

# INjury ReSEARCH

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*A newsletter for the Johns Hopkins—Afghanistan Pakistan Fogarty International Collaborative Trauma and Injury Research Training Program*

## A message from the Program

Dear Colleague,

Welcome to the latest newsletter detailing the recent events of the Johns Hopkins-Afghanistan-Pakistan International Collaborative Trauma and Injury Research Training Program (JHU AfPak ICTIRT). We have been working hard to provide and take part in opportunities to strengthen research capacity on injuries in Pakistan and Afghanistan. Through our PhD and MSc programs as well as our short-term workshops and seminars, we have made great progress, despite the difficulties of 2020.

Prior to the shut-down in 2020, we hosted multiple workshops and seminars and participated in the 5th AKU Annual Surgical Conference, Trauma: Striving for Change. We also launched a new course, Research on Injury Prevention and Control, in January 2020.

Thank you to our colleagues and partners for your continued support of capacity building for injury and trauma research in Pakistan and Afghanistan. We hope to continue to collaborate as we further our mission.

**Adnan A. Hyder, MD MPH PhD**

**Junaid A. Razzak, MD PhD**

**Nadeem Ullah Khan, MBBS DABIM**

## Launch of New Injury Course



Research on Injury Prevention and Control, a three-credit course, was launched in January 2020 as an elective course in the MSc Epidemiology and Biostatistics Program at AKU. It was directed by Dr. Rashid Jooma and co-directed by Drs. Nadeem Ullah Khan and Uzma Rahim Khan. The course objectives include: understanding classification and burden of injury, familiarity with injury data sources and surveillance methods, analysis of preventive interventions, and developing research proposals pertaining to various domains of injury prevention and control. Seventeen didactic face-to-face and online sessions were conducted by national and international experts. In total, eight students participated in the course, including three ICTIRT fellows. This course will run again in 2021.



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## INTRODUCING NEW TRAINEES

We are excited to introduce five new fellows—two working towards their Doctoral degrees and three towards their Masters of Science in either Health Policy and Management or Epidemiology and Biostatistics. Through seminars, workshops, and other training offered through AKU, JHU, and GWU, fellows will become adept injury and trauma researchers, contributing to this field throughout Pakistan and Afghanistan.

### Doctoral Fellows

**Dr Noor Baig** is a Senior Instructor and Residency Program Coordinator in the Department of Emergency Medicine at AKU. His area of interest is out-of-hospital cardiac arrest, specifically educating and training the community on CPR to improve the response time and outcomes of patients. Dr Baig is a member of “PAROS—10-Step Resuscitation Academy,” focusing on improving survival in patients with out-of-hospital cardiac arrest. He became an ICTIRT fellow in January 2019 and is currently working on his PhD thesis project.



*Dr Noor Baig*

**Dr Sarwat Masud** is a Year-2 PhD Fellow. She completed her medical degree from Khyber Medical University Peshawar in 2005 and her Master’s Degree in Public Health in 2017. Her Master’s research focused on adolescent mental health, abuse, and trauma. She then worked with an international non-governmental organization to improve the mental health of women. In 2019, she began her ICTIRT fellowship.



*Dr Sarwat Masud*

### Masters Fellows

**Ms Shafiqah Mehry** graduated from Kabul University of Medical Sciences, Nursing Faculty in 2015. She worked in the French Medical Institute for Mothers and Children as a critical care nurse of adult cardiac services and was admitted as an ICTIRT fellow in 2019 to pursue a Master’s Degree in Health Policy and Management. She is interested in war-related injuries and prevention of violence against women.



*Ms Shafiqah Mehry*

**Dr Mohammad Kabir Gawhary** graduated with his Doctor of Medicine in 2016 from Kabul Medical University, Faculty of Curative Medicine. He then joined the Department of Anesthesia of the French Medical Institute for Children as an anesthesia medical officer. He also worked as the lead for Aga Khan National Council for Afghanistan’s Early Childhood Development Project, assisting with project implementation across several provinces of the country. In 2020, he was awarded the ICTIRT fellowship to pursue a Master’s Degree in Health Policy and Management.



*Dr M. Kabir Gawhary*

**Dr Ayesha Abbasi** is currently a senior resident in the Emergency Department at the Aga Khan University Hospital. She was accepted at Karachi Medical & Dental College to study for her MBBS, and currently she is enrolled in the Master’s in Epidemiology & Biostatistics – Clinical Research program at AKU. She became an ICTIRT fellow in 2020. She intends to provide basic health care services in remote areas of Pakistan, and her focus is on prevention of trauma and injury, and disaster management.



*Dr Ayesha Abbasi*

## WORKSHOPS

### Workshops

**Finding suitable funding opportunity for your research question:** January 2020. This workshop was organized by the Department of Emergency Medicine, AKU and the program. It focused on the essentials of developing a research question, understanding the research funding environment in North America and Pakistan, and learning the steps for a research application. The workshop was conducted by Dr. Junaid A. Bhatti; attendees included four ICTIRT fellows and eight faculty, residents, and research team members of the Department of Emergency Medicine, AKU.

**Introduction to cost-effectiveness analysis:** February 2020. This workshop, held at AKU, intended to familiarize participants with the methodology of cost-effectiveness analysis, using examples from trauma and emergency care, and to enable participants to design, perform and critique basic analyses. The workshop was led by Dr. Nicholas Risko, Assistant Professor of Emergency Medicine at JHU, and was facilitated by Dr. Uzma Rahim Khan from AKU. Total of 25 participants including ICTIRT fellows and alumni attended the workshop.



**Experience of registry: CARES-PAROS-PAKNEDS: Global Lessons Learned to Improve Out-of-Hospital Cardiac Arrest:** February 2020. This interactive session provided a platform for participants to learn from the experiences of different registries and to brainstorm how those lessons can be incorporated into the AKU experience. Ten participants attended the session, including faculty from the Department of Emergency Medicine, Community Health Sciences, ICTIRT fellows, and program team members from JHU. The session was facilitated by Dr. Bryan McNally, Professor of Emergency Medicine at Emory University, Dr. Paul Kivela, Professor of Emergency Medicine at University of Alabama, Dr. Junaid Razzak, and Dr. Uzma Rahim Khan.



**Introduction to SPSS software and data management:** September 2020. Facilitated by Dr. Uzma Rahim Khan, Mr. Ahmed Raheem, and Mr. Asrar Ali (ICTIRT fellow), this workshop introduced the fundamentals of SPSS software with fourteen trainees in attendance.



**Basic descriptive and inferential analysis in SPSS statistical software:** September 2020. Facilitated by Dr. Uzma Rahim Khan, Mr. Ahmed Raheem, and Mr. Asrar Ali (ICTIRT fellow), this workshop provided an introduction to the fundamentals of basic descriptive and inferential analysis using a statistical SPSS software with a focus on quantitative analyses and visual presentation of the data.

### **Conference:**

In February 2020, JHU AfPak ICTIRT, in collaboration with the Department of Surgery, participated in the **5th AKU Annual Surgical Conference, Trauma: Striving for change**. The conference was followed by a policy meeting and the launch of the Pakistan Life Savers Program with 15 national and international partners.



### **Webinars:**

Our Violence and Injury Prevention Seminar Series shifted from an in-person to an online format in March 2020 due to the COVID-19 pandemic and included a variety of topics presented by experts from the field, such as:

- \* Applied data science in health services and a use case for suicide prevention – by Dr. Junaid A. Bhatti
- \* Global trends of drink-driving and the importance of data for advocacy and effective policy decision-making – by Dr Nino Paichadze
- \* Prevention of violence against healthcare workers amid COVID pandemic – by Dr. Mirwais Khan
- \* Trends of EMS calls and services during COVID pandemic – by Dr. Rizwan Naseer
- \* HELMET – A vaccine for prevention of head injuries – by Dr Pallavi Sarji

## INSIGHT FROM OUR FELLOWS

### **Experience of ICTIRT Fellowship Program - Umerdad Khudadad Haideri**

The ICTIRT fellowship has been a rewarding experience, forming my research skills and competencies in the area of trauma and injury, one of the most alarming issues in my home country, Afghanistan. The fellowship has given me opportunities for personal growth through workshops and networking with trauma and injury experts, and has inspired me to take a broader perspective and to seek out impactful solutions.

My dissertation assessed the pre-hospital and in-hospital trauma care system in Kabul, Afghanistan, familiarizing me with the heart-breaking realities of the trauma care provided to thousands of injured people in a conflict-affected country, emphasizing the need for trauma and injury researchers.

The fellowship was especially rewarding due to the support and encouragement of specific individuals: Drs. Junaid Razzak, Nadeem Ullah Khan, and Uzma Rahim Khan, and Ms. Shumaila Rupani.



### **Experience of ICTIRT Fellowship Program - Asrar Ali**

Opting for the JHU AfPak ICTIRT fellowship was an enormous change in my professional and personal life. In my hometown in Afghanistan, I was an instructor in the clinical training of student nurses, training them to care for war, bomb blast, and road traffic injury victims. I was tired and frustrated at the lack of resources as well as the lack of understanding of root causes behind the victims' suffering. The fellowship has supported me to complete a Master's Degree in Health Policy and Management, conduct thesis research, and attend various courses focusing on research in trauma and injury prevention.

My achievements were possible due to the support of my mentors and the JHU-AKU research team (Drs. Junaid Razzak, Nadeem Ullah Khan, Adnan Hyder, Uzma Rahim Khan, and Nino Paichadze, Ms. Shumaila Rupani, and Mr. Naveed Ahmed) as well as my family members, and my sense of connection with the vision of the fellowship.





## PUBLICATIONS

- \* Khaliq A, Khan MN, Ahmad F, Khattak FA, Ullah, I, Akram M, Arif N, Haq ZU. Seat-belt use and associated factors among drivers and front passengers in the metropolitan city of Peshawar, Pakistan: a cross sectional study. *Critical Care Innovations Journal*. 2020.
- \* Awan S, Zia N, Sharif F, Shah S, Jamil B. Types and risk factors of violence experienced by people living with HIV, Pakistan: a cross-sectional study. *East Mediterr Health J*. 2020; 10.26719/emhj.20.046.
- \* Ahmed A, Afshan G, Khan RI, Afzal B, Jamali S, Farooq N, Saleem S, Naeem R, Khan UR. Managing acute pain in HIV+/AIDS patients: knowledge and practice trends among emergency physicians of major tertiary care centers of a developing country. *BMC Res Notes*. 2020; 13: 255.
- \* Mawani M, Azam I, Kadir MM, Samad Z, Razzak JA. Estimation of the burden of out-of-hospital traumatic cardiac arrest in Karachi, Pakistan, using a cross-sectional capture-recapture analysis. *International Journal of Emergency Medicine*. 2020; 13 (1): 1-7.
- \* Zia N, Latif A, Mashreky SR, et al. Applying quality improvement methods to neglected conditions: development of the South Asia Burn Registry (SABR). *BMC Res Notes*. 2019; 12(1): 64. doi:10.1186/s13104-019-4063-0
- \* Lakhdir MPA, Nathwani AA, Ali NA, Farooq S, Azam SI, Khaliq A, Kadir MM. Intergenerational transmission of child maltreatment: predictors of child emotional maltreatment among 11 to 17 years old children residing in communities of Karachi, Pakistan. *Child Abuse Negl*. 2019; 91: 109-115.
- \* Maul KM, Naeem R, Khan UR, Mian AI, Yousafzai AK, Brown N. Child abuse in Pakistan: a qualitative study of knowledge, attitudes and practice amongst health professionals. *Child Abuse Negl*. 2019; 88: 51-57.
- \* Lakhdir MPA, Ali NA, Hasnani FB, Farooq S, Parpio Y, Khan UR, et al. Physical maltreatment and its associated factors among adolescents in Karachi, Pakistan. *Journal of Interpersonal Violence*. 2019: 1-15.

## ABOUT THE PROGRAM

The JHU-Afghanistan-Pakistan Fogarty International Collaborative Trauma and Injury Research Training (JHU-AfPak ICTIRT) Program is a partnership between the Johns Hopkins University Bloomberg School of Public Health (USA), the George Washington University Milken Institute School of Public Health (USA), and the Aga Khan University (Pakistan), supported by a grant from the John E. Fogarty International Center of the National Institutes for Health, Department of Health and Human Services.

The Fogarty Center's mission is to address the growing burden of morbidity and mortality in the developing world due to trauma and injury. Long term, this program will build human resources, research infrastructure, and adopt policies for acute care and prevention and control of injuries and trauma to serve Pakistan and Afghanistan as well as the Middle East and the entire South Asian region.

Fogarty International Center: [www.fic.nih.gov](http://www.fic.nih.gov)