



نشرة الاتحاد العالمي للجمعيات الطبية الاسلامية

e-newsletter of Federation of Islamic Medical Associations

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MESSAGE FROM THE PRESIDENT



Beloved Members of the FIMA Family, Dear Sisters and Brothers,

Assalamu Alaikum

Following a very successful FIMA-IMLC Meeting in Kampala in July, 2019 a resolution statement was distributed to all concerned parties entitled "RESOLUTIONS OF THE 4TH INTERNATIONAL MUSLIM LEADERS CONSULTATION ON HIV AND AIDS KAMPALA UGANDA, JULY

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IMANA HOLDS ITS 52ND ANNUAL CONVENTION 2019 IN UTAH

IMANA fraternity recently concluded its 2019 convention in Utah. The exciting week kicked off with greeting guests at registration followed by a sumptuous welcome reception dinner on July 27th. The second day began with CME program. This year's CME, titled "Current Affairs in Medicine," covered a range of dynamic topics for physicians to expand upon their knowledge. The IMANA delegates enjoyed hearing presentations on a variety of topics, including, Nonsurgical cosmetic treatment options by Dr. Khalique Zahir, Conscious sedation by Dr. Ismail Mehr, Current trends in burn care- by Dr. Zaheed Hassan, Measles and the Importance of Vaccination by Dr. Hafiz Ur Rehman and keynote address on Importance of yoga in healthcare by Dr. Robert Schneider.

The General Body Meeting was held on day three, matters relating to the association, its working and future plans were discussed. IMANA Banquet and Kids Night was also a great success. The delegates enjoyed the outdoor activities in Utah's gorgeous countryside with their friends and families.



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A one day Salt Lake City Tour was an added attraction, especially for the families and kids. Ladies Night was another exclusive event for female delegates and families. An annual event during convention, Ladies Night is a night for the women of IMANA to gather, enjoy camaraderie, and discuss

issues of importance to them. Islamic Scholar Mufti Kamani joined the ladies for a Q&A that covered deep and varied topics pertaining to being a Muslim woman today.

The convention delegates enjoyed some of the best outdoor adventure and nature there is to offer. Fly fishing, white water

rafting, and ATV are just some of the activities available at the 2019 convention. There is also delightful nature to see for those seeking a low-key activity. It was an unforgettable experience. Utah's gorgeous nature landscape gave our guests the ultimate in adventure seeking as well as peaceful serenity. The delegates and families enjoyed a



Dr. Imran Qureshi receiving the President's award from Dr. Nabile Safdar



Dr. Khalique Zahir receiving the Dr. Ahmad Al Kadi Award



Dr. Irfan Galaria receiving the IMR award.



Dr. Labib Syed receiving the IMR award.



A view of Banquet dinner.



The delegates arriving after long travels.



CME session in progress



Utah city centre, old architecture still preserved with a historic touch



Zion National park, natural beauty to explore!



IMANA delegates at Zion National Park (Ismail Mehr, Maaria Mozaffar, Omar Qureshi and Khalique Zahir & many more).



Dr. Farooque Khan delivering his lecture.



Dr. Ayaz Samdani and Dr. Ismail Mehr with families

historic tour of Salt Lake City and learned all about the rich heritage of the area. The tour began at The Place monument, followed by the Utah State Capitol Building, and then the historic Temple Square.

convention ended on a high note at the annual banquet. The following members were recognized for their service at the banquet:

President's Award -
Dr. Imran Qureshi

El-Kadi Award -
Dr. Khalique Zahir

IMR Award -
Dr. Labib Syed

IMR Award -
Dr. Irfan Galaria

After a fulfilling week, the



Dr. Robert Schneider's lecture received a lot of applause!



Utah city tour.



Our CME keynote speaker, Dr. Robert Schneider, is giving a presentation on the importance of yoga in health care.



Dr. Zaheed Hassan on current trend in Burn care.



Dr. Nabile Sadar, the newly elected President of IMANA.



The ladies night, lecture by Imam Kamini.



CME session in progress.



A view of Banquet dinner, Dr. Parvaiz Malik and others.



Banquet dinner, a wonderful gathering

CONDOLENCE MEETING ON THE ANNIVERSARY OF DR ALY MISHAL, FORMER FIMA PRESIDENT

A remembrance day was held in Amman under the patronage of Lafta society for charitable work to pay homage to the cherished memories of its mentor Dr. Aly Mishal Marhoom. The speakers lauded the commendable charity and medical relief work conducted by the late Dr. Mishal. The speakers also highlighted his memorable services for the poor population of Amman and refugees in their settlements. The also appreciated his role as a global leader of Muslim healthcare professionals as being the President and Executive Director of FIMA (Federation of Islamic Medical Associations).



QURBANI PROGRAM CONDUCTED BY NDF, BANGLADESH IN COLLABORATION WITH PARTNERS.

On the occasion of Eid ul Adha, CSBD in collaboration with FIMA organized slaughter of Qurbani animals and plenty of meat was provided to hundreds of families. Dr. Waliullah, General Secretary of NDF Bangladesh was the organizer. It was a continuation to CSBDs initiative to provide medical and humanitarian support the Burmese families in Cox's Bazar a town some four hours' drive from the Dhaka, the capital city of Bangladesh, which is

presently giving shelter to around one million Muslim refugees from neighboring Burma. IMANA, IMA Malaysia, partners from Egypt,

Pakistan, South Africa, Saudi Arabia and many others have participated in the relief activities in a big way.



IMANI DELEGATE GOES TO GLOBAL CONFERENCE ON PRIMARY HEALTH CARE

Dr. Aqsha Azhary Nur of IMANI Jakarta chapter, presented at the Global Conference of Primary

Healthcare in Kazakhstan. He was chosen to be one of the 21 Young Leaders Network in WHO. IMANI

Primary Care participated in the Primary Healthcare Performance Initiatives (PHCPI).



SOMALIAN YOUNG DOCTORS ORGANIZE BREASTFEEDING AWARENESS WEEK

SOYDA (an associate member of FIMA) launched the Kick of World Breastfeeding Week 1-7 Aug 2019 through provision of outreach awareness campaigns in Mogadishu and Afgooye corridor IDPs. In our project areas as part of scaling up and reaching more IDPs to promote Breastfeeding Week and advocating for and informing people of the economic, environmental, and health implications of promoting optimal breastfeeding.

World Breastfeeding Week is celebrated every year from 1 to 7 August to encourage breastfeeding and improve the health of babies around the world. It commemorates

the Innocenti Declaration signed in August 1990 by government policymakers, WHO, UNICEF and other organizations to protect, promote and support breastfeeding.

This year, WHO, UNICEF and partners are working to promote the importance of family-friendly policies to enable breastfeeding and help parents nurture and bond with their children in early life, when it matters most. This includes enacting paid maternity leave for a minimum of 18 weeks, and paid paternity leave to encourage shared responsibility of caring for their children on an equal basis. Mothers also need access to a parent friendly

workplace to protect and support their ability to continue breastfeeding upon return to work by having access to breastfeeding breaks; a safe, private, and hygienic space for expressing and storing breast milk; and affordable childcare.

Breastfeeding is the best way to provide infants with the nutrients they need. WHO recommends exclusive breastfeeding starting within one hour after birth until a baby is 6 months old. Nutritious complementary foods should then be added while continuing to breastfeed for up to 2 years or beyond.



FREE MEDICAL CAMP CONDUCTED IN IRAQ

Al Razi society for health arranged free medical camp for the first time after the civil war. A large number of patients were attended and given

free treatment. Al Razi society also conducted a visit and free camp in the nearby orphanage and the kids were given gifts and those requiring

medication and checkup were attended by pediatricians.



FIMA MASJID LIFESAVER - A NEW GLOBAL PROJECT OF FIMA. INDONESIA IMA FOLLOWING THE BRITISH IMA MODEL

What do you do if you witness a random person suddenly fell unconscious on the pavement? Do you run away, or seek for help from others? Or, do you approach the person and help him/her instead? So, what is so important about this incident of sudden unconsciousness?

A sudden collapsed person should be first suspected as cardiac arrest, also known as heart attack, a condition when the heart suddenly being malfunctioned with or without prior known history of heart disease. The most common etiology of cardiac arrest is coronary heart disease. There were 295,000 inpatient and outpatient cardiac arrest cases every year in the United States (American Heart Association, 2012). A heart attack is still the number one killer worldwide (WHO, 2008).

The very first step to save a person having a cardiac arrest is to perform CPR (cardiopulmonary resuscitation) regardless any background cause. Cardiopulmonary resuscitation, or also what we recognized as basic life support (BLS), is a procedure to save a person with cardiopulmonary arrest by giving chest compression and/or artificial ventilation through the mouth. When the heart stopped, the blood circulation will also obviously stopped. Our organs, especially the brain which regulates every

detail in our body, will undergo oxygen insufficiency. Without intervention, the patient's survival rate reduces between 7% to 10% every minute (American Heart Association, 2010), and the person can eventually die in 8-10 minutes. The simple act of chest compression aims to keep blood circulating as normal as possible, while artificial ventilation -which will be performed in particular circumstances - help to maintain oxygen supply in the blood.

Cardiac arrest mostly occur in an out-of-hospital setting. Thus, CPR is a crucial skill that should be acquired by every adult person. Unfortunately in Indonesia, CPR is still unfamiliar in layperson. There is no formal institution or government program to train laypersons to conduct CPR.

Indonesian Red Crescent Society or Bulan Sabit Merah Indonesia (BSMI) Jakarta Raya is the relief wing of IMANI (Islamic Medical Association and Network of Indonesia), a non-governmental organization (NGO) aspires to create a safe community by spreading BLS knowledge to empower the lay public in Indonesia. BSMI is proud to hold the Masjid Lifesaver as a medium to disseminate the BLS knowledge and CPR skill for laypersons, particularly for masjid community in Jakarta, Depok, Tangerang, and Bekasi region.

Masjid Lifesaver is a one day training program delivered through lecture and directly observed practical session. The lecture comprises of audio and visual learning material on BLS. Practical skill stations are held in small groups to give each participant a chance to demonstrate their knowledge. Masjid Lifesaver course refers to the latest basic life support guideline by the American Heart Association 2015 which is universally recognized for experienced healthcare workers and laypersons. In this course, participants are expected to understand the principle intervention of BLS and be confident in performing CPR as well as defibrillation using AED (automated external defibrillator) in cardiac arrest person, for both adult and child. The basic knowledge of each participant is tested in the beginning of the course. The post-course quiz result, knowledge and practical skill, will be the evaluation tools for the outcome of the course.

The Masjid Lifesaver program coordinator, Jamaluddin A. et al. from BSMI Jakarta Raya conducted a study on the effect of this training on laypersons knowledge and willingness to perform BLS in Indonesia. There were 247 participants from varied background from 12 mosque communities who participated in





the training. One third of the participants are housewives, and almost half of all participants have bachelor's level educational background. From this study, the significantly improved post-course quiz result is correlated with profession (medical personnel), but not with age and educational background. Overall, 91.2% participants stated the willingness to perform CPR upon the encounter of a heart attack. This contrasts highly from only 57.2% before the training begins. This study shows that CPR training is well accepted and beneficial in improving laypersons' knowledge and willingness to perform basic life support.

There should be a routine course to educate and train people to



perform BLS, as well as to update their skill. We might never know when we ourselves be dependent on another person's CPR skill in the future.

FIMA council in its 36th meeting held in Kampala, Uganda in July 2019 urged all the member IMAs and associates to launch Masjid based life savers programs. BIMA with its rich resource and experience under the able guidance of Dr. Wajid +447779 790324 (WhatsApp) who is nominated as the global coordinator on FIMA's behalf is ready for any assistance and technical support.

Dianjurkan oleh:



Dengan kerjasama:



**Hari Pertolongan
Cemas Antarabangsa
dengan kerjasama
Indonesia, Nigeria
UK & Malaysia*



#FIMAlifesavers #IMAMlifesavers #CPRdiMasjidNegara

LIFESAVERS

*"Selamatkan satu nyawa,
ibarat menyelamatkan umat manusia."*

KURSUS ASAS PERTOLONGAN CEMAS PERCUMA

MELIPUTI TEKNIK CPR, POSISI PEMULIHAN DAN
PERTOLONGAN CEMAS UNTUK DEWASA/BAYI TERCEKIK

MASJID NEGARA, KUALA LUMPUR

Sabtu, 28hb September 2019

8.30am - 1.00pm

TERBUKA
KEPADA SEMUA
LAPISAN MASYARAKAT
TERMASUK OKU



**8/9
August
2020**

40th Annual IMASA CONVENTION 2020

WHERE WILL YOU BE NEXT YEAR THIS TIME?

WHEN?

8th & 9th
August 2020

WHERE?

Durban,
Elangeni Hotel

THEME?

40, 4wd
& 4eva

For more information contact IMASA DURBAN Office:
+27 31 209 7838 - Ext 205 | Imakzn@baytulnur.org.za



REMAINING MESSAGE OF THE PRESIDENT

2019". Before long, Assistant Secretary General of OIC sent a letter of appreciation and expressed their intention and wish to work with FIMA on similar events in the future. As an international partner of OIC, we welcome any combined effort to fast track the response to end HIV/AIDS and we promise to do our best in this regard.

Our Dear Brother, FIMASAC Coordinator Dr. Atallah Ruhaily finally announced good news about FIMA International Student Camp. The 18th International FIMA Student Camp will be organized in Kampala Uganda, between 2-10 January, 2020 inshaallah. The complete and formal announcement will be spread as soon as possible.

One of the flagships of FIMA, Islamic Medical Association of North America, concluded its 52nd Annual Convention in Utah. After a fulfilling week, the convention ended on a high note at the annual banquet. Some IMANA members recognized and awarded for their service at the banquet. You will see a detailed report of the Convention on following pages.

A condolence meeting and a remembrance day for Our Beloved Sheikh and mentor, Dr. Ali Mishal, al-Marhoom was held in Amman last month. It will be so hard to overcome the pain and to get used to his absence. Yet, we find consolation in believing that he is in glory now that he has been bestowed upon Allah's grace. We pray Allah the Almighty to place him in the highest level in Jannatul Firdaus.

A recently adopted FIMA Project, FIMA Life Saver is in full swing now! FIMA Council in its 36th meeting held in Kampala, Uganda in July 2019 urged all the member IMAs and associated members to launch Masjid based life savers programs. British Islamic Medical Association with its rich resource and experience was nominated as the global coordinating body on FIMA's behalf and it is ready for any assistance and

technical support.

Last month, on the occasion of Eid ul Adha, many IMAs under FIMA organized campaigns for slaughtering of Qurbani animals and plenty of meat was provided to thousands of families all over the world. We pray Allah SWT to accept all good deeds from us and guide us to His Rightist Path.

As you all know, 37th FIMA Council Meeting will be organized by PIMA in Islamabad, Pakistan in April next year, in conjunction with the Annual Convention of PIMA. A Scientific Committee of FIMA/PIMA Convention 2020 has already been formed and started to work hard. We pray Allah SWT to make this Convention in Pakistan a great success inshaallah.

Last but not the least you will find news, photos and announcements from several IMA/FIMA activities in Somalia, Indonesia, Malaysia, Bangladesh, Iraq and South Africa in this very issue of our e-newsletter alhamdulillah.

At the end I would like to remind you all our online FIMA scientific journal: International Journal of Human and Health Sciences. For good evaluation reports and acceptance in important indexes we need more readings and citations of published articles in our Journal. Those who are involved with universities and research among our FIMA members, please use our published articles in the reference of your future publications.

We kindly ask all IMAs to send the news and photographs of the activities they perform in their own countries and abroad to the Newsletter Editor Dr. TanveerZubairi at tanveer.zubairi@gmail.com

Wassalam

Prof. Dr. M. Ihsan Karaman
President, FIMA

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