

Some More RIPPLES

A compilation of Medico-Political columns
published in "PULSE" International
in "OFF THE RECORD"

Volume - 8

Including life histories of

- * Late Lt. Gen. Wajid Ali Khan Burki
- * Late Prof. Muhammad Ibrahim

- * Supreme Court Judgement in PM&DC case
- * Colorectal Surgery
- * Travel Notes

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**Pakistan Medical Journalists'
Association**

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In recognition of his beautiful purpose built gift of fully air-conditioned Najmuddin Auditorium to JPMC Karachi which also has facilities for holding workshops and two seminar rooms. Not only that he also built National Epilepsy Center at JPMC with state of the art diagnostic and treatment facilities, reconstruction of Ward-6 Medical Unit -II of JPMC, setting up state of the art Accidents and Emergency besides executing a number of other projects at JPMC all through donations. He is a silent worker and certainly a role model for healthcare professionals in Pakistan.

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PREFACE

Showing the mirror

This book is the 8th volume of compilation of medico-political columns published in "Off the Record" in Pulse International which enjoy tremendous readership among the members of the medial profession as well as people in the pharmaceutical trade and industry. The information provided, comments, observations and analysis in these columns stands correct at the time when they were written (date of publication appears at the end of each column) during the period from January 1st 2007 to March 15th 2010. Since then, numerous changes have taken place which has also changed the ground realities at home and abroad.

Some of the topics which have been covered, subjects discussed in these columns lay emphasis on upholding merit, ensuring justice and fair play, highlight intellectual corruption in our medical institutions, unethical practices by the healthcare professionals and pharmaceutical trade as well as industry, psycho trauma, importance of clinical skills, side room ward laboratories etc. Some may find it unpalatable but

بات تو سچ ہے مگر بات ہے رسوائی کی

Baat To Such Haiy Maghar Baat Haiy Ruswae Kee

While focusing on some of the negative aspects showing mirror to all those concerned, positive aspects have not been forgotten. Contributions by conscious people in the health sector and the Pharma industry have also been given due importance showing the right path to others. These are the people who try to uphold professional ethics under all circumstances and should be the role models to follow. In view of some of the latest developments as regards relationship between the media and the medical profession, the readers will find the two chapters on this topic interesting which also gives some guidelines on maintaining cordial relationship between these two important professions in the light of professional ethics.

Apart from the medico-political topics, some of the columns cover real scientific issues like safety and efficacy of Aspirin, the most economically priced mother antiplatelet agent, its efficacy in a large number of diseases, early and timely recognition of migraine and its treatment, colorectal surgery, Hubris syndrome and liver diseases which has indeed made this book much more informative and useful for the healthcare professionals.

The changes which have taken place since the publication of these columns include change in the leadership of College of Physicians & Surgeons Pakistan after the last elections, new set-up coming in the Pakistan Medical and Dental Council but at times these changes have not been for the better but can be termed as worse particularly when we look at the functioning of the PM&DC. On the political scene military dictator General Pervez Musharraf has become a part of the history and part-time Pakistanis like imported Finance Minister who was later

elevated to become the Prime Minister of Pakistan Shaukat Aziz as widely expected took the first available flight to leave the country as soon as his patrons lost the elections. Deposed Chief Justice and his brother judges have been restored and we have seen the re-birth of superior judiciary which has regained independence and is asserting its authority much to the displeasure of the corrupt bureaucrats and politicians.

On the international scene gone are the greatest international terrorists like George Bush and Tony Blair who occupied Muslim country Iraq in search of weapons of mass destruction though their real designs were to capture Iraqi oil wealth. They lied to the world while waging War in Iraq and killed millions of Muslims. Later they invaded Afghanistan and have occupied this Muslim country and there seems to be no end in sight to the so called War on Terror. Like millions of Pakistanis I also have a dream that one day we will get sincere, honest, dedicated political leadership so that we can live as a sovereign country with respect and dignity in the comity of Nations.

The contents of this book have been further enriched with the inclusion of two important write-ups on Medical Men of Pakistan which cover eminent medical personalities like late Lt.Gen.W.A.Burki and late Prof. M.Ibrahim. They were not included in my earlier book "Medical Men and Women of Pakistan" as I could not collect enough information on these personalities till then, hence that duty has been fulfilled by including them in this book which the readers will find extremely informative and interesting.

The chapter on Supreme Court of Pakistan's landmark judgment in the PM&DC case versus private medical and

dental colleges, its analysis and commentary would be of interest to many. So is the travel note regarding visit to Islamic Republic of Iran and an interview with eminent British Colorectal Surgeon Prof. Ralph John Nicholls. Colorectal surgery is a specialty which still remains neglected in Pakistan.

I have always believed that press has got a mission to unearth and uncover the truth and show the mirror, inform, educate and guide people in its area of interest and that is what I have always endeavored to do upholding professional ethics. It would not have been possible for me had it not been for a large number of my friends, well wishers who wish to promote professional ethics and uphold merit. Hence, all those who provided me this information which enabled me to highlight and share it with my readers deserve to be commended and I am extremely grateful to all of them.

Dr. Maqbool H. Jafary an eminent physician of Pakistan has always been very kind to me and his guidance remains a great source of strength. As usual he was kind enough to suggest the title of this volume as well like quite a few previous ones. My special thanks to Prof. Kh. Saadiq Husain FRCP, FCPS & eminent physician of Pakistan and former President College of Physicians & Surgeons Pakistan for sparing some of his precious time to go through this book and write Foreword. I consider it as a singular honour and privilege for me as a student of medical journalism. Finally whatever has been written in these columns the onus is on me and no one else? I have tried to present my views, observations, analysis in objective, constructive way and there had been no intention whatsoever to criticize or

belittle any one. In doing so if anything contained in this book has hurt the feeling of any one, I seek their forgiveness. I have great pleasure in dedicating this book to Emeritus Prof. Hasan Aziz an eminent neuro-physician of Pakistan for the reasons which have been mentioned in the dedication. I am also thankful to my wife and children who provided me comfortable environment so that I can concentrate on my professional career without any domestic worries.

This also happens to be my sixteenth book and I am grateful to God Almighty who gave me the strength to accomplish this task. I also salute to the exemplary patience of people of Pakistan who continue to face all these hardships, having suffered the military dictators, continue to tolerate democratic monarchy and democratic anarchy. They have not yet revolted though I have a feeling that now a revolution may be knocking at the doors in not too distant future.

Shaukat Ali Jawaid

May 6th 2010

طریقے ظلم کے صیاد نے سارے بدل ڈالے
جو طاہر اڑا نہیں سکتا اُسے آزاد کرتا ہے

* * * * *

مجھے بار بار ستمگرو نہ پیام فصل بہار دو
وہی اس فریب میں آئیں گئے جو بچیں گے صبح بہارتک

* * * * *

کیا اسی لیے تقدیر نے چنوائے تھے تنکے
بن جائے نشیمن تو کوئی آگ لگا دے

FOREWORD



This book is a compilation of the PULSE International "Off the Record" columns for the past three years and is the eighth of the series. It is without doubt the most keenly read column of the said medical publication and is by now very much "On the Record"! It covers a very wide range of events, incidents, occasions, functions, policies and practices essentially relating but not confined to the health profession. Besides the medical profession, it encompasses spheres of pharmaceutical industry, journalism, relation of the medical profession with the media, social justice and even affairs of State. In short, any incident or event which has any impact on the welfare of the poor masses of Pakistan at the time of writing.

In the format of "selected short stories", easy to read and grasp with a moral at the end of each, it has a superficial resemblance to a book of "fairy tales of children". In fact, these stories are not fiction but actual documented and authenticated facts with which we are all familiar, about scheming adults who should know better! It is an expose' of individual follies, institutional mismanagements, professional misconduct, unethical practices, industrial dishonesty, political expediency, bureaucratic misdemean-

ors, treasonous dictatorship and moral degradation mostly because of what the author calls "materialistic virus" and which I have named the "C.C. Epidemic" (Commercialization/Corruption). Some of the stories are so bizarre and shocking that one is forced to believe the old adage "Truth is stranger than fiction".

It is not, however, just a book of criticism for the sake of criticism but with a strong undercurrent of constructive motivation. As stated, at the end of each short story there is a moral, a lesson, a message, or suggestions, proposals and solutions for those who care to improve the existing state of affairs, which makes this book invaluable. Nor is the entire content derogatory. Due credit and appreciation is showered where deserved and individuals have been singled out who proved worthy of the positions they held and stood up to be counted!

The inclusion of the biographic highlights of two illustrious medical personalities of Pakistan namely General W.A. Burki and Professor M. Ibrahim has enriched and enhanced the value of this publication. Several sections are devoted to pure scientific information and all relate to the provision and availability of the cheapest effective medicines for the poor.

However, the most important aspect of the book irrespective of the content of any "short story" is that both "in" the lines and "between" the lines one can feel the compelling dedication of the author to social justice, merit, fair play, ethics, integrity and welfare of the poor patients. The acquisition of all these attributes would certainly help to make Pakistan a welfare state. The obvious

love for Pakistan is manifest throughout the book as is the disgust for those who lust for power or money or both!

This book should be compulsory reading for all professionals, especially medical teachers, head of medical institutions and those bureaucrats responsible for policy making with regard to healthcare in general.

I do have a difference of opinion with the author with regard to the title of the book. I dare say these are no longer ripples. They are already "waves" and unless those who are (mis)managing affairs of Pakistan (medical or otherwise) sober up from their intoxication they will wake up one fateful day to face a "tidal wave" even a "TSUNAMI", as has been very correctly predicted more than once in this book. May Allah protect us.

Khwaja Saadiq Husain FCPS, FRCPE

June 14th, 2010

“ When you see evil, try to reform or resist it by deed, and if that be not possible, expose it by word and if even that is beyond you, at least in your head and heart despise it. ”

“ Saying of the Holy Prophet (PBUH) ”

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Character of a Nation

To judge the character of a Nation, just
look at its Health Care system.

* * * * *

Medicine is not a commodity to be sold to
the highest bidder but a right that must
be distributed equitably to one and all.

* * * * *

It is the Political, Medical and Economic
decisions that shape the healthcare set
up of any country.