generations to
come

11-12 November 2022 | Aga Khan University
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THE AGA KHAN UNIVERSITY

24th National Health Sciences Research Symposium
nutrition through the life course; improving health for generations to come

November 11-12, 2022 | Aga Khan University, Karachi

Programme at a glance

DAY 1 Friday, November 11, 2022			
5:00 - 7:00 pm	Inaugural Ceremony: 24th National Health Sciences Research Symposium AKU Auditorium		
7:00 pm	Dinner		
DAY 2 Saturday, November 12, 2022			
8:30 - 9:00 am	Symposium Registration		
9:00 - 10:30 am	Plenary I (Nutrition Landscape of Pakistan) Auditorium		
10:30 - 11:00 am	Tea Break		
11:00 am - 12:30 pm	Parallel Session-I Auditorium Maternal and Child Health & Nutrition	Parallel Session-II Lecture Hall 3 Microbiomes & Environmental Enteropathies	Parallel Session-III Lecture Hall 2 Nutrition in Complex Diseases & Critically ill Adult Patients
12:30 - 1:00 pm	Poster viewing session		
1:00 - 1:30 pm	Lunch / Prayer Break		
1:30 - 3:00 pm	Parallel Session-IV Lecture Hall 2 Adolescent Health & Nutrition	Parallel Session-V Lecture Hall 3 Nutrition in Pediatric Complex Care	Parallel Session-VI Auditorium Nutrition & School Health
3:00 - 4:30 pm	Plenary II (Adult Nutrition) Auditorium		
4:30 - 5:00 pm	Closing Session		

Inaugural Ceremony
24th National Health Sciences Research Symposium
DAY 1 | Friday, November 11, 2022 | AKU Auditorium

5:00 - 5:05 pm	Recitation of the Holy Quran
5:05 - 5:15 pm	National Anthem
5:15 - 5:30 pm	Introduction and Overview of Symposium Dr Salman Kirmani Chair, Division of Women and Child Health Aga Khan University, Karachi
5:30 - 5:35 pm	Welcome Address Dr Adil Haider Dean, Medical College, Aga Khan University, Karachi
5:35 - 5:45 pm	Remarks by Carl Amrhein (<i>pre-recorded video</i>) Provost and Vice President Academics Aga Khan University, Karachi
5:45 - 6:05 pm	Keynote Address-I Maternal and Child Nutrition in the LMIC context Dr Parul S Christian (<i>online via zoom</i>) Director, Program in Human Nutrition, Bloomberg School of Public Health, USA
6:05 - 6:25 pm	Keynote Address-II A Global Perspective on Nutrition Dr Francesco Branca (<i>online via zoom</i>) Director, Nutrition and Food Safety, World Health Organization, Geneva
6:25 – 6:45 pm	Plenary Talk Nutritional Status of Women and Children in Pakistan: Key Findings and Implications for Policy Dr Zulfiqar A Bhutta (<i>online via zoom</i>) Inaugural Robert Harding Chair in Global Child Health and Inaugural Ibn Sina Scholar in Global Child Health at the Hospital for Sick Children, Co-Director of the SickKids Centre for Global Child Health, Founding Director of the Centre of Excellence in Women and Child Health at Aga Khan University, Founding chair, Institute for Global Health & Development
6:45 – 6:55 pm	Remarks by Dr Baseer Achackzai National Program Manager, Ministry National Health Services, Regulations & Coordination, Government of Pakistan
6:55 - 7:10 pm	Address by Chief Guest Mr Abdul Qadir Patel Federal Minister for National Health Services, Regulations & Coordination Government of Pakistan
7:10 - 7:20 pm	Vote of Thanks Dr Lumaan Sheikh Chair, Department of Obstetrics and Gynaecology Aga Khan University, Karachi
7:20 pm	Dinner at Male Hostel Lawn

CONFERENCE DAY

24th National Health Sciences Research Symposium

DAY 2 | Saturday, November 12, 2022 | AKU Auditorium

8:30 – 9:00 am		Registration & Welcome
Plenary-I Nutrition Landscape of Pakistan 9:00 - 10:30 am AKU Auditorium		
Session Chair: Dr Rozina Karmaliani Co-Chair: Dr Sajid Bashir Soofi		
9:00 – 9:20 am	20 min	Nutrition in Pakistan, Challenges and Opportunities, an insight of the Pakistan National Nutrition Survey Dr Atif Habib Assistant Professor & Director Projects, CoE-WCH, Aga Khan University, Karachi
9:20– 9:40 am	20 min	Triple burden of Malnutrition in Pakistan – Breaking Silos between the World of Undernutrition, Micronutrient deficiencies, and Overnutrition Dr Romaina Iqbal Associate Professor, Department of Community Health Sciences, Aga Khan University, Karachi
9:40– 10:10 am	10 mins each	<u>Oral Presentations</u> - Concordance of nutritional status among Pakistani children and their mothers Mr Faiz Alam Medical Student, Emory University Atlanta, USA - Effectiveness of nutritional supplementation during the first 1000-days of life to reduce child undernutrition: A cluster randomized controlled trial in Pakistan Dr Sidrah Nausheen Assistant Professor, Department of Obstetrics and Gynecology Aga Khan University, Karachi - Dietary diversity and food insecurity among women and children of marginalized communities of Karachi-Pakistan Dr Mashal Amin Research Specialist, Department of Paediatrics & Child Health Aga Khan University, Karachi
10:10 – 10:20 am	10 min	Panel Discussion / Q&A
10:20 to 10:30 am	10 min	Session closing and distribution of Certificates
10:30 – 11:00 am: Tea Break		

Parallel Session-I
Maternal and Child Health & Nutrition
11:00 am – 12:30 pm | AKU Auditorium

Session Chair: Prof Maj General Shehla Baqai
Co-Chair: Dr Nuruddin Mohammad

11:00 – 11:20 am	20 min	Maternal Nutritional Interventions in Life Course Research Prof Lucilla Poston, (online via zoom) President, International Society for the Developmental Origins of Health and Disease
11:20 – 11:40 am	20 min	Life in the Womb: Maternal Nutrition and Fetal Programming Prof Peter W Nathanielsz (online via zoom) Cornell University, New York
11:40 am– 12:10 pm	10 mins each	<p><u>Oral Presentations</u></p> <ul style="list-style-type: none"> - Effect of intra uterine exposure of maternal diabetes and preeclampsia on cardiovascular disease risk in children Dr Zahra Hoodbhoy Assistant Professor, Department of Paediatrics & Child Health Aga Khan University, Karachi - A randomised trial of a food supplement of balanced energy-protein in malnourished breastfeeding women, with or without Azithromycin in infants, compared to standard breastfeeding counselling and impact on infant length velocity in Pakistan. Dr Fyezah Jehan Associate Professor and Chair Department of Paediatrics and Child Health, Aga Khan University, Karachi - Influence of intrauterine growth status on aortic intima-media thickness and aortic diameter in near-term fetuses: A comparative cross-sectional study Dr Zohaib Akhter (Video) Research Fellow University of York, United Kingdom
12:10 – 12:20 pm	10 min	Panel Discussion / Q&A
12:20 – 12:30 pm	10 min	Session closing and distribution of certificates
12:30 – 1:00 pm	30 min	Poster viewing session

Lunch Break | 1:00 – 1:30 pm

Parallel Session-II
Microbiomes and Environmental Enteropathies
11:00 am – 12:30 pm | Lecture Hall 3

Session Chair: Dr Kulsoom Ghias
Co-Chair: Dr Mehreen Arshad

11:00 – 11:20 am	20 min	Microbiomes and Environmental Enteropathies Dr Syed Asad Ali Professor & Associate Dean, Research Aga Khan University, Karachi
11:20 – 11:40 am	20 min	The Gut and its Microbiota in the first 1000 days Dr Sean Moore and Dr Carrie Cowardin (online via zoom) Division of Pediatric Gastroenterology, Hepatology & Nutrition Child Health Research Center Department of Pediatrics University of Virginia
11:40 am – 12:10 pm	10 mins each	<u>Oral Presentations</u> <ul style="list-style-type: none"> - Factors Associated with Bifidobacteria Infantis Colonization in Pakistani Infants: An Integrative Analysis of the Mumta Trial Ms Aneela Pasha Research Coordinator, Department of Paediatrics & Child Health Aga Khan University, Karachi - Transnasal endomicroscopy for visualization of the small intestine in healthy and malnourished pregnant women in Pakistan: preliminary findings from innovations in imaging technologies Ms Waliyah Mughis Research Specialist, Department of Paediatrics & Child Health Aga Khan University, Karachi - Core Microbiome of Malnourished Children with Environmental Enteric Dysfunction (EED) Dr Najeeha Iqbal Associate Professor Department of Biological and Biomedical Sciences Aga Khan University, Karachi
12:10 – 12:20 pm	10 min	Panel Discussion / Q&A
12:20 – 12:30 pm	10 min	Session closing and distribution of certificates
12:30 – 1:00 pm	30 min	Poster viewing session

Lunch Break | 1:00 – 1:30 pm

Parallel Session-III
Nutrition in complex disease and critically ill adult patients
11:00 am – 12:30 pm | Lecture Hall 2

Session Chair: Dr Salma Badruddin
Co-Chair: Dr Aliya Aziz

11:00 – 11:20 am	20 min	Early Recognition and Management of Malnutrition in Cancer Patients Dr Rezzan Khan Consultant Nutritionist Shifa International Hospital, Islamabad
11:20 – 11:40 am	20 min	Nutrition in Metabolic and Chronic Liver Disease Dr Rustam Khan Associate Professor, Department of Medicine, Aga Khan University, Karachi
11:40 am – 12:10 pm	10 mins each	<u>Oral Presentation</u> <ul style="list-style-type: none"> - Nutritional status and mortality in septic shock Dr Rodaba Anum Iqbal Resident, Department of Medicine Aga Khan University, Karachi - Effect of Early vs Late Supplemental Total Parenteral Nutrition in Patients Undergoing Abdominal Surgery- A Cohort study Dr Gul Ambreen Specialist Aga Khan University, Karachi - Nutritional Support to Breast cancer patients with essential vitamins and fatty acid Dr Usama bin Naeem PhD Scholar, Pharmacology and Toxicology, University of Veterinary & Animal Sciences, Lahore
12:10 – 12:20 pm	10 min	Panel Discussion / Q&A
12:20 – 12:30 pm	10 min	Session closing and distribution of certificates
12:30 – 1:00 pm	30 min	Poster viewing session

Lunch Break | 1:00 – 1:30 pm

Parallel Session-IV
Adolescent Health and Nutrition
1:30 – 3:00 pm | Lecture Hall 2

Session Chair: Dr D S Akram
Co-Chair: Dr Rahat Qureshi

1:30 – 1:50 pm	20 min	Micronutrients Deficiencies in Adolescents Dr Shabina Raza Country Director, Pakistan
1:50 – 2:10 pm	20 min	Adolescent Health and Childhood Obesity Dr Ayesha Almas Associate Professor, Department of Medicine, Aga Khan University, Karachi
2:10 – 2:40 pm	10 mins each	<p><u>Oral Presentation</u></p> <ul style="list-style-type: none"> - I give up my food for my father and brother”: Insights from a qualitative inquiry about perception of food insecurity among adolescent girls and boys from rural and slum areas of Sindh Dr Sana Sadiq Sheikh Assistant Director Research, Department of Cardiology, Tabba Heart Institute, MSc. Epidemiology and Biostatistics - A school-based study to assess the nutritional status of adolescents of Gojra city of Toba Tek Singh, Punjab, Pakistan Maj Shagufta Perveen Nursing Instructor Armed Forces Post Graduate Medical Institute College of Nursing Rawalpindi
2:40 – 2:50 pm	10 min	Panel Discussion / Q&A
2:50 – 3:00 pm	10 min	Session closing and distribution of certificates

Parallel Session-V
Nutrition in Pediatric complex care
1:30 – 3:00 pm | Lecture Hall 3

Session Chair: Dr Shahnaz Ibrahim
Co-Chair: Dr Asim Belgaumi

1:30 – 1:50 pm	20 min	<p>Perioperative Nutrition in Congenital Heart Diseases (CHD) Dr Adnan T. Bhutta (<i>online via zoom</i>) Clinical Professor of Pediatrics Division Chief, Pediatric Critical Care Medicine Indiana University School of Medicine/Riley Children’s Health Indianapolis, USA</p>
1:50 – 2:10 pm	20 min	<p>Impact of Nutritional Status on Outcomes in Children with Cancer Dr Judith Schoemen (<i>online via zoom</i>) Chief Dietician Pediatric Oncology Unit University of Pretoria & Steve Biko Academic Hospital Pretoria, South Africa</p>
2:10 – 2:30 pm	20 min	<p>Nutrition in Pediatric ICU Dr Ata Ullah Khan Consultant Pediatric Intensivist Shifa International Hospital, Islamabad</p>
2:30 – 2:40 pm	10 min	<p><u>Oral Presentation</u></p> <ul style="list-style-type: none"> - Early Enteral Nutrition Is Associated with Lower Mortality in Critically Ill Children <p>Mr Muhammad Aaish Hassan Student, Shifa Tameer e Millat University Islamabad</p>
2:40 – 2:50 pm	10 min	Panel Discussion / Q&A
2:50 – 3:00 pm	10 min	Session closing and distribution of certificates

Parallel Session-VI
Nutrition and School Health
1:30 – 3:00 pm | AKU Auditorium

Session Chair: Dr Farid Panjwani
Co-Chair: Dr. Khadija Humayun

1:30 – 1:50 pm	20 min	Integrating Nutrition into the Education Sector Dr Timothy James Roberton (<i>online via zoom</i>) Director Global Health University of Western Australia
1:50 – 2:10 pm	20 min	Pakistan Adolescent Nutrition and role of Education Sector “Strategic Direction” Dr Saba Shuja (<i>online via zoom</i>) Early Childhood Development Manager, United Nations Children’s Fund Pakistan Country Office
2:10 – 2:30 pm	20 min	School Feeding as a route to improve Child Nutrition: Challenges and Ways Forward Prof Basma Ellahi Faculty of Health and Social Care Chester, University of Chester, United Kingdom
2:30 – 2:40 pm	10 min	<u>Oral Presentation</u> - Promoting healthy nutrition utilizing the school platform. Dr Saleema Gulzar Assistant Professor and Head of Public Health Stream School of Nursing & Midwifery, Aga Khan University, Karachi
2:40 – 2:50 pm	10 min	Panel Discussion / Q&A
2:50 – 3:00 pm	10 min	Session closing and distribution of certificates

Plenary-II: Adult Nutrition 3:00 – 4:30 pm AKU Auditorium		
Session Chair: Dr Sameen Siddiqui Co-Chair: Dr Zainab Samad		
3:00 – 3:20 pm	20 min	Women’s Health and NCDs: Overcoming Neglect Prof Tazeen H. Jafar (<i>online via zoom</i>) Professor, Program in Health Services & Systems Research Duke-NUS Medical School Singapore Professor, Duke Global Health Institute, Duke University, Durham, North Carolina. USA
3:20 – 3:40 pm	20 min	Non-pharmacologic Interventions in the Prevention of Cardiometabolic Diseases Prof Khawar Abbas Kazmi Visiting Faculty, Department of Medicine Aga Khan University, Karachi
3:40 – 3:50 pm	10 min	<u>Oral Presentation</u> - Genetic Models Association of Vitamin D Receptor (VDR) Gene Variations with Vitamin D as Micro Nutrient and their Susceptibility to Coronary Artery Disease (CAD) Ms Umme Kulsoom Ph.D. Research Fellow Dr. A. Q. Khan Institute of Biotechnology and Genetic Engineering (KIBGE) University of Karachi, Karachi
3:50 – 4:00 pm	10 min	Panel Discussion / Q&A
4:00 – 4:20 pm	20 min	Closing Keynote by Dr Gaffar Billoo Professor Emeritus, Paediatrics and Child Health Aga Khan University, Karachi
4:20 – 4:30 pm	10 min	Session closing and distribution of certificates
4:30 – 4:50 pm	20 min	Vote of Thanks Dr Fyezah Jehan Associate Professor and Chair Department of Paediatrics and Child Health Aga Khan University, Karachi
4:50 - 5:00 pm	10 min	CLOSING REMARKS

ORGANISING COMMITTEE

Dr Salman Kirmani (Chair), Chair, Division of Women & Child Health

Dr Fyezah Jehan (Co-Chair), Chair and Associate Professor, Paediatrics and Child Health

Dr Lumaan Sheikh (Co-Chair), Chair and Associate Professor, Obstetrics & Gynaecology

Dr Imran Nisar (Chair, Scientific Committee), Assistant Professor, Paediatrics and Child Health

Dr Sidra Nausheen (Chair, Scientific Committee), Assistant Professor, Obstetrics & Gynaecology

Dr Shelina Bhamani (Chair, Workshop Committee), Assistant Professor, Obstetrics & Gynaecology

Dr Aliya Aziz (Chair, Workshop Committee), Associate Professor, Obstetrics & Gynaecology

Member, Organising Committee

Dr Aamir Hameed Khan, Professor, Medicine

Dr Asma Ahmed, Assistant Professor, Medicine

Dr Haroon Tayyab, Assistant Professor, Ophthalmology & Visual Sciences

Dr Nadeem Zuberi, Associate Professor, Obstetrics & Gynaecology

Dr Nuruddin Mohammad, Associate Professor, Obstetrics & Gynaecology

Dr Romaina Iqbal, Associate Professor, Community Health Sciences

Dr Sadaf Altaf, Assistant Professor, Department of Oncology

Dr Sadia Fatima, Assistant Professor, Biological & Biomedical Sciences

Dr Saleema Gulzar, Assistant Professor and Stream Head, Public Health Stream

Dr Shabina Ariff, Associate Professor, Paediatrics and Child Health

Dr Sonia Qureshi, Assistant Professor, Paediatrics and Child Health

Dr Wajahat Aziz, Assistant Professor, Urology, Surgery

Dr Yasmin Rashid, Assistant Professor, Department of Oncology

Dr Zahra Hoodbhoy, Assistant Professor, Paediatrics and Child Health

Ahmed S. Mansoor, Senior Manager, Resource Development

Fabeha Pervez, Specialist, Communication

Muhammad Irshad, Assistant Manager, Conference Secretariat

Shamsa Panjwani, Manager, Department of Paediatrics and Child Health

Conference Secretariat

Asad Yaqoob, Associate, Conference Secretariat

Khawaja Hateem, Senior Assistant, Conference Secretariat

Manzoor Yaseeni, Senior Assistant, Conference Secretariat