



**1<sup>ST</sup> OCTOBER 2022**

**EVENT NAME:**

**High Yield FRCEM Primary Respiratory Physiology**

**By Dr Faisal Cheema, Dr Ashfaque Sorathia**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Maimona Javaid**

Lecture by dr Faisal was excellent though bit difficult for me as I always find Resp physiology bit tough . Inshallah will revise again so that it becomes more clear . Otherwise lecture was superb . Well explained grateful to dr Faisal and dr ash .

**FEEDBACK # 2**

**Rajab Abbas**

Topic:

**\*RESPIRATORY PHYSIOLOGY BY DR FAISAL\***

IT WAS > 2 hours long session on respiratory physiology followed by pre\_lecture assessment session in which each candidate had to solve BCQs related to the topic and the Dr Faisal given a comprehensive lecture on this topic.

He taught us :

- Lung volumes & Capacities
- Obstructive VS Restrictive lung diseases & their spirometry findings
- Mucociliary clearance
- Lung Compliance
- Gas exchange/ transport
- Gas Laws

- V/Q defects
- Sympathetic & Parasympathetic response
- Hb\_ O2 dissociation curve
- pulmonary receptors
- Control of Respiration

Along with this he also taught us high-yield topics from basic cellular physiology. All the exam orientated and high yield points were discussed in detail in such a short time .

In the End assessment evaluation was carried out and correct answers were explained briefly.

Thank you Dr Faisal for such teaching session

Thank you Dr ASH for arranging these much needed session

### **FEEDBACK # 3**

#### **Noman Ahsan**

Great lecture on Respiratory physiology by Dr.Faisal cheema...to the point and exam based scenarios discussion ...

### **FEEDBACK # 4**

#### **Saba Aslam Khan**

Amazing 🍷

### **FEEDBACK # 5**

#### **Rida Rana**

AlhumdulliAAllah attended an amazing session by Dr Faisal on Respiratory Physiology and Basic Cellular Physiology with respect to topics commonly questioned in MRCEM Primary Exam . Thankyou so much Dr Ashfaque for being so considerate for all the candidates with respect to exam preparation and for arranging such sessions .Dr Faisal undoubtedly clearly highlighted only the relevant points for exam;yet in the most easy to learn pattern . Especially the mock test and its explanation proved to be helpful in understanding about what is questioned .A really really helpful session .

AlhumdulliAAllah on being part of LGEM 😊

### **FEEDBACK # 6**

#### **Ruma Bajwa**

Wonderful session by Dr Faisal cheema It was not just about the lung it includes basic cell physiology too after many yrs reinforcement make me speechless nostalgic I must say great teacher and great mentor spectacular Bless u Dr.faisal for such nice teaching session.....jazakallah khair

Thanks soOomuch

Dr.Ash and LGEM team

### **FEEDBACK # 7**

#### **Syeda Maheen Ejaz**

A very good session thank you dr Faisal. Exam oriented lecture. Mock practice is also very good. Thank you whole team

**FEEDBACK # 8**

**FAIZI Medicare** .

EXCELLENT SESSION BY DR FAISAL ON RESPIRATORY PHYSIOLOGY  
STARTED BY PRE EVALUATION TEST

I HAVE CLEARED MY CONCEPT ABOUT RESPO PHYSIOLOGY TODAY  
WHICH I COULDN'T CLEAR TILL NOW .DR FAISAL ALSO MENTIONED  
HIGH YIELD POINTS OF MRCEM PRIMARY

THANKS DR ASH ANF DR FAISAL FOR AMAZING SESSION

**FEEDBACK # 9**

**Imtiaz Ali Shah**

Another excellent presentation by Dr Faisal regarding Respiratory physiology and cellular physiology. Both of these topics are a bit technical and difficult to understand but the way dr Faisal explained these was outstanding. He started with a mock test and then explanation of these at the end of lectute.

Dr faisal started with Respiratory physiology explaining the lung volumes,obstructive and restrictive lung diseases, gas exchange, haemoglobin dissociation curve ,different gaslaws and many important aspects along with basics of cellular physiology.

It was a great effort by dr faisal which helped us to clear our concepts which were still a bit shaky.

Thanks to dr Faisal for his dedication and support towards London GEM and also dr Ash for providing such a great platform for learning.

**FEEDBACK # 10**

**Farheen Naseem**

This lecture quite clear my concepts of respiratory physiology .before this lecture I'm very low in respo but after getting this lecture I attempted resp bcqs on mrcem success i wonder my score get better then previous score thank u so much dr faisal and Dr Ash u guys blessing from Allah for us may Allah protect u from evil eye and give u more succes in ur lives

**FEEDBACK # 11**

**Syeda Maheen Ejaz**

A comprehensive session. Totally exam oriented covering such a lengthy system in 2 hours is very difficult but Dr. Faisal has done a great job. Thank you so much.

**FEEDBACK # 12**

**Muzna Ahmed**

Very much needed lecture as physio needs thorough discussion to make it palatable and huge thanks to Dr Faisal today that he fulfilled our needs in an excellent way

now im confident enough that with the help of this lecture and self-prep physio will be crackable in exam.

Thanks Dr ASH for bringing such opportunities for us always. Im highly grateful.

#### **FEEDBACK # 13**

#### **Ubaid Ur Rehman Khizir**

EXCELLENT SESSION BY DR FAISAL ON RESPIRATORY PHYSIOLOGY  
STARTED BY PRE EVALUATION TEST

I HAVE CLEARED MY CONCEPT ABOUT RESPO PHYSIOLOGY TODAY  
WHICH I COULDN'T CLEAR TILL NOW .DR FAISAL ALSO MENTIONED  
HIGH YIELD POINTS OF MRCEM PRIMARY

THANKS DR ASH ANF DR FAISAL FOR AMAZING SESSION

#### **FEEDBACK # 14**

#### **Babar Hussain**

Today's session was on Lung physiology and basic cell physiology. It was conducted by specialist for MRCEM exam preparation Dr Faisal cheema. It was a very comprehensive and to the point lecture. Very important for exams preparation. I really like the way Dr Faisal interacts with everyone and teaches and explain everything. Thankyou very Dr Faisal cheema 😊.

In the end I would really extend my gratitude to Dr Ash for always being there and motivating us. Especially for teaching us to ask for 'barkat' in time and always be the upper hand. So he is not only teaching us the course but also guiding us to develop a worthy, good character and a good human being. Thankyou very Dr Ashfaque Ahmed 🤝.

#### **FEEDBACK # 15**

#### **Imran Farooka**

Today's lectures was **FRCEM PRIMARY HIGH YIELD RESP PHYSIOLOGY BY DR FAISAL CHEEMA FRCEM**. First we had a mock exam on respiratory physiology. This was followed by a comprehensive talk on high yeild points like basic respiratory structures and their components, different lung volumes and pressures, interpretation of lung volumes in obstructive and restrictive lung diseases and lung compliance. Concept of gas transfer and different gas lawslike Laplace law and Daltons law were discussed too.we also studied about oxygen hemoglobin dissociation curve, respiratory muscles and control of respiration both centrally and peripheral receptors. Ventillation perfusion match and mismatch was also discussed. Second part was of lecture consisted of talk on basic cellular physiology i.e. concept of osmolality and osmolarity, movement of electrolytes across the membranes, sodium potassium ATPase pump coagulation pathways and symphatic and parasymphatic effects on human body.

This was an excellent lecture by a great teacher. Dr faisal in really an expert in bringing out high yeild points and narrating them in an easy way. I will benefit from

the revision of physiology which will not only help in increasing my knowledge but also enhancing my understanding of respiratory diseases in terms of pathophysiology and interpretation of lung volumes and pressures.

**FEEDBACK # 16**

**Dr. Aleena Rahman**

Amazing session on Respiratory and Cellular Physiology, Dr. Faisal Cheema had prepared a very concise and wholesome lecture on Respirator Physiology, and basics of cellular physiology. These topics were long taught in medical school, but the way Dr. Cheema explained and delivered the lecture was simply outstanding. He taught us in an extremely focused, exam oriented and to the point manner about all the relevant topics. He taught us about lung volumes and capacities, ventilation perfusion ratio, Obstructive and restrictive lung diseases and how to identify them, lung compliance, gaseous exchange and transport, Gas laws, sympathetic and parasympathetic responses. He also covered some basics of cellular physiology, transport of electrolytes, ATPase pump, coagulation pathways, PT vs APTT and many other high yield points for the FRCEM Primary exam. Finally, in the last 20 minutes we discussion the MCQs (pre assessment). Thanks Dr. Faisal and Dr. Ashfaque for arranging such a brilliant lecture.

**1<sup>st</sup> OCTOBER 2022**

**EVENT NAME:**

**Acute Coronary Syndrome & MRCP PACES STATION 5 OSCE by  
DR Nahal Raza**

**Cardiology Registrar UK**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Bushra Khan**

Dr. Nahal presentation was really good! She covered chest pain comprehensively.

CBD was great too by Dr. Ashfaque Ahmed and Dr. Hassan.

Very informative! Learned a lot of things ★

**FEEDBACK # 2**

**Dr.Faisal Abdul Hanan Butt** .

1<sup>st</sup> session of LGEM MRCP programme, on chest pain, presented by Dr. Nahal and Dr. Ashfaque

Dr. Nahal kept it very simple and to the point and she was helpful in answering queries of the participants. Her way of presenting a lecture is very nice.

Dr. Ashfaque discussed a case about aortic dissection and it completely blown my mind, in just few minutes he transferred such immense amount of important

information which we never knew before and especially the add-RS scoring for aortic dissection.

Learn a dozen of new things from both Dr. Nahal and Dr. Ashfaque, due to this lecture and case discussion. Overall, session was very interactive and student/participant friendly, and the best part is no one scolds you or judges you for giving wrong answer. Thank you LGEM.

**FEEDBACK # 3**

**DrMuhammad Akber**

Was a very informative session looking for future session like that

**FEEDBACK # 4**

**Sidra Asad**

It was a great session by Dr. Nahal. I have learnt all the basic knowledge as well as all the important points related to exam and real life scenarios. Also, it was an organized interactive session, which not only brain stormed my mind but also addressed all the problems I have been facing in my medical academic years. I have learned all the latest NICE guidelines related to this topic and the graphic presentations (flowcharts) were also so helpful. I am grateful to be part of this course and i am looking forward to learning all the systems by specialist doctors already working in NHS UK.

**FEEDBACK # 5**

**Suhail Ahmed**

A really nice session by Dr. Nahal. It was not on my exam oriented but also very important for our practice.

As usual, a great CBD by Dr. Ash and I learned ADD-RS scoring system to rule out Aortic dissection along with Chest pain plus symptoms.

Look forward for more.

**FEEDBACK # 6**

**Ghulam Saddique Saddique**

It was a awesome session presented by Dr. Ashfaque and Dr. Nahal .

Dr. Nahal made chest pain simple as possible especially elaborating history and its relevant points.

Dr. Ashfaque discussed a case about aortic dissection especially how you can detect on ECG the most integral part that was a real pearl for me. Although, I was facing internet problem and voice distortion. All I can say, it was awesome session.

**FEEDBACK # 7**

**DrShafik Zaid**

Dr. nahal thank you so much it was informative and covering all aspect all most of reaching to catch chest pain though it was simple but some keys words are miling stone we feel like true physician God bless u all

**FEEDBACK # 8**

## Sadia Abbasi

Great session by Dr. Nahal and with Dr. Ash, I have learned many new things today and surely help in my practice. Thanks Dr. Ash

### FEEDBACK # 9

## Gdmas Malik

Respected sir, the lecture delivered by Dr. Nahal Raza was very engrossing and attractive. She explained the topic and took in all aspects of the acute heart failure and inculcated us the full complete picture. She defined acute heart failure aetiology e.g. ischemia, postpartum cardiomyopathy. Hypertension, arrhythmia. myocarditis, endocarditis, viral and bacterial causes She also delineated the systolic and diastolic heart failure she also talked about right and left heart failure. . Right heart is mainly affected by tricuspid stenosis, pulmonary stenosis, TR, and PR, COPD, interstitial lung diseases, sarcoidosis, Amyloidosis, Dilated cardiomyopathy, Rheumatic fever, that cause TR, TS, PR and PS. She also talked about left heart failure, what causes it she enumerated the list. e.g. ischemic cardiomyopathy, Dilated cardiomyopathy, Rheumatic heart disease, Hypertensive cardiomyopathy, Amyloidosis, sarcoidosis, constrictive pericarditis,, myocarditis, endocarditis, connective tissue diseases, Ehler Danlos syndrome, MARFAN SYNDROME, REUMATOID DISEASE, .

DR NAHAL RAZA elaborated the clinical picture, e.g. fatigue, dyspnoea, orthopnea, cough, Ankle oedema, ascites, jugular vein distention and liver congestion especially in Rt heart failure, cyanosis, pump failure may also cause pulmonary oedema, and chest congestion, that cause cough,

Investigation that should be undertaken are ECG, X-RAY chest, Echocardiography, angiography and viability scan for ischemia.

Treatment plan should be sorted out to ameliorate the conditions e.g. Diuretics, ACE inhibitors, B blockers, Nitroglycerin, and treatment of the underlying cause, prevention, salt restrictions. Water restrictions if excessive chest congestion,.

She taught in a comprehensive way. We learnt much more regarding Acute heart failure.

I am very thankful to respected Dr Nahal Raza for her comprehensive lecture.

Our great respected professor Ashfaq Ahmad at the end presented a very conspicuous case scenario, which instilled in our minds a new spirit and idea how to perform during viva voce in MRCP exam, I learnt how to introduce myself e.g. my name is Dr. Abdullah and I am senior registrar, and would you please tell me your good name and age. and then proceed further.

Our honorable mentor cleared the complexity and imparted us the knowledge how to perform properly. I am very thankful to my great mentor professor Ashfaq Ahmad for his dazzling delivery of compendium regarding exam.

Dr. Gul Nawaz Khan Wazir

### FEEDBACK # 10

## **DR Sonia Syed**

### **Feedback for DR NAHAL:**

Dr. Nahal's method of elucidating the topics of chest pain is highly commendable. The emphasis of her taking patient's history will prevent diagnostic medical errors unequivocally. The slides on both topics were comprehensive and formatted in an eye catching way. I appreciate her diligent work and utilization of verbatim report of NICE guidelines.

Well done!

### **Feedback for DR ASH:**

I am amazed by the ability of DR Ash to construe logic from atypical presentations of patients and treat the patients accordingly. Your scrupulous attitude is highly appreciated as it will benefit us in the preparation for MRCP exams. I look forward to learning new skills under your supervision.

Highly appreciated work!

Kind regards,

Dr. Sonia Syed

### **FEEDBACK # 11**

## **DR Ayesha Siddiq**

Amazing lectures by DR Nahal on chest pain precisely explained and covered all important aspects of topics

Thanks DR Ash for OSCE preparation at the end and your amazing way of teaching!!!

### **FEEDBACK # 12**

## **DR Zeeshan ayaz**

### **Feedback for DR NAHAL:**

Lectures of DR Nahal were very well organized and she made it sure to keep everyone interactive. Her lectures were very precise and to the point and can easily be co-related clinically.

### **Feedback for DR ASH**

I am surprised and pleased to see that DR ash is attending every session from start to finish even though other tutors are teaching. The end OSCE session is like cherry on top because DR ash summarizes everything and also adds some points that we missed.

### **FEEDBACK # 13**

## **DR Sidra imdad**

### **Dr Nahal**

Attended lecture on chest pain. What an amazing speaker u r.... Making the most difficult topics so easy... She kept on engaging us so we don't get distracted.... Both lectures were very well organized and to the point. Thank you for putting so much efforts and making things so understandable to US....

### **FEEDBACK # 14**



### **DR Erman faroza**

I would love to appreciate the efforts of DR. Nahal that how beautifully she delivered the core knowledge to us and DR. Ashfaque as well the OSCE scenario was brainstorming. DR Nahal made a difficult topic into easy one. Overall it was Very informative session with lots of basics correction done.

### **FEEDBACK # 15**

### **DR Neelam zehra**

The lecture was superb. It was like she's aligning the knowledge we already knew in our minds beautifully that we won't go back to our ways now. Her words keep popping in mind whenever a history is taken. I am really glad to be a part of this program. Covering every detail answering every question asked she did a wonderful job. She's so energetic that she grasps continuous attention and I didn't even realize where the last hour went.

OSCE session with Dr. Ash it was mind jolting I don't think I am ever going to forget chest pain plus symptoms and Aortic dissection.

### **FEEDBACK # 16**

### **Dr. NASIR HAYAT**

Q1: How you felt?

I learned new treatment & the session was very interesting, amazing and interactive.

Q2: How the tutor delivered?

The lecture was nice very smoothly run with no distractions and very focused and up to date, respond to our feedbacks and queries immediately.

Q3: what you learnt?

OSCE station how to approach to crack it on exam, diagnosis Aortic dissection

Q4: will change your practice?

Surely and definitely when the approach of sir Dr. ash is applied by his students it will change the practice and pts will be definitely happen and will be satisfied from his doctor

Q5: Other compliments?

Proud to be part of London GEM MRCP programme and under the training of my mentor and supervisor sir Dr. Ash highly recommended to the Doctors to join it so they learn the safe approach to patient, to be skillful, competent, confident, best and role model Doctor for others.

### **FEEDBACK # 17**

### **Dr. Mohid Kannan**

The session was educational and started with clinical classification of acute chest pain. The importance of taking History was highlighted and got to know about ICE questions which will be help us in the PACES exam as well.

At the end of session, Dr. Ash did OSCE related to Aortic dissection and got to know about ADDR criteria and one of our LGEM MRCP candidates presented the case regarding Chest pain management. Look forward to the next sessions.

**FEEDBACK # 18**

**Dr.Arshad Ali khan**

Wonderful presentation on acute chest pain by Dr. Nahal, especially by flow charts in presentation, she hid sea of knowledge in there flow charts. With help of these charts we can learn so many things in short time.

Once again thanks to our respected @Dr. Ash MRCP Programme that they enable to teach us UK pattern new knowledge and ideas by online lecture. Sir we are expecting more than this.

**2<sup>nd</sup> OCTOBER 2022**

**EVENT NAME:**

**High Yield FRCEM PRIMARY CVS & Cellular physiology by  
DR FAISAL**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Syeda Maheen Ejaz**

A very good session thank you Dr Faisal. Exam oriented lecture. Mock practice is also very good. Thank you whole team

**FEEDBACK # 2**

**Maimona Javaid**

Wonderful lecture by dr Faisal. In so much details. CVS is always quite interesting and bit tough however revision again and again can make it much easier . Extremely grateful dr Faisal for focusing all imp topics in cvs . Thankyou dr ash for this wonderful faculty.

**FEEDBACK # 3**

**Noman Ahsan**

Thanks Dr Faisal cheema for yet another great lecture on CVS physio..very concise, to the point and exam oriented with detail explanation of every single slide made it easy to remember and recall..

**FEEDBACK # 4**

**Babar Hussain**

A very comprehensive lecture on Cardiovascular physiology by Dr. Faisal cheema. Totally exam oriented. Thank you very much for the wonderful session and sharing the recalls. Thank you very much Dr. Ashfaque Ahmed for arranging such a wonderful session.

**FEEDBACK # 5**

### Muhammad Azeem Imran

We are running out of ideas for way forward to pass MRCEM Primary in first attempt. I must appreciate Dr Ash's effort for arranging These High yield lecture series to have fast track preparation. Thank you very much for Dr Faisal Cheema for your hard work and dedication to LGEM students making best of your efforts coming up with such high yield lectures. we are proud of you. keep up the amazing work. we are proud of you 🍌. Thanks Dr Ash , and his team esp Dr Faisal Cheema. . Proud to be a part of London Global Emergency Medicine Programe by Dr Ash.

#### FEEDBACK # 6

### Rida Rana

Alhamdulillah attended another exam oriented session by Dr. Faisal, in which he elaborated the most important commonly asked concepts with respect to CVS and Basic Cellular Physiology. It was truly formulated in the most easy to learn pattern .Also the pre-test and it explanation proved to be helpful as it was based on other concepts that are questioned yet missed out by the candidates. Thankyou Dr. Ashfaque for arranging such session and being so considerate about us

Alhamdulillah on being part of LGEM 😊

#### FEEDBACK # 7

### Gdmas Malik

The session was very informative and engineering. Dr. Faisal delicately highlighted the important points of CVS physiology. He explained the actions potential, volume, heart cycle and pressure differences in the cardiovascular system. He also taught us the FRCEM questions and resoled the confusion encounter during MCQ's. As a whole it was a very great informative session. Our great respected professor Ashfaque Ahmad also enrich the session with his beautiful contribution. I am very thankful to my Excellency sir and pray for his bright success.

Dr. Gul Nawaz khan Wazir

#### FEEDBACK # 8

### Muhammad Abubakar

Another great lecture by Dr. Faisal Mahmood Cheema on the CVS physiology, he has unique ability to cover all the aspects according to the exam and another unique thing is the mock he usually takes before lecture so that we can assess our level.

#### FEEDBACK # 9

### Abid Marwat

Amazing session and blessed to be part of it. Clear the concepts of many tangled topics. Great job Dr. Cheema and Dr. Ashfaque Ahmed

#### FEEDBACK # 10

### ناصر فاطمه

Another amazing lecture... Basics are always dry.. Thanks for boosting our up for detailed review.. It really helped a lot 😊

**FEEDBACK # 11**

**Muzna Ahmed**

Dr Faisal again at his best today leading the difficult topic of CVS physiology like a true expert skilled leader and gave us brain storming session. Most of the queries got solved and it will be easier in revision and solving questions these sessions are the cornerstone of success in exam.

Huge thanks to Dr. Faisal and Dr. Ash for coming in rescue and saving us all falling down.

**FEEDBACK # 12**

**Phota Ram**

Amazing lecture by Dr. Faisal about CVS physiology basics, covered most important topics of CVS cardiac cycle, ECG and Axis, heart block, murmurs, frank starling law, CVP, JVP waveform, atrial baroreceptors etc. all topics are exam oriented well explained by Dr. Faisal

**FEEDBACK # 13**

**Qaisar Shah**

An excellent 2 hours session done by Dr. Faisal cheema about CVS Physiology & cover all important topics related to FRCEM PRIMARY CVS Physiology.

Dr Faisal covers cardiac cycle, isovolumic contraction & relaxation, intracardiac pressure values, CVP, cardiac electrophysiology, SA- nodal action potentials, ECG's Basics, Axis, Heart blocks, Murmurs, Ischemic changes, Frank starling mechanism & their relation to Pulmonary oedema etc. & after that he explained the pre lecture MCQs.

I am really thankful to Dr. Faisal & Dr. Ash for this amazing high yield session.

**FEEDBACK # 14**

**Rajab Abbas**

Topic:

**\*CARDIOVASCULAR PHYSIOLOGY BY DR FAISAL\***

IT WAS > 2 hours long session on cardio vascular physiology followed by pre\_lecture assessment mock test in which each candidate had to solve BCQs related to the topic and the Dr Faisal given a comprehensive lecture on this topic.

He taught us :

- Cardiac cycle
- Action potential in cardiac muscles
- ECG changes and JVP waveform corresponding to events of cardiac cycle
- Cardiac Axis
- Heart block
- Capillaries pressure & CVP,

types of capillaries and  
their function

- conduction pathways &

Pacemakers

- ECG ischemic n Infarction

changes

- Heart Murmurs

- Frank starling mechanism

- Baroreceptors

Along with this he also taught us high-yield topics from basic cellular physiology.

All the exam orientated and high yield points were discussed in detail in such a short time .

In the End assessment evaluation was carried out and correct answers were explained briefly.

Thank you Dr Faisal for such teaching session

Thank you Dr ASH for arranging these much needed session

**FEEDBACK # 15**

**Wajahat Khan**

Very much impressed by this session conducted by Dr Faisal Cheema on Cardiovascular physiology, although its about 2 hrs session but we never get distracted even once, he made these sessions very interactive and exam oriented, how things will come in exam, which things u have to cover, which topic u have focus more, all these guidance were provided brilliantly by Dr Faisal Cheema, today highlights were:

- \*Correlation between action potential of cardiac cells and jvp waveforms alongwith ecg changes

- \* Conduction pathways and its abnormalities

- \*Normal and abnormal Heart sounds

- \* Frank starling mechanism

- \* Baroreceptors

I must thank Dr Ashfaque Ahmed and Dr Faisal Cheema for these amazing sessions and making our preparation towards exam very much easier 😊

Regards: Dr Wajahat Khan ~proud GEM TRAINEE

Apologies for late feedback!

**FEEDBACK # 16**

**Imtiaz Ali Shah**

Today another two hours session by Dr Faisal regarding cvs physiology was carried out covering almost all important aspects of cvs physiology. It was an amazing presentation leading to understanding of different tricky topics whichwere a bit hard to understand and remember.

He started with a mock test followed by explanation of following topics like  
Cardiac cycle and action potential.

ECG changes and JVP.

Cardiac Axis and Heart blocks.

Capillaries pressure and CVP.

Types of Capillaries and their functions.

Pacemaker and conduction pathways.

Baroreceptors and Frank-Starling mechanism.

At the end he explained the questions asked in mock assessment.

The whole session was amazing and full of learning points.

Thanks to Dr Faisal and Dr Ash for providing us such a great platform for learning.

**FEEDBACK # 17**

**Syed Suhail Ahmad**

An excellent exam oriented session on High Yield FRCEM PRIMARY CVS & Cellular Physiology by Dr. Faisal Cheema. Starting from mocks and covering important high yield topics. This coupled with recalls would be very helpful for all candidates appearing in MRCEM Primary Exam. 🙌🙌🙌

**FEEDBACK # 18**

**Rizwan Ullah Siddiqui**

Another Wonderful Lecture by Dr Cheema, This lecture not only given insight of Physiology but also indicated the high yield exam oriented stuff. His lecture was an Eye opener for me as I was taking Physiology easy, But after the Lecture I need to work harder in this section of exam.

Many Thanks again for Magnificent lecture, Especially Waveform pattern explanation and Axis deviation Concept.

Thanks Dr Ash and Dr Cheema.

**FEEDBACK # 19**

**Javeria Wali**

Today's 2 hours long session on cardiovascular physiology by Dr Faisal was really comprehensive with exam oriented key points explained wonderfully. Cardiac cycle, Action potential in cardiac muscles, ECG changes, JVP waveform corresponding to events of cardiac cycle, deviation of Cardiac Axis, Heart blocks and murmurs, CVP, Frank-Starling mechanism and atrial Baroreceptors alongwith basic cellular physiology was explained and understood by all.

In the End pre assessment questions were discussed in detail and each topic explained to every student's satisfaction.

**FEEDBACK # 20**

**Rabiyah Bashir**



A very precise lecture to cover CVS ...

Very interesting mock exam ...

Thankyou dr faisal and dr Ashfaque Ahmed for this session ❤️...

Regard for London Global Emergency Medicine team

#### **FEEDBACK # 21**

#### **Hk Danish**

Great lecture by DR Faisal Cheema on CVS physiology . Sir arranged MCQS before lecture then thought us in details about cardiac cycle , basics of ECG , cardiac axes , heart blocks , heart murmurs . This lecture cleared alot of questions in my mind and i love the way Dr faisal teaches . He also answered and explained the MCQS in the end , which will help us in future exams

#### **FEEDBACK # 22**

#### **Aab e Gum**

Second session for primary revision by Dr Faisal was as amazing as the previous one, we revised CVS and cell physiology. It was loaded with all the high yield points that one might need for the exams. Just revising this class before exam will be enough to cover these topics. We learned Frank Starling graph, cardiac action potential, baroreceptors, ECG, cardiac cycle, JVP waveform, heart blocks and so much more. Like always, we had a mock test at the beginning and detailed discussion of all the answers at the end. Sir's way of teaching allows us to analyse ourselves and improve our shortcomings. Thankyou Dr Faisal and Dr Ash for your efforts and time. A Proud GEM trainee

#### **FEEDBACK # 23**

#### **Farheen Naseem**

An other treasure box of knowledge open by Dr faisal mehmoode cheema he nicely briefly and easily taught us cvs and cellular physiology I learn it before but not like this which our mentor dr faisal taught us in this session its very help full regarding frcem primary no words and praise can beat our mentor dr Ash Dr faisal mehmoode efforts of day night to teach us under the guidance of both of them we all gem will clear frcem primary attempt inshaAllah

#### **FEEDBACK # 24**

#### **Dr. Aleena Rahman**

Another amazing session on CVS and Cell physiology, Dr. Faisal Cheema's manner of teaching is to the point, never boring and very targeted. No doubt this session was helpful for the exam as this was an exam-oriented session. But some of the concepts were taught to me in medical school, and since then I have struggled to get the grasp of them. Dr. Cheema's class made me understand those concepts very well. We studied CVS, and I have always dreaded cardiovascular system in medicine. However, after today's class I changed my mind. Many high yield exam points were discussed today. Basics of ECG, waveforms, heart murmurs, heart blocks, baroreceptors and Frank Starling mechanism were some of the topics I had difficulty

in understanding before. Today, I got to grasp the concept really well. We were also taught about cardiac axis, and ECG changes in Infarction. Overall, a superb lecture was delivered today and not a single minute was boring. Finally, in the last 20 minutes we discussed the MCQs (pre assessment). They enhanced my concepts further. Thank you Dr. Faisal and Dr. Ashfaque for arranging such a brilliant lecture once again

**FEEDBACK # 25**

**Babar Hussain**

Today's session was on Lung physiology and basic cell physiology. It was conducted by specialist for MRCEM exam preparation Dr. Faisal cheema. It was a very comprehensive and to the point lecture, very important for exams preparation. I really like the way Dr. Faisal interacts with everyone and teaches and explain everything. Thanks Dr. Faisal cheema 😊.

In the end I would really extend my gratitude to Dr. Ash for always being there and motivating us. Especially for teach us to ask for 'barkat' in time and always be the upper hand. So he is not only teaching us the course but also guiding us to develop a worthy, good character and a good human being. Thanks Dr. Ashfaque Ahmed 🙏.

**FEEDBACK # 26**

**Noman Ahsan**

Great lecture on Respiratory physiology by Dr. Faisal cheema...to the point and exam based scenarios discussion..

**FEEDBACK # 27**

**Nasir Hayat**

Very lovely presentation by Dr. Faisal cheema with details explanation and basics practical knowledge for ER physician to get hold on it

**FEEDBACK # 28**

**Shehzad Hussain**

Thanks Dr. Faisal n Dr. Ash for wonderful session on Respiratory n cellular physiology, it's much needed and awaited topic for MRCEM Pri exam, it has given compressive grip on respiratory and cellular physiology, many concepts cleared. Thank u Dr. Faisal and Dr. Ash for comprehensive lecture on respiratory n cellular system.

**FEEDBACK # 29**

**Salman Ilahi**

Great session I really like the way respected Dr. Faisal cheema showers the knowledge upon us. Leant new things and pearls of medicine

**FEEDBACK # 30**

**Muhammad Yameen**

One more amazing session by Dr. Faisal Cheema about high yield CVS physiology The session was to the point and exam oriented.



Thanks a lot Dr. Faisal for the wonderful session.

Special Thanks to Dr. [Ashfaq Ahmad](#) for bringing amazing tutors on board and also attend the whole lecture with us.

Hats off to your dedication sir

### **FEEDBACK # 31**

#### **Ubaid Ur Rehman Khizir**

2nd GREAT SESSION on CVS physiology by Dr. Faisal cheema he highlighted the high yield points regarding MRCEM primary exams and also gave conceptual overview of high yield topics CVS

Last session was also amazing when I revised MCQ's of respiratory yesterday it looked I know all of them because they were highlighted in last lecture

Thanks Dr. Ash and Dr. Faisal for making MRCEM primary so easy by arranging such sessions of preparation

### **FEEDBACK # 32**

#### **Mina Khan**

Dr. Faisal never let his explanations to be even near to average, he always come up with the best explanations and examples with tips for exam. I am so grateful to have him as a mentor and learn from him. I Hope that none of my mentors Dr. Faisal and Dr. Ashfaq hard work ever go in vain.

.JazakAllahu khairan kaseera

### **FEEDBACK # 33**

#### **Zia Hayat**

Amazing lecture gave by Dr. Faisal explaining the basic and high yield knowledge about cardiovascular system. Thanks Dr. Ash for arranging this important and challenging topic.

**2<sup>nd</sup> OCTOBER 2022**

### **EVENT NAME:**

**Acute Heart Failure & MRCP PACES OSCE by DR NAHAL RAZA  
Cardiology Registrar UK**

### **DOCTORS FEEDBACK**

#### **FEEDBACK # 1**

#### **Gdmas Malik**

Today was out first red-letter day of initiation of MRCP course by our great honorable sir prof Ashfaq Ahmad who cherished such a great programme for our Pakistani doctors. We seated here in Pakistan and has joined such a great accredited post graduate specialty training which seems a dream and unbelievable. Our great sir made unattainable things easily achievable. It up to us how we can perform and avail this golden opportunity

Today was an amazing session contemplated by Dr. Nahal Raza who delivered her compendium regarding acute heart failure and interpreted in a very handsome way. She took in all the aspects of acute heart failure. She taught us in very absorbing way .we learnt a lot about aetiology , presentation, investigation, and management of acute heart failure.

Our great prof Ashfaque Ahmad re-enforced at the end the important inter relationship of the case scenario which instilled in minds the essence idea of OSCE and case interpretation I learnt that how one should introduce oneself e.g. I am senior doctor working as a registrar would you please, tell me your name and age then proceed further . It was very handsome presentation. We learnt a lot.

I am very thankful to our honorable sir professor Ashfaque Ahmad for his great endeavors and unprecedented contribution.

### **FEEDBACK # 2**

#### **Gdmas Malik**

Respected sir, the lecture delivered by Dr. Nahal Raza was very engrossing and attractive. She explained the topic and took in all aspects of the acute heart failure and inculcated us the full complete picture .She defined acute heart failure aetiology e,g ischemia, postpartum cardiomyopathy. Hypertension, arrhythmia. myocarditis, endocarditis, viral and bacterial causes She also delineated the systolic and diastolic heart failure she also talked about right and left heart failure. . Right heart is mainly affected by tricuspid stenosis, pulmonary stenosis, TR, and PR ,copd interstitial lung diseases ,sarcoidosis, Amyloidosis, Dilated cardiomyopathy, Rheumatic fever ,that cause Tr ,TS,PR and PS . She also talked about left heart failure ,what causes it she enumerated the list. E.g. ischemic cardiomyopathy, Dilated cardiomyopathy, Rheumatic heart disease, Hypertensive cardiomyopathy, Amyloidosis, sarcoidosis, constrictive pericarditis,, myocarditis, endocarditis, connective tissue diseases, Ehlar Danlos syndrome, MARFAN SYNDROME, REUMATOID DISEASE, .

DR NAHAL RAZA elaborated the clinical picture, e.g. fatigue, dyspnoea, orthopnea, cough, Ankles oedema, acites, jugular veinus destention and liver congestion especially in Rt heart failure, cyanosis , pump failure may also cause pulmonary oedema, and chest congestion, that cause cough ,

Investigation that should be undertaken are ECG, X-RAY chest, Echocardiography, angiography and viability scan for ischemia.

Treatment plan should be sort out to ameliorate the conditions e.g. Diuretics, Ace inhibitors, B,blockers, Nitroglycerin, and treatment of the underlying cause , prevention, salt restrictions. Water restrictions if excessive chest congestion,.

She taught in comprehensive way .we learnt much more regarding Acute heart failure.

I am very thankful to respected Dr. Nahal Raza for her comprehensive lecture.

Our great respected professor Ashfaque Ahmad at the end presented a very conspicuous case scenario, which instilled in our minds a new spirit and idea how to perform during viva voce in MRCP exam, I learnt how to introduce myself e.g. my name is Dr. Abdullah and I am senior registrar, and would you please tell me your good name and age .and then proceed further.

Our honorable mentor cleared the complexity and imparted us the knowledge how to perform properly .I am Very thankful to my great mentor professor Ashfaque Ahmad for his dazzling delivery of compendium regarding exam .

Dr. Gul Nawaz khan wazir

### **FEEDBACK # 3**

#### **Bushra Khan**

The first weekend with London Gem

Dr. Nahal's both lectures very spot on.

Love the acute cardiac failure lecture. The slides were so comprehensive. She made a difficult topic into a very easy to understand topic. As a non-emergency doctor and having experience of Haematology, Geriatrics and Rehab, I don't get to deal with most emergencies like Aortic Dissection and acute heart failure and this course is giving me that opportunity. Thank you so much for that★

Dr. Ashfaque experience speaks for itself ★

### **REPLY:**

#### **London Global Emergency Medicine**

Bushra Khan thanks for appreciation, its pleasure to have you on this course

### **FEEDBACK # 4**

#### **Dr.Faisal Abdul Hanan Butt .**

2nd session of LGEM MRCP PROGRAMME conducted on 2nd October 2022 was on Acute Heart Failure, Presented by Dr. Nahal.

Dr. Nahal taught very precisely. Her way of presenting a lecture is very interesting by making use of figures and tables. She keeps the lecture very interactive and answers our questions very kindly.

Dr. Ashfaque gave a brief OSCE Scenario (Infective Endocarditis) and emphasis on proper history taking and importance of basics. He always gives us a right direction to follow.

Thankyou Dr. Ashfaque, Dr. Nahal, LGEM Team.

### **FEEDBACK # 6**

#### **Sidra Asad**

I am glad to be part of the 2nd lecture by Dr. Nahal

Overall, i have learned a lot by this lecture. Although acute heart failure is a vast and a very difficult topic, but this lecture has cleared all my concepts. There were some new points in the lecture like role of NIV for HF which was well explained. Moreover, the case presentation at the end of session was not only very informative

but was well explained by Dr. Ashfaque. He has highlighted the common mistakes we do while taking history and the most important things we miss in history

**FEEDBACK # 7**

**Ghulam Saddique Saddique**

Wonderful presentation delivered by Dr. Nahal on acute heart failure and OSCE scenario conducted by Dr. Ashfaque was really amazing.

**FEEDBACK # 8**

**Beenish Naveed**

Another high yield topic done by Dr. Nahal in her super style of teaching, and she helped us understand the core of heart failure with not only its treatment but its causes to understand and treat the underlying cause as well. It will help me in making decision in clinical setting in future, the lecture clear all doubts about how to approach the patient of heart failure and understand the underlying condition which is actually causing symptoms to patient.

Case discussion done by Dr. [Ashfaque Ahmed](#) was cherry on top and he discussed the diversity and real scenario based approach which opens the new ways of learning. Indeed his knowledge is helping us with every passing learning session. God bless you sir

**BELOW FEEDBACKS FROM WHSATSAPP GROUP: (LONDON GEM MRCP)**

**FEEDBACK # 9**

**DR Erman faroza**

I have got the idea that how important to have a good history skills and even a single missed question can lead you towards wrong diagnosis. Lecture were really informative the way you explained details through tables and figures were easy to learn and thanks a ton to DR Ash that in spite of his busy schedule he remained online in every session and guide us OSCEs/Case Based Discussions as well.

Thank you so much

**FEEDBACK # 10**

**DR Neelam zehra**

Acute heart failure was taught so beautifully that she made its diagnosis and management so easy that I can confidently do it now. The lecture was brilliantly delivered.

**FEEDBACK # 11**

**DR Sidra imdad**

Attended your lecture on heart failure, what an amazing speaker u r.... Making the most difficult topics so easy... She kept on engaging us so we don't get distracted.... Lecture were very well organized and to the point. Thank you for putting so much efforts and making things so understandable to us.

**FEEDBACK # 12**

**DR Zeeshan ayaz**

**Feedback for DR NAHAL:**

DR Nahal lecture were very well organized and she made it sure to keep everyone interactive. Her lectures were very precise and to the point and can easily be co-related clinically.

**Feedback for DR ASH**

I am surprised and pleased to see that DR ash is attending every session from start to finish even though other tutors are teaching. The end OSCE session is like cherry on top because DR ash summarizes everything and also adds some points that we missed.

**FEEDBACK # 13**

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Acute heart failure is another lengthy topic which she delivered so smoothly and made it so understandable in such short time.

And the end OSCE interacting session by Dr. Ash was amazing.

Thank you to both the Doctors for putting on so much effort!

**FEEDBACK # 14**

**DR Muhammad**

I must say Dr. Nahal way of teaching has ability to make everything understand so smoothly and quickly. Especially flow charts have made learning so much easier and easy to memories. She made our concepts clear and concise. And everything she made us learn was according to the updated guidelines of NICE. I really appreciate her efforts she made on slides and everything was updated according to new guidelines.

The end OSCE session I feel like is the best part because it summarizes everything and Dr. Ash always added some important targeted points that we usually miss. Discussed OSCE regarding history taking and it was something I've never thought of adding it to a point of history so it was very knowledgeable.

**FEEDBACK # 15**

**DR Ghazala sheikh**

Dr. Nahal Raza taught us all the aspects regarding heart failure covering in a precise time with a lot of the information/guidelines. Very thankful to our mentor @Ash Bhai under his supervision I feel MRCP journey much more productive and programmed. Someday inshallah our dreams to work in UK will be completed.

Thanks a lot Dr. Ash for initiating such a great work for Pakistani doctors 🙏

**FEEDBACK # 16**

**DR Ayesha siddiq**

Amazing lectures by Dr. Nahal on acute heart failure precisely explained and covered all important aspects of topics

Thanks Dr. Ash for OSCE preparation at the end and your amazing way of teaching!!!

**FEEDBACK # 17**

**DR Sonia syed**

**Feedback for DR NAHAL:**

Dr. Nahal's method of elucidating the topics of acute heart failure is highly commendable. The emphasis of her taking patient's history will prevent diagnostic medical errors unequivocally. The slides on topic were comprehensive and formatted in an eye catching way. I appreciate her diligent work and utilization of verbatim report of NICE guidelines.

Well done!

**Feedback for Dr ASH:**

I am amazed by the ability of Dr. Ash to construe logic from a typical presentation of patients and treat the patients accordingly. Your scrupulous attitude is highly appreciated as it will benefit us in the preparation for MRCP exams. I look forward to learning new skills under your supervision.

Highly appreciated work!

Kind regards,

Dr. Sonia Syed

**FEEDBACK # 18**

**Dr. Mohid Kannan**

Date and Time of lecture: October 2nd, 2022(Sunday) 4pm PKT

Topic: Acute Heart Failure and MRCP PACES by Dr. Nahal and Dr. Ash.

To Dr. Nahal:

Your teaching methods are great and good quality. Very clear and concise, and you've shown your commitment and put in so much of your time and effort.

You made this topic easy by distinguishing from cardiomyopathy, acute or chronic and its management. The session covered almost all the high yield points related to acute heart failure as per NICE guidelines.

Dr. Ash:

At the end of session, scenario based History taking interaction b/w Dr. Ash and dr. Sohail was great and what we can expect in the real exam.

All over it's a good experience and very helpful. Very informative session and a lot of learning from their clinical experiences as well

**FEEDBACK # 19**

**Dr. ARSHAD ALI KHAN**

Date of lecture : 2nd October

Topic: Acute heart failure

My feedback

Wonderful presentation on acute heart failure by Dr. Nahal, especially by flow charts in presentation, she hid a sea of knowledge in there flow charts. With help of these charts we can learn so many things in short time..

Once again thanks to our respected @Dr. Ash MRCP Programme that they enable to teach us UK pattern new knowledge and ideas by online lecture. Sir we are expecting more than this.

SIR we will be very thankful if u provided us recorded lecture and PPT.

**2<sup>nd</sup> OCTOBER 2022**

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**5<sup>th</sup> OCTOBER 2022**

**EVENT NAME:**

**FRCEM PRIMARY RAPID**

**REVIEW WITH**

**DR ASH**

**CLINICAL Pharmacology**

**SESSION 1**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Abrar N. Syed**

An Excellent Session yet Again but the best part was that it Covered so much of that Golden Stuff which You need to know in Exams but specially in Practical Clinical Sessions.

Both Gastro n Cardio Pharmacology was done with so indepth analysis that it will definitely change the thought process when prescribing meds in Er

Thank u Dr Ash

**FEEDBACK # 2**

**Rabia Humayun**

FRCEM Primary Marathon With Dr Ash Session 1

What an amazing and truly appreciateable session by our beloved Mentor..

Thanks Dr Ash for letting us in on the ways you prepared for your exams and how you go through the basic books.

Thanks for this information packed session; it gave us a true insight of the areas we lack and how to effectively work on them.

Your guidance as to how to study, in pharmacology, what is important and what will be asked is indeed a huge deal for candidates like us who want to give the exam.

All the important stuff you discussed today; let it be antiemetics and their receptors, PPIs, the use of adenosine, calcium chloride vs calcium carbonate and their use in cardiac arrest or the use of labetalol in type B aortic dissection, each point was delivered in a manner that I for one won't be able to forget it all my life.

Thanks for the hard work and the all the early mornings you put in for us..

A true mentor in every way possible..

Thanks!!

### **FEEDBACK # 3**

#### **Syeda Maheen Ejaz**

Amazing amazing session a lot of new learnings for me take home is Ppi, how comonly we prescibed without realising its adverse outcome, amiodarone, adenosine, calcium chloride, and calcium gluconate. Story is also v amazing Enjoyed every bit. Thank you so much Dr. Ash for conducting a beautiful session

### **FEEDBACK # 4**

#### **Mina Khan**

Attended todays lecture on important drugs used in A & E , sir has never taken short sessions , despite he has always thought of his students .. todays session was more lengthy and comprehensive . I can only say Alhamdullilah being the part of this program

Thanks London Global Emergency Medicine

### **FEEDBACK # 5**

#### **Saba Aslam Khan**

Date:- October 08,2022

Topic:- FRCM primary Marathon with Dr Ash session 1

Duration:- 2 hours

Today we had 2 hours lecture by DR Ash on Pharmacology lecture was completely exam oriented as well as tips were applicable on ED department...

Some highlights of the lecture were ,

- >Drug metabolism Phase 1 and 2
- >NT and Receptors for Antiemetics
- >metoclopramide double efficacy
- >PPIs and use of caution
- >Digoxin and its interactions
- >Digoxin antidote and when to use it

This was the most fastet 2 hours of my life I wanted to listen more and more from Dr Ash, His lectures are always so engaging full of real life examples , which help us remember the imp points and Full of exam tips ...!!

Thank You so much for this session sir ..

### **FEEDBACK # 6**

#### **Syed Suhail Ahmad**

A very IMPRESSIVE session on **FRCEM PRIMARY RAPID REVEIW WITH DR ASH CLINICAL Pharmacology SESSION 1**. Today's marathon was about PHARMACOLOGY, which was comprehensive, interesting and very exam oriented. Importance was given by Dr. Ash on how to read it from an exam perspective, what to read and what not to read. Important topics like General Pharmacology, MOAs, Indications, Contraindications, Interactions, SIs etc were dissolved both from an exam and clinical POV stressing on the minute and tricky things that are often missed and can be life-saving for the patient. Thank you **London Global Emergency Medicine and Pema-Uk** 🙌🙌🙌

### **FEEDBACK # 7**

#### **Zegham Abbas**

8/10/22 MRCEM Pharma 1/2

Today we have amazing session with DR Ash the whole point of the lecture was how to pick up MCQS during your single read of text book. General Pharma drug metabolism their phases side effects of cyclizine in old male and young female, PPI side effects hypomagnesemia can lead to various disease digoxin toxicity uses of labetalol in eclampsia pre-eclampsia and in aortic dissection was golden point which we never know until today's session. I hope we will cover whole MECCEM PRIMARY like this fruitful study technique.

### **FEEDBACK # 8**

#### **DrKiran Feroz**

Wonderful session today...as usual...pharmacology explained in a manner which is easy to remember and with detailed explanation ....cases discussed along with the explanation ...how to manage the most critical patients and what are the deadly drug interactions were taught nicely....the knowledge I received today was mind blowing and I was completely unaware of it ...thanku Ashfaque bhai and team for sharing so much knowledge which is highly useful for our future....GoD bless u and the entire team Always Ameen..

### **FEEDBACK # 9**

#### **Hassan Tariq**

Saturday /08 October 2022.

Pharmacology

listening lectures is always my favourite but Dr Ash lecture is tremendous make the topic easy to learn and than to do mcqs

Today Dr ash told about the pharmacology of  
GIT CVS

PPI should only where indicated

Dogoxin mechanism & its toxicity

Global ST elevation on ECG  
What antibody used for toxicity  
Doses of adenosine  
How adenosine should be used in precaution with amiodarone  
Where its dose should be decreased and increased  
Use of diuretics  
Their mechanism of action  
Use of acetazolamide in glaucoma  
Potassium sparing cause acidosis  
Use of amiodarone for arrhythmias  
Its contraindications  
Use of calcium and calcium gluconate  
It was an amazing session  
Which revised half of pharma in just 2 hrs and also learned many things regarding CLINICAL practice .  
Many of us always prescribe PPI randomly .  
This lecture made changes in prescribing medicine  
Thanks Dr ash 🙏

**FEEDBACK # 10**

**Muhammed Aamir Ayoub**

Thanks Dr. Ashfaque for the amazing lecture on Pharmacology. learned about clinical pharmacology needed for ER physician and for exam purpose as well.

JAZAKALLAH KHAIR

**FEEDBACK # 11**

**Hassan Tariq**

Dr Tariq Hassan

Resident MRCEM ( London GEM) 8-10-2022

Pharmacology

CNS

Anticoagulants

Respiration

Ca channel blockers

Anti hypertensive

Antipsychotics

Details of each and its applications/safe use in ER

Dr Ash way of presentation was superb. Always new things I learnt .

Take home message for me

Was tab capoten not take or give on very high bp which is a very common practise in pak . And people do self medications too .

Its great to receive new info always .

I was surprised to learn such a great new things about antipsychotics side effects and much more .

This is much for clinical practice and also for exam .

Thanks London GEM , many many Thanks

Dr Ashfaq Sorathia

( MBBS, MRCP, MRCEM, FRCCEM, EBEEM).

**FEEDBACK # 12**

**Maimona Javaid**

Dr mamoon first batch London gem 8-10-2022

Topic pharma

CNS

Anticoagulants

Respiration

Ca channel blockers

Anti hypertensive

Antipsychotics

And much more

Lecture of dr ash was superb . Always new things I learnt .

Take home message for me

Was tab capoten not take or give on very high bp which is a very common practise in pak . And people do self medications too .

It's great to receive new info always .

I was surprised to learn such a great new things about antipsychotics side effects and much more .

Stay blessed dr ash

You are a star and a future celebrity in pak and world .

Soon will see you on national tv channels .

Keep rising and growing 👍

**FEEDBACK # 13**

**Dr. Afifa Younas**

Greetings of the day!

Today we had an amazing session on pharmacology for MRCEM primary preparation, we covered GI and CVS pharmacology and the session was taken by our favorite Dr. Ash, who always chooses a tough topic and makes it so interestingly comprehensive and keeps things interesting and engaging that we end up loving that topic.

His teaching approach was in an exam oriented manner along with its clinical application and significance. It will definitely help in our daily practice. Few pearl from today's lecture:

1. Drug metabolism Phase 1 and 2



2. First pass metabolism
3. Neurotransmitters and Receptors of emesis
4. Most common presentation of digoxin toxicity is unexplained tiredness/lethargy, and decreased appetite.
5. Digi fab to be given if K levels are above 5.
6. Adenosine dosage should be decreased to 3mg if the patient is on carbamazepine and dipyridamole, while increased if on theophylline and caffeine.
7. Patients receiving adenosine should be informed about its effect of impending doom.
8. Adenosine should not be given in WPW, as it will lead to VT.
9. Risk of hypomagnesemia with PPIs
10. Digoxin - Amiodarone interaction
11. Calcium chloride - in cardiac arrest and peri arrest with hyperkalemia
12. Amiodarone S/E photosensitivity
13. Cyclizine shouldn't be given to the elderly
- 14.. Promethazine can be given on pregnancy

It was a great session overall, and 2 hours passed by like a breeze and we were immersed in a sea of knowledge and in awe of our mentor's caliber and honestly we all were so eager to continue the session as long as possible.

Look forward to another amazing session tomorrow.

Thank you once again

Kind regards

Dr. Afifa Younas Raja

**FEEDBACK # 14**

**[Dr. Aleena Rahman](#)**

**Date:** October 8, 2022

**Lecture name:** FRCM PRIMARY RAPID REVIEW SESSION 1

**Tutor name:** Dr. Ashfaque Sorathia

**Feedback:** Dr. Ash has a special way of teaching. His style is unmatched. He can a subject as dry and challenging as pharmacology appear so easy and digestible. We had a 2 hour long lecture on pharmacology of drugs. Though the session was exam relevant, Dr. Ash pointed out many important clinically relevant points that would serve to be very helpful in our practice. His interactive manner of teaching makes it fun. Furthermore, he teaches in a way that you remember even the most complicated of drugs. Important points learnt were: Antiemetic agents exert their action via various neurotransmitters. Due to cyclizine's anticholinergic effects like urinary retention, blurred vision, drowsiness it is not given in motion sickness. Promethazine can be given to pregnant women. Hyoscine is an antimuscarinic drug used for the treatment of motion sickness. Metochlorpramide also has prokinetic effects and that

is useful in patients with diabetic gastroparesis. Prochlorperazine is used in various vestibular disorders and motion sickness. Dangerous side effect of prolonged PPI use is hypomagnesemia. Digoxin is given to slow ventricular response in atrial fibrillation or atrial flutter Adenosine should be avoided in WPW syndrome. A side effect of amiodarone is photosensitivity (sunburns). Propranolol is contraindicated in cocaine induced ACS.

Thank you Dr. Ash for a brilliant lecture!

**7<sup>th</sup> OCTOBER 2022**

**EVENT NAME:**

**Sepsis Management in ED by DR Shum  
(EMFP)**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**[Hafsa Lodhi](#)**

Today's session on sepsis by DR Shum Dev was very comprehensive. He very well explained the pathophysiology, symptoms (Early and late symptoms) diagnosis (quick SOFA score used in ED).The case presentation in the beginning was done wonderfully. Thanks DR Ash and DR Dev.

**FEEDBACK # 2**

**[Ali Kazim](#)**

Today's session on sepsis in ER was comprehensive. It covered each and every aspect of the topic. We learned a lot of new things like SIRS Criteria, SOFA Score , QSOFA , Red flags of sepsis , Sepsis 6 and its management.

Sepsis is a common presenting problem in our setups. Today's lecture gave me an insight into topic. It was a great session.

Thank you DR Shum and DR Ash!

**FEEDBACK # 3**

**[Amash Khan](#)**

I had taken half of the lecture yesterday but had to leave early due to work. None the less it was a good lecture by DR Shum cleared out the main points to look for the type of sepsis and its management

**FEEDBACK # 4**

**[Anila Zafar](#)**

A very comprehensive and well explained lecture by DR Shum Dev on Sepsis and septic shock. He explained the topic in a very precise manner which was not only easy to understand but also to retain.

Sepsis is a syndrome with early symptoms like high or low temp, tachycardia, tachypnoea. He discussed the SIRS criteria along with SOFA and qSOFA scoring system for sepsis, the spectrum of sepsis.

He pointed out the red flags that we should look out for. The SEPSIS 6 . In the end he summarized everything. The role of fluid and early antibiotic therapy was also discussed. Thank you.

**FEEDBACK # 5**

**Hamna Kirn**

Today session was on sepsis. Nearly every day we see pt with it. Session was led by DR Shum. He comprehensively explained major history and examination points. How to cover every system to find the cause of sepsis. Use sofa score to know severity. Discuss sepsis spectrum i.e. knowing difference between SIRS, sepsis, severe sepsis and septic shock. Use of sepsis 6 in the management

This was followed by an OSCE station of respiratory system. Major emphasis on reading the key instructions and following them was according. Gave overview of what should be done in this station to reach diagnosis and then state management plan accordingly.

Thanks a lot for another great session DR Shum and DR Ash.

**FEEDBACK # 6**

**Zaid Ansari**

Essentially I think sepsis is one of the most common and easily missed cases in local setups. Having the quick knowledge to spot it and take history, get a Qsofa score can be the difference between spotting it early and saving a life before the patient actually realizes what is going to happen to them. Excellent session again!!

**FEEDBACK # 7**

**Hani Suhail**

Sepsis a condition that causes the body to go into exaggerated response and then shut down by affecting every organ. In today's session regarding sepsis and septic shock we were taught about how can a small minute scratch or laceration lead to an inflammatory response and then affect all systems. Not only that but internal organs can show us signs and symptoms that can guide us to where the body is going and how our decision making can lead us to the betterment of the condition with our intervening and treatment. Different scores were discussed like SOFA, qSOFA and how vitals are the point that tells us where the patient is going and their importance in a septic patient. Furthermore we learnt about how to listen to the question and response during an OSCE because time is of the essence. Thank you Dr. Shum Dev and Dr. Ash it was a lovely presentation with eye catching diagrams in a very simplified manner.

**FEEDBACK # 8**

**Ghayoor Khattak**

It was a wonderful and comprehensive session teach by Dr. Shum Dev on one of the most common and important topic i:e Sepsis. Sir really made it easy how to diagnose Sepsis and septic shock by taking history and examination then investigation also its management at ED .Sofa score, Quick sofa, Sepsis 6 tools were taught. Classification of sepsis was also discussed along with signs and symptoms. In the end the OSCE station on respiratory examination was very comprehensively discussed and explained.

Case Presentation by Dr. Muhammad Saad was excellent.

Last but not least Dr. Ash summarize quickly in best way.

Thanks Dr. Shum dev Dr. Ash and LGEM

Regards Muhammad Ghayoor Khan

**FEEDBACK # 9**

**Saba Asghar**

Today's session by Dr. Shum on Sepsis was excellent. Sofa score, Quick sofa, Sepsis 6 tools were taught. Classification of sepsis was also discussed along with signs and symptoms. In the end the OSCE station on respiratory examination was very comprehensively discussed and explained. Dr. Ash added valuable and high yield comments to OSCE station. Great learning in today's session. Thanks Dr. Ash and LGEM

**FEEDBACK # 10**

**Soura Jawed**

Today's session on sepsis in ER conducted by DR Shum dev was very comprehensive. He explained well and covered each details from defining sepsis, diagnosis (based on SIRS criteria, SOFA score, qSOFA scores) the red flags of sepsis and its Management via sepsis 6 bundles and ongoing care in HDU and ICU.

The case presentation was very helpful too.

Thanks DR Ashfaque Ahmed and DR Shum.

**FEEDBACK # 11**

**Dr Anila zafar**

Date: 7th October'22

Topic: Sepsis and Septic shock.

A very comprehensive and well explained lecture by Dr. Shum Dev on Sepsis and septic shock and he explained the topic in a very precise manner which was not only easy to understand but also to retain.

Sepsis is a syndrome with early symptoms like high or low temp, tachycardia, tachypnoea. He discussed the SIRS criteria along with SOFA and qSOFA scoring system for sepsis, the spectrum of sepsis.

He pointed out the red flags that we should look out for. The SEPSIS 6, in the end he summarized everything. The role of fluid and early antibiotic therapy was also discussed. Thank you.

## **FEEDBACK # 12**

### **Umair Khalil**

Today's session was by Dr. Shum Dev on Sepsis, a widely discussed diagnosis. WE learnt from basics (definition, pathophysiology, early & late symptoms) to recognition of sepsis, its diagnosis and management in ED. Salient features of the lecture were how to take a focused history, sepsis diagnosis scores (including SIRS criteria, SOFA Score, qSOFA Score), sepsis spectrum, Red flag signs and Early Goal Directed Therapy. There was also a case based discussion on neutropenic sepsis and mock PLAB 2 OSCE station. It was a good learning activity that will help us in treating sepsis confidently in ED.

## **FEEDBACK # 13**

### **Abdul Ghaffar**

Today session on sepsis by Dr. Shum dev was comprehensive. He explained early and late symptoms and early management to recover from it. Dr. Saad presents the case.

## **FEEDBACK # 14**

### **Yasir Dilawar**

Session: Sepsis and its management

Tutor: Dr. Shum Dev

Case Presentation: Dr. Saad

OSCE: Dr. Saad

In this session Dr. Shum taught us about sepsis. How to diagnose the patient? Keep a close eye on Blood pressure, pulse, RR, Temperature. The score system SOFA and qSOFA. How to investigate about the origin of sepsis in a very easy way? How to manage the patient and save his life? In the start Dr. Saad presentation was very good and the valuable feedback of Dr. Shum and Dr. Ash was very helpful. It's a great Program.

## **FEEDBACK # 15**

### **Dr. Aiman Nazir**

Topic: Sepsis and septic shock in ED

Tutor: Dr. Shum Dev

Date: Oct 8, 2022

I have watched the recorded lecture and this is about the feedback from the session. It was a very nice lecture conducted by Dr. Shum Dev on sepsis and septic shock as it is daily encountered in hospitals ED.

From explaining sepsis in literal meanings with all the symptoms with which patients can present with was thoroughly taught supported by how prevalent it is in UK by listing the figures.

Explain in detail about the normal response of the body to infection till the response in sepsis.

How to pick it up early through history and examination , SIRS criteria , SOFA score now replaced by qSOFA score . Early recognition and management (EGDT) is the key factor to decrease mortality. Very well explain about the red flags and the causes plus the ongoing care and advance support. A sepsis 6 criterion once again was revised and discuss. In the end the OSCE session was again a very good learning experience for international exams.

Thank you so much for teaching sepsis and making us confident on how to play out part in managing septic patients.

Regards: Dr. Aiman Nazir LGEM EMFP

**FEEDBACK # 16**

**Dr. Shahid**

This session on sepsis in ER conducted by Dr. Shum dev was very comprehensive. He perfectly explained everything starting from defining sepsis, diagnosis (based on SIRS criteria, SOFA score, qSOFA scores) the red flags of sepsis and its Management via sepsis 6 bundles and ongoing care in HDU and ICU.

The case presentation was amazing as well

Thank you Dr. Shum Regards: Dr. Shahid

**FEEDBACK # 17**

**Dr. Mishal Shan Siddiqui**

Sir,

The lecture by Dr. Dev on 8/10/22 on sepsis in the emergency department was very well delivered, also containing relevant pictures of patients for our understanding. He comprehensively explained how to take a good history and examination in a patient with sepsis and how to look for the sources of infection. He emphasized the importance of actively looking out for sources which may be missed e.g. intra-abdominal or gynecological causes. The OSCE was particularly helpful in reinforcing how to approach such a case in an examination setting.

Regards, Mishal Shan Siddiqui

**FEEDBACK # 18**

**Dr. Muhammad Ibrahim**

Sepsis seemed very confusing topic to me until I had this lecture by Dr. Shum Dev about sepsis. He explained every single thing about sepsis from pathophysiology to multiple scoring systems used in diagnosis and management. After this lecture I have crystal clear concepts of sepsis. Thanks Dr. Shum Dev for this amazing lecture and also Dr. Ash for arranging this very important lecture for us.

**7<sup>th</sup> OCTOBER 2022**

**EVENT NAME:**

**History Taking Skills MRCP Station 2**

**Mocks With DR Ash**

## **DOCTORS FEEDBACK**

### **FEEDBACK # 1**

**Imran Khan**

Please share the link

### **FEEDBACK # 2**

**Imran Khan**

Thank you for sharing ❤️

### **FEEDBACK # 3**

**Dr Beenish Naveed**

08/10/22

Tutor Dr. Ashfaque

Topic: History Taking Skills

There were 4 topics discussed related to history taking which help us to realize where we are lacking and how we have to start thinking out of the box. The session was informative and despite of Dr. Ashfaque busy schedule he conducted an amazing session full of information. I cannot thank enough for astounding session which is beyond our imagination. History taking is actually the core of diagnosis which leads to final management plan. The session opens new doors of learning for me.

### **FEEDBACK # 4**

**DR Uzaima Nighat**

REVIEW FOR TODAY'S SESSION

HISTORY TAKING 8/10/2022

Such a useful session and learn so much. History taking is always tricky and today I learned that we should never stick to one diagnosis. Thinking out of the box is they key and always look for other diagnosis as well.

Thank you so much.

### **FEEDBACK # 5**

**DR Muhammad**

8/10/22

Topic: History taking

My feedback

Thank you so much Dr. Ash for such amazing session. Learned a lot from you and other doctors as well and the Dr. Ash's scenario were great and made us realize that never stick to one diagnosis. Examiner can change the scenario at any point and you have to be prepared for it. Dr. Ash teaching skills are the best.

### **FEEDBACK # 6**

**DR Ayesha Siddiq**

Feedback for today's session

8.10.2022

History taking

Highly informative and useful lecture of history taking .very nice history presentation by all four doctors learned a lot from you all and Dr. Ash for beautifully elaborating and highlighting mistakes and pointing out all essential and important aspects of history taking and how to reach differential diagnosis and management! Blessed to have a wonderful mentor like Dr. Ash!!!

**FEEDBACK # 7**

**DR Nasir Hayat**

HISTORY TAKING: 8/10/22

Very lovely and nice presentation by sir Dr. Ash taught very skillful history taking station and management and its very helpful for exam and practical

**FEEDBACK # 8**

**DR Mehak**

HISTORY TAKING,8/10/22

wonderful session by our dear sir Dr. Ashfaque learnt to think out of the box and how imp hx taking is to reach the diagnosis. Apart from HX taking learnt essential communication skills as well how to be empathetic to your patient and make him or her comfortable according to the place. I really loved this minor thing that just going with flow of taking hx you are concerned about the condition of your patient as well. I would have missed this if I have not been told. Thank you so much sir

**FEEDBACK # 9**

**DR Emmanuel Qammar**

Feedback for History Taking skills and OSCE stations

Date: 08/10/22

Thanks Dr. Ashfaque Ahmed for excellent and informative session

Identified common errors in history taking skills and their corrections OSCE expectations, etc

Looking forward to the next session

Thank you

**FEEDBACK # 10**

**DR Faiza Arshad**

8/10/22

History taking skills

4 cases mocks

Case 1- gastroenterology

Case 2- respiratory

Case 3- genitourinary

Case 4- neurology

I have learnt a lot and it was really informative and helpful. I have corrected my mistakes as well.

Looking forward to the next week



Thankyou Dr. Ash

**FEEDBACK # 11**

**DR Sadia Naveed**

8/10/22

Topic: History taking

Every session is amazing learned a lot from Dr. Ash. Yes, this is true when we find one or two clue in our history our mind is only focusing on that but today i learned for thinking about other DDs as well.

I'm thinking now I am in right place to learn a lot and Thanks to you Dr. Ash

**FEEDBACK # 12**

**DR Hassan Aziz**

08/10/2022

Topic: History taking

Very good, brainstorming session it was about history taking. After taking this session I have learned a lot. The way Dr. Ashfaque gave tricks to reach towards proper diagnosis was awesome.

**FEEDBACK # 13**

**Dr. Mariam sultan khan**

8/10/22

Topic history taking mocks

What an insightful afternoon

History taking is the first step towards a diagnosis. How significant it is to address the minute details that can be easily overlooked.

This reflected the knowledge and experience of Dr. Ash.

Thank you so much for your time and guidance Dr. Ash

Dr. Mariam sultan khan

**FEEDBACK # 14**

**DR Zeeshan ayaz**

Date: 08/10/2022

Session: OSCE stations on history taking.

It was a very informative and engaging session overall .All the participants in OSCE done really well. Dr. Ash taught as how significant is to actively listen and to address minute details that can be easily overlooked. I came to know that main thing in these examinations is not to have a tunnel vision.

Thank u so much for your time and guidance Dr. ash.

**FEEDBACK # 15**

**DR Abu Bakar Tariq**

Date: 08/10/2022

Session: OSCE stations on history taking.

Sir overall it was a very informative session

How you act like a pt  
I think it's the best way to understand any scenario  
You addressed almost every detail of the cases  
Learned a lot  
Thank you for your guidance.

**FEEDBACK # 16**

**DR Erman faroza**

DATE: 8 OCT 2022

DAY: SATURDAY

LECTURE: OSCE STATIONS ON HISTORY TAKING

TUTOR: Dr. Ashfaque

Hats off to the exemplary teaching skills of Dr. Ash from today's session i have learnt that never ignore any answer of the patient for example in one of a case pt was telling the death of her relative. That may give us a clue for a better diagnosis if we ask her more details regarding the cause of death. I have got the idea that how important to have a good history skills and how to make the patient comfortable with the doctor so that he or she can easily tell her personal details easily.

Thank you so much

**FEEDBACK # 17**

**Dr. Mohid Kannan**

Date and Time of lecture: October 8, 2022(Saturday) 4pm PKT

Topic: History taking mocks

Case 1: gastroenterology

Case 2: respiratory

Case 3: neurology

Tutor: Dr. Ash

Very interactive and informative session today

Lots of learning today and the session almost covered history taking skills and how to make principle diagnosis from differentials. Overall, it was a wonderful session.

Thank you Dr. Ash. Look forward to next session.

**FEEDBACK # 18**

**Dr. ARSHAD ALI KHAN**

TOPIC: HISTORY TAKING MOCKS

TODAY session was so attractive and productive from today we learnt how to take history and how to make differential diagnosis and also learnt never stuck and concentrate on one diagnosis and how to study examiner mind. Thank u so much our respected Dr. Ash that you make us everything easy 🖤

**FEEDBACK # 19**

**DR Aiman saeed**

Date: 08/10/2022

Session: OSCE station on history taking.

Today's session was so informative.

I got to learn how important is to have a good history taking skills,

Make the pt comfortable so that he/she can share his/her personal details easily, how important is active listening and to address minute details, that are easily overlooked.

Thank you so much Sir for a wonderful session ❁

**FEEDBACK # 20**

**Dr.Faisal Abdul Hanan Butt**

FEEDBACK 3rd Session LGEM MRCP

DATE: 8 OCT 2022

DAY : SATURDAY

LECTURE: OSCE STATIONS ON HISTORY TAKING SKILLS

TUTOR: Dr. Ashfaque Ahmed Consultant EM Acute, Geriatric Medicine NHS UK

Today's session was very significant as how to be a competent and an attentive doctor while listening to the patient's complain.

Dr. Ashfaque presented mock history cases in such a way that it made me think out of the box, especially when making differential diagnosis and outling a proposed management plan and how tunnel vision can be so harmful for the patient as well as from exam point of view.

GEM participants, All 4 of them tried their best and did a good job, given the early stages of this whole course learning process.

Dr. Ashfaque can really sense what's going on in his student's minds and makes us a ride a clinical roller coaster.

Again really proud to be part of LGEM MRCP PROGRAMME

Regards,

Dr. Faisal Abdul Hanan Butt

**FEEDBACK # 21**

**DR Ghulam Saddique**

FEEDBACK Session LGEM MRCP

DATE: 8 OCT 2022

DAY: SATURDAY

LECTURE: OSCE STATIONS ON HISTORY TAKING SKILLS

TUTOR: Dr. Ashfaque Ahmed Consultant EM Acute, Geriatric Medicine NHS UK

Today's session was so informative and eye opener for every doctor regarding history taking skill.

Dr. Ashfaque presented mock history cases in such a organized way that he made us realize that while making differential diagnosis you should have broader vision, that will help us in making good management plan from exam point of view and also how to read examiner mind.

GEM participants, All of them did their best job, gave us an idea how much we other participants are up to.

I am proud to be part of LGEM MRCP PROGRAMME

**FEEDBACK # 22**

**Dr Omema Hilal**

London Gem MRCP AND MRCEM TRAINEE

Date: 8/10/22

Tutor: Dr. Ashfaque Ahmed

Today's session was all about the assessment of history taking skills and where we all are standing.

I learn a lot from the scenarios shared and discussed the relevant history and how it leads straight to the point diagnosis.

History taking has always been the topic under-emphasized, till today there are area which needs immense improvement.

Ethical part in history taking and open ended questions are the key. Warning signs being showed explicitly before asking the sensitive questions, we in Pakistan are always hesitant and reluctant to ask these questions until bare necessary.

Thank you sir for this interactive session, I learned a lot.

**FEEDBACK # 23**

**DR Ghazala sheikh**

FEEDBACK SESSION LGEM MRCP

Date= 8 October

Day=Saturday

Lecture = OSCE Station on History skills.

TUTOR= Dr. Ashfaque Ahmed

Teaching skills of Dr. Ash are extremely helpful. From today's session I learnt to **NOT** bind your thoughts in a box. Reaching one diagnosis straight away is not the key. Diagnosis should be made after evaluating each n every concern of patient.

The way Dr. Ash taught us is incredible and really satisfied with his supervision.

Thank you so much sir for your guidance

Regards= Dr. Ghazala sheikh

**FEEDBACK # 24**

**DR Memoona**

LONDON GEM TRAINEE

DATE: 8/10/22

Tutor: Dr. Ashfaque Ahmed

History taking is a topic v r confident of ourselves as v r doing it since undergrad but today I actually get true meaning of history taking art in a way which conclude to a definitive diagnosis n exclude differentials in a very systematic approach taught by our worthy DR ASFAQUE who is undoubtedly an amazing teacher n v r blessed

to have such great mentor, it is worth mentioning about our fellow colleagues presentations a day before n v learned a lot from them and their corrections made by sir help us to think out of box....regards

**FEEDBACK # 25**

**DR Sidra Asad**

Best session

**FEEDBACK # 26**

**DR Sidra Asad**

Date of lecture: October 8th, 2022

Topic: History Taking

Dr. Ashfaque

Feedback:

It was such an excellent lecture on taking history in an organized way. This session comprises of 4 different cases (Neuro, genitourinary, respiratory and gastro). These cases were performed as part of role play and mistakes were pointed out as an individual review by Dr. Ashfaque at the end of each case presentation. Most important things in history taking which we usually miss were highlighted and course attendants were also assessed on ICE (ideas concerns and expectation) approach.

Overall, this session has cleared one thing and that is how difficult the exam could be and how important it is to take an organized history in front of real NHS consultants. I'm glad to be part of this course and I'm learning new things with each session. Thank you so much Dr. Ashfaque for a wonderful session. Your teaching style is amazing and unmatched. The way you deliver information makes it so easy for us to digest these difficult topics

**FEEDBACK # 27**

**DR Suhail Ahmed**

08/10/2022

HX Mocks

Very informative and amazing session today by Dr. Ash

I learned many things today especially not to stick to one diagnosis when we think that we have clinched the diagnosis. We must keep exploring other potential causes as the new information thrown at you during information gathering.

Last but not the least, the cases offered by Dr. Ash are the next level cases and if we are able to crack these cases than no case will be hard to catch by HX taking.

Thank you again Dr. Ash.

**FEEDBACK # 28**

**DR Ahmad Tanveer**

08/10/22

OSCE Mocks

Case 1 Gastroenterology

Case 2 Respiratory

Case 3 Neurology

Very Gem of a lecture and Dr. Ash is amazing teacher. Clarified the shortfalls which are most common and really leading to failures. I was in travel at Motorway towards Lahore but still attended the lecture. Really enjoyed a lot

**FEEDBACK # 29**

**DR Bushra Khan**


8th Oct 2022

Saturday

HX taking session

After working in NHS for nearly 10 years! I can say it for sure that not even the educational supervisor spends so much time in making sure the trainee is learning the right thing.

It's all self-learning in NHS!

Annual ARCP also comes from self-learning but @Ash Bhai is a real GEM  his dedication vision and commitment is unmatched.

4 scenarios

1. Abdominal pain
2. Cough n hemoptysis
3. Collapse
4. Headache

Sounds very simple but huge learning in all those

Keeps it going London GEM!

**FEEDBACK # 30**

**DR Neelam Zehra**

Feedback

Date: 08-10-2022

Tutor: Dr. Ashfaque

History taking skills by Dr. Ash was amazing how he linked every little aspect of every complaint and nothing was missed like a jigsaw puzzle taking its shape. Really hats off how you explain everything very easily. I am sure listening that lecture again and again will help in polishing history taking skills along with linking it to daily practice.

**9<sup>th</sup> OCTOBER 2022**

**EVENT NAME:**

**History Taking MRCP teaching**

**DR ASH**

**DOCTORS FEEDBACK**

### **FEEDBACK # 1**

#### **Mukhtiar Pathan**

An excellent session on **History Taking** by DR Ashfaque

Points which were taught including

ODPARA, P3 MAFTOSA, etc. are so important that if someone follows it, will be able to diagnose the case on the basis of history for sure, and will never miss the diagnosis.

DR Ash is very cognizant of the difficulties his candidates can face with training, and makes it a point to give time to the candidates to talk about them.

Based on the fact that he knows what difficulties his candidates can face, DR Ash takes time outside of his very busy schedule to create content for his candidates, and presents those content in a manner that is precise yet easy to digest for all his candidates.

Dr. Ashfaque no doubt is a great teacher and a great mentor who takes the time to be available 24/7 for his candidates despite his busy schedule.

Whenever candidates approach him, he carves time out of his schedule to sit down and check in with them.

I'm indeed very grateful to DR Ashfaque for being so caring, and I'm truly thankful for his guidance, for his continuous help and support ❤️

Stay Blessed DR Ash ❤️

### **FEEDBACK # 2**

#### **Mehak Nabi**

OSCE Station on History, 9/10/22

Awesome session by DR Ashfaque learnt how to take sequential HX, communication skills. Scoring system was the cherry on top which is way easier to conclude your HX and to reach ultimately to the diagnosis. On this platform am not only gaining knowledge but also learning how to be a good doctor who is there to give you not only treatment but also make sure that apart from your treatment we are concerned about your circumstances as well. Thank you Sir

### **FEEDBACK # 3**

#### **Suhail Ahmed**

As always, a great session by Dr. Ash regarding how to take a proper HX to clinch a diagnosis or to narrow down our differential and furthermore, the session emphasized how to answer the examiner's question.

Dr. Ash is really a great mentor.

### **FEEDBACK # 4**

#### **Ghulam Saddique Saddique**

Dr. Ashfaque Ahmed

Today learning session was real check of participants cognitive skills conducted by Dr. Ash who gave us jolt of brain storming while making differential diagnosis and

made us remember 5 positive history points for each differential diagnosis, secondly never stick to single diagnosis which came to our mind first time, always remember negative point of other differential which can replace first diagnosis. So this is the trickiest part while making differential diagnosis.

Third point your prime diagnosis should be supported by risk scoring.

In the end I would say it was a great and unique session delivered by DR Ashfaqe .I am proud to be a part of LEGM MRCP PROGRAMME

**FEEDBACK # 5**

**Dr Muhammad Akber**

History taking class was excellent very informative by DR Ashfaqe

He has taught how to take proper History, that lead you to your diagnosis very easily if you follow the way DR Ashfaqe has taught in this session

Thank you DR Ashfaqe...

**FEEDBACK # 6**

**Sidra Asad**

This session was a continuation of history taking session conducted a day before It was a great session and PACES exam oriented lecture by DR Ashfaqe. He taught us the best template of history taking, how to enter, greet and take consent in order to proceed with history taking. The purpose if this session was how to take a complete history with limited time and formulate a diagnosis for a structural approach. This session also taught us new things like ODPARA format for HOPC. Moreover, how to switch from a working diagnosis to 5 positive points to support the DX and it also emphasized on how to correctly rule out all the differentials with patients complains which are going against the working diagnosis. At the end of session, summarizing the case in 10 seconds was nicely explained and the basis on history the correct plan with bedside tests and other investigations were also taught. DR Ashfaqe has trained us with the correct format of history taking which will always help me not only for the exams but in hospital while dealing with patients on regular basis. Thank you so much.

**FEEDBACK # 7**

**Faiza Baig**

Today DR Ash has taught his own level, he is indeed the best teacher i have ever seen

I have learned skills of history taking in a clear direction, that is relevant, concise and to the point.

History taking should be organized in a pattern for diagnosis

This session was also important for PACES MRCP station.

Thanks a lot Sir for your sincerity and dedication.

**FEEDBACK # 8**

**Sadia Abbasi**



Excellent session ever and today I came to know that it's truly written in books that by History taken you will reach 70% towards diagnosis, how I learnt from DR Ash .The way he teaches us it's amazing. Every session unfold new things. Really an amazing 🍌 sessions and finally thank you very much DR Ash.

**FEEDBACK # 9**

**DR Zeeshan Ayaz**

Awesome session by Dr. Ash, he is one of the best teacher I ever had .Today I learnt how to take relevant ,concise and to the point history in limited amount of time by having an organized pattern in your mind but never stick to single diagnosis which came to your mind the first time .furthermore the session emphasized the importance of summarizing all the information you have gathered during history taking and at the end how to answer examiners questions. Dr. Ash I really appreciate the efforts you are putting in this course.

**FEEDBACK # 10**

**Dr Muhammad**

Today's session of history taking was very detailed. For every considerate diagnosis and following confirmatory questions to see ourselves if we are reaching to the correct direction. Simultaneously keeping in mind to exclude other diagnosis by asking negative questions and Dr. Ash I really appreciate the efforts you are putting in this course. Thank you!!

**FEEDBACK # 12**

**Dr Abubakar**

Today's session was the best because sir you taught the very basics of history taking which we always ignore

You pointed out the main weak aspects of our concepts; we now have a clear direction how to take history

I learned a lot

**FEEDBACK # 13**

**Dr Omema Hilal**

Today Dr. Ashfaque has raised his own level to the mark of maximum; he is indeed the best teacher i have ever come across.

Today I learnt the true insight and the skill of history taking,

It should be relevant, concise and to the point.

History taking should be organized in a pattern which helps you to narrow down our own diagnosis.

The session was very interactive and amazing.

I learn something new each time, it's both active and passive learning.

It reflects in my own personality and practice.

The way Dr. Ash teaches us the concept of scoring and asking relevant questions is incredible.

Hats off to the one and only teacher in the world who is able to teach for continuous 5 hours of teaching in a same day in one go. I appreciate your efforts and the enthusiasm you have to make us grow better is outstanding.

Your sincerity and dedication makes you unique sir.

Thanks a lot

Proud to be London GEM trainee (MRCP AND MRCEM)

**FEEDBACK # 14**

**DR Uzaima nightat**

Such a useful session and supportive questions to make sure we are making the correct diagnosis was something I never did during history taking. Learned about detailed social histories which actually can points towards the correct diagnosis and once again Thank you so much for this opportunity cause at this stage of career I don't think anyone will teach such useful points of history taking.

**FEEDBACK # 15**

**Dr Tooba Qadeer**

Today's class included very detailed explanation regarding how to conduct a proper history taking skills if we want to achieve the right diagnosis. Dr. Ashfaque explained and emphasized on all the useful points that we often miss while taking history. It was a great learning experience for me.

Thank you.

Regards= Dr Tooba Qadeer.

**FEEDBACK # 16**

**Dr Faiza Arshad**

It was an eye opening lecture

Thankyou sir

**FEEDBACK # 17**

**DR Sidra asad**

Excellent session sir and thanks a lot

**FEEDBACK # 18**

**DR Muhammad Hassan Bugti**

Amazing session

Thank you @Ash Bhai

**FEEDBACK # 19**

**DR Kamran**

Thank you

**FEEDBACK # 20**

**DR Sadia Naveed**

Excellent session and today I came to know that it's truly written in books that by History taken you will reach 70% towards diagnosis, how I learnt from Dr. Ash .The way he teaches us it's amazing. Every session unfold new things really amazing 🙌 sessions .Thank you very much Dr. Ash.

**FEEDBACK # 21**

**Dr Beenish Naveed**

Amazing session where we learnt how to narrow down our differential diagnosis by asking main symptoms and I learnt to diagnose the most probable condition by asking the risk factors related to that. The session was full of information and knowledge which made us confident when we take the history next time. The way of teaching did not only teach the basics but we also made excel So that we will implement the same in our practice on daily basis

**FEEDBACK # 22**

**Dr. Mohid Kannan**

History taking skill was well explained by Dr. Ash and learned lot of new things to narrow down the differentials to right diagnosis in an organized way and it was very helpful and interactive session, looking forward to next session.

**FEEDBACK # 23**

**Dr. Emmanuel Qammar**

History taking skill must well explained by Dr. Ash. Unfortunately missed this very helpful and interactive session due work commitments :(

Humbly request Dr. Ash for recording of lecture.

Apologies for missing it

Look forward to next session.

**FEEDBACK # 24**

**Dr. Mariam Sultan Khan**

Yesterday's session was an eye opener and made me realize how shallow my knowledge has been so far.

Undoubtedly, accurate systematic history taking is vital to reach proper diagnosis and we are honored to benefit from the expertise of Dr. Ash.

It reflects the knowledge and experience of Dr. Ash How he is not ignoring even basics of history taking to aid his students and ensure all steps( even those trivial) are covered to get all intricate details.

Importance of each step mentioned in lecture is extremely important in reaching diagnosis.

Once again thanks for taking out time on Sunday for an extremely helpful brainstorming session on history taking, differential diagnosis how to ask positive history questions, negative history questions and how to quickly incorporate scoring system.

Every lecture by Dr. Ash makes me wonder how amazing of a teacher he is and definitely He is one of those few teachers who use themselves as bridges over which he is inviting his students to cross and at the same time enabling us to create bridges of our own.

Dr. Mariam Sultan Khan

**FEEDBACK # 25**

**Dr.NASIR HAYAT**

How you felt?

It was Amazing session, enjoyed a lot and learned a lot. It was very practical session exam focused and very practical session.

How the tutor delivered the lecture?

It was very nice, well organized and well designed with exam material to focus and be skillful in medical carrier.

What you learned?

OSCE station how to approach it, take History and be skillful not to miss any points and keep things in mind.

Will change your practice?

Yes surely definitely when I apply this skillful History taking skill taught by Sir Dr. Ashfaqe on my patients.

Other compliments?

It's very helpful and to be skillful in History taking is the core practice. Therefore, I would recommend it for Doctors to get hand on history taking and join the London Gem MRCP programme as this is golden opportunity not to miss it. It's very exciting for me to be LGEM MRCP candidate feels proud under sir Dr. Ash supervision and guidance.

**FEEDBACK # 26**

**Dr. Sidra Imdad**

Experienced an amazing n extremely important session of history taking skills which was an eye opener for me.. I learnt the art of making diagnosis by asking positive n negative questions for D/dx... I learnt how to take relevant concise n to the point history in short period of time... Dr. Ash is an amazing teacher and i feel proud to be his student.

**FEEDBACK # 27**

**Dr. Arshad Ali khan**

Experienced an amazing and extremely important session of history taking skills which you make us perfect in history taking

By your teaching history and D/D we feel our self like consultant and we try our best that further make our self be perfect in history taking.

**FEEDBACK # 28**

**DR Ghazala sheikh**

This whole session was full of knowledge. I feel very confident that someday inshallah under @Ash Bhai supervision I will be able to build my skills to connect with patients. This session was Next level 🎯

Thank you so much sir for all your efforts you made for us

Regards Dr. Ghazala

### **FEEDBACK # 29**

**Dr.Faisal Abdul Hanan Butt** .

4th session of MRCP Programme was about the most important pillar of doctor's interpretation of patient's illness. Proper History taking, what questions to be ask and how to interpret answers gave by patient.

Dr. Ashfaque very beautifully gave concept of POSITIVE History Taking and NEGATIVE History Points towards a probable Working Diagnosis and how to keep differentials in mind while taking history

Also ODPARA, P3 MAFTOSA of HOPC, taught by Dr. Ashfaque, streamlined a lot of history points.

Dr. Ashfaque presented 4 history cases and made us learn by keeping the session very interactive. The Cases were related to Neurology, Genitourinary, Respiratory and Gastroenterology). These cases were presented as role play and mistakes were pointed out as an individual review by Dr. Ashfaque at the end of each case.

ICE (ideas concerns and expectation) approach taught by Dr. Ashfaque Ahmed is very important. His teaching style is amazing and untouchable.

Thanks Dr. Ashfaque Ahmed, you are great teacher.

### **FEEDBACK # 30**

**Gdmas Malik**

Our Respected sir today session was conducted in a handsome way and was full of information about precise history and important questions that is noteworthy during history interpretation. Our honorable sir, elaborated the practical application of the approach and sorted out the mnemonic which could help well in history taking and summarizing the history better. He mentioned the ODPARA and p3 MAFTOSA. .He further illustrated the lecture that during paces one should greet the examiner and ask the permission, sterilize your hands, introduce yourself with your designation, ask the name and age of patient. Enquire the relative history, +ve history,-ve history, past and family history, drugs history and drugs allergy, social e.g. alcohol, tobacco, drugs addition and sexual history. Then risk stratification related the desired consultation. Then your findings and then tell that I want the so and so physical examination, then these investigations should be undertaken and then tell your treatment plan . All these should be implemented in a stipulated time frame. It was very informative and comprehensive review .we learnt a lot and moulded our minds how to perform during MRCP paces and what are important steps to be taken to flourish our success. I am really attributed the great respect and credits to our honorable mentor professor Ashfaque Ahmad who made all these impossible achievement easy and facile for all of us.

Dr. Gul Nawaz Khan Wazir Abbottabad, KPK Pakistan.

### **FEEDBACK # 31**

**Dr. Neelam Zehra**

This lecture took history taking skills to next level where making differential diagnosis and ruling out and ruling in a diagnosis by negative and positive points linked to each diagnosis. Dr. Ashfaque made it really easy that it will be always on our finger tips. This course is beyond MRCP where patients and their care is prone target not just going through exam. Your dedication is highly appreciated. Hope to return the same to future doctors and colleagues.

**9<sup>th</sup> OCTOBER 2022**

**EVENT NAME:**

**FRCEM PRIMARY**

**RAPID REVEIW WITH**

**DR ASH**

**SESSION 2**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**[Abrar N. Syed](#)**

Back to Back Sessions on one of d Most Complex subject in Med School, yet made so easy n Exam Oriented by none other than DR Ash Himself.....Taking These sessions not only lead to loads of academic learning but also gave an in-depth insight about how to skim n skip certain things when studying for an exam.....It basically lead to awareness about how to approach the material when preparing for exams instead of decades old methodology of Cramming Things up.....Thank You So DR Ash !!!

**FEEDBACK # 2**

**[Dr. Afifa](#)**

Greetings of the day!!

Dr. Ash you will make us all fall in love with pharmacology.

Pharmacology was always a daunting and dry subject for me and very volatile, but after attending Dr. Ash's lecture of pharmacology my opinion has changed, the way he teaches us with clinical references and highlights the AnE related important points is commendable.

We covered vasodilators,ACE inhibitors, statins, sodium nitroprusside, alpha blockers, calcium channel blockers, sympathomimetics, anticoagulants, beta 2 agonist, antimuscarinics, corticosteroids, dexamethasone, hypnotic and anxiolytics, antipsychotics, lithium, tricyclic antidepressants .

Few pearls from the lecture:

1. Nitrates are contraindicated in RV infarct
2. Keep in mind methemoglobinemia and cyanide poisoning due to sodium nitroprusside

3. Alpha blockers can cause postural hypotension
4. ACE Inhibitors can cause hyperkalemia
5. APTT monitoring for heparin initially 3 hourly than 6 hourly than once daily
6. Role of protamine sulfate in heparin reversal
7. Aspirin should be discontinued if tinnitus develops
8. Role of dexamethasone in cauda equina
9. Diazepam can cause neutropenia
10. Antipsychotics and QT interval prolongation relationship

Thanks Dr. Ash for your time and hard work.

Warm regards,

Dr. Afifa

### **FEEDBACK # 3**

**Dr. Aleena Rahman**

**Date:** October 9, 2022

**Lecture name:** FRCEM Primary Rapid Review Session 2.

**Tutor name:** Dr. Ashfaque Sorathia

#### **Feedback:**

It was indeed a rapid review session. In 2.5 hours, Dr. Ash covered more than half of the pharmacology. As always, he delivered an immaculate lecture, filled with clinically and exam relevant knowledge. We studied about medicines of heart failure, ACEIs, Beta blockers, CCBs, Adrenaline/Epinephrine, Anticoagulants, CNS medications, TCAs, Aspirin and many more. Important take home messages were: Muscle twitching, bradyarrhythmias, headaches due to cerebral vasodilation, somnolence are some side effects. Decreased platelet aggregation, methemoglobinemia and cyanide poisoning is a serious side effect.

ACE Inhibitors are contraindicated in pregnancy and bilateral renal artery stenosis. Sodium nitroprusside drug reservoir needs to be protected from light source and sunlight. Do not use verapamil for wide complex tachycardia. Nifedipine should not be used in cardiogenic shock. All CCBs cause headaches and dizziness. Atropine is not effective for MOBILTY TYPE II block and 3<sup>rd</sup> degree block. Adrenaline is the primary drug in resuscitation. In pregnant women with mechanical heart valves, warfarin should be given otherwise pregnancy is a contraindication for warfarin. Statins cause rhabdomyolysis and statin induced muscle breakdown. Salbutamol causes tremors, tachycardia and transient hypokalemia causing muscle twitching. Atypical antipsychotics have a higher rate of metabolic adverse effects and weight gain. Amitriptyline also has anticholinergic effect (urinary retention, dry mouth, glaucoma).

Thanks Dr. Ash for teaching us pharmacology in the best way possible.

**13<sup>th</sup> OCTOBER 2022**

**EVENT NAME:**

**Psychiatric Patient in ED & PLAB 2 OSCE by**

**Dr. Shum Dev**

**Consultant EM London**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Ghayoor Khattak**

Muhammad Ghayoor Khan

Session: Psychiatric Patient in ED by Dr. Shum Dev

It was again a wonderful lecture given by Dr. Shum Dev on one of the most rarely discussed topic i:e Psychiatric problems.

Session was started with case Presentation then Dr. Shum Dev comprehensively delivered the topic.

The way Dr. Shum Dev started with GAD, Bipolar disorder then History and examination, SAD PERSON mnemonics was excellent.

OSCE session was performed by Dr. Rehan Khalil and Dr. Shum Dev

Learn a lot from today's lecture like how to take history and examination of depressed or psychiatric patients in ED.

Thanks

Dr. Shum Dev and LGEM

Regards Muhammad Ghayoor Khan

**FEEDBACK # 2**

**Muhammad Wajeih Labar**

Name: DR MUHAMMAD WAJEEH NAZAR

EMFP Session: Psychiatry patient in ED by Dr. Shum Dev 15 Oct, 2022

Another uncommon topic was presented by London GEM with awe-inspiring attention. Medical schools seldom ever teach or address psychiatry-related issues. It was a strange and amazing session because we often discuss medical issues rather than mental health issues. The things I have in mind right now are to:

1. Never assume someone has a mental health problem before ruling out biological causes for a behavior.
2. Make sure you and others are safe.
3. Determine how risky the patient is.
4. Don't forget to ask the patient about their condition.

.Dr. Shum presented the session in detail. Discussions throughout the seminar included the main complaints, risk factors; mental state evaluation, deliberate self-harm and suicide risk and protective factors were amazing SADPERSONS mnemonic, and the Mental Health Act.



Dr. Shum and Dr. Rehan gave an excellent OSCE presentation to conclude the session. I must think that Dr. Shum portrayed the patient role quite well.

**FEEDBACK # 3**

**Hamna Kirn**

Today's session was about how to evaluate psychiatric pt in ED.

Session started with case presentation followed by lecture by Dr. Shum. He covered all the important history taking points. How to assess the person? How to score a person using SADPERSON score? How to involve patient's attendants and close ones to further assess the condition of patient?

Session was followed by OSCE. Learn a lot of valuable points. Thanks a lot Dr. Shum and Dr. Ash for wonderful lecture.

**FEEDBACK # 4**

**Anila Zafar**

Topic: psychiatric patient in ED

Date: 15th October' 2022

Today's session by Dr. Shum Dev was another amazing presentation on psychiatric patient in ED.

Dr. Dev explained very well how to take history, how to assess, how to rule out imp organic causes that often present with mental issues. He also explained GAD, bipolar disorder, SADPERSON score.

He also highlighted how important it is to ensure the pt's safety along with the others around him/her, how to identify any risks.

It is extremely important that we give just as much attention to the mental issues as we do to medical issues.

The OSCE session with Dr. Dev is always a treat in the end.

Thank you.

**FEEDBACK # 5**

**Zaid Ansari**

Dr. Zaid Ahmed Ansari

EMFP session: Psychiatric evaluation in ED

This was one of the sessions I was most excited about. As someone who has an interest in psychiatry I was quite happy when Dr. Ash announced the session. Dr. Shum's approach to evaluating psychiatric patients using the SADPERSON score is something I haven't heard of. The place I work at doesn't have a psychiatric ward so too often patients are deferred out without adequate assessment. Starting Monday this will change definitely.

**FEEDBACK # 6**

**Syed Muhammad Zeeshan Hashmi**

Psychiatry in A & E

Today 15/10/2022 took a wonderful lecture by Dr. Shum Dev, on mental health pt. in emergency department. thanks for shedding light on how and why is it necessary to consider every pt in ER seriously, whether it is a psychiatric pt with multiple ER visits of mania /panic attacks/suicide attempt or a psychiatric one presenting for the first time in ER (HE/ SHE may actually have an acute MI or thyrotoxicosis or other similar illness within his/her mental health disease...

Thanks for highlighting the legal aspect of mental health...

and lastly Thanks Dr. Ashfaque Ahmed for giving me a chance of case presentation , to boost my confidence , to tap on my back thereby encouraging me for future presentations and OSCE inshallah ...

Support [#emergencymedicine](#)

Support Dr. Ashfaque Ahmed

Support London Global Emergency Medicine

Support PEMA

**FEEDBACK # 7**

[Amash Khan](#)

Today's lecture was about psychiatric patients evaluation and diagnosis by taking history thoroughly and patiently and to always try to differentiate from the organic causes as they many times leads to similar and confusing signs and symptoms which makes them difficult to diagnose. A patient should be asked the relevant questions along with the attendant to find out further what patient's condition is. Thanks Dr. Shum and Dr. Ash for the lecture.

**FEEDBACK # 8**

[Umair Khalil](#)

Today's lecture was wonderful as we had an chance to learn how to deal with Psychiatric patients in ED. Important learning points were history taking, rule out any organic cause, a good mental state examination and risk assessment of the patients. Suicide risk factors were discussed in detail and SADPERSON Score was also discussed. The session was closed by a very good OSCE presentation by Dr. Shum & Dr. Rehan.

Thanks & regards

**FEEDBACK # 9**

[Abdul Ghaffar](#)

Topic psychiatric

Dr. Shum told the main key points about the psychiatric and main symptoms about how to evaluate it, its comprehensive topic. First looks the pt and assess it, ask the relevant questions and rule out systemic causes also ask about attended to find further information...

Thanks Dr. Shum and Ash

**FEEDBACK # 10**

### **Hani Suhail**

Patience is the key to success. Today's lecture we had an insight on the difficulty level regarding dealing with patient with different kind of mental problems which lead to inappropriate diagnosis or sometimes misdiagnosis. A patient in any case should be looked at firstly as the way they present and then we approach towards what could be the later cause of their symptoms so we don't miss out on anything. Patients can be hard to get information from but we have to take all aspects in the way they present to us to know what could be the things they are suffering from. Thanks Dr. Shum and Dr. Ash.

### **FEEDBACK # 11**

### **Dr. Muhammad Saad**

Name: Dr. Muhammad Saad

Programme: EMFP

Session: Psychiatry patient in ED by Dr Shum Dev 15 Oct, 2022

Yet another rare topic delivered with such a surprise of interest by London GEM. Psychiatry problems are rarely discussed and taught in medical colleges. Session had two quite comprehensive presentations. Dr. Shum comprehensively delivered the session. In the session the main complaints, risk factors, mental state examination, SADPERSONS mnemonic, Mental health act were discussed. Learn a lot of new things.

Thanks to Dr. Ash and London GEM for arranging such brilliant session.

Yours Sincerely

Dr. Muhammad Saad

### **FEEDBACK # 12**

### **Dr. Shahid Ahmad**

This session by Dr. Shum Dev was another amazing presentation on psychiatric patient in ED.

Dr. Dev explained very well how to take history, how to assess, how to rule out imp organic causes that often present with mental issues, Also explained GAD, bipolar disorder perfectly.

SADPERSON score.

The OSCE session with Dr. Dev is always a treat in the end.

Thank you Dr. Shum and Dr. Ash

Regards

### **FEEDBACK # 13**

### **Dr. Aiman Nazir**

Tutor: Dr. Shum Dev

Topic: Psychiatric patient in ED

Date: Oct 15<sup>th</sup> 2022

Today's session by Dr. Dev was again a very comprehensive session with all the relevant details we need to know about a psychiatric patient presenting to ED.

When he said history is the key, it really is . By that i mean he taught us how to take relevant history and be fluent with history questions because psychiatric patients don't open up until asked all the questions. Next comes the keen observation which is again very important, like appearance, behavior, mood , speech disorders of thoughts and most important asking about insight.

I Came across this very nice SADPERSONS score used in the psychiatry department to help the physicians and learning about Mental Health Act 1983 UK (though it doesn't apply to ED physicians), decisions on detaining the patient people involved for this decision are the legalities and technicalities that one should be aware of and when to take help from other people like police / security , social services etc. Psychosis and its management were explained concisely.

The Most important learning point is to always rule out medical and physical conditions by carrying out observation ( vitals ) , physical and neurological examination , exclude infective and organic causes and rule out substance / alcohol misuse or abuse and early involvement of the psychiatry team if diagnosis is to be made about psychiatric conditions .

Thank you so much for arranging a wonderful session.

Regards:

Dr. Aiman Nazir

LGEM EMFP candidate

**FEEDBACK # 14**

**[Dr. Muhammad Ibrahim](#)**

Topic: Psychiatry patients in ED

Date: 15<sup>th</sup> October 2022

Tutor: Dr. Shum Dev

A nice lecture gave by Dr. Shum Dev on how to deal with psychiatry patients in ED, how to take history and do mental state examination with some legal aspects of dealing with them. It was a comprehensive lecture, learned a lot today.

Thanks Dr. Shum Dev and Dr. Ash.

**14<sup>th</sup> OCTOBER 2022**

**EVENT NAME:**

**Maxillofacial Trauma & FRCM Exam by**

**Dr. Rishi Gupta**

**Consultant EM London**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**[Abid Marwat](#)**

Good day, it was an amazing session with Dr. Rishi. He made it everything crystal clear and how to approach and manage maxilla facial trauma. In end an OSCE with Dr. Ash was even excellent and all of the recap with one scenario in just 10 mins

#### **FEEDBACK # 2**

##### **Babar Hussain**

It was an Excellent session on Maxillofacial injuries by Dr. Rishi and learn a lot of new things especially how to investigate, eyebrow sign, tear drop sign, red dot, Lefort classification, 5 important things to look for general examination for maxillofacial trauma, and TMJ dislocation and how to manage it.

In the end Dr. [Ashfaqe Ahmed](#) conducted an FRCEM level OSCE session regarding maxillofacial trauma and highlighted the most important points and how to deal with it.

So thank you very much Dr. Ashfaqe, Dr. Rishi and [London Global Emergency Medicine](#) for such a wonderful session.

Proud GEM candidate

#### **FEEDBACK # 3**

##### **Rizwan Ullah Siddiqui**

Lecture: Maxillofacial Injuries

By Dr. Gupta

OSCE by Dr. Ashfaqe Sorathia

Magnificent lecture delivered by Dr. Gupta, Especial learning points for me were, how to diagnose facial fractures which I always find it hard to differentiate, Various kinds of XR views, Septal Haematoma, Ocular movements to look for and sensations. I also find it interesting the lateral canthotomy procedure and it's indications.

Last but not least, interesting OSCE scenario by Dr. Ashfaqe

Thanks Dr. Gupta and Dr. Ashfaqe for fantastic topic.

#### **FEEDBACK # 4**

##### **Uzma Shaikh**

Today we had illuminating lecture on trickiest part of trauma field, Maxillo facial trauma by expert Dr. Rishi Gupta. We learnt regarding 3 golden principles of assessment 1, Look 2, feel and 3rd is move. We learnt regarding orbital blow out fractures, tear drop signs, red dot signs and eye brow signs. Familiarized ourselves with method of relocating dislocated TMJ and learnt regarding various methods of investigating maxillofacial traumas

OM15, OM30, Superiomenta view.

Biochemically detecting CSF in nasal bone injuries, (beta 2 transferring) draining septal hematomas, Lefort fractures.

In last we had FRCEM level OSCE session held by mighty Dr. Ash on describing the maxillofacial trauma and management.

Thank you Dr. Rishi for investing your day in teaching us difficult and ignored portion of trauma field

**FEEDBACK # 5**

**Rida Rana**

Alhamdulillah another truly different amazing enlightening lecture on Maxillofacial Trauma and this added a very unique flavor to our curriculum where candidates were taught the basics of maxillofacial trauma with respect to A&E department. Dr. Rishi Gupta delivered the topic in a very easy to learn pattern, clearly highlighted the important points to stress on and which are commonly questioned in MRCEM examinations . Especially the way he explained the X-rays, Ct Scans and made sure that the lecture is delivered up to the level of each candidate's understanding; was what made the session more interesting . Dr. [Ashfaq](#) thank you for organizing such session, by attending which, one is now able to deal with maxillofacial trauma timely, identify the conditions requiring urgent treatment , assess - investigate and provide emergency treatment as per need . Every bit of the lecture was informative, especially the OSCE scenario at the end made the session more clinically relevant.

Alhamdulillah on being part of LGEM 😊

**FEEDBACK # 6**

**Ubaid Ur Rehman Khizir**

Today dated 15-10-22

Session was on maxillofacial trauma

Tutor Dr. Rishi Gupta and Dr. Ash

Dr. Rishi taught us maxillofacial trauma in an excellent way starting from the anatomy of the maxilla and face orbit

To the management of patient

Common fractures

Most common\* nasal fracture\*

Other fractures includes

Zygomatic arch fracture

Orbital fractures

Le fort fractures

ZNC injuries

Investigation and x days to be done

Beta transferin (tau protein specifically)

Glucose.

X rays

Facial views OM15 &OM30

Submentovertical

**ORBITAL BLOW OUT FRACTURE**

Blunt injury by ball and by fight

Tear drop sign and eyebrow sign on X ray and CT scan

LE FORT fractures classification

Type 1 =fracture of maxilla at the level of nasal fossa

Type 2= fracture of maxilla THOROUGH central maxilla and hard palate

Type 3=THOROUGH front zygomatic suture kind

Type 4=type 3+frontal bone fracture

Mandibular dislocation

1. Trauma

2. Due to dental procedures and also due to yawning

General examination

Look for

Bleeding and CSF from nose ear

Spetao hematoma

Eye position

Visual acuity

FEEL for

Zygomatic arch

Periorbital region

Oral examination any tenderness

Upper lip and cheek sensations

Movements=

Eye movements

Jaw movements

Any alteration in bite

Management

Airway

Let lateral position. Jaw thurst

If any external bleeding stop it .any internal bleeding

Packing and ballooning

Refer of patient or specialty

Confirmed x-ray fracture

Any eye defect acuity, diplopia,.

Restricted jaw movement

Thanks a lot Dr. Rishi Gupta for such an amazing lecture

Your way of teaching was amazing we absorbed everything

At end OSCE station by one na don't Dr. Ash was mind blowing.

We should come forward with systematic approach to examine a patient

Thanks Dr. Ash z 🍷

**FEEDBACK # 7**

**Shehzad Hussain**

Thanks Dr. Rishi Dr. Ash for such a wonderful practical session on maxillofacial injuries, taught us plenty of things which we never learnt before about X-rays Ct and how to spot fractures, lateral canthotomy, mandibular dislocation reversal and how to manage septal hematoma was amazing, I see almost in every ER duty facial trauma cases but the way we have been taught today is awesome. Thanks Dr. Ash Dr. Somro, Dr. Azeem and Dr. Ashraf for a wonderful OSCE.

Thank you Dr. Rishi and Dr. Ash for this extraordinary session

**FEEDBACK # 8**

**Maimona Javaid**

Dr. Rishi Gupta delivered good lecture. I myself got blunt trauma on eye hit by cricket ball. This lecture added all new knowledge and explained very well all anatomy. Fractured topic well explained. Mandible anatomy was quite interesting. Lecture was superb

Grateful Dr. Rishi Gupta

Grateful Dr. Ash

**FEEDBACK # 9**

**Syeda Maheen Ejaz**

An excellent session on maxillofacial trauma by Dr. Gupta, beautiful delivery of the lecture in a very calm and easy way so that a difficult topic turned into an enjoyable one and he discussed zygomatic arch #, Zmc, Nasal #, orbital floor #, le forte etc. their investigation, management.

Lateral canthotomy, septal hematoma management and a lot of new learnings for me. Last minute Dr. Ash OSCE is also very amazing. Thank you so much Dr. Gupta Dr. Ash and LGEM.

**FEEDBACK # 10**

**Rana Gulraiz**

Dr. Ashfaque thank you for organizing such session, by attending this, one is now able to deal with maxillofacial trauma timely , identify the conditions requiring urgent treatment , assess - investigate and provide emergency treatment as per need . Every bit of the lecture was informative, especially the OSCE scenario at the end made the session more clinically relevant. Jazakallah Sir 🙌

**FEEDBACK # 11**

**Noman Ahsan**

Lecture...Maxillofacial Injuries

Tutor...Dr. Rishi Gupta

An Excellent and interesting session on Maxillofacial injuries by Dr Rishi gupta... learn lots of new things especially how to investigate, eyebrow sign, tear drop sign, red dot, Le fort classification, 5 important things to look for general examination for maxillofacial trauma, and TMJ dislocation and how to manage it.



As always Dr. Ashfaque last minute pearls are worth listening to. He conducted an OSCE session regarding maxillofacial trauma and highlighted the most important points...

Remember sequence. Especially for exam

History, exam, Rule out orbital compartment, do Ct than Ophthalmo/Maxillofacial.

Thanks Dr. Ashfaque and Dr. Rishi Gupta for this important lecture

**FEEDBACK # 12**

**Bushra Imran**

Date 15-10-22

Topic: Maxillofacial injuries by Dr. Rishi Gupta

Mentor: Dr. Ashfaque

Although it was not a new topic but after session it is all new for me....how to diagnose infra orbital fracture, investigations OM15, OM30 and submentovertical x-rays (new for me) Campell & Dollens lines. The red dot, tear drop and eye brow signs in blow out fractures. The session delivered our daily routine emergencies in knowledgeable way that cleared my anxious points. Thank you Dr. RISHI

IN THE END OSCE discussion by Dr. Ash, how to examine and manage and investigate the patient is learning for me!

**FEEDBACK # 13**

**Imran Farooka**

Date 15 oct 2022

Maxillofacial injuries

Tutor. Dr Rishi Gupta consultant A&E NHS UK, Dr Ashfaque Ahmad consultant A&E NHS UK

This was an hour and half long session where we studied anatomy, discussed interpretation of facial x rays, discussed the management of life threatening conditions. We studied about orbital blow out fracture, tripod fracture, Le forte fracture, mandibular fracture and dislocation. We also learnt abt Lateral Canthotomy as an eye saving procedure. This was followed by an OSCE station conducted by Dr Ash.

Important learning points include,

1. Nasal fractures are the most common of all facial fractures.
2. Investigations of facial fractures include X rays i.e. OM15 and OM 30 views and submentovertical view; OPG; spiral facial CT scan ; focused ocular ultrasound (FOUS); isolated nasal bone x ray.
3. For CSF rhinorrhea looking for beta 2 transferrin is highly sensitive and specific for the presence of CSF. Glucose is also present in CSF but not in nasal secretions.
4. Tear drop sign, eye brow sign and red dot sign not to miss on facial x ray .
5. Mandibular dislocation is usually cause by direct trauma or excessive opening of the mandible during yawning or dental procedures.

6. General examination involves three steps i.e. look, feel, move.
7. Look for persistent bleeding or discharge from the nose (CSF) ? Naso ethmoid fracture; septal hematoma of the nose which requires urgent drainage to prevent saddle nose deformity from ischemic necrosis; position of the eye e.g. enophthalmos and proptosis....retrobulbar hemorrhage which requires urgent Lateral Canthotomy; subconjunctival hemorrhage; visual acuity.
8. Feel zygomatic arch ; periorbital region ..crepitus or surgical emphysema ( involving sinus); intra orally upper buccal sulcus tenderness or step ( maxilla); cheek and upper lip ( sensation to the skin) inferior orbital nerve injury.
9. Move eye movement particularly upward gaze; jaw movement and alteration in bite.
10. Assessment of facial injuries include Airways; C spine ( 10 % of patients with facial injury have associated cervical spine injury; Head 3% of alert patients with facial injury and no neurological deficit had an intracranial hemorrhage on CT scan.
11. Management of airway includes  
 Sit up ( conscious and no spinal injuries)  
 Left lateral position ( spinal injury and feels like vomiting )  
 Jaw thrusting and anterior traction ( open airway at the price of possible increasing hemorrhage )  
 Endotracheal intubation
12. Management of circulation includes applying direct pressure, suturing and staples for external bleeding and packing, balloon tamponade, embolization or surgical ligation of bleeding vessel in case of internal bleeding.
13. Refer the patient in case of  
 Confirmed fracture/ x ray abnormality;  
 Suspected ocular involvement/trauma reduced visual acuity diplopia, proptosis reduced eye movements;  
 Suspected retrobulbar hemorrhage;  
 Dental malocclusion or restricted jaw movement;  
 Surgical SC emphysema;  
 Septal hematoma, persistent epistaxis or nasal discharge

This was an excellent teaching session where as usual practical approach to seeing facial injury patients in A& E was taught. Dr. Ash OSCE station was all learning different tricks involved in patient care. This teaching activity will improve my approach in seeing facial trauma patients in A& E.

DR. Imran Khan.

**FEEDBACK # 14**

**Mina Khan**

LECTURE: MAXILLOFACIAL INJURIES

TUTOR: DR RISHI / DR ASHFAQUE

Today, I took Dr. Rishi's lectures on C spine injuries. Best explanations so far with illustrations and examples. It was engaging, mindful and concepts made easier to grasp. He very well knows how to simplify materialistic dry topics. Like bony parts their movements, traumas , types of fractures, interpretations on X-Rays and managements as well . Thank you PEMA (Pakistan Emergency Medicine Association) 🌹

**FEEDBACK # 15**

**Hamna Yaqub**

Today's session on maxillofacial injuries by Dr. Rishi Gupta was enlightening. I learned how to identify and classify fractures and injuries and timely management of situations that otherwise can cause serious damage, five important things to look in a patient with maxillofacial trauma.

An once session at the end by Dr. Ashfaque was very eye opening on how we can pick things from examination and save the patient from complications

**FEEDBACK # 16**

**Dr-Abrar Kahn Quraishi**

Excellent session by Dr. Rishi and well explained full OSCE presentation at the end by Dr. Ash cleared all my queries and will definitely positively affect my way of practice. Learnt a lot of new things and looking forward. Highly appreciate it 😊

**FEEDBACK # 17**

**Khatija J. Farooqui**

Very interesting and exam based approach lecture of maxillofacial trauma delivered by Dr. Rishi though difficult and less concerned but easy to catch and in last Dr. Ash OSCE exam preparation important points. Thanks to Dr. Ashfaque and Dr. Rishi Gupta for this great session.

**FEEDBACK # 18**

**Zegham Abbas**

Another excellent session maxillofacial injuries & Role of EM Physician conducted by Dr. Rishi Gupta. He teaches us comprehensive approach to maxillofacial trauma, assessment and management along with management of JAW dislocation.

Main points of examination

Look

Feel

Move

Investigation for the maxillofacial injuries

1 X-ray: OM 15 & OM 30

2 Submentovertical view

3 Spiral facial CT

4 FOCUS

5 McGregor-Campbell &Dollen's Lines

6 OPG

7 Mandible X-ray PA view Biochemical

8 Beta transferring (tau protein) to differentiate between CSF and nasal secretion

Types of fractures

Orbital Blowout Fracture

Tripod fracture

•Le Fort fracture

Lateral Canthotomy

One of the most important and eye saving procedure in ER

Amazing OSCE station session by Dr. ASH

Thank Dr. Rishi Gupta and Dr. Ashfaque Ahmed for this amazing teaching session.

**FEEDBACK # 19**

**Javeria Wali**

Date: 15th October, 2022

Topic: Maxillofacial Injuries & Role of EM Physician by Dr. Rishi Gupta

It was a comprehensive and detailed session by Dr. Rishi Gupta encompassing maxillofacial trauma, assessment and management in the emergency department. We learnt ABCD approach, Investigation of choice to be done (X-ray: OM 15 & OM 30, Submentovertical view), Spiral facial CT, Biochemical investigation including Beta transferrin to differentiate between CSF leakage and nasal secretion, Orbital Blowout Fracture with x-ray signs to look for (Teardrop sign, Eyebrow sign) Tripod fracture or ZMC fracture, Le Fort fracture types I to IV, Lateral Canthotomy, Septal hematoma, Nasal fracture, Zygomatic arch fracture, Mandibular Dislocation, Management through reduction technique, appropriate analgesia and discharge advice. In the end, there was OSCE station session conducted by Dr. Ash which reinforced all learnt points in a clinical scenario beautifully.

**FEEDBACK # 20**

**Aab e Gum**

Maxillofacial trauma by Dr. Rishi Gupta

15th Oct 2022

This was an amazing session. I got to learn so much in 1 hour session, very thorough explanation of various signs to look out for.

This session will help in both the exam and clinical practice. The systematic approach of various problems was taught in an amazing manner

Some of the things we learned are:

Facial anatomy

.Common facial fractures & their related investigations .OM15 & OM30 x-rays, spiral facial CT, FOCUS, Isolated nasal bone x-ray & biochemical investigations like beta 2 transferring for CSF

.Orbital blow out fracture & related signs (tear drop sign, eyebrow sign, Red dot)

.Tripod fracture

.Le- fort fracture & their 4 types

.Mandibular fracture & Dislocation

.Lateral canthotomy

Finally an OSCE session with the mentor Dr. Ash, OSCE case of assaulted patient with facial trauma was discussed with focus on History, inspection findings Palpation, necessary investigations, initial management & referral.

Thanks Dr. Rishi & Dr. Ash for this amazing session.

#### **FEEDBACK # 21**

##### **Qaisar Shah**

Today's an excellent session done about maxillofacial trauma by Dr. Rishi Gupta. I learned a lot of new points in this session.

Dr. Rishi taught us

Facial anatomy

Common facial fractures & their related investigations (OM15 & OM30 x-rays, spiral facial CT, FOCUS, Isolated nasal bone x-ray & biochemical investigations like beta 2 transferin, Glucose for CSF)

Orbital blow fracture & related signs (tear drop sign, eyebrow sign, Red dot)

Tripod fracture

Le- fort fracture & their 4 types

Mandibular fracture & Dislocation

Lateral canthotomy

Spinal injury with vomiting & their initial management

When refer & advice on discharge.

At last Dr. Ash discussed the OSCE case of assaulted patient with facial trauma, he discussed

History points, inspection findings Palpation, necessary investigations, initial management & referral.

Thanks Dr. Rishi & Dr. Ash for this amazing session.

#### **FEEDBACK # 22**

##### **Muhammad Abubakar**

A great session on **Maxillo Facial Trauma & FRCM Exam Bh Dr Rishi Gupta Consultant EM London**. Learn many new things to practice like management of TMJ dislocation, Common facial fractures and how to investigate them. All the things were very important and delivered very well.

At the end mock OSCE session by Dr. **Ashfaq Ahmed** was excellent.

#### **FEEDBACK # 23**

##### **Beenish Manzoor**

Lecture: Maxillofacial injuries

Tutor: Dr. Rishi and Dr. Ash

It was a marvelous session on maxillofacial injuries by Dr. Rishi the most difficult and ignore topic. I learned a lot of new things especially following few points:

ABCD APPROCH

LOOK FEEL AND MOVE.

AIRWAYS MANAGEMENT

BLEEDING MANAGEMENT

How to diagnose investigate facial fracture, eyebrow sign, tear drop sign, red dot, various kinds of x-ray views. Le fort classification,

Biochemical differentiation btw nasal and csf

Lateral canthotomy very important 👍

TMJ dislocation and how to manage it

In the end Dr. Ashfaque Ahmed conducted an FRCEM level OSCE session regarding maxillofacial trauma and highlighted the most important points and how to deal with it. Dr. Ash way of teaching is like cherry on top of cake.

So thank you very much Dr. Ashfaque Ahmed and Dr. Rishi for such a wonderful session.

Proud GEM candidate

**FEEDBACK # 24**

**Syed Suhail Ahmad**

A very comprehensive session on [Maxillo Facial Trauma & FRCEM Exam Bh Dr Rishi Gupta Consultant EM London](#). Covering important aspects like CAUSES, CLINICAL Features of eye, nose and facial fractures, DIAGNOSIS on the basis of X-Rays and how to read them looking for important signs like TEAR DROP SIGN, EYE BROW SIGN, RED DOT etc. Le Fort and other Scores, MANDIBULAR fractures, their diagnosis and management and much more, Summed up beautifully by Dr. Ash's OSCE based scenario, showing how to proceed in a systematic so that we don't miss anything. Thank you [London Global Emergency Medicine](#) and [Pema-Uk](#) 🙌🙌🙌

**FEEDBACK # 25**

**Rajab Abbas**

Topic:

\*Maxillofacial Injuries & Role of EM Physician by Dr. Rishi Gupta Consultant EM NHS UK\*

Date: 15/10/22

Today LGEM Candidates had an important session on maxillofacial trauma in which Dr. Rishi Gupta taught us comprehensive approach to maxillofacial trauma, assessment and management along with management of JAW dislocation.

\*Important learning points of today's lecture are:\*

- \*ABCD approach\* to the trauma pt=°Look°Feel°Move
- Airway Management

- Bleeding Management
- \*Investigation of choice\*
- X-ray: OM 15 & OM 30
- Submentovertical view
- Spiral facial CT
- FOCUS
- \*McGregor-Campbell & Dollen's Lines
- OPG
- Mandible X-ray PA view
- \*Biochemical\*: Beta transferrin ( tau protein)>> to differentiate between CSF and nasal secretion
- \*Orbital Blowout Fracture\*
- Teardrop sign ◦ Eyebrowsign.
- Red dot
- Tripod fracture
- \*Le Fort fracture\*
- LF1, LF2, LF3, LF4
- \*Lateral Canthotomy\*

One of the most important and learning point of today's session

- Septo hematoma
- Upper lip n cheek sensation
- Nasal fracture
- Zygomatic arch fracture
- Mandibular Dislocation
- Management via reduction>> analgesia>>Advice>>education on discharge

Followed by amazing OSCE station session by Dr ASH

Thank you Dr Rishi Gupta for this amazing teaching

Thank you Dr ASH for opening new horizon of learning for Non.trainee doctors of Pakistan.

A PROUD GEM CANDIDATE

**FEEDBACK # 26**

**Imtiaz Ali Shah**

DATE.....15OCTOBER 2022

DAY.....SATURDAY

TOPIC.....MAXILLOFACIAL INJURIES

TUTOR.....DR RISHI GUPTA.

Today's session was an excellent one with full of knowledge and learning pearls. Dr. Gupta being a senior consultant delivered his lecture in an excellent way and dedication.

Dr. Gupta started with epidemiology of maxillofacial injuries. Moving to the investigations of maxillofacial injuries he introduced us with OM15 VIEW and OM30VIEW, SUBMENTOVERTICAL VIEW, FOCUSED OCULAR ULTRASOUND along with biochemical investigations. Many new terminologies were thought like EYEBROW SIGN, TEAR DROP SIGN and AIR FLUID LEVELS in sinuses. We also learned about various fractures like TRIPOD FRACTURES, LEFORTE FRACTURES. We learnt about MANDIBULAR DISLOCATION and its management.

Regarding general examination of maxillofacial injuries three important steps like LOOK FEEL and MOVE were introduced to us along with the ASSESSMENT.

Regarding management Dr. Gupta thought us about the control of internal and external bleeding. The session was concluded with advice on discharge like avoiding nose blowing, ice packs and analgesia.

It was a wonderful session and Dr. Gupta delivered it in a highly professional way. Thanks to Dr. Gupta for this excellent session and Dr. Ash for providing us such a great platform for learning.

#### **FEEDBACK # 27**

**Dr. Aiman Nazir**

Date: Oct 9<sup>th</sup> 2022.

Tutor: Dr. Rishi Gupta

Topic: Maxillofacial trauma management in ED

This is a feedback response on Lecture maxillofacial trauma and management in ED by Dr. Rishi Gupta.

This session today was very informative and concise with all the relevant anatomical and clinical knowledge taught by very talented Dr. Gupta because of the way he teaches and makes things easy while explaining all the knowledge that sticks in our minds is very beneficial for us.

Maxillofacial trauma is daily encountered in ED but how to approach, carry out assessments (General examination: look , feel , move ), protect airway, C-spine , manage circulation with advanced management and safety netting on discharge was explained beautifully.

Different types of fractures and what signs to look out on x-ray, also specifically teaching us about different x-ray views to not miss out anything is the real deal.

Orbital blow out fractures , tripod fractures , amazing explanation of Lefort fractures types , mandibular fractures and dislocations along with all the x-ray images has made it more clear to identify the fractures and abnormalities(where and how to look , on which x-ray views etc.)

It was a brilliant session by Dr. Gupta delivered so nicely covering all the relevant information .Hoping to learn more interesting topics as apart of GEM candidate.



Thank you so much Dr. Gupta and Dr. ASH for teaching us these important topics and giving us more confidence to deal with such emergencies.

Regards:

Dr. Aiman Nazir

LGEM EMFP

**FEEDBACK # 28**

**Ali Kazim**

Today's lecture on maxillofacial Trauma & MX in ED was amazing! Dr. Gupta made this topic really easy. This is the first time i have learnt so much about this topic.

Dr. Gupta explained the Anatomy, investigations, Orbital blow out fracture with Tear drop sign, Eye brow sign, Red dot, Tripod fracture and its management.

Best thing about today's lecture was practical examples with videos like lateral canthotomy .

Overall it was a superb lecture.

Thank you Dr. Gupta and Dr. Ash!

**FEEDBACK # 29**

**Noor Fatima**

Amazing lecture, Dr. Rishi Gupta is a very wonderful teacher. The lecture made maxillofacial injuries very easy to understand, and his step by step approach starting with anatomy and moving on to show us x rays and then how to assess in the ER was so valuable. The teaching style made it easy to apply to real life scenarios. I have seen plenty of RTA cases with maxillofacial trauma but in my ER we just refer them to Oro maxillofacial surgery ward. This is the first time I got to learn about them properly.

**FEEDBACK # 30**

**Amash Khan**

Thanks Dr. Gupta and Dr. Ash for today's lecture as I had not learned previously in so detail, about maxillofacial trauma, properly but now you have taught about it thoroughly. The main point for me to learn was to differentiate and categorize the type of injury and where it is present and it's diagnosis on x-ray.

**FEEDBACK # 31**

**Hani Suhail**

Today's lecture was about maxillofacial trauma and fracture which was presented in a very simplified way making details related to actual scenarios and relating them to make it easy to grasp and remember. Anatomy, x-ray and other investigations made things clearer to catch and diagnose. Different types of fractures and signs were discussed.

Thanks Dr. Gupta and Dr. Ash.

**FEEDBACK # 32**

### Javeria Siraj

Today's lecture by Dr. Gupta on maxillofacial trauma was an informative one hour session where we were taught how to assess and interpret x-rays of the maxillofacial region, clinical findings of various fractures and their management... Also learned about orbital compartment syndrome ... Thank you Dr. Gupta for this amazing session

### FEEDBACK # 33

### Anila Zafar

Date 9th October'2022

Topic: Maxillofacial trauma by Dr. Gupta.

Today's lecture by Dr. Gupta on maxillofacial trauma was very informative. Learn a great deal of new things. We get to see a lot of cases involving the maxillofacial region in the A&E as a result of RTA or assaults. Today's lecture was an eye opener for me considering how inexperienced we are in managing it properly.

I learnt how to interpret x-rays, Le Forte classification, eye brow sign, tear drop sign. Learn about lateral canthotomy, a few other conditions that should be dealt on an emergency basis.

Thanks Dr. Gupta and Dr. Ashfaque Ahmed.

### FEEDBACK # 34

### Hamna Kirn

Today's sessions on maxillofacial trauma was beautifully explained by Dr. Rishi Gupta. He made such complex topic so much easier to understand. With images he illustrated how to identify those fractures on x-ray. When and how to use different views? Such as OM15, OM30 and submentovertical, followed by specific signs that are seen such as tear drop sign in orbital fracture as well as eye brow sign, classification of Le fort fractures. Common cause of mandibular dislocation and how manage it.

Importance of general examination, Go with look, feel and move approach.

Learn a lot of new things from this lecture. Thanks a lot Dr. Rishi Gupta and Dr. Ash

**15<sup>th</sup> + 16<sup>th</sup> OCTOBER 2022**

### EVENT NAME:

**Type 1 & 2 Respiratory Failure by Dr. Jacob**

**Consultant Respiratory Physician**

**NHS UK for GEM MRCP Trainees**

**DOCTORS FEEDBACK**

### FEEDBACK # 1

### Faiza Baig

It was a very informative lecture

Learned the basic diff b/w type 1 and 2 resp failure and the confusing equations were explained in a very understandable way

Need more time to build concepts of these formulas

Thank you Dr Jacob and Dr Ash

#### **FEEDBACK # 2**

##### **Mehak Nabi**

Informative session by Dr. Jacob with a quick review of respiratory physiology which was forgotten by me and interesting case presentation by Dr. Bushra on PE, A lot of basic concepts were cleared by this session. Thanks Dr. Ash for your guidance.

#### **FEEDBACK # 3**

##### **Faiza Baig**

Amazing lecture, learned about Cpap Bpap and differences. We need to listen and grasp this topic few more. Presentation by Dr. Bushra was really interesting and precise. Thankyou LGEM and Dr. Ash for providing such an opportunity

#### **FEEDBACK # 4**

##### **Abubakar Tariq**

It was a very informative lecture, learned about type 2 respiratory failure and role of CPAP and BPAP.

Today also clear the concepts regarding acid base disturbances. Thanks Dr. Jacob

#### **FEEDBACK # 5**

##### **Dr.Faisal Abdul Hanan Butt**

Today session started with case presentation on PULMONARY EMBOLISM by Dr. Bushra Khan. She presented a very interesting case, which was later on commented by Dr. Ashfaque Ahmed and Dr. Jacob.

Today's lecture was about Type 2 Respiratory Failure. Dr. Jacob presented physiology and pathology of Type 2 Respiratory Failure in very easy way. Main Points of Today's lecture were: Role of CPAP and BIPAP,

Interpretation of ABGs

To teach these topics effectively in an understanding way is a difficult job, which was done amazingly by Dr. Jacob

Thanks for wonderful lecture Dr. Jacob.

Thanks Dr. Ashfaque Ahmed for facilitating the whole session, Thanks LGEM MRCP PROGRAMME

#### **FEEDBACK # 6**

##### **Sadia Abbasi**

Excellent session, very difficult topic made easy by Dr Jacob baby.

Cpap, bipap concepts, FeO<sub>2</sub> such type of topics and their importance clinically really excellent session 🍌

Thanks a lot Dr. Ash for providing such nice platform.

Thanks Dr. Bushra khan for presenting nice case I learn a lot.

**FEEDBACK # 7**

**Gdmas Malik**

The session was breathtaking and nicely interpreted. The main and important points were completely explained. Dr. Jacob handsomely highlighted the needful points and elaborated the anatomy and physiology of respiratory tract which is an essential component of learning respiratory failure. He explained pathophysiology, diffusion of co<sub>2</sub> and o<sub>2</sub> and their interrelated alterations during deranged conditions. There was case presentation regarding pulmonary embolism. Dr. Jacob delineated the conditions in an explicit way. He also talked about the importance of ABG and its interpretation. The essence things were taught to us who flourished our concept. Management of respiratory failure was also discussed. We learnt a lot about ventilator and its pressure and positive and negative pressure ventilator.

Our great honorable mentor professor Sir Dr. Ashfaque Ahmad adorned the session by his vigilant and foresighted vision and elaborated the practical points which changed our obsolete concept and imparted us a new spirits and vision. I am very thankful to Dr. Jacob baby for his comprehensive lecture.

I am also keen over to thank our honorable and affectionate mentor who leads us in an earnest and amiable way. He works very hard and diverting all his energy and endeavors to pave way of success for us. I will pray for his longevity and lofty honor. Dr. Gul nawaz khan wazir from Abbottabad KPK Pakistan

**FEEDBACK # 8**

**Dr. Uzaima Nighat**

Today's session was very informative; slides were very descriptive which I really liked. It was too much to absorb on one go cause I think the mechanism was a bit hard and Dr. Jacob was going a bit fast. But I'll try understanding it in recorded lectures. Overall it was really good and informative. The end QnA session of x rays really helped understanding the topics we discussed.

Thank you!

**FEEDBACK # 9**

**Dr. Sadia Naveed**

Excellent session by Dr. Jacob baby exam oriented plus clinically, so many concepts are cleared very well. Thank you very much and look forward for tomorrow 'session



**FEEDBACK # 10**

**Dr. Ahmad Tanveer**

Today's session was very informative covering all aspects of type 1 Respiratory failure. Learn for the first time SPO<sub>2</sub> and FIO<sub>2</sub> calculation significance. ABGS and its immense significance CPAP BIPAP roles in non-invasive ventilation and the

Questions Answers Session were very informative regarding common queries.  
Looking forward for the next session

**FEEDBACK # 11**

**Dr. Mariam Sultan khan**

Today's lecture was very informative and involved lots of important concepts initially it felt like the lecture was going really fast but in-between Dr. Jacob took time and cleared a lot of concepts again. I really like how he emphasized on exam related important questions especially his question slides at the end was really cherry on the top.

Thank you Dr. Ash and Dr. Jacob for such an informative session

Dr. Mariam sultan khan

**FEEDBACK # 12**

**Dr. Mohid Kannan**

Very informative session and learn lot of things today. Almost cover all the high yield points for exams as well.

Interactive Questions and Answers session at the end time and look forward to the next session.

**FEEDBACK # 13**

**Dr Faiza Arshad**

It was really a difficult lecture but informative and covered all the high yield points. Need to give more time on physiology and clinical part.

Thankyou Dr. Jacob

And it means a lot Dr. Ash you're giving your precious time.

Look forward Sir to complete all those remaining topics

**FEEDBACK # 14**

**Dr. Mehak**

Very informative session by Dr. Jacob and I really liked the way he was point out the important topics regarding exam point of view along with concept building.

Thank you Dr. Ash for arrange such lecture and making out time for us from your busy schedule.

**FEEDBACK # 15**

**Dr Abubakar**

It was a very informative lecture

Learned the basic difference between type one and two respiratory failure and the confusing equations were explained in a very understandable way and need more time to build concepts of these formulas.

Thank you Dr. Jacob

Looking forward to tomorrow's lecture

**FEEDBACK # 16**

**Dr. Hassan Aziz**

Dr. Jacob thank you very much for delivering such an amazing lecture on Respiratory failure, and I am so blessed to be a part of this amazing course. Thanks Dr Ashfaque for bringing this platform to us. ♥

**FEEDBACK # 17**

**Dr. Faisal Abdul Hanan**

Today's session on Type 1 Respiratory Failure was very important regarding MRCP 1, 2 and Paces.

Dr. Jacob Baby, taught a lot of important points and Equations;

Fio 2 calculation, A-a gradient, Oxygen dissociation curve

Difference between Type 1 and Type 2 Respiratory Failure

Dr. Jacob kept the session very interactive, question answer session was good and X-rays were shown to candidates for probable diagnosis.

Dr. Jacob Baby kept emphasizing why and which topics should we focus on for MRCP Exam MCQ's.

He delivered a lot of knowledge in such a short time.

Very thankful to Dr. Jacob, Dr. Ashfaque Ahmed, LGEM MRCP PROGRAMME

**FEEDBACK # 18**

**Dr. Memoona**

Nicely delivered and well prepared lecture by DR Jacob on respiratory failure which was MRCP oriented and cleared many of our concepts n make us able to have insight of respiratory problems with systematic approach...kind guidance of Dr. Ashfaque is always eminent n v r honored to have such a great teacher

**FEEDBACK # 19**

**Dr. Bushra Khan**

Topic Respiratory failure by Dr. Jacob Baby

Difficult topic indeed, he covered the basic physiology which is often forgotten.

Good differentiation points between type 1 and type 2 Respiratory failure and their causes. The application of different O2 saturations in clinical setting was really good.

Keep it up. Thank you so much ★

**FEEDBACK # 20**

**DR SYED KAMRAN HUSSAIN**

It was very informative and almost cover all of the topics of respiratory type 1 failure but it need more time to learn n understand difference type 1 and type 2 ,calculation, ABGs, V/Q ratio n further topics and as Dr. Ash advised for self-study to clear our concept. Inshallah by doing these thing we will be able to clear our concepts and Tomorrows lecture will help further to learn and clarify the issues.

**FEEDBACK # 21**

**Dr. Sidra Asad**

It was an amazing lecture on Type 1 respiratory failure which covered all important topics including equations (fio<sub>2</sub> calculations, A-a gradient, oxygen curve and alveolar diffusions).

Overall, i have learnt a lot of new things from this session. Not only the basic things, but most complicated topics like ABGs, VQ mismatch and Ards belin class have been thoroughly covered in this lecture. Dr Jacob has reflected on all the important topics that can be asked in exam and also how we are assessed in Paces MRCP exam regarding these topics. At the end of session, it was Q/A, and also we were asked different questions which made this session interactive. Look forward to learning more from these sessions by London Gem Consultant's. Thank you so much.

**FEEDBACK # 22**

**Dr. Mohid Kannan**

Very well explain all the important points. Difficult topic like ABG interpretation made easy. Look forward to the next session.

**FEEDBACK # 23**

**DR Tooba Qadeer**

It was a very informative session and I learned a lot of new concepts regarding type 1 respiratory failure. Terms like FiO<sub>2</sub>, A-a gradient, oxygen -dissociation curve although difficult but thoroughly explained by Dr. Jacob. Thanks for emphasizing on the core concepts of respiratory physiology that is often asked in MRCP exams. Look forward to learn more concepts in future. Thanks.

**FEEDBACK # 24**

**Dr Muhammad**

Today's session was amazing and very well presented by Dr. Jacob baby. He covered almost everything very nicely and cleared our concepts. He explained type 2 respiratory failure causes and management of AECOPD including Controlled oxygen therapy, cpap Bipap (ipap and epap) and difference between bipap and cpap. The charts he showed in his presentation were very beneficial. Also he explained Abgs and acidosis alkalosis very well. From learning point of view session was great. Big thanks to Dr. Ash for his last 5 minutes enjoyed your tour as well.

Dr. Bushra also presented a very good case on pulmonary embolism. Dr. Ash talk was cherry on top.

**FEEDBACK # 25**

**Dr. Arshad Ali khan**

Today session was most informative and conceptual. Learn so much even every lecture of gem MRCP.

Sir Jacob explained everything very well and every point. In Today session we learnt everything especially CPAP bipap with good examples..

**FEEDBACK # 26**

**Dr. Zeeshan Ayaz**

It was an amazing session conducted by Dr. Jacob. Although, it was a lot to digest in 1 hour but Dr. Jacob tries his level best to simplify the core concepts in respiratory failure for us.

Dr. Bushra case presentation was very good and to the point.

**FEEDBACK # 27**

**Dr. Bushra Khan**

The topic was very well covered including pathophysiology, causes, acidosis, alkalosis and mgx with CPAP and BIPAP.

As Dr. Ashfaq said we need to listen to this recording atleast few more times to grasp all the knowledge given in this lecture. It will be really useful for MRCP 2 prep.

Thank you so much for giving the opportunity to present the case. We all should learn and grow together.

Thanks

**FEEDBACK # 28**

**DR Tooba Qadeer**

Another day of a great learning experience, the lecture today explained many important concepts relate to NIV for hypercapnia and how to manage COPD exacerbation. Dr. Jacob interestingly explained the confusions we had regarding compensatory mechanisms. His teaching style and pace was easy to understand today. Thanks to Dr. Bushra for presenting the case regarding PE, it is one of the most important scenarios we often come across while working in inpatient setup. So it was a good learning experience for me. Thanks

**FEEDBACK # 29**

**Dr.Sadia Naveed**

Excellent session and very difficult topic made easy by Dr. Jacob baby.

Cpap, bipap concepts, FeO<sub>2</sub> such type of topics and their importance clinically really excellent session 🙌

Thanks a lot Dr. Ash for providing such nice platform.

Thanks Dr. Bushra khan for presenting nice case I learn a lot.

**FEEDBACK # 30**

**Dr Uzaima Nighat**

It was a wonderful session and Dr. Jacob explained each and everything so well. Abgs and difference btw Cpap and Bipap are difficult topics which were effortlessly made easy to understand by Dr. jacob.

Dr. Bushra's case presentation was short and to the point. Clear many concepts regarding PE.

Thank you!

**FEEDBACK # 31**

**Dr. Mariam sultan khan**



Another excellent session full of information by Dr. Jacob  
Everything including causes, alkalosis, acidosis, CPAP and BIPAP were discussed.  
As rightly mentioned by Dr. Ash we have to go through this lecture many times to grasp all the concepts.

Thankyou Dr. Bushra for presenting very interesting case of pulmonary embolism  
Thankyou Dr. Ash for adding your valuable inputs even when you are on vacation  
Regards

Dr. Mariam sultan khan

**FEEDBACK # 32**

**Dr. Shafik Zaid**

Dr Jacob thank u so much for your valuable lecture including copd asthma in connection with respiratory failure use and principle of invasive noninvasive techniques and other related outcome . We were having some idea about it but after taking this lecture it give us the love passion for our medical knowledge. Most of the topics for me were really boring before GEM joining but now it's become my craze. This all knowledge will not boost our own skill but definitely will bring a positive and crux full benefits to our patients which our field demand us. Thank u Dr. Ash for your today opening lecture hints. It was amazing hope will let the candle of LONDON GEM lighted forever

**FEEDBACK # 33**

**Dr. Beenish Naveed**

Amazing session which explains the causes of type 1 respiratory failure and the difference between type 1 and type 2, Management plan was comprehensive and easy to understand which clear many doubts. The lung physiology and detail of alveolar gradient was to the point and easily understandable. Explanation of x ray and points related to

MRCP question were not only interesting but also very helpful to understand the underlying pathology

Thanks Dr. Jacob for the session full of information

**FEEDBACK # 34**

**Dr. Beenish Naveed**

The well understood concept explained by Dr. Jacob to identify the difference between type 1 and type 1 respiratory failure. Causes and symptoms to identify with all the management plans were made simpler and easy to understand. The cut off value of PH and CO<sub>2</sub> to decide on the type of acidosis and alkalosis and device a treatment plan accordingly, the lecture was precise and loaded with the required information which help to understand the basic physiology of lung function and its treatment. Thank you Dr. Jacob

A big thank to Dr. Ashfaque for all the amazing lectures and tutors

**FEEDBACK # 35**

### **Dr. Sidra Imdad**

Such a precise n fully loaded lecture which made me understand the concept of Respiratory failure to the fullest... Everything from physiology to management plan was explained in an extremely beautiful way making it easy n concise... I had some signals issue in between but still my concepts clear. Thankyou Dr. Jacob n Dr. Ash  
Dr. Bushra presented the case in a beautiful way  
Thankyou Dr. Bushra for choosing an excellent case for us....

### **FEEDBACK # 36**

### **Dr. Ghulam Saddique**

Another superb session conducted by Dr. Jacob ,today he opened up the tight conceptual knots of respiratory acid base balance which is the integral part of making critical decision of patient with type 1 or type II respiratory failure. When to use NIV support or when to incubate and he talk about bicarbonate which take 3 days to compensate Raised CO2. All of basic conceptual knowledge which is required to manage patient he delivered in a very precise way .Thanks Dr. Jacob for your effort in teaching us, and also to Dr. Ashfaque who facilitated the whole session .  
I am proud to be a part of MRCP LGEM programme.

### **FEEDBACK # 37**

### **Dr. Ahmad Tanveer**

Very comprehensive lecture on Physiology and causes of Type II Respiratory Failure, especially treatment strategy and role of CPAP BIPAP and how to figure out via ABG analysis about the actual problem, Clear much confusion. Learn lots of new risk scoring and calculation of Oxygen %age. Though its full pack lecture will give it another go to absorb more from it and thanks Dr. Jacob and special thanks to Dr Ash who took part even from his holidays.

### **FEEDBACK # 38**

### **Dr. Memoona**

Respiratory physiology and pathology is one of d toughest topic one ever been come across but today it had been taught by dr. Jacob in a very precise n understandable way that clear our concepts of ABGs n respiratory equations along with a wonderful case presentation by DR Bushra which reinforced topic very well.....thank u to our worthy teachers

### **FEEDBACK # 39**

### **Dr. Nasir Hayat**

This session was very interesting taught in unique way to memorize things easily and I learned a lot and enjoyed it .It was run smoothly and very interactive Responded to all queries. I learned the difference between Type 1 and Type 2 respiratory failures. This will give me a lot of confidence when I apply it. Highly recommended to doctors to join it .This is London Gem MRCP to change you to best doctor and have bright future.

**FEEDBACK # 40**

**Dr. Nasir Hayat**

Very special session learned a lot, the explanation is Amazing and clearing concept. Exams focus points. The session was very smoothly delivered with a lot of interactions. Truly it will change my practice when I apply it, this is amazing. Highly suggested for Doctors to join to be future consultant and have bright future. Proud to be London Gem MRCP candidate

**FEEDBACK # 41**

**Dr. Faiza Arshad**

It was an Amazing lecture,

Learned about CPAP BPAP and differences, we need to listen and grasp this topic few more times. Presentation by DR Bushra was really interesting and precise. Thank LGEM for providing such an opportunity.

\*\*Moreover I thanked and appreciate Dr. Ashfaqe who is giving us wonderful contribution during his holidays

**FEEDBACK # 42**

**DR SYED KAMRAN HUSSAIN**

It was an excellent learning session, lecture given n explained by Dr. Jacob baby. He describe type 2 respiratory failure, Abgs, Copd, respiratory and metabolic acidosis and alkalosis with compensatory mechanism, Bipep and Cpep, PE, Hypoxia and also thanks to Dr. Bushra for presented a nice case also Dr. Ashfaqe who gave us his precious time .

Thanks

**FEEDBACK # 43**

**DR SUHAIL AHMED**

Although I could not attend the lecture live and I just watched the recording and I must say that it was a wonderful session and I learned many new things such as calculations of FiO<sub>2</sub>, A-a gradient and their importance. Dr. Jacob explained everything in detail and I feel that I need to watch the session few more times to grasp all the details of the lecture. I must say that this session was more than just the MRCP exam.

Thank you so much Dr. Jacob Baby and Dr. Ash.

**FEEDBACK # 44**

**Muhammad Haseeb Ch**

Amazing lecture

Thanku Dr Ash Dr J.baby !

**FEEDBACK # 45**

**Dr. Suhail Ahmed**

A great session and I learned about CPAP AND BiBAP. I need to go through the recorded session few more times to absorb all the important facts. Dr. Jacob is really amazing; he just summarized a big topic within an hour.

Last but not the least, a great case presentation by Dr. Bushra Khan  
Thank you so much LGEM.

**FEEDBACK # 46**

**Dr. Neelam Zehra**

This session was mind blowing I don't think no one ever explained respiratory failure like that. I always found it very difficult to calculate FiO<sub>2</sub> and it's calculation I use to get lost everything when I use to do it but he made it so easy like a piece of cake. Now it's concept is very clear. Difference of CPAP and BIPAP for NIV was explained really well. I have asked this questions to many consultants and no one ever explained it really well. Thank you Dr. Ash for connecting us with him and thank you Dr Jacob for explaining it really well.

**FEEDBACK # 47**

**Dr. Neelam Zehra**

Lecture on Type II respiratory was really good. It connected all dots of Type 1 and Type 2 how there's one problem in type 1 and two problems in type 2. Basic hydrology concepts taught so easily and I am sure listening these lectures again and again will teach new stuff every time and will clear more concepts. How to give oxygen to a patient and when not to give it? Thank you simplifying all core concepts. Dr. Bushra's presentation was really good on Pulmonary embolism she presented the case really well.

**FEEDBACK # 48**

**Dr. Emmanuel Qammar Charles**

Both sessions were very interesting taught in unique way to memorize things easily .Most of all simplified for easy learning and enjoyable .I learnt the difference between type 1 and type 2 respiratory failure.

Exam focused questions were also addressed. This gave me confidence to apply it to daily practice .Highly recommended and unique program for health professionals. Delighted to be a Gem London student

**16<sup>th</sup> OCTOBER 2022**

**EVENT NAME:**

**Neck Injuries, Fractures & its Management / Cervical Spine Injuries  
by**

**Dr. Rishi Gupta**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Maimona Javaid**

Dr. Maimona Javaid

Topic cervical spine injuries

16 October 2022

Lecture was excellent. It was totally a new knowledge to me about all spaces and views. Lateral view was very well explained. Not to apply collar to hyper extension and flexion was a great info added to knowledge. I feel happy listen this lecture. Never learnt this thing before, Stay blessed Dr. Ash and Dr. Gupta.

Thanks to seniors for asking interesting questions

**FEEDBACK # 2**

**Hani Suhail**

Another wonderful lecture on C-spine injuries with different radiological presentations and guidelines like NEXUS, CANADIAN, NICE and others were discussed, different type of fractures that were added to our knowledge in a very simplified manner. We learnt about how important primary and secondary survey are as well as distraction injuries importance that co-relate to other hidden injuries. Thank you very much Dr. Gupta and Dr. Ash for adding these life saving tips to our knowledge.

**FEEDBACK # 3**

**Rizwan Ullah Siddiqui**

Topic: C Spine injuries

Lecture: Dr Gupta

Date: 16/10/22

Once again thank very much Dr. Gupta, for a wonderful lecture on a very sensitive and common presentation topic in ED,

Today I learnt a lot of fantastic points like, How to assess C Spine, How to read C Spine XR for fractures, key points in XRs like 4 imaginary longitudinal lines was the best part along with potential spaces.

Various kinds of C Spine fractures along with some pitfalls which we come across frequently in ED

Dr. Aleena presentation was very comprehensive.

Many Thanks to Dr. Gupta for such a wonderful lecture

**FEEDBACK # 4**

**Shehzad Hussain**

Thanks Dr. Rishi Dr. Ash it was wonderful session on C-Spine injuries. Huge practical knowledge was delivered, reading X-rays n Ct was amazing. Especially Jefferson Hangeman n Clay Shovlers fractures, immobilization and management was awesome. Thanks to Dr. Aleena for a wonderful presentation on cervical injury.

Thanks you Dr. Ash n LGEM team for a superb session.

**FEEDBACK # 5**

**Kamlesh Kumar Lilani**

It's was wonderful lecture on C-spine injuries. Sir recalled anatomy told different guidelines, imaging techniques and different views, also highlighted many MCQ's for MRCEM. And Dr. Aleena's presentation was really a good one.

Thanks Dr. Rahul Gupta and Dr. Ash.

#### **FEEDBACK # 6**

#### **Hira Nehal**

Topic c spine injuries

Date 16 Oct 22

Speaker Dr. Gupta and Dr. Ash

It was a wonderful lecture.

A wonderful presentation by Dr. Aleena followed by Dr. Gupta guideline different when to follow.

Dangerous mechanism fall from 1 meter or 5 stairs

Axial load to head

MvC High speed vehicle

Rollover

Different types of xray in canine injuries

S

\*Lateral view of cervical spine

\*Swimmers view

\*Odontoid view

\*AP view

Pit falls in children

C spine fracture types

\*jaffersons fracture

\*hangman fracture

\*Odontoid process fracture c2

\*clay shoveler fracture

Ant commad middle and posterior column injuries .ant one is stable only .

Important to identify tear drop fractures .

Wedge oppression fractured

Mechanism of whiplash injury .usually it presents after 12 yo 24 hours after insult

It was a wonderful lecture and lots of learning points were there for me.one important point if collar is placed it signifies c spine injury has not rule out .this clear message should be given to transporting staff that transport pt.

Dr. Hira Nehal

London gem candidate.

#### **FEEDBACK # 7**

#### **Muhammad Wajeeh Labar**

Topic: C Spine injuries

Lecture: Dr. Gupta

Date: 16/10/22 NAME: M WAJEEH NAZAR

Students were taught everything new about C-spine injuries from the ground up in one of the greatest lectures, for example, brushing up on their anatomical knowledge to understand radiological data. A lot of new info to learn today, such as C-SPINE clearance by NEXUS, CANADIAN, NICE, and RCEM guidelines then X-rays and fractures, all of which were amazing.

From here on, we may use the C spine clearance guidelines to analyze and detect appropriate fractures based on radiological evidence.

When managing a patient in the emergency department, follow the log requirements and do adequate surveys before handling and referring to other departments.

From this point on, we will work to maintain the spinal column's alignment and achieve cephalic immobilization in order to stop unnecessary movement.

INSHALLAH

Thanks DR. Ashfaque and DR. Gupta

**FEEDBACK # 8**

**Noman Ahsan**

Topic: Cervical Spine injuries

Lecture: Dr. Gupta

Date: 16/10/22

Today's session started by Dr. Aleena with wonderful presentation...Then a comprehensive and very well explained lecture delivered by Dr. Gupta, a very fine point has been discussed and highlighted the importance of it..

Learned very important points ... How to assess C Spine, read C Spine x ray for fractures/ligament injuries key points ( 4 imaginary longitudinal lines to divide and label the spine) potential spaces and c Spine views are beautifully explained...Discusses doffermect guidelines and which one to follow (Dr. Gupta explained with best reasoning).Today's lecture was very interesting...

Thanks a lot Dr. Gupta for such a wonderful Lecture and Thank you Dr. Ash to spare time for us and always available for us no matter where u r and how busy u r...JAZAKALLAH

**FEEDBACK # 9**

**Dr-Abrar Kahn Quraishi**

Thank you Dr. Gupta for an excellent presentation on such an important topic regarding C-Spine injuries for staying more with us than your dedicated time and answering all our queries. Learn a lot about A & E management, reading different scans and fractures with assessment criteria and management. Look forward for more such presentations from you and Dr. Ash. Highly appreciate it and thx again 😊

**FEEDBACK # 10**

**Syed Suhail Ahmad**

A very common yet important session on Cervical Spine Injuries Management In ED by Dr. Rishi Gupta EM Consultants UK. Start from an interesting CBD by a fellow colleague. Followed by Dr. Rishi's detailed presentation covering important points on Anatomy, Radiography (X-Ray AP, Lateral, Odontoid, and Swimmers view) and how to read them,

Importance of CT-Scan,

Different scoring systems (NEXUS, CANADIAN C-Spine, NICE and RCEM),

Different fractures (JEFFREY, HANGMAN, CLAY SHOVLER) and their management.

The most important learning point was the C-SPINE immobilization that what safety steps have to take in order to prevent further harm, and have a better outcome. Thank you Pema-UK and London Global Emergency Medicine 🙌🙌🙌

#### **FEEDBACK # 11**

**Imran Farooka**

Date: 16 October 2022

Topic: Cervical spine injuries and role of EM physician

Tutors: Dr. Rishi Gupta consultant A&E NHS UK. Dr. Ash consultant A&E NHS UK

Duration: 1 hour 30 min session started with a case presentation on cervical spine injury by Dr. Aleena. That was followed by discussion on the case and then Dr. Rishi delivered a comprehensive lecture which included anatomy, dermatomes and myotomes related to cervical spine. Then different guidelines related to cervical spine clearance were discussed, Canadian C spine guideline which are commonly used in UK was discussed in detail. We discussed about how and when to investigate cervical spine injury, how to look for bony fractures and especially not to miss soft tissue injuries by looking at different spaces. Important bony fractures were discussed in detail.

Important learning points include,

1. In line mobilization of neck by collar, block, tape technique in suspected cervical spine injuries.
2. Canadian C spine guidelines recommends using radiography for high risk factors that include age >65, dangerous mechanism or paresthesias extremities.
3. Radiography should be used for low risk factors when patient is not able to rotate neck actively 45 degree left and right.
4. Criteria for CT spine includes: A. unconscious or altered consciousness GCS < 13, intubated B. significant clinical or radiological concern of x ray. C. A definite diagnosis of cervical spine injury is needed urgently e.g. before surgery. D. other body areas scanned for head injury or multiple trauma
5. 4 x rays to look for c spine are.

AP view, lateral view, swimmers view and odontoid view



6. Swimmers view is used to look for c7 and t1 vertebra
  7. C spine soft tissues not to be missed include peridental space less than or equal 3 mm, nasopharyngeal space, retropharyngeal space, retro tracheal space.
  8. Jefferson's fracture is fracture of c1 ring resulting from sudden severe load on top of head, there is no enchoachment on neural canal and usually no nerological damage. X ray open mouth view to look for distance between lateral masses and odontoid peg is noted.
  9. Hangman's fracture. It is bilateral fractured of pars interarticularis of c2 and c2/c3 disc is torn. It results from extension with distraction, varying degree of extension, compression and flexion.
  10. Clay Shoveler's fracture, C7 spinous process fracture which requires simple analgesia in A&E.
  11. Three column theory of Denis. If two or three columns are injured lessions are unstable. Works well for C3 to T1.
  12. Tear drop fracture. Always beware of tear drop fractures.
- Dr. Rishi Gupta and Dr. Ash were excellent in highlighting important points and pitfalls in managing cervical spine injuries in A&E. This session will help me in improving my approach in seeing patients witj cervical spine injuries.

Dr. Imran Khan.

### **FEEDBACK # 12**

**Rajab Abbas**

Topic:

\*Cervical spine injuries & Role of EM Physician By Dr Rishi Gupta Consultant EM NHS UK\*

Date: 16 Oct 22

Today's session commenced with a wonderful presentation by Dr. Aleena followed by Dr. Gupta comprehensive lecture on C Spine injuries.

\*Important learning points are\*

- Anatomy of C\_ Spine
  - Bony features ◦ dermatome
  - Myotomes
- \*C spine clearance\* Via
  - Nexus guidelines
  - Canadian C spine rules
 (when to image & exclusion criteria )
  - RCEM guidelines
- Criteria for Dangerous mechanism
- Criteria for CT C spine
- \*Lateral view\*
- (Longitudinal lines corresponding to ligaments)

◦ \*Importance of Spaces\* (Nasopharyngeal, Retropharyngeal, Retrotracheal, >>> swelling indicates blood, edema and inflammation & indication for CT

• \*Different X-ray views\*

◦ Lateral view of cervical spine

◦ Swimmers view

◦ Odontoid view

◦ AP view

◦ PEG view

• Pit falls in children

\*C spine fracture types\*

◦ Jeffersons fracture

◦ Hangman fracture

◦ Odontoid process fracture c2

◦ Clay shoveler fracture

◦ Wedge Compression fracture

◦ Tear drop fractures

◦ Mechanism of whiplash injury .usually it presents after 12 yo 24 hours after insult

• Three Column theory of Denis =

Ant column, middle and posterior column injuries >>ant one is stable only.

It was an amazing lecture with imp learning points. Thank you Dr. ASH for arranging this lecture

Thank you Dr. Rishi for such a wonderful learning

A proud LGEM candidate

**FEEDBACK # 13**

**Muzna Ahmed**

Marvelous splendid day spent all credit goes to Dr. Rishi Gupta and Dr. Ash.

Today's talk bring about comprehensive insights of cervical spine injuries presenting in ED. Dr. Aleena has brilliantly presented her interesting case and then afterwards Dr. Gupta started explaining C-spine injuries with brief anatomy, dermatomes and told us about different guidelines use for management. Then the most mind-blowing part happens... The investigations and fracture identification. He explained excellently x-rays and different views like lateral and odontoid and how cervical vertebrae appear in normal and abnormal presentation. Then he go through different types of fractures like Jefferson, hangman, teardrop clay-shovler's their mechanism and appearance which we heard never before and with the help of this knowledge we can interpret cervical spinal x-rays.

I'm highly obliged to Dr. Ash and Dr. Gupta.

**FEEDBACK # 14**

**Rida Rana**

Absolutely amazing session by Dr. Rishi and Dr. Ashfaque on Cervical Spine Injuries with respect to their understanding required as an A&E consultant. The lecture, presentation, way of delivering and keeping the session comprehensive with particular focus on what is commonly question in MRCEM exam; is what makes the session by Dr Rishi stand out. Each and every bit of it was new to us, yet every concept was made crystal clear by coming up to the level of understanding of the audience. Such distinctive flavor from the curriculum of LGEM is what makes us proud on being part of LGEM. Alhamdulillah on being part of LGEM 😊

**FEEDBACK # 15**

**Qaisar Shah**

Today's an excellent session by Dr. Gupta about CERVICAL SPINE INJURIES & ROLE OF EM PHYSICIAN.

Dr. Aleena had a comprehensive case presentation & views of Dr Ash on this case.

Dr Rishi further discussed the main objectives of cervical spine injuries as:

Anatomy of cervical spine

Dermatomes (C2 -T2)

Myotomes (C2 -T1)

Cervical spine clearance

Nexus guidelines

Canadian C-spine guidelines

NICE guidelines

RCEM guidelines

Dangerous Mechanism

Dr Rishi explained when to radiograph & when to not,

X-ray lateral view & look for the spaces (Naso-pharyngeal space, Retro-pharyngeal space, Retro-tracheal space, pre-dental space) & normal C-spine measurements

Swimmer's view (x-ray Arm upper position of Axilla)

Odontoid view (Open mouth x-ray)

A-P view & diagnostic pitfall in children

He discussed important C-spine fractures:

Jefferson's fracture (C1 ring fracture)

Hangman's fracture

Clay shoveler's fracture

Three column theory of Denis

Tear drop fracture etc.

Thanks Dr. Rishi & Dr. Ash for this Wonderful session as I learned a lot from this session.

**REPLY:**

**Hussain Murtaza**

**Qaisar Shah** Salam sir I need your WhatsApp number

## **FEEDBACK # 16**

### **Muhammad Abubakar**

Yet another great session on [Cervical Spine Injuries Management In ED By Dr Rishi Gupta EM Consultants Uk](#). Today we discussed different views of C-Spine X-rays, Spaces, different scoring systems, types of fractures. When to and when not to apply collar and what safety measures to take to prevent further damage, Presentation by fellow colleague Dr. Aleena was also great. Thanks Dr. [Ashfaque Ahmed](#) for all this.

## **FEEDBACK # 17**

### **Beenish Manzoor**

Topic: Cervical spine injuries & Role of EM Physician By Dr Rishi Gupta Consultant EM NHS UK

Date: 16 Oct 22

Today's lecture started with Dr. Aleena's a very comprehensive detailed presentation followed by Dr. Gupta comprehensive lecture on cervical Spine injuries.

Dr. Gupta started lecture from very basic knowledge:

- Anatomy of C\_ Spine which includes some imp points

50% flexion at occiput and C1

50% rotation at C1 and C2

◦ dermatome

◦ Myotomes

\*Ligaments

Guidelines for C spine injury

◦Nexus guidelines which further include 5 points

◦Canadian C spine rules

- High risk (do radiograph)

- low risk (No radiograph)

Then we discussed flaws in Canadian C spine guidelines

1. Delayed presentation

2. Known vertebrae disease

3. Gross anomaly

4. Children

◦ RCEM guidelines

- Criteria for Dangerous mechanism

- Criteria for CT C\_ spine: (altered conscious level suspected multiple injuries)

- \*Lateral view\*

◦ (Longitudinal lines that are anterior posterior lines corresponding to ligaments)

Importance of Spaces

(Pre dental, Nasopharyngeal, <10mm

Retropharyngeal, <7mm Retrotracheal, <22mm

>>>swelling indicates blood, edema and inflammation & indication for CT

\*Different X-ray views\*

°Lateral view of cervical spine

°Swimmers view

°Odontoid view

°AP view

°PEG view

•Pit falls in children

\*C spine fracture types\*

°Jaffersons fracture c1 fracture (open mouth view)

°hangman fracture (pars intericularis) C2

°Odontoid process fracture c2

°clay shoveler fracture

°Wedge Compression fracture

° Tear drop fractures

°Burst fracture

° Mechanism of whiplash injury .usually it presents after 12 yo 24 hours after injury

• Three Column theory of Denis =

Ant column, middle and posterior column injuries >>ant one is stable only.

The whole lecture was full of so many new things that will definitely help us tremendously on how to approach a cervical spine injury patient.

I really want to appreciate his enthusiasm to teach us juniors as he stayed beyond the recommended teaching time and us 45 minutes more that clearly shows how much he is interested in passing on the knowledge he has gained over the years.

Thankyou Dr. Ash for logging it even during vacations and giving us career advices, motivating us and giving direction like true mentor, it's always a morale booster.

Thankyou Dr. Ash

Thankyou Dr. Gupta

Thanks to LGEM team

Proud Gem candidate

Dr. Beenish Manzoor

**FEEDBACK # 18**

**[Naveed Memon](#)**

Name: Dr. NAVEED AHMED

Date: 16-10-2022

Topic: Cervical Spine Injuries

Today's Sunday session started with case presentation by one of our competent LGEM Dr. Aleena followed by lecture conducted by Dr. Rishi with amazing teaching Skills, today he taught us important of ED doctor in management of Cervical spinal injuries.

We learnt today from the basic to advanced MX.

The topics covered today as

Anatomy, Dermatome and its important sites myotomes, the Canadian C spine with RCEM Guidelines, the importance of X-RAYS and CT Scans and today's session was full of MRCEM SBA exam related questions.

Thank Dr. Rishi for wonderful session.

Thanks Dr. Ash for Motivating and owning us Non Trainee Doctors.

#### **FEEDBACK # 19**

##### **Abid Marwat**

Another session of paramount importance one should have never missed. C spine injuries and its red flags along with pragmatic approach being taught by Dr. Rishi is something every doctor in ED should memorize by heart. Thank Dr. [Ashfaque Ahmed](#) for pulling off these sessions successfully. We need more of them 🙌

#### **FEEDBACK # 20**

##### **Bushra Imran**

Date 16-10-2022

Topic: Cervical spine injuries and management

TUTOR: Dr. Rishi Gupta and DR Ashfaque

Duration: 1:30 hour

Today this session made me more confident and able to make me when I will receive patient with cervical spine injury. what decision after dermatome+, myotome, what imaging needed and when to apply Nexus guidelines, Canadian spine guidelines, RCEM guidelines (mostly new for me).How to deal Jeffer's fracture, wedge fracture, Tear drop fracture, hangman fracture, shoveler fracture, whiplash injuries ...means so much informative knowledgeable lecture. Dr. Rishi given comprehensive, outstanding 4 important guidelines for neck injuries

Thank you GEM team for this

In the end the case discussion by Dr. Aleena was also interpret many aspects.

#### **FEEDBACK # 21**

##### **Hamna Kirn**

Today session was on cervical spine injuries. Main emphasis on how being a EM doctor can minimize the complications buy knowing and managing it carefully.

It started with detailed case presentation by Dr. Aleena followed by comprehensive lecture by Dr. Rishi. Who started from the basics (anatomy of spine, dermatomws) and build up upon that. He taught about the guild lines used nexus and Canadian C spine guidelines. Followed by important findings that are not to be missed on x-ray (predental, pretracheal and prevertebaral space). He also elaborated fractures such as (hangman fracture. Clay shoveler fracture) how a small tear drop fracture can be major trouble.

Thank you for this session Dr Rishi and also for the motivation and arranging this session Dr. Ash.

**FEEDBACK # 22**

**Aymen Bashir**

Topic: Cervical spine injuries

Tutor: Dr. Rishi Gupta and Dr. Ash

Date 16-oct -2022

Today's session was an amazing one which refreshed the anatomical knowledge of Cervical spine e.g. Dermatomes and myotomes.

It made us more confident in deciding when to do imaging with Nexus guidelines, Canadian C spine guidelines, RCEM guidelines, Criteria for CT C spine.

Furthermore, to identify the radiological fractures by learning predental space, nasopharyngeal space, retropharyngeal space and retrotracheal space.

Lastly how to deal with c-spine injuries and knowledge about Jefferson's fracture, hangman fracture, three column theory of Denis , Tear drop fracture and whiplash injuries.

Thank you Dr Gupta for an amazing session and Dr Ash for giving us time even during vacation.

**FEEDBACK # 23**

**Gdmas Malik**

16/10/2022

Feedback of Dr. Gulnawaz khan wazir

Topic: cervical spine injury.

Dr. Rishi Gupta.

Respected sir professor Dr. Ashfaq Ahmad.

The session interpreted by Dr. Rishi Gupta was glittering and shimmering. What he taught was a new flash of knowledge regarding cervical spine injury. He highlighted the anatomy, bony features, and their articulation with each other and with the c1 and c2 .He mentioned dermatomes, myotomes and c spine clearance. Different guidelines were discussed e.g. Nexus no longer used in UK, Canadian guideline, Nice guidelines and Rcem guideline. He also taught us the different important x-rays views and different spaces of cervical spine. I learnt much more new things in this session .The session was so interesting and amazing that I wanted to be continued longer to quench our thirst of gaining this beautiful knowledge. I am very thankful to Dr. Rishi Gupta for his dazzling and comprehensive lecture. Once again I divert my attention to our honorable mentor sir Professor Dr. Ashfaq Ahmad who always sanctifies the session by flux of exceptional benefaction and alluring contribution. He embellishes the session by intellectuality and spirituality. Infinite prayers and constellation of thanks are ascribed to our Excellency Sir.

**FEEDBACK # 24**

### [Anila Zafar](#)

Topic: C-spine fractures and their management.

Date: 16th October'2022

I would like to thank Dr. Gupta for his marvelous presentation as well as dedication to the lectures, I really appreciate that he stayed for a lot longer than he needed to.

The lectures are yet another amazing session by him. Learnt about NICE, Canadian and NEXUS guidelines, the significance of primary and sensitive survey, how to investigate and identify the fractures, he explained a lot of x-rays, hangman's , jafferson, teardrop. He went into detail of their mechanism.

This will be very helpful in the future management of c-spine fractures. Thank you.

### **FEEDBACK # 25**

### [Syeda Maheen Ejaz](#)

Thank you Dr. Rishi Gupta for an excellent session learned and enjoyed thoroughly.

Dr. Aleena case presentation is also very comprehensive and nicely presented. For me there are a lot of learning points for example c-spine assessment, NEXUS guidelines, Canadian guidelines, RCEM guidelines, CT criteria, all radiographs, three column theory and a lot more. I love the way Dr Gupta deliver his session.

Thank you so much Dr. Ash for arranging amazing teachers. Thank you🙏

### **FEEDBACK # 26**

### [Mina Khan](#)

Lec : C- Spine INJURIES

TUTOR: DR RISHI / DR ASHFAQUE

Today, I took Dr. Rishi's lectures on C spine injuries. Best explanations so far with illustrations and examples. It was engaging, mindful and concepts made easier to grasp. He very well knows how to simplify materialistic dry topics. Like bony parts their movements, traumas, types of fractures, interpretations on X-Rays and managements as well. Thank you PEMA (Pakistan Emergency Medicine Association) 🌹

### **FEEDBACK # 27**

### [Babar Hussain](#)

Today's session was on cervical spine injuries. It started with an excellent presentation by Dr. Aleena. Dr. Rishi conducted the whole session. It was a very comprehensive lecture. A lot of learning points for me especially Guidelines like Canadian, RCEM, nice for either X-ray or CT scan. Different X-ray views like AP, Swimmers, odontoid view. Different fractures like Hangman and jaffersons. Cervical spaces and soft tissue spaces importance describe and at the end a lot of engaging questions from Dr. Ashfaque Ahmed and Dr. Rishi. In this lecture, learn a lot.

Thanks Dr. Ash, Dr. Rishi and London Global Emergency Medicine for such a wonderful session. I'm really grateful.



Proud LGEM candidate

**FEEDBACK # 28**

**Javeria Wali**

Today's session on Cervical spine injuries & Role of EM Physician By Dr. Rishi Gupta Conducted on 16 October 2022 was amazing as usual. It is mind blowing how each new tutor is more amazing than the last and Dr. Rishi Gupta was no exception.

.. He delivered an outstanding and comprehensive lecture in such a simple way that there was no need for further memorization. Dr. Gupta discussed Anatomy of C Spine, dermatomes, Myotomes, cervical vertebral Ligaments, Guidelines for C spine clearance (Nexus guidelines, Canadian C spine rules, RCEM guidelines),

Dangerous mechanism of injury, 4 views of X-ray cervical spine if CT not done (Lateral view, AP view, peg view, swimmer's view),

C spine fracture types including

Jefferson's fracture c1 fracture

Hangman fracture

Clay shoveler fracture

Wedge Compression fracture

Tear drop fractures

Also mechanism of whiplash injury, Three Column theory of Denis was discussed and understood by all.

**FEEDBACK # 29**

**Zia Hayat**

It was a very interesting and common exam related topic which was explained clearly, like what x-ray views and signs we should focus on, explain clearly about the types of cervical spine fractures in adults and children which are seen in everyday practice. The unique thing was about explaining all the details in a very easy to remember method. I enjoyed and learned a full range of skills sessions by Dr. Rishi Gupta and thankyou Dr. Ash for conducting such a lovely talk.

**FEEDBACK # 30**

**Saba Aslam Khan**

Today we had Lecture about Cervical spine injuries by Dr. Rishi Gupta, first of all Dr. Aleena Represented an interesting case, and then lecture proceeded with Dr. Rishi Gupta presentation, lecture was so engaging and full of new knowledge...

Thank You So much Dr. Ash for arranging this interesting lecture.

**FEEDBACK # 31**

**Dr. Yamin Bocha** .

Amazing session took by Dr. Rishi Gupta. Another best mentor introduced by Dr. Ash to London GEM family. He took an amazing lecture on cervical spine. There were a lot of exam related points. We learnt about different x-ray views and their

importance. Also we learnt about cervical spine clearance criteria, which were never learnt by most of us before.

**FEEDBACK # 32**

**Khatija J. Farooqui**

Dr. Rishi Gupta back to back wonderful session today's lecture was on commonly presenting topic in ED cervical spine injuries and Dr. Aleena's presentation was good too. Thanks to Dr. Rishi Gupta and to team Dr. Ash.

**FEEDBACK # 33**

**Aab e Gum**

Cervical spine injuries

16th Oct 2022

Dr. Rishi and Dr. Ash

We had another amazing session filled with practical steps to follow in our ER practice. Session started with motivation boost from Dr. Ash followed by Dr. Aleena's presentation which was very good followed by amazing session by Dr. Rishi.

Some of the highlights of the lecture are as follows

- Anatomy of C<sub>2</sub> Spine

- 50% flexion at occiput and C1

- 50% rotation at C1 and C2

- Dermatomes

- Myotomes

- \*Ligaments

Guidelines for C spine injury

- Nexus guidelines

- Canadian C spine rules

- High risk (do radiograph)

- low risk (No radiograph)

- RCEM guidelines

- Criteria for Dangerous mechanism

- Criteria for CT C spine: (altered conscious level suspected multiple injury)

Importance of Spaces Pre dental, Nasopharyngeal, <10mm

Retropharyngeal, <7mm Retrotracheal,

X-ray views

- Lateral view of cervical spine

- Swimmers view

- Odontoid view

- AP view

- PEG view

C spine fracture types\*

- Jefferson's fracture
- Hangman fracture
- Clay shoveler fracture
- Wedge Compression fracture
- Tear drop fractures
- Burst fracture
- Mechanism of whiplash injury
- Three Column theory of Denis

Thanks so much Dr. Ash and Dr. Rishi for such a productive and amazing lecture

**FEEDBACK # 34**

**Sadia Anwar**

Date: 16 Oct 2022

Time: 0100 pm PST

TOPIC CERVICAL SPINE INJURIES AND ROLE OF EM

TUTOR: DR RISHI GUPTA

COORDINATOR: DR ASHFAQUE

CASE: DR ALEENA

Today session started by case presentation by Dr. Aleena which were quite interesting and helpful and Dr. Rishi discussed about the different guidelines like Nexus, Canadian C Spine, RCEM and Nice.

He briefly taught the anatomy of spine and how to read x-ray with different spaces such as pre dental, pretracheal, prevertebral spaces and different views such as odontoid, swimmer view.

He later discussed about the different types of fractures (Jefferson ring, hangman, odontoid, Clay shovler, tear drop fractures, whiplash injury, wedge compression) in a v easy way.

I got to know that how distracting injuries should not be missed and there may be hidden c spine injuries with it.

So as always Dr. Rishi made this topic v easy and interesting as well.

Thanks Dr. Ashfaque and Dr. Rishi for this wonderful session.

**FEEDBACK # 35**

**Uzma Shaikh**

Enticing and innovative lecture on cervical injuries by man of the hour Dr. Rishi Gupta, and we learnt regarding different views of spine imaging, peg view, swimmers view, AP view. Familiarized with Canadian c spine rule, dangerous mechanism of injuries, spaces in x-rays of spine, multiple fractures of spine, Jefferson, hageman, clay shover, tear drop, and Whiplash injuries.

Thanks Dr. Rishi for constructive lecture.

**FEEDBACK # 36**

**Hafsa Lodhi**

Today's session on cervical spine injuries was wonderful. Learned lot of new things and Dr. Rishi very well explained C spine clearance guidelines, how to read x-rays, different types of fractures and a lot more. The presentation in the beginning was amazing .Thanks Dr. Ash and Dr. Rishi for this session.

**FEEDBACK # 37**

**DrMaryam Iqbal**

Hi the lecture was really interesting, lots of learning .And last week lectures were interesting as well highlighting important staff for pharmacology!!!

**FEEDBACK # 38**

**Hamna Yaqub**

A comprehensive lecture about C spine injuries by Dr. Rishi Gupta, from basic anatomy, common emergency presentations, guidelines and management everything was explained beautifully.

**FEEDBACK # 39**

**Nazish Nazi**

Today it was another awesome lecture on Cervical Spine Injuries by Sir Dr. Rishi Gupta he delivered following topics wonderfully...Anatomy of cervical spine, X-Rays of cervical spine , Cervical spine Ct Scan

Sir Dr. Rishi Gupta also talked about Nexus scoring system and NICE guidelines.

The most interesting part was types of fractures of cervical spine and their management with prompt and timely C -SPINE immobilization and its importance.

Sir also mentioned about dermatomes and myotomes and indications of advising radiological scans to the patients with neck injuries. I truly appreciate Sir Ash's presence throughout the lecture and his positive motivating full of enthusiasm advices always bring hope and new courage to work hard and become a good EM physician. Many Thanks to both teachers 😊

**FEEDBACK # 40**

**Soura Jawed**

The session on cervical spine injuries by Dr. Rishi was wonderful. A lot of new things were learned including types of fracture, accuracy and findings on x-ray, when doing ct scan is necessary and a lot more. The case presentation by Dr. Aleena was also amazing. Thanks Dr. Ashfaque Ahmed

**FEEDBACK # 41**

**Younus Sorathia**

Mashallah

**FEEDBACK # 42**

**Dr. Asfa Shahid**

Name: Dr. Asfa Shahid

Programme: EMFP

Session: Cervical spine injuries by Dr Rishi Gupta

Sir,

This session about cervical spine injuries was very comprehensive and beneficial. It covered all the main points that should not be missed my EM doctor to be able to timely manage the patient and prevent any complications. Starting from the basics e.g. the anatomy of spine to important X-ray findings and importance of CT scan- the lecture outlined all aspects very well. The case presentation by Dr. Aleena was great as well.

Thank you for this session.

Dr. Asfa Shahid

**FEEDBACK # 43**

**Dr. Zeeshan Hashmi**

Thanks Dr. Ash for arranging such a wonderful session on such an important topic by such a wonderful teacher

The way Dr. Rishi started as he does every time discussing the anatomy, the dermatomal distribution ...and the way he got deeper into the lecture was very nice and appreciable.

There are a number of things to be mentioned that I personally learnt throughout the lecture that cannot be cut off depending on their importance that what to mention and what not too.

Lastly very much inspired by the zeal and dedication of Dr. Rishi that he stretched the lecture much more than the time officially ,not for the sake of fame or money but just to teach us and teach the students of his beautiful fellow, Dr. Ashfaque Ahmed Sorathia

Waiting for more interesting lectures by Dr. Rishi on other important topics as well in near future Inshallah

**FEEDBACK # 44**

**Dr. Ruma Mustafa**

Name....Dr. Ruma Mustafa

Topic.....Cervical spine injuries &Role of EM physician

Dated.....16-10-2022

Fantabulous teaching session on cervical spine injuries, it started with an excellent presentation by Dr. Aleena. Dr. Rishi conducted the whole session wonderfully. It was a very comprehensive lecture. A lot of learning points for me especially Guidelines like NEXUS (US), Canadian (UK), RCEM, NICE for either X-ray or CT scan. Different X-ray views like AP, Swimmers, odontoid view. Different fractures like Hangman and jaffersons. Cervical spaces and soft tissue spaces importance discussed and in the end a lot of engaging questions from Dr. Ashfaque Ahmed and Dr. Rishi. Too much learn from this session.

Jazakallah khair

Thanks very much Dr. Ash, Dr. Rishi for such a wonderful session. I'm really grateful.

Proud of being a LGEM candidate

**FEEDBACK # 45**

**Dr. Wajiha Khan**

Attended today's lecture by Dr. Gupta on C-Spine Injury, he covered all the main points like important c-spine anatomy, different views, guidelines and types of c-spine fractures. Thank you LGEM team for another comprehensive and informative session.

**REPLY:**

**London GEM**

Dear Dr. Wajiha Khan,

Thank you for your feedback, we appreciate your time.

Kind regards,

Team London GEM

**FEEDBACK # 46**

**Dr. Nouman**

I have often suspected cervical spine injuries from the history and examination during my clinical rotation meanwhile ordering x-rays to guide further management but I was never able to interpret the films I advised as a junior doctor doing my house job.

The lecture I attended on 16 October by Dr. Rishi on cervical spine injuries was an eye opener for me. It introduced me to a whole new frame of thinking while dealing with such cases. The criteria for C-spine clearance, many X-rays to teach us about Hangman's fracture, Jefferson's fracture, Tear drop and wedge compression fractures etc.... Three column theory of Denis was discussed.....

The case presentation by Dr. Aleena in itself was a work of dedication. The most interesting case was presented (and managed) in such an organized and wonderful way. It can alone be a very useful tool to learn for any junior doctor.

I would like to extend my appreciation once again to Team LGEM and our most respected, Dr. Ash for such brilliant sessions.

Thanks

**FEEDBACK # 47**

**Dr. Shahid**

It was an extra ordinary session started with case presentation by Dr Aleena followed by Dr. Rishi amazing lecture.

We learnt today from the basic to advanced MX.

The topics covered today as Anatomy, Dermatome and its important sites myotomes. Regarding Canadian C spine with RCEM guidelines delivered in this session. The importance of x-rays and CT Scans were discussed.

Thank Dr. Rishi and Dr. Ash for such an amazing opportunity you have given us.

Regards

Dr. Shahid

**FEEDBACK # 48**

**Dr. Afifa**

Greetings of the day!!

What an amazing session we had today with dr Rishi Gupta Consultant EM, an expert on cervical spine injuries the way he taught such a tough topic was superb.

The topics we covered today:

- Anatomy of cervical spine
- Dermatomes and myotomes
- Cervical spine clearance using guidelines:
  1. Nexus guidelines
  2. Canadian C spine rule
  3. RCEM Guidelines
- Criteria for CT scan for Cervical spine
- Detailed points on how to read a cervical spine xray (this was the highlight for me as it's always been daunting how to approach it)
- Different X-ray views
  1. Lateral view of cervical spine
  2. Swimmers view
  3. Odontoid view
  4. AP view
- Pit falls in children
- Types of cervical spine fracture
- Jefferson's fracture
- Hangman fracture
- Odontoid process fracture
- Wedge Compression fracture
- Tear drop fractures
- Mechanism of whiplash injury
- Three Column theory of Denis

The whole lecture was full of so many new things that will definitely help us tremendously on how to approach a cervical spine injury patient.

I really want to appreciate his enthusiasm to teach us juniors as he stayed beyond the recommended teaching time that shows how much he is interested in passing on the knowledge he has gained over the years.

Thankyou Dr. Ash for logging it even during vacations and giving us career advices, motivating us and giving direction like true mentor, it's always a morale booster.

Thanks Dr. Rishi and Dr. Ash.

Warm regards,

Dr. Afifa

## **FEEDBACK # 49**

**Dr. Aiman Nazir**

Date: Oct 16th, 2022

Tutor: Dr. Rishi Gupta

Topic: Cervical spine injuries and role of EM physicians

Wonderful session conducted by Dr. Gupta. Very comprehensive, organized, all the slides with relevant pictures and way of teaching were beyond par.

Starting it with anatomy made it a real difference. To recall normal anatomy before detecting abnormalities was very helpful. All of the things taught us today were new to me and yet every bit of information and concepts were made so clear that increased my learning a lot.

C-spine clearance (NEXUS, Canadian C-spine, NICE, RCEM guidelines), criteria for CT spine and things to look out on x-rays and CT were very well explained. Different X-Ray views with all the images had made it more clearly to me.

All the different types of fractures with their mechanism of injuries, soft tissue injury and management were covered in a very simple way that I did really understand.

Importance of primary and secondary survey beautifully explained by examples of real life scenarios. All in all a very knowledge boost lecture today by the very talented Dr. Gupta.

Thank You so much Dr. Gupta and Dr. Ash for this wonderful session .

Regards,

Dr. Aiman Nazir

LGEM EMFP

**23<sup>rd</sup> OCTOBER 2022**

### **EVENT:**

**Dyspepsia MRCP1 -2**

**& PACES by**

**Dr. Ash**

## **DOCTORS FEEDBACK**

### **FEEDBACK # 1**

**Faiza Baig**

Feedback

Name: Dr. Faiza

Date: 23/10/2022

Tutor: Dr. Ashfaqe

Topic: Dyspepsia

A detailed session, high yield points for MRCP and paces exam.

A comprehensive talk and way of teaching is different and easy to learn.

Thanks Dr. Ash



## **FEEDBACK # 2**

### **Sidra Asad**

Feedback by Dr. Sidra Asad

23rd October 2022

By Dr. Ashfaque Ahmed

Topic: Dyspepsia

In this lecture, Dr. Ashfaque has explained all the basic and clinical aspects of dyspepsia. The lecture was well organized and through this lecture I have learnt all possible things regarding dyspepsia (Nice definition, risk factors, patho, management). There were some brainstorming questions which are frequently asked in exams and were well explained by Dr. Ash. This session also reflects on how some drugs like PPIs can be wrongly prescribed for long periods of time and has worst outcomes. Steps of investigations and managements of GERD were simplified, as well as NICE guidelines were precisely taught through this lecture. It was an excellent lecture and very beneficial for me. Thank you so much. Look forward to learning more from you.

## **FEEDBACK # 3**

### **Sadia Abbasi**

Amazing session really excellent session, I learnt a lot how to diagnosis and how to treat it properly .by attending this session my so many concepts are cleared like how to use PPI properly, regarding H pylori diagnosis and treatment, ZES, Esonophilic esophagitis ,gastric ca and many more .looking forward to learn more from Dr Ash.

Thanking of you

## **FEEDBACK # 4**

### **Abubakar Tariq**

Date and time of session: 23/10/22(Sunday) 4pm PKT

Topic: Dyspepsia

Tutor: Dr. Ashfaque

Very comprehensive session it covered almost every aspect regarding PPI's, their misuse and where they are contraindicated and other major topics. explained very well including important MCQ's for exams.

I learnt a lot today.

Thank you sir Ash

## **FEEDBACK # 5**

### **Mehak Nabi**

Dyspepsia 23/10/22

Today's session by Dr. Ash was a complete package of anatomy physiology pathology diagnosis management MCQ's regarding exam learnt so many new things along with safe practice. I really love the way how you teach and explain which is easy to grasp.

**FEEDBACK # 6**

**Hassan Bugti**

Excellent session by Dr. **Ashfaque Ahmed** , learned allot

**FEEDBACK # 7**

**Faisal Butt**

FEEDBACK 8th Session LGEM MRCP

DATE: 23 OCT 2022

DAY: SUNDAY

LECTURE: Dyspepsia

TUTOR: Dr. Ashfaque Ahmed Sorathia Consultant EM Acute & Geriatric Medicine.

Today's lecture was about Dyspepsia and it was a phenomenal session. It covered a lot of practical and important points regarding clinical as well as from MRCP exam point of view.

It covered following points;

When to test for H. Pylori

Malt Lymphoma

Peptic Ulcer, Duodenal Ulcer

GORD

Barrets Esophagus

Excessive and Un-necessary use of PPI's and lots more

This session will greatly improve my thinking and it has changed my approach to such patients presenting with dyspepsia and related disorders.

Thanks Dr. Ashfaque Ahmed for such a informative session, Thanks LGEM MRCP

PROGRAMME

**FEEDBACK # 8**

**Dr. Sidra Asad**

Excellent session thanks a lot. Learnt so many new things in this lecture

**FEEDBACK # 9**

**Hassan Aziz**

The way u explained about dyspepsia sir hats off to u sir. Only u can deliver lectures in this way Thanks a lot. The way u started with basic physiology of git then how to apply core knowledge of in practice wow such an amazing lecture. Thanks

Dr. **Ashfaque**

**FEEDBACK # 10**

**Dr. Uzaima Nighat**

FEEDBACK

23-10-22

TUTOR: DR ASH

TOPIC: DYSPEPSIA.

Wonderful session by Dr. Ash, too much detailed and informative session, got to know the importance of misusing PPIs which is very common in Pakistan. Learned a lot of stuff not only theoretical but clinical as well. Concepts were cleared regarding H Pylori testing. Couldn't thank enough for this wonderful opportunity.

**FEEDBACK # 11**

**Dr. Muhammad**

Feedback

Dr. Muhammad

Tutor: Dr. ASH

Topic: Dyspepsia

Today's presentation by Dr. Ash was amazing. The way he teaches cleared my concepts on causes diagnosis and management of dyspepsia. Learn many new topics today. Dr. Ash is one of the best teachers. Mashallah. Really look forward to learn more from you sir.

**FEEDBACK # 12**

**Ahmad Tanveer**

Good informative and full of updates session.

**FEEDBACK # 13**

**Ghulam Saddique Saddique**

Feedback

Name: Dr. Ghulam Saddique

Date: 23/10/22

Topic: Dyspepsia

Tutor: Dr. Ashfaque

Today session is a perfect detail of topic, He actually filled the blank spots of our perceptions about the topic

"Dyspepsia"

The Dr. Ashfaque took the whole session in a precise and a brief way and tried to make us understand mechanism of H. pylori, its management and what diagnostic or investigative measures are required initially and for eradication.

How and why greater curvature is more prone to gastric carcinoma as compared to lesser curvature.

Why posterior part is more prone to complication as compared to anterior part

How pH manometry is done.

One important thing we learnt not to eradicate H. pylori until unless we have urea breath test or stool h. pylori antigen done, otherwise treat symptomatically.

Thanks to Dr. Ashfaque he made session so interesting and interactive whole time.

I am proud to be a part of London GEM

**FEEDBACK # 14**

**Muhammad Azeem Imran**

Today's an excellent 2.5 hours session about Antimicrobials & Endocrine Pharmacology for ED Physician conducted by Dr. Ashfaque.

I learned so many points today

Dr Ash taught us:

Antibacterial drugs: M.O.A:

⇒cell wall inhibition (2BAV)

⇒Translation (30s & 50s ribosomal site +30AMT)

⇒Nucleic acid inhibition (DNA effect ⇒ QUMET, RNA effect ⇒ RIFBAC)

⇒Antimetabolite activity (SULTRIM)

Antimicrobial Agents commonly used in treatment of Anaerobic infections, MRSA, Psudomonas aeriginosa & Vancomycin resistance

Antibacterials:

⇒penicillin, cephalosporin, Fluroquinolon, (Amino glycoside Gentamicin ⇒ Ototoxicity + Nephrotoxicity), Linzolid in case of Vancomycin resistance & Red man syndrome due to Vancomycin

Treatment of choice in splenectomy, Herpes virus infection, various types of Antimalarials

Disulfiram like effect,

Anti-biotics side effect like c- difficile,

Pro-calcitonin & CRP before indication of Anti-biotics, Recurrent c- difficile & stool transplantation etc.

Insulin M.O.A, Dosing forms, adverse effects, cautions, Dawn phenomena, difference b/w type 1 & type 2 that causes DKA,

Glucagon:

Indication ⇒ beta blocker poisoning (3mg initial then 3mg/hr) + Hypoglycemia (1mg im / sc if iv glucose not available)

Levothyroxine (Arrythmia to IV use+ Osteoporosis from long term therapy)

Thyrotoxic crisis (PTU, Methimazole, dexamethasone, propranolol,iodide, etc.)

Thaimine deficiency in alcoholic's, Thiamine + Dextrose combination therapy for hypoglycemia in Alcoholic's,

Composition of various IV fluids & explanation of thirst after drinking coke & the opposite biochemistry of Camel

Amazing session by Amazing MENTOR

Thank you Dr. Ash

**FEEDBACK # 15**

**Dr. Mariam Sultan Khan**

Feedback 23/10/22

Dyspepsia

Tutor Dr. Ashfaque

Excellent session on covering all aspects of Dyspepsia including gastric and duodenal ulcer, Zollinger-Ellison, GORD, H. pylori how to diagnose

When to give triple therapy and when to give symptomatic treatment, Today's lecture emphasised on proper use of PPI which was really eye-opener as not only in Pakistan in UAE also it is the most commonly prescribed drug.

Thank you Sir @Ash Bhai for inspiring me to become a better Physician.

Dr. Mariam Sultan Khan

**FEEDBACK # 16**

**Dr. Syed Kamran Hussain**

Feedback

Dr. Syed Kamran Hussain

Tutor: Dr. Ashfaque

Date: 23.10.22

Topic: Dyspepsia

The lecture was amazing and he explained and covered the topics I have never learned before in my life. Peptic ulcer, duodenal ulcer, Anatomy, production of acid and other hormones, microbiological aspects, advantages and disadvantages of PPI, Gastric cancers their site along with clinical examination and investigation and their treatment it was great effort Dr. Ash, with counter labs checking even he covered OSCE. He answered every question. Such a nice session. Thanks Dr. Ashfaque

**FEEDBACK # 17**

**Dr. Mohid Kannan**

Feedback

Name: Dr. Mohid Kannan

Date and time of session: 23/10/22(Sunday) 4pm PKT

Topic: Dyspepsia

Tutor: Dr. Ashfaque

Amazing and comprehensive session today, covered almost every detail regarding PPI's, dyspepsia related illness and other major topics. Explained very well including important MCQ's for exams.

Learn a lot today as well.

Thank you Dr. Ash

**FEEDBACK # 18**

**Dr. Arshad Ali Khan**

Feedback

Name : Dr. ARSHAD ALI KHAN

Date and time of session: 23/10/22(Sunday) 4pm PKT

Topic: Dyspepsia

Tutor: Dr. Ashfaque

Today session was so amazing and interesting...Dr. Ash teach us dyspepsia topic so easy way and how to approach dyspepsia patient. It's also teach us where to use PPI and where is contraindicated. He also taught us which MCQ's will come in dyspepsia topic in MRCP exam..

By heart tell u dr. Ash if u taught us remaining course then MRCP will be in hand. Remaining teachers are also best but your teaching method was so attractive and wonderful.

Thanks Dr. Ash

**FEEDBACK # 19**

**Dr. Omema Hilal**

Feedback

23-10-22

Tutor name: Dr. Ashfaque Ahmed Sorathia

Topic: dyspepsia

Today's topic was exceptional, another phenomenal session by Dr Ashfaque.

Started from dyspepsia, H-pylori testing, importance of knowing anterior duodenal and posterior duodenal ulcers, MALT lymphoma, Barrett esophagus, peptic ulcer, GORD, and its association.

The overuse of PPI and its fatal side effects

A very detailed teaching commenced in no time, loved the training session completely.

You made me think out of the box and the logical reasoning is outstanding. I am very much amazed to see the level of energy and enthusiasm you have after conducting 2 hours of teaching MRCEM and then another 1.5 hours of teaching dyspepsia to all of us.

You are just so phenomenal, I ran out of words to describe how grateful I am to be a part of wonderful gem programme

**FEEDBACK # 20**

**Dr. Nasir Hayat**

Feedback

Name: Dr. NASIR HAYAT

Date: 23 Oct 2022

Day: Sunday

Lecture: Dyspepsia

Tutor: Dr. Ash

This session was Amazing and very well taught by sir Dr. Ash all the high yield points were highlighted for MRCP exam and wonderful taught with imagination in mind, liked the style of teaching by one slide things goes in mind and can be easily remembered very nice, I learned a lot about H. pylori. It was very interesting and

interactive session. Highly recommend for Doctors to join it. It's very interesting to be part of LGEM MRCP under mentor Sir Dr. Ash

**FEEDBACK # 21**

**Dr. Zeeshan Ayaz**

Feedback

Date: 23/10/2022

Tutor: Dr. Ashfaque Ahmed Sorathia

Lecture: Dyspepsia

A very detailed teaching session commenced in no time .All the things which Dr. Ash taught us ,were not only high yield for MRCP exams but in clinical settings as well. Dr. Ash is just phenomenal, I really like his way of teaching ,everything that comes out of his mouth just sticks in your mind .

I am very grateful to be a part of this wonderful programme.

**FEEDBACK # 22**

**Dr. Beenish Naveed**

Feedback by Dr. Beenish Naveed

Date: 23/10/22

Tutor: Dr. Ashfaque Sorathia

Topic: Dyspepsia

Dr. Ash is famous for his talk which is like the icing of every lecture but this time whole session was taken about him who includes anatomy, physiology and pathology of dyspepsia. He teaches how to identify symptoms, diagnose the case and how to treat. Common mistakes which we usually do in our practice were addresses by him in a simpler yet conclusive way which clears many doubts.

Thank you Sir for a wonderful session

**FEEDBACK # 23**

**Dr. Ghazala Sheikh**

Feedback

Date=23/10/2022

Topic=Dyspepsia

Tutor =Dr. ASHFAQUE AHMED

Today's session was outstanding. Dr. Ash taught us in a precise way that we would be a better doctors in future.

In a short time sir cleared whole scenario with explanation

Thank you so much sir for your time.

Regards= Dr. Ghazala Nazeer

**FEEDBACK # 24**

**Dr. Sidra Imdad**

Feedback by Dr. Sidra Imdad

23rd October

Dyspepsia by Dr. Ash

A great session on an easy yet misleading... Topic was beautifully explained by Dr. Ash keeping in view all the aspects of DX n MX

Dr. Ash cleared our old school of thoughts for advising wrong tests for dx and eradication of H pylori

Overall a wonderful session with many learning points

Thankyou sir for all your efforts

**FEEDBACK # 25**

**Dr. Tooba Qadeer**

Feedback

Date=23/10/2022

Topic=Dyspepsia

Tutor =Dr. ASHFAQUE AHMED

Dr. Ashfaque explained today's topic so well that I was able to recall all the basic points and common symptoms that we come across while seeing patients on regular basis. The topic dyspepsia is vast in terms of description by patients and today all the important MCQ's points were discussed that were very new for me. It was very interesting and interactive session and I learned well today. Thanks.

Regards,

Dr. Tooba Qadeer

**23<sup>rd</sup> OCTOBER 2022**

**EVENT:**

**Antimicrobials & Endocrine Pharmacology for ED physicians**

**by Dr. Ash**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Rizwan Ullah Siddiqui**

23/10/22

Topic Clinical Pharmacology

Antibiotics.

Fantastic Lecture by Consultant Dr Ashfaque, Learnt a lot of new concept, Especially anti Malarial Treatment with Quinine. Look for Throid crisis in AF pts in An E, which I never think of, this only advise changed my practice now.

Role of Procalcitonin in sepsis, never heard it before and not a practice in our Hospital.

Fluid resuscitation, which is back bone in AnE, And now I know why every pt feel dizzy in UK, because drinking plain water is not a practice in UK, So, when we give fluids they feel better.

Thanks very much Dr Ashfaque for making our concept very clear.



## **FEEDBACK # 2**

**Imtiaz Ali Shah**

Date...23 October er 2022

Topic Antimicrobial and endocrine physiology

Tutor...Dr Ash.

In the continuation of series of pharmacology lectures Dr Ash delivered an excellent one regarding antibiotics and endocrinology drugs used in ED. It was a wonderful session, exam oriented and covering almost all important antibiotics used in ED, their mechanisms of action, spectrum and side effects. He also discussed about the resistance developed against antibiotics and unnecessary use of antibiotics.

We also had a comprehensive review of antimalarial drugs. In endocrinology we learnt about thyroid crisis and its management, antithyroid drugs, Diabetes and use of insulin and its types. Dr Ash also highlighted the intravenous fluids uses and resuscitation in ED.

The session was comprehensive and full of new learning points. Thanks to Dr Ash for his dedication and commitment towards London GEM and for providing us such a great platform for learning.

## **FEEDBACK # 3**

**Shehzad Hussain**

Thank you Dr Ash it was excellent lecture today 23/10/22 on antimicrobials n endocrine Pharma, lot of knowledge was given specially cipro n tendon rupture, MRSA n vancomycin resistance then linezolid, antimalarial hypnozoit n Primaquine, procalcitonin before start of Antibiotics, Disulfiram like effect, myxedema n IV thyroxine, fast AF n Thyroid profile, Alcoholism Dextrose n Thiamine, fluids and Osmolality all this was extraordinary it's difficult to retain from book by reading but you made it easy Dr Ash aap ka teaching style is like Dil se nikli baat dil pe Asar karti hae. Thank you very much Dr Ash for Amazing teaching session. May Allah SWT bless you more n more.

## **FEEDBACK # 4**

**Babar Hussain**

It was an absolutely wonderful Session as always with Dr **Ashfaq Ahmed** who has no match in teaching. Learned so many things. Topics discussed today are

- ~Antibiotics
- ~malaria treatment
- ~endocrine drugs
- ~IV Fluids
- ~Disulfiram life effect
- ~Thiamine
- ~especially the concept of why camel meat is salty

~important concept of extracellular fluid for dehydration and intracellular fluid relation with the nervous system.

Thank you very much Dr Ash for always inspiring us and for such a lovely session. Proud LGEM candidate.

**FEEDBACK # 5**

**Syeda Maheen Ejaz**

Another excellent session thank you so much Dr Ash for conducting these lecture alot of informational stuff exam as well as practice oriented session. Antimicrobial and its resistance, anti malarial use, procalcitonin, fluid resus and alot more. Thank you sir 🙏🙏

**FEEDBACK # 6**

**Saba Asghar**

Today's 2 and 1/2 hr session on Antimicrobials and Endocrinology by Dr. Ash added a big deal to our understanding of justified antibiotic use. The interesting information about fluid balance was shared and explained. Endocrinology practical points were discussed. Very informative session. Thanks Dr. Ash

**FEEDBACK # 7**

**Ali Kazim**

Today's session on Antimicrobials and Endocrine Pharmacology Was Excellent. I learned alot about many important antibiotics , their MOA , spectrum and side effects . Misuse of antibiotics and their resistance was discussed as it is very common now-a-days . Dr Ash with his excellent style of teaching made everything very easy . Endocrinological pharmacology was also explained perfectly.

Thank you Dr ASH !

**FEEDBACK # 8**

**Rabiyyah Bashir**

An amazing session ❤️.. feel proud to learn deep concepts and imp correlations in such an interesting way ❤️....

Specially highlighting our common malpractices... And emphasizing how grave can they be .. is just what we need the most ❤️❤️❤️

Thankyou Dr. **Ashfaqe Ahmed** sir and team **London Global Emergency Medicine**

**FEEDBACK # 9**

**Warda Yawar**

Best lecture so far for recalling med school life

You put your extra efforts in it dr Ashfaqe Ahmed we couldn't ask for a better understanding

2 lectures were delivered by you one was about the role of antibiotics in emergency department and emergence of resistance its sideeffects and routinely used antibiotics in uk

The other 1 hour session was about the role of insulin in emergency department and how to treat and manage myxedema coma  
And about the role of fluids in our daily life  
Thank you so much dr ash for the amazing lectures  
Your knowledge will be implementing in future  
More power to you  
God bless you

**FEEDBACK # 10**

**Maryam Khalid**

Today's lecture given by Dr. Ash on Antimicrobials and Endocrinology was very well delivered Mashallah.♥

He shared different interesting information about thyroid, fluids, hypoglycemia etc. in just 2 hours.

Though I joined the lecture late, instead I was very happy that even in last hour I learnt a lot.

Thankyou Dr. Ash for such an amazing program!

**FEEDBACK # 11**

**Noman Ahsan**

23rd Oct, 2022

Topic: Clinical Pharmacology ABx

Yet another superb and informative session by Dr. Ash, For me Pharmacology was always a bit of dry subject but Dr. Ash last 2 weeks lectures made it easy to understand and explained very well...Discussion is not only to prepare for the exam but also how to apply that knowledge in your practice.. Today's lecture briefly covered the importance of use ABx (as every other Doctor in Pakistan prescribed it without any initial blood sample which isn't good for pts...)

Malaria Management, IV fluids Resuscitation (very important in ED)

Disulfiram side effects...

Thanks a lot Dr. Ash for such a wonderful session...

**FEEDBACK # 12**

**Maimona Javaid**

23- 10-2022

Topics endocrine

Antibiotics taught by Dr. Ash

It was an excellent session as always.

Gestalt was the special word I learnt in it the gut feeling. Which is an intuitive feeling and every genius have it. Means everyone here in this batch is genius.

Fluid electrolyte discussion was very interesting.

Much new info related to diabetes and medicines and management related to it.

Learnt so much about antibiotics resistance

Dengue

Malaria

COVID discussion

Use of Azomax discussion

Add so much to my knowledge.

Missed an initial part would listen soon inshallah.

Superb lectures for all medicine specialties.

Antibiotics no anybody taught in so much detail before.

Observation medicine idea by Dr. Ash is really new inventions. Typhoid story of his son gave lesson to us

Stay blessed

Dr. Ash

Keep rocking the world 🙌

**FEEDBACK # 13**

**Naveed Memon**

Name: Dr. NAVEED AHMED

Date: 23-10-2022

Topic: Endocrine and Antibiotics Pharma

Unique way of teaching Dr. Ash has.

It was great 2+ hour session and wanted to learn more without wasting a single minute. We learnt a lot including

The antibiotics MOA, and Side effects, i.e. Achilles tendon of cephalosporins, C. deffi of most antibiotics i.e. amoxicillin and clindamycin and its treatment with vancomycin/ metronidazole, and recurrent c.diff by Fecal transplant

Drugs causing disulfiram effect actually potentiate the ALCOHOL effect etc. Where and when to use? How to avoid resistant? ATT drugs and counseling of patients, Anti-Malarial indication and clearing hep phase with primaquine

Endocrine system, management of deranged thyroid functions, hypo and hyperglycaemia management properly according to the patients BMI..

These teaching were in scenario based, learnt active and passive. Thanks Dr. Ash for giving us such reflexes and confidence to manage the patient in any situation.

**FEEDBACK # 14**

**Muzna Ahmed**

23/10/22

Today's lecture was based on topics of antimicrobial antimalarial and endocrine pharmacology.

Thoroughly discussed each and every category of medicine their mech of action important side effects and key role in A&E

It was very lovely interactive session very healthy talk happened with full of clinical pearls. When dr ash start to talk the session became extra lively energetic informative

and interesting that is his expertise to spell-bound listeners to the last moment time ran out but nobody was willing to leave the meeting 😊

Today I learned some imp things like

Co-amoxiclav is more susceptible to produce c diff diarrhea due to the clavulanic part.

Metronidazole gives disulfiram effect so it's popularly using as OTC

Procalcitonin test should be done before starting ABX.

Splenectomy requires vaccination

What to do in recurrent c diff diarrhea

Anti malarials administration details

Achilles tendonitis is very important s.e of quinolones

From endocrine we learned insulin administration dawn effect hypoglycemia and concomitant alcohol toxicity management glucagon indications in b-blocker toxicity and hypoglycemia hypo and hyperthyroidism management some and basic discussion on IV fluids.

This was a wrap of pharma but sir gave us all to pass exam and be a very good physician.

Highly grateful to him always

**FEEDBACK # 15**

**Zegham Abbas**

23/10/2022

Today we have wonderful session with Dr. Ashfaque Ahmed on Anti-Microbial and Endocrine Drugs as he is master in making difficult topic easy to understand like Drugs involve in inhibition of cell wall synthesis and inhibition of protein synthesis Aminoglycosides and Tetracycline bind with 30S ribosomal unit

Chloramphenicol Macrolide Clindamycin bind with 50S ribosome

MOA Quinolones Metronidazole Trimethoprim DOC in Vancomycin resistance enterococcus like linezolid

Fluoroquinolones most important side effect in elderly patients achillies tendinitis.

Aminoglycoside patient in ICU adverse side effect deafness

Endocrine Drug Insulin dose calculation and its role, Dawn effect and somogyeric effect also reason of ketoacidosis in type 1 DM. Glucagon use in A&E in Hypoglycaemia and Beta Blocker overdose and it's contraindication in Pheochromocytoma.

**FEEDBACK # 16**

**Hani Suhail**

Today's session was about antimicrobials and endocrine pharmacology and it was an amazing lecture that included a lot of new point that we never focused on. Learning how to read text and how to focus on things with respect to their importance with regards to the specialty you are in. How metronidazole has disulfiram like effect

and relation of co amoxiclav and cipro to C.diff. Today's session was an eye opener to the parts of our treatment that were neglected due to the habit of prescribing a specific drug for a disease. Thanks Dr. Ash for this wonderful lecture. Specially the concept of intracellular and extracellular fluid and its relation to the survival of Camel in the desert

**FEEDBACK # 17**

**Bushra Imran**

Date 23-10-2022

Tutor: Dr. Ash

Topic: Antimicrobial, endocrinology Pharmacology

A wonderful learning session again I have cleared my little deficit points.

The use of antibiotic their side effects

Antimalarial drugs, anti-thyroid

Especially the clear example giving concept of ECF and ICF was excellent.

The lecture high lights on interesting facts

Thank you GEM team

**FEEDBACK # 18**

**Imran Farooka**

Date: 23 Oct 2022

Topic: Anti Microbials and endocrine pharmacology

Tutor. Dr. Ash

This was a 2 hour session. First part was discussion about antimicrobials. We discussed in detail about mechanism of action of different classes, main indications and side effects of different groups. In second part we studied about endocrine pharmacology including insulin, glucagon, medicines used in the treatment of both hypo and hyperthyroidism. In the end we discussed about vitamins including thiamine and iv fluids.

Dr. Ash as usual stressed upon important facts which are must for practicing emergency medicine. I learnt many things including the just use of antibiotics. This session will help in improving my clinical practice.

Dr. Imran khan

**FEEDBACK # 19**

**Muhammad Wajeih Labar**

Lecture: Endocrine and antimicrobial pharma

Name: DR. MUHAMMAD WAJEEH NAZAR

Date: 23 Oct 2022

Tutor: Dr. Ashfaque

Dr. Ashfaque gave an amazing presentation. We discovered a lot of new information today about medications, particularly endocrine and antibiotics. Using flouroquinolones aggressively damages your Achilles tendon, and using

cephalosporins and clindamycin frequently causes disulfiram reaction. The use of insulin and glucagon in emergency departments We enjoyed and were astounded by Dr. Ashfaque explanation of the custom of prescribing antibiotics in the UK. I am confident that after listening to this enthralling lecture for two hours that it will alter the way that I currently administer antibiotics.. Thank you so much Dr. Ashfaque.

**FEEDBACK # 20**

**Syed Suhail Ahmad**

A very excellent session on Antimicrobials & Endocrine Pharmacology for ED physicians By Dr. Ash to sum up the pharmacology section for ED physicians, Lots of learning points and myths about anti microbials busted.

- The growing trend of Antimicrobial resistance and its prevention
- Role of cultures
- Malaria and Dengue medications and prophylaxis
- Ciprofloxacin use leading to tendon rupture
- Disulfiram like effect
- Diabetes and Insulin pharmacology especially dawn effect
- Levothyroxine and its use in ED
- When to use/avoid fluids and much more.

Lot of take home messages to improve the clinical practice

Well done Dr. Ash Pema- UK London Global Emergency Medicine 👍👍

**FEEDBACK # 21**

**Rana Gulraiz**

Mashallah the best lectures ever. Dr. Ash really knows which strings to pull to keep the lecture short sweet but information and fruitful. He covered all the important points very exam oriented and the brain storming sessions are just too good. This antibiotics lecture was not the solution to everything and we should be very cautious when prescribing antibiotics.

Role of procalcitonin in sepsis

At the end of this lecture, the small but informative talk on different fluids and how we can prevent ecf dehydration vs intracellular dehydration.

Thank you very much sir

**FEEDBACK # 22**

**Wajahat Khan**

23rd October, 2022

Consultant: Dr. **Ashfaque Ahmed**

Topic: Antimicrobials and Endocrinology pharmacology

Another brilliant, exam oriented delivered by my mentor Dr. Ash, learnt so many new things like always, Alhamdulillah by the efforts of my mentor, my practice is changing with every lecture, today v learnt:

- \*Antimicrobials including cell wall inhibitors, protein synthesis inhibitor, nucleic acid inhib - their effects, APPROPRIATE USAGE and their side effects.
- \*Antimalarials, their usage in endemic areas and for prophylaxis, how to clear latent phase of P. vivax
- \*Disulfiram effect
- \* Drugs for C. diff
- \* Procalcitonin n CRP levels before antibiotics
- \* Insulin regime, calculate the dosage.
- \* Dawn and Somogyi effect
- \*Glucagon indication and dosage for BETA BLOCKER POISONING AND HYPOGYLCEMIA
- \* Levothyroxine, thyrotoxicosis crisis
- \*IV fluids and electrolytes.
- \* Camel story was amazing

I must say for my mentor, my teacher, my guide k "SR AAP JO ZINDGI MEN TO BT GAI"

Thank you so much sir 😊😊

**FEEDBACK # 23**

**Saba Aslam Khan**

Date:- 23/10/2022

Topic:-Antimicrobial and endocrine pharmacology and fluids

Tutor: Dr. Ash

Super amazing, precise, exam oriented and applicable to real life ER scenarios lecture by Dr. Ash on the above topic, I believe no other trainee is getting the quality if Training we GEM trainee are getting...

We are living in the country where i/v antibiotics are given as potions and oral as sweet candies your supervisor is teaching you to be cautious while using ABx....!! And telling you when to use it who to use it and when not to use it ...

He is literally spoon feeding us the basics and advance EM practices ....

Rationale to Use of glucagon and thyroxine in ER... IV fluids resuscitation...

Thank you sir for this amazing session

Dr. Saba Aslam

A proud GEM trainee ✨🌻

**FEEDBACK # 24**

**Yasir Dilawar**

A very good session by Dr. Ash about antimicrobials, so much learning, resistance to antimicrobials and some stuff from endocrinology.it was a great session. Thank you so much.

**FEEDBACK # 25**

**Amash Khan**



23/10/22

Today's topic was on drugs used in ER

in which the mode of actions, uses, side effects and contraindications of antibiotics, drugs for diabetes, antimalarial, thyroid disease and IV rehydration fluids were discussed in a beautiful manner and had to hear about lots of stories of Dr. Ash. The main key point was about prescription of drugs carefully and when truly needed. Thank you for the wonderful lecture.

**FEEDBACK # 26**

**Haider Ali**

Date: 23rd October 22

Topic: antimicrobials and endocrine pharmacology

Facilitator: Dr. Ash

Today's session by Dr. Ash covered almost everything about antimicrobials understanding, their indications and contraindications, misuse of antibiotics and their highly developing resistance. Regarding endocrinology, this topic covered the insulin and glucagon use, the importance of weight, Dawn and somogyi phenomena. The detailed description of IV fluids at the end was cherry on the top.

Cannot describes the dedication of Dr. Ash towards teaching and training juniors in words. Just amazing

**FEEDBACK # 27**

**Aqsa Yaqoob**

An excellent teaching session by Dr. ash on antimicrobials, we learnt so many new things which we don't know before like procalcitonin test, disulfiram like reaction, emerging resistance to antimicrobials. Regarding endocrinology we learnt about Insulin use to check weight before starting it, dawn phenomenon and Somogyi's. Use of glucagon and its dose in refractory hypoglycemia and beta blocker over dose, Levothyroxine use in A &E and many new points

A very comprehensive lecture, Thanks to Dr. Ash

**FEEDBACK # 28**

**Dr. Maajitha Banu**

Feedback

Name: Dr. MAAJITHA BANU

Date: 23/10/2022

Day: Sunday

Lecture: Antimicrobial pharmacology and Endocrine

Tutor: Dr. Ashfaque

This session is very nice and to the point. I learnt many new things. Dr. Ash correlates every medicine aspects with our routine activities that were very interesting. Learn many new facts. I enjoyed a lot in this session.

Its highly recommend for all the physicians to join in one of the LGEM COURSE to get polished and become a great doctor.

Thanks Dr. Ash for this wonderful opportunity.

**FEEDBACK # 29**

**Dr. Nouman**

Day 2 of "Alice in the wonderland". Yes that is exactly what it feels like with all these amazing learning sessions.

Dr Ash, as always, delivered such a fine lecture about the areas of pharmacology relevant to EM. The topic of antibiotics resistance was discussed, meanwhile mentioning notable side effects of certain drugs such as ototoxicity from Gentamicin and flouroquinolones (staple drug in Pakistan) leading to tendinitis or co-amoclav (one prescribed eagerly in the surgery department I am working in) manifesting C. difficile infections.

Insulin doses, Glucagon uses, pharmacology in thyroid diseases.

Many such fine points were discussed.

The idea of "observation medicine" was floated by Dr. Ash which can be a nice turning point in the clinical settings of Pakistan.

I appreciate the effort being invested in the young doctors that we are, by Team LGEM and Dr. Ash. One day we will be able to develop our EM "gestalt"....

Many thanks

Kind regards: Dr. Nouman

**FEEDBACK # 30**

**Dr. Umair khalil**

Name: Dr. Muhammad Umair Khalil

Session: Anti-microbial and endocrine pharmacology in ED

Tutor: Dr. Ash

Date: 23-10-2022

Duration: 02 Hour

Today's session was on antibiotics and their safe use in ED patients. We discussed a broad range of antibiotics from bacteriostatics to bacteriocidals, flouroquinolones and aminoglycoside family.

Their mechanism of action, side effects were discusses in detail. Strategy of EM physicians in endemics like Malaria and Dengue were also highlighted. Lots of exam related points were also discussed. Source book was Moussa-Eissa book of Emergency Medicine.

It was a great session from exam perspective.

Thankyou LGEM

**FEEDBACK # 31**

**Dr. Zeeshan Hashmi**

Antimicrobials and endocrine Pharmacology

Date: 23 October 2022

Tutor: Dr. Ashfaq Ahmed

This today's session was really amazing one.

Firstly we got an idea how different we are in prescribing antibiotics as compared to UK and every trust has its own guidelines of prescribing them here in Pakistan we have same scenario in all govt. setups and all private sectors with a few exceptions ...

Then i came to know that why ceftriaxone , co amoxiclav , ciprofloxacin and even metronidazole are not prescribed that much easily as here

Aminoglycosies and tetracyclines ---30s subunit---irreversible binding

Macrolides and chloramphenicol + clindamycin ---50 s subunit ----reversible binding

-Use of quinolones may result in achilles tendon rupture by even a minor trauma ... don't prescribe them in growing ages

-Only use of Rifampicin in ER is meningococcal prophylaxis b/c of close contact

-Genta used in pts for 7-8 days in pt landed unconcious in ER may cause deafness as he wakes up well after being treated due to sepsis.

-Marker of bacterial sepsis --- procalcitonin test .. Even better than CRP levels, if negative then stop ABX

-clavulanic acid part of co-amoxiclav is very commonly responsible for pseu.memb. Colitis –

Mashallah the most valuable two points:

Metronidazole and ceftriaxone have disulfuram like effect. Regarding iv fluids ---

intracellular dehydration--- neurological symptoms, extracellular dehydration---

CVS symptoms... in severe extracellular dehydration when ECF borrows fluids

from ICF then Drowsiness starts, once you treat it neurological symptoms go

away.... " camel survives in deserts for month b/c it has high K outside the cell and

high Na inside the cell in comparison with humans that's why even in very harsh

and dry weather camel has highly osmotically active environment inside the cells

that keeps water tightly along with it and prevent intracellular dehydration hence

preventing any neurological symptoms to appear" and secondly the high fat content

in its body....

sir there are a lot more points that I can mention , all that i have noted in today's

two n a half hour session ,..... Approximately five pages of my note book...they are

only few

May Allah Bless You Dr. Ash and Your Team

Proud and blessed to be a London GEM trainee

# Own London GEM

# Support LGEM

# Support PEMA  
# Support Dr. Ash

**FEEDBACK # 32**

**Dr. Aiman Nazir**

Tutor: Dr. Ashfaque Sorathia

Session: Antimicrobial and Endocrine pharmacology in ED physicians.

Time: 13.00 - 15.30

I think today's session was the need of the hour and I am grateful that Dr. ASH has conducted this lecture in such a beautiful way that it instills all the medications taught today in our minds.

Starting with all the antimicrobials, with easy mnemonics to remember their mode of actions, their indications, contraindications and side effects and with perfect examples related to them was a plus point. Antibiotic resistance, differences between UK and Pakistan antibiotics prescriptions and highlighting misuse of antibiotics in Pakistan is the need of the hour to prevent devastating effects.

Disulfuram effect, Achilles tendon rupture etc. are a few things that were new to me and very happy to know them now.

Anti-malarials and their mode of actions, how to treat hepatic phase was a bonus point.

Endocrine pharmacology taught with great simplicity yet highlighting all the important and necessary stuff to keep in mind. How to tackle myxedema coma in ED? Thyroid storm, and hypoglycemia and beta blocker toxicity. All taught with examples from real life scenarios kept me hooked till the end.

Last but not the least the fluid composition and the best ever explanations of ICF and ECF were really great, made it really easy for us.

**FEEDBACK # 33**

**Dr. Shahid Ahmad**

Today's session on Antimicrobials and Endocrine Pharmacology was very good. I learned a lot about many important antibiotics, their mechanism of action, spectrum and side effects.

Misuse of antibiotics and their resistance was discussed as it is very common these days. Dr. Ash's teaching method is like watching a blockbuster movie, you never get bored....

Thank you Dr. ASH.

Regards Dr. Shahid Ahmad

**FEEDBACK # 34**

**Dr. Mominah Furqan**

One more day spent with just 2 hours session is worth taking then anything as ,,today it covered : endocrine and antimicrobials?

Anti-microbial: Type of moa, classification, when to start n when to wait n when there is no need all were discussed. dawn phenomenon, disulfirum effect  
How to deal thyroid crisis, hypoglycemia, wernicke korksoffs syndrome  
i/v fluids: intracellular extracellular was so beautifully explained with example of camel ..Super, amazing n many words can be added for this lecture...

Thank you sir

**FEEDBACK # 35**

**Dr. Faiq Khan**

Lecture: Anti-microbial and Endocrine Pharmacology in ED

Date; 23 October 2022

Tutor: Dr. Ash

This lecture covered most of the antibiotics we use in our everyday practice with Dr. Ash emphasizing on the need to control emerging antibiotic resistance.

He clearly identified the ABX practice difference between UK and Pakistan and guided us on how to prescribe ABXs in the ED.

Plus the stories he shares of the patients he treated especially the endocrine pharmacology cases were fascinating.

Exam pointers and Clinical relevance were 10/10

Thank you for the opportunity.

Regards, Dr. Faiq uz Zaman Khan

**FEEDBACK # 36**

**Dr. Rehan Khalil**

Date: October 23, 2022

Topic: Antimicrobial and Endocrine Pharmacology

Duration: 2.5 hour

Tutor: Dr. Ashfaque Sorathia

It was a session beyond my expectations. Although i have read these things multiple times before but during the session i felt like i only knew little.

Learn about important aspects of almost each anti-microbial. The most interesting stuff was Disulfram Effect, how ECF and ICF play around and Hepatic Phase of Malaria etc.

Thanks Dr. Ash for taking time out for this noble cause of teaching.

Regards,

Dr. Rehan Khalil, EMFP

**FEEDBACK # 37**

**Dr. Sadia Anwar**

Date 23 Oct 2022

Time 0100 to 0330 pm

Topic ANTIMICROBIAL AND ENDOCRINOLOGY PHARMA IN ED

Tutor Dr. Ashfaque

Today's session was taken by Dr. Ashfaque and as always there were a lot of learning points in the lecture.

Dr. Ashfaque way of teaching is v unique, one doesn't feel bored or loses concentration. The way he explains the topic by giving examples makes all the difference because things are easy to retain then.

Antimicrobial and endo drugs are those topics which are frequently read by us but still there were a lot of new things that Dr. Ashfaque taught.

- 1) Achilles tendon rupture due to fluoroquinolones.
- 2) Aminoglycosides to be used cautiously in renal disorders.
- 3) The importance of antimalarial prophylaxis
- 4) Disulfiram reaction from cephalosporins, clindamycin.
- 5) Clostridium difficile prevention
- 6) To check weight of patient on regular basis during follow up for patients on Insulin.
- 7) The most important concept regarding the ECF and ICF was cherry on top.

Thanks a lot Dr. Ashfaque for making learning so easy.

I wish we could get more teachers like you.

**FEEDBACK # 38**

**Dr. Muhammad Saad**

Name: Dr. Muhammad Saad

Topic: Session on antimicrobials and endocrine drugs in ED by Dr Ash on 23 Oct,2022

Programme: EMFP

It was quite a great session. Dr. Ash discussed a lot of antibiotics, their mechanism of actions, spectrum, and side effects. Covered a lot of points related to exams and ward. Sir guided us about the antibiotics resistance and how to avoid the unnecessary use of antibiotics. Sir also discussed about drugs related to endocrine systems and endocrinological emergencies and IV fluid compositions. Learn a lot of new things from the session. Thanks Dr. Ash for being out mentor.

Yours sincerely Dr. Muhammad Saad

**FEEDBACK # 39**

**Dr. Wajiha Khan**

Lecture: antimicrobials and endocrine pharmacology

Date: 23/10/22

Speaker: Dr. Ashfaque

Another informative session by Dr. Ashfaque, he taught us about the common antimicrobials used in A&E and things to keep in mind while using that. Moreover, he taught us about few endocrine related complications and their management in A&E. I would truly like to appreciate Dr. Ashfaque commitment towards his students. Thank you very much LGEM Team for this session.

Sincerely, Dr. Wajiha

**FEEDBACK # 40**

**Dr. Nasir Hayat**

This session very nice and very well taught, learned a lot from it. It was very interesting and very interactive session. I enjoyed a lot. It was smoothly run with high yield MRCEM exam things to be learn. It's highly recommended for all the ED physicians to join it and be more skilled and get the depth of medical knowledge.

Proud to be LGEM MRCEM candidate

**FEEDBACK # 41**

**Dr. Yumna Zafar**

23rd Oct 2022

As always, Dr. Ashfaque Ahmed's session was phenomenal. He is legendary as a teacher. I have learned so much. Today's topics include: "Antibiotics," "malaria therapy," "endocrine medications" and "IV fluids," with special emphasis on the use of antibiotic in different diseases, its resistance and history based choice of antibiotics.

Thank you so much, Dr. Ash, for the wonderful session and for always motivating us. Proud candidate for LGEM

Regards, Yumna Zafar