



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

**EVENT NAME:**

**FRCEM PRIMARY RECALLS SESSION 1**

**Presenters: Dr Azeem, Dr. Ramzan, Dr. Mariam, Dr. Mominah**

**Mentor: Dr Ashfaque Sorathia**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Muhammad Ramzan**

Dr. Azeem was comprehensive and fabulous. His energy was unbeatable. Respiratory physiology and pharmacology was summarized in the best of best way. Dr. Mariam and Dr. Mominah were very knowledgeable and made things easy by giving new mnemonic to difficult topic.

Last and least this was London Gem project to engage candidate in their own style and help them clear Exam with flying colors.

**FEEDBACK # 2**

**Ahmad Bin Khalid**

Thank you so much Dr. Ramzan, Dr. Azeem, Dr. Maryam, Dr. Mominah and Dr. Ash for arranging such a wonderful session on recalls this quick review of physiology recalls within just 3 hours is phenomenal literally I have no words I'm so blessed to be a part of LGEM.

**FEEDBACK # 3**

**Ubaid Ur Rehman Khizir**

Amazing session by all our LGEM members they all did marvelous job Dr. Azeem Imran, Dr. Maryam, Dr. Mominah, Dr. Ramzan did a great job. They all taught us recalls of cell physiology GIT physiology and respiratory physiology. So future faculty of LGEM is under process

#### **FEEDBACK # 4**

##### **Babar Hussain**

It was a marvelous session. Wonderful presentations by Dr. Ramzan, Dr. Mariam, Dr. Mominah and I especially appreciate Dr. Azeem for his brilliant presentation and wonderful contribution. Thank you to everyone who participated actively.

I am really grateful to Dr. [Ashfaque Ahmed](#) for arranging such an amazing activity. Proud LGEM candidate

#### **FEEDBACK # 5**

##### **Rajab Abbas**

Past recalls of MRCEM PRIMARY session 1

It was an outstanding session on recalls of FRCEM primary conducted at LGEM forum, under the supervision of Dr. ASH and coordinated and managed by Dr. Ramzan.

There was amazing discussion of the past recalls of physiology of Cell, GIT and respiratory physiology; nicely presented Dr. Ramzan, Dr. Mariam, Dr. Mominah and the champion Dr. Azeem.

Each candidate presented in an amazing way.

Presentation by Dr. Azeem was out of this world the explanation by charts and diagrams was quite phenomenal. He explained each MCQ briefly and everyone was able to grasp the main concept and everyone loved the way he presented. That shows his love for teaching. Indeed he is an amazing teacher. Thank you everyone for their and also thanks Dr. Ramzan for this great idea.

Bless to be part of this project. Alhamdulillah!

#### **FEEDBACK # 6**

##### **Syed Suhail Ahmad**

An excellent session on MRCEM Primary Recalls by our fellow LGEM colleagues Dr. Ramzan, Dr. Mariam, Dr. Mominah and Dr. Azeem. Cover important recalls from Cellular GIT Respiratory Physiology. A lot of effort and hard work was put to make it easier and helpful for all the candidates who would be appearing in MRCEM Primary.

Well done Guys 👍👍👍

#### **FEEDBACK # 7**

##### **Syeda Maheen Ejaz**

Thank you so much ❤️ everyone for putting in so much effort especially Dr. Ramzan for planning, making teams, and dividing tasks like a GEM. It is one of its kind all the presenters present like a pro these recalls would be helpful for all of us in aceing our exam, Inshallah.

Special thanks to Dr. Ash for giving the opportunity and Dr. Ramzan, Dr. Azeem, Dr. Mominah, and Dr. Mariam for all your efforts and hard work. 🍌🍌

#### **FEEDBACK # 8**

##### **Zegham Abbas**

Date 5/10/2022

Topic: MRCEM PRIMARY RECALLS

Excellent session by London GEM Candidate DR RAMZAN DR MARIAM DR MOMINAH DR AZEEM it was amazing presentation covering all aspects of recall MCQ's with explanations of topic systems wise Cell Physiology GIT Physiology Respiratory Physiology thank you everyone who participated actively thanks Dr. Ash for providing amazing opportunity.

**FEEDBACK # 9**

**Rida Rana**

What an amazing session it was ... truly a commendable job - but this time it was conducted by the candidates themselves and it really an inspiration to see fellow candidates conducting such a smooth, interactive and easy to learn session. Dr. Ramzan presented on Basic Cellular Physiology -just within few mins he made us cover the most significant topic, question and pointers smoothly. Dr. Mariam and Dr. Mominah presented the recalls on GIT and stressed on the most important tables esp the points which are frequently questioned with respect to enzymes production and function of each. Then Dr. Azeem came up with one of the best presentations that i have come across so far - Indeed Dr. Azeem did a great job with interactive slides, proper questions, with answers, with explanation topped with videos and self-explanatory pictorial representation of topic. Dr. Azeem covered Respiratory physiology and pharmacology and managed to do more than 100 questions within an hour. His session truly grabbed the attention of each candidate and the lengthy topic was comprehensively covered in the best way that it could be. Thanks Dr. Ashfaque Ahmed for instilling this attitude within each candidate to come forward and lift everyone up. This perception is the actual need of this time. Thankyou Dr. Ramzan, Dr. Mariam, Dr. Mominah, Dr. Azeem. Alhamdulillah on being part of LGEM 🌟🌹

**FEEDBACK # 10**

**Afshan Salman**

It was a long and excellent session by Gem candidates on past recalls of Cellular physiology, GIT, and Respiratory physiology. Dr. Ramzan, Dr. Mariam, Dr. Mominah & Dr. Azeem did wonderful job. They put a lot of effort and hard work in bringing this important session today.

Though it was delivered by Gem candidates themselves, there was no disturbance or chaos, everything run so smoothly and effectively. Happy to see so much talented and brilliant candidates,

Dr. Azeem really did a lot of hard work in making slides of more than 100 questions with explanation. Wonderful!

Thanks Dr. Ash for this valuable opportunity in this important and stressful period of time before exams, feels confident now.

Thanks everyone. God bless you all

**FEEDBACK # 11**

**ناصر فاطمه**

What an exceptional effort... Jazakallah khair Dr. Ramzan for taking this step... arranging this all so elegantly.. Jazakallah khairan kaseera Dr. Mominah, Dr.

Maryam and Dr. Muhammad Azeem... for all the efforts... you all can just study for your own... but u all took initiative to invest ur time in making slides for our benefit...

Lastly Jazakallah khair Dr. Ash for providing this platform.. where people are helping to lift each other up👍

#### **FEEDBACK # 12**

##### **Qaisar Shah**

Today's an excellent 3 hour session about FRCEM PRIMARY RECALL SESSION 1 conducted by Dr. Ramzan, Dr. Mariam, Dr. Mominah & Dr. Azeem. Dr. Ramzan covered important topics of BASIC CELLULAR PHYSIOLOGY with nice explanation of more than 30 MCQs for FRCEM PRIMARY

Dr. Mariam & Dr. Mominah covered GIT PHYSIOLOGY for FRCEM PRIMARY with good explanation of more than 60 MCQs

Dr. Azeem well-presented RESPIRATORY PHYSIOLOGY & PHARMACOLOGY topics with more than 100 MCQs nicely explained with graphs & demonstrative videos

Very well done Dr. Ramzan Dr. Mariam Dr. Mominah & Dr. Azeem

Thanks Dr. Ash for arranging this wonderful session

#### **FEEDBACK # 13**

##### **Muhammad Abubakar**

Wonderful Presentations by great LGEM gems, Thank you Dr. Ramzan, Dr. Maryam, Dr. Mominah and Dr. Muhammad Azeem for this quick recall session. It helped a lot. Cellular, GIT and Respiratory Physiology done in this 3 hours session, everyone had put a great effort in making these presentations of recalls especially Dr. Azeem. May ALLAH Bless you all for your efforts and THANK YOU Dr. [Ashfaqe Ahmed](#) for these sessions and all the hard work you are doing for us.

#### **FEEDBACK # 14**

##### **Bushra Imran**

Thank you Dr. Ramzan, Dr. Mariam and Dr. Mominah for the basic Cellular physiology, cellular respiration, GIT and important hormones functions. Dr. Azeem you celebrated in beautiful slides with nutshell descriptions are really helping and informative. Great effort by all of you

Thank you Dr. Ash for this session

#### **FEEDBACK # 15**

##### **Muzna Ahmed**

Thank you so much Dr. Ramzan, Dr. Mariam, Dr. Mominah and Dr. Azeem for facilitating us with such worthy knowledge and a quick comprehensive brain storming recall

For sure exam will become a piece of cake if we memorize this way.

Thanks Dr. Ash our leader and mentor.

#### **FEEDBACK # 16**

##### **Noman Ahsan**

Amazing recalls session by Dr. Ramzan, Dr. Azeem, Dr. Khizer, Dr. Maryam and Dr. Mominah....

Each of one explained every single MCQ in a comprehensive, easy and quick time..

Dr. Mominah Bullet points r very helpful and Dr. Azeem presentation and explanation was great...

Thanks all of u for your time to discuss those recalls...

**FEEDBACK # 17**

**Imtiaz Ali Shah**

Today a three hours session regarding MRCEM Primary recalls was conducted by LONDON GEM under the supervision of Dr. Ash. The three participants presented these recalls were

Dr. Ramzan ... Cellular physiology.

Dr. Azeem ... Respiratory physiology.

Dr. Mominah ... GIT physiology.

Dr. Maryam ... GIT physiology.

It was an amazing session covering various important topics that really refreshed our memories .overall it was an excellent revision session from examination points of view.

All the three participants did a great job especially Respiratory physiology by Dr. Azeem was very detailed and comprehensive Dr. Ramzan, Dr. Mominah and Dr. Maryam also did a great job.

In the end Thanks to Dr. Ash and all three respected doctors for this wonderful session

**FEEDBACK # 18**

**Beenish Manzoor**

Excellent session by London GEM Candidate DR RAMZAN DR MARIAM DR MOMINAH DR AZEEM it was amazing presentation covering all aspects of recall MCQ's with explanations of topic systems wise Cell Physiology GIT Physiology Respiratory Physiology thank you everyone who participated actively thanks Dr. Ash for providing amazing opportunity. Thankyou LGEM team..

Proud Gem candidate: Dr. BEENISH

**FEEDBACK # 19**

**Hk Danish**

Dr. Ramzan covering basic cellular physiology explaining MCQs

Dr. Mariam & Dr. Mominah covered GIT physiology and MCQs

Dr. Azeem presented respiratory physiology and MCQs nicely explained with graphs & demonstrative videos

Very well done Dr. Ramzan Dr. Mariam, Dr. Mominah & Dr. Azeem

Thanks Dr. Ash for arranging this wonderful session

**FEEDBACK # 20**

**Ayesha Mushtaq**

Nice efforts by LGEM candidates and very interactive and informative session best of luck to all November attempt candidates...

**FEEDBACK # 21**

**Shehzad Hussain**

Thanks Dr. Ramzan, Dr. Azeem, Dr. Mariam Dr. Mominah and Dr. Ash for such an amazing recalls session. It's pretty helping and quick review in 3 hours Cellular physiology, GIT n Respiratory physiology. I got lot of clarification on different topics,

Especially respiratory physiology was pretty good n comprehensive. You all have put lot of efforts on all this. Thank you all for doing this great effort.

**FEEDBACK # 22**

**Muneeb Ahmed**

Attended this wonderful session intermittently by Dr. Ramzan, Dr. Maryam, Dr. Mominah cover recalls with quick explanations and review. It was very encouraging to see you guys progressing and helping. Credit to London Gem and Dr. Ash for providing them platform and supervising them. Never see such cooperative and supporting environment.

Wish you good luck for your exam.

**FEEDBACK # 23**

**Phota Ram**

Excellent session by London GEM Candidates lead by Dr. Ramzan and other Dr. Azeem, Dr. Maryam, Dr. Mominah has covered with the most important topics on GIT physiology, respiratory physiology and cellular physiology. All have done great effort every recall has been explain, Best presentation and great effort by Dr. Azeem covered almost everything of respiratory system physiology, pathophysiology and Pharmacology. Dr. Ramzan has done cellular physiology recalls explain everything with diagram and leading the session.

**FEEDBACK # 24**

**Mina Khan**

Thank You everyone for such a great contribution ... it was very amazing, None topics were left , all covered comprehensively . Special thanks to Dr. Ramzan for arranging and supervisors, Dr. [Azeem](#) for his pictorial and well explained ppt, Dr. Maryam she also explained in comprehensive and quick manner , her soft tone was digestible 😊, Dr. Mominah went thru bullet points which were really to the point... All of them made the session exciting , it was not exhausting or tiring at all 😊 thank you [London Global Emergency Medicine](#) and Dr. [Ashfaque](#) for him to be by our side always and praying for us ...Jazakallah khairan kaseera 🌹

**FEEDBACK # 25**

**Nasir Hayat**

Very lovely presentation by Dr. Ramzan, Dr. Azeem, Dr. Mariam and Dr. Mominah and Dr. Ash liked and enjoyed it was very nice

**FEEDBACK # 26**

**Maimona Javaid**



Nice **congratulations** to all buddies. May Allah bless you with huge success ameen.

**FEEDBACK # 27**

**DrKiran Feroz**

Wonderful session ....so many recalls discussed....our genius doctors have presented in a very beautiful way....lots of brain storming ....worth attending session ... A big thanks to all ....I must say u all rocked today.....so many MCQs discussed. I enjoyed the session from the start till the end...Good luck

**FEEDBACK # 28**

**Muhammad Azeem Imran**

I still remember the words of my Mentor Dr. Ash, when he said that the giving hand is above the taking hand and the idea sell by Dr. Ramzan that MRCEM Primary exam Recalls should be by Doctors Participating LGEM program. The duty assigned to me about Respiratory physio & pharmacology Recalls I tried to maximize my input to break Respiratory physio & pharmacology into sub topics and tried to clear concepts by vide , diagram and flow chart and numonics and then managed to Recalls in Real Exam MCQS pattern. I must appreciate my batchmates Dr. Rajab, Dr. Rida & Dr. Auri for helping me in producing this presentation. I dedicate this presentation to my Mentor Dr. Ash for his visionary leadership to make every participant to pass MRCEM Primary exam in first attempt. Last but not least I appreciate the other teams especially Dr. Mariam & Dr. Mominah on GIT physio recalls and Dr Ramzan on Basic cell physiology Recalls. Thanks Dr. Ash for giving us the opportunity to help and learn from each other. Proud to be a part of LGEM program

**FEEDBACK # 29**

**Aab e Gum**

2 days Session for doing all the past physiology recalls was arranged for MRCEM primary candidates. On day one we did recalls of basic cell, Respiratory and GIT physiology conducted by Dr. Ramzan, Dr. Azeem, Dr. Mominah and Dr. Mariam. It was an amazing 3 hours long session. Doing half of physiology in such a short time would not have been possible otherwise. Thanks Dr. Ash for arranging such an important session.

**FEEDBACK # 30**

**Mominah Ahmed**

Another fruitful day... thankyou everyone...thanks to Dr. Ramzan on putting up this idea and then hosting it to ...thanks @khizir always there for everyone a big helping hand... motivating us in every best possible way...Dr. Mariam also helping me in my part of git... everyone did great job ...Dr. Azeem did a marvelous job so much hard work...may u all be blessed with the best and in the end the most important personality for our MRCEM Dr. Ashfaque always there always supporting us....may all of us succeed with flying colors. And make our mentor proud

**FEEDBACK # 31**

**Hamna Yaqub**

A praiseworthy effort by candidates of LGEM to arrange recall session for upcoming MRCEM PRIMARY EXAM

Dr. Ramzan, Dr. Maryam, Dr. Mominah, Dr. Azeem presented and discussed recalls of physiology focusing on important topics and concepts that are asked in exam frequently.

Special thanks to Dr. [Muhammad Azeem Imran](#) he covered respiratory physiology comprehensively and his lecture is now my go to for revision.

Thanks Dr. Ash for this platform and guiding us throughout the session.

**FEEDBACK # 32**

**Javeria Wali**

It was an amazing session on 5th November, 2022 on MRCEM primary recalls conducted by the candidates themselves and it was great to see them following the example of Dr. Ash in arranging such a beneficial session. Dr. Ramzan presented on Basic Cellular Physiology, Dr. Mariam and Dr. Mominah was quick and to the point with GIT recalls. Then Dr. Azeem did an outstanding presentation with interactive slides along with videos and diagrams to explain Respiratory physiology and pharmacology. Thankyou Dr. Ash, Dr. Ramzan, Dr. Mariam, Dr. Mominah and Dr. Azeem for arrange this session. It's going to be really useful for exam preparation.

**FEEDBACK # 33**

**Saba Aslam Khan**

Nice session it was ❤️

**FEEDBACK # 34**

**Dr. Hira Nehal**

Amazing recalls session by Dr. Ramzan, Dr. Azeem, Dr. Khizer, Dr. Maryam and Dr. Mominah

Each of one explained every single MCQ in a comprehensive, easy and quick time..

Dr. Mominah comprehensive points r very helpful and Dr. Azeem presentation and explanation was great...

Thanks all of u.

**FEEDBACK # 35**

**Dr. Afifa Younas**

Greetings of the day!

Today we had one of its kind sessions, a discussion on recalls for MRCEM Primary that was done by LGEM MRCEM Candidates.

The session was led by **Dr. Ramzan** who covered basic cellular physiology in a terrific presentation, **Dr. Mariam and Dr. Mominah** covered GIT Physiology in excellent bullet points, **Dr. Azeem** covered Respiratory physiology with an elaborated and marvelous presentation.

I am proud of my colleagues who put so much effort into these presentations and helped us review high-yield topics.

Thank you all participants,



Kind Regards,

Dr. Afifa

**FEEDBACK # 36**

**Dr. Azka Shamim**

AOA respected sir

I would love to give my feedback regarding today's session regarding MRCEM primary recalls ... I would say we are definitely enrolled in such a unique program that no one ever had witnessed or thought about... the biggest quality of a true mentor, who encourages his trainees to stand on their own feet, be confident and feel proud..

And this is exactly what Dr. Ash did by allowing us to conduct a session on our own regarding recalls, searching answers, do brainstorming and displaying it in the form of wonderful presentations...

All the November candidates were divided in four teams and they were assigned to do tasks accordingly.. Our following brilliant GEM candidates gave excellent presentations

Dr. Ramzan ... cellular physiology

Dr. Mariam Nawaz ... GIT physiology

Dr. Mominah ... GIT physiology

Dr. Azeem ... respiratory physiology and pharmacology

It was an excellent 3 hour session and all the trainees shared whole knowledge in such a wonderful way that we felt so confident regarding solving the questions... their level of energy was at its peak...

Thank you so much Dr. Ash for arranging such important sessions for us .. we are really blessed to be part of this ..

A proud GEM trainee

Dr. Azka

**FEEDBACK # 37**

**Anonymous**

Excellent session on MRCEM primary recalls conducted on 5th nov 2022 the session was led by Dr. Ramzan

Dr. Ramzan started by cellular physiology

2nd presenter was Dr. Mariam, who presented on gut physiology

3rd presenter was Dr. Mominah who also presented on gut physiology

4th presenter was Dr. Azeem who presented on respiratory physiology \_was the show stealer of the day

All the concepts were made clear and all important points were conveyed comprehensively.

Thanks team LGEM for spreading the message of Dr. Ash and being helpful to others.

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

**EVENT NAME:**

## **Pleural Lung Pathologies MRCP1-2 & PACES by**

**Dr. Syed Wasib**

**Consultant Respiratory NHS UK**

### **DOCTORS FEEDBACK**

#### **FEEDBACK # 1**

**Mehak Nabi**

Pleural lung Diseases,5/11/22

Awesome session conducted by Dr Syed Wasib. Session of 1:30 hour was a roller coaster of knowledge types of pneumothorax complications BTS guidelines management pleural effusion pleural tap findings ADA levels lent score significance of bed side u/s triad of CCF CLD CKD for pleural effusion and much more which was later summarized by our dear Dr Ash in a min was so fruitful. Dr Ash started the session with a very interesting case of pneumothorax. Dr Bushra performed so well in OSCE session. Proud to be the part of this amazing journey of MRCP conducting by Dr Ash and his team thank you Sir for your efforts and devotion for bringing change in our education. I would like to thank Dr Wasib for taking out time for us in the middle of his journey.

#### **FEEDBACK # 2**

**Faisal Butt**

FEEDBACK 10th Session LGEM MRCP

DATE:5 Nov 2022 DAY: SATURDAY

TUTOR: Dr Syed Wasib Consultant Respiratory NHS UK

Dr. Ashfaque Ahmed Sorathia Acute, EM & Geriatric Medicine Consultant NHS UK

LECTURE: Pleural Lung Diseases MRCP1-2 & PACES

Today's lecture was a comprehensively brilliant learning session and covered a lot of practical learning points about Pleural Lung Diseases.

Dr. Syed Wasib discussed latest guidelines about Pneumothorax, causes, its etiology and how management of pneumothorax has evolved according to new guidelines.

How USG Chest can pick up pneumothorax. Importance of Alpha 1 Anti-trypsin Level, Complications of Pneumothorax

Pleural effusion ,its causes, Exudative ,Transudative. Dresslers Syndrome. How pleural tap lab findings will be different in chylothorax and pseudochylothorax . Significance of Serum LDH,ADA Levels.

Interesting OSCE session was done. Dr. Bushra Performed very well, took a detailed history of the given case.

Dr. Ash intermittently kept giving his input and kept summarizing what Dr. Syed Wasib was teaching. Also at the end Dr. Ash gave his review about the whole session and about case presented for OSCE.

Thanks Dr Syed Wasib

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

**REPLY;**

**Ashfaque Ahmed**

**Faisal Butt** many thanks.

**FEEDBACK # 3**

**Dr Muhammad Akber**

LECTURE: Pleural Lung Diseases MRCP1

Today's lecture was an amazing learning session and covered a lot of learning points about Pleural Lung Diseases.

Dr Syed Wasib has discussed about Pneumothorax its etiology and management of pneumothorax according to new guidelines

Significance of Alpha 1 Anti-trypsin.

Pleural effusion its causes Exudative and Transudative. Dresslers Syndrome, and difference of chylothorax and pseudochylothorax in pleural tap.

Importance of Serum LDH and ADA in TB diagnosis

Dr Bushra Performed very well took a detailed history of the given case.

Thanks Dr Syed Wasib Dr. Ashfaque Ahmed

**FEEDBACK # 4**

**Sadia Abbasi**

It was a great and comprehensive session delivered by Dr .Wasib about Pneumothorax and Pleural diseases.

Although he had no resource to go through topic but had very good command on it.

OSCE session was great. Dr bushra did an excellent job. Dr Ash Thank you for giving us this platform to learn from the best .

I am proud to be a part of London GEM Programme.

**FEEDBACK # 5**

**Faiza Baig**

It was a comprehensive talk and covered all main points of pleural diseases. Dr Wasib knowledge was going in a smoothly effortless manner.

Dr Bushra did a wonderful OSCE session, learned a lot, yet there is more to learn at this platform.

Thankyou Dr Ash to summarize the article and has shown great dedication.

**FEEDBACK # 6**

**Beenish Naveed**

First of all a big thank to Dr Ash who has arranged such dedicated tutors for us. Dr Wasib teaching is full of information and loads with knowledge; he is just fluently explaining every single cause behind all the pleural diseases. He does not need to look on any PPT or book to explain. He is experienced and giving the examples of real scenarios makes the session more interesting. Dr Wasib explanation about the different approaches was commendable. To begin with different types of Pneumothorax, pleural effusion, types of effusion, importance of bedside ultrasound the barcode and seashore signs

The OSCE case in aspect of MRCP was helpful for me to understand they underlying cause behind the patient's presentation.

I am thankful to Dr Ashfaque who attends all the lectures with us with all the dedication and devotion and summarize all the golden points of lecture at the end, Thank you

**FEEDBACK # 7**

**Sidra Asad**

Feedback: Dr Sidra Asad

Topic: Pleural pathologies by Dr Wasib and Dr Ashfaque

It was an amazing session which mainly covered 2 topics (Pneumothorax and Pleural effusion). Through this lecture, i have learnt a lot of new things and its more about practical knowledge like how to evaluate a person with simple pneumothorax and how to identify different causes of chest pain while taking history. Dr Wasib has discussed some very important topics related to MRCP exam and has covered almost all aspects of these topics in regards to clinical settings and hospital admission. (How to proceed in A&E and when to admit)? Case presentations were organized and all points were discussed step by step. This presentation was more clinical and at the end of the session, Dr Ashfaque has summarized all important points once again. Thank you so much.

**FEEDBACK # 8**

**Bushra Khan**

It was a very important topic covered in terms of MRCP as well as clinical practice. Dr Wasib delivered it with so much passion. He didn't have proper resources for the talk because of unforeseen situation but still he delivered his commitment n given us an excellent talk. He knew his stuff on his fingertips. very professional and profound, inspired to attend this lecture. Every single minute was worthy 🍌🌟

**FEEDBACK # 9**

**DrShafik Zaid**

Such an outstanding lecture delivered by Dr wasib on pleuratic chest disease its outcome acute management and correlation with ca lungs particularly on pneumothorax how to work on outpatient and further understanding. Dr ash hints point on post lecture mind blowing. Even a single lecture covered so much i don't know how wonderful will be after complete pulmonary session. Feel so much excitement about it. Pakistan really demands for such platform and almost every med professional is eagerly waiting for mentor like Dr Ash hats off.

**FEEDBACK # 10**

**Suhail Ahmed**

Dr. Wasib delivered this lecture in a beautiful way and touched all the points. I learned a lot such as USG use in pneumothorax and its related signs and the new BTS guidelines. Dr. Wasib showed his great dedication with this course by delivering this lecture while he was traveling with his family.

Dr. Bushra did remarkably well in the OSCE. And in the last Dr. Ashfaaque gave his input and summarizing everything.

Thanks Dr. Ashfaque and Dr. Wasib.

**FEEDBACK # 11**

### **Dr. Mariam Sultan Khan**

Indeed an amazing session yet again. Dr Wasib lecture depicts his deep knowledge and insight on the subject. The whole session was so fluid, no hiccups at all.

Starting from pneumothorax its types and new BTS guidelines on management of pneumothorax. Significance of bedside ultrasound chest in pneumothorax He also discussed Pleural effusion in great detail including transudative, exudative, Pleural tap findings.

Hepatic hydrothorax, 3 C's,

Importance of detailed history, dresslers syndrome post CABG, LENT score for malignant Pleural effusion. It was simply brilliant. Then, the osce session was great Dr bushra did an excellent job. Once again, Dr Ash Thank-you for giving us this platform to learn from the best - giving us a new beginning. Appreciate it!

Dr.mariam sultan khan

### **FEEDBACK # 12**

### **Dr. Abubakar Tariq**

Sir today was a very comprehensive lecture on pleural diseases

I learned the types of pneumothorax, its presentation, when to suspect this and the use of chest drain

Regarding pleural effusion

The 3Cs CCF CRF CLD

Main difference between trans and exudative effusion

And many things more

Thanks Dr Syed Wasib and sir ash

### **FEEDBACK # 13**

### **Dr. Uzaima Nighat**

Today's session by Dr Wasib was amazing. He very well explained pneumothorax, pleural effusion. Difference btw exudative and transudative fluid. Mesothelioma was explained very well.

Thank you Dr Ash for always adding useful points related to the topic and exam.

### **FEEDBACK # 14**

### **Dr. Ramsha Tasnim**

Today a wonderful session of 1 hour and 30 mint

Very well and precise explanation of pneumothorax its classification

Investigations and treatment acc tou BTS guidelines and also plueral effusion causes and treatment of underlying diseases

Dr Bushra osce session was very well and detailed history of case

Dr ash give over view of all the lecture and also discuss case about pneumothorax

Thank you Dr Ash for this amazing lecture session

Dr Ramsha

### **FEEDBACK # 15**

### **Dr. Nasir Hayat**

This session was wonderful and nicely taught. I learned a lot. This session was run very smoothly. The OSCE was examined, focus is real, I enjoyed it. The pleural diseases and pneumothorax approach was wonderful. It is highly recommended for doctors to join it to have hold on it and get grip on it and be very skillful doctors.

**FEEDBACK # 16**

**Dr. Arshad Ali Khan**

Today's session was so informative and sea of knowledge. By today's lecture we knew how to approach pleural effusion and management, especially we learnt LENT score in pleural effusion and well score in pulmonary embolism. Today's OSCE was so interesting and full of informative. Besides these well explanation of pneumothorax.

Thanks Dr. Wasib and Dr. Ash

**FEEDBACK # 17**

**Dr. Ghulam Saddique**

It was a very comprehensive and compact session delivered by Dr. Wasib about the overview of pneumothorax and pleural diseases.

First classified the pneumothorax into Primary Spontaneous & secondary spontaneous. Then management plan according to BTS guideline.

Told the significance of chest Ultrasonography at bedside to identify pneumothorax and pleural effusion.

Sometimes after putting chest drain lungs don't expand so this means it could be bronchopulmonary fistula formation.

He discussed pleural fluid that can be exudative or transudative, what is the role of light criteria. pH less than 7.2 or LDH more than 1000 indicate empyema thoracis, Hepatohydrothorax in liver cirrhosis, Chylothorax (high triglycerides in pleural fluid) and Pseudo chylothorax (high cholesterol in pleural fluid).

Malignancy of pleural membrane mesothelioma and its types

Epithelioid good prognosis while sarcomatoid has worse prognosis.

The most importance of LENT scoring on which all treatment depend.

Then, the OSCE session was great Dr. Bushra did an excellent job. Once again, Dr. Ash Thank-you for giving us this platform to learn from the best - giving us a new beginning.

I am proud to be a part of London GEM Programme.

**FEEDBACK # 18**

**Dr. Neelam Zehra**

A great session today. I am amazed how he grasped our attention for the whole span without even using any presentation. He was teaching us cases like cases being discussed in rounds covering all details and step by step management. I always found pneumothorax and pleural effusion identification and management very difficult but he explained it like a piece of cake and step by step management according guidelines was commendable.

The way he taught it gave us confidence in treating a patient and owning them for proper care which is not very common among teachers here. The way he gave



us doctors time in between his family time is highly appreciated. Thank you Dr. Wasib.

Special thanks to Dr. Ash who keep organizing sessions like that every week. He truly owns us like no one else does and I'm glad to be a part of this program. They way you summarized the whole session in few minutes is exemplary.

#### **FEEDBACK # 19**

##### **Dr. Aiman Saeed**

This was a wonderful session and well precised

It taught me how to approach a pt with pneumothorax , pleural effusion

How to classify pneumothorax , differentiate between trasudative and exudative fluid, difference between chylothorax and pseudochylothorax , lent score which i did knew before.

Management of different pleural diseases

Overall i learned alot of things today .

Once again Thanks Dr wasib and Dr Ash for 🌟

#### **FEEDBACK # 20**

##### **Dr. Ahmad Tanveer**

It was a very great comprehensive And compact power pack session by Dr Wasib about the Types of Pneumothorax and its management options . Primary,secondary and itrogenic. Management plans axcording to BTS guidelines. For the 1st time came to know that USG chest is fastest way to identify Pneumothorax and pleural effusions. As previosuly chest drain management seem to be the 1st thing to do but after your explanation the needle aspiration and chest drain came for complicated cases and for most of the Pneumothorax observation is first line and only symptomatic.

Then pleural fluid types exudative and transudative types how to manage them and what to go for cytology in tap examination

Then Mesothalioma was explained in detailed its great to understand so easily by you . Osce part was refreshing too by Dr Bushra and Dr Wasib very informative . DR ASH Thanks alot for arranging such a session and taking personal interest in our training . I am really obliged to be part of LGEM MRCP group

#### **FEEDBACK # 21**

##### **Dr. Tariq Farhad**

It was an amazing one hour of learning in which dr was

It taught us about pneumothorax and its classification, pleural effusion, the difference between transudate and exudative fluid, difference between chylothorax and pseudochylothorax. There was also a discussion about the LENT score which was a new thing for me.

One of the suggestions is to have a PPT is very important to keep the audience concentrated and it will be helpful to revise also.

Dr. Bushra did an excellent OSCE, I learned a lot from that mock pace.

#### **FEEDBACK # 22**

##### **Dr. Ghazala Sheikh**

That session was outstanding Dr wasib covered a very difficult topic for me (pleural effusion, empyema, ) in a very precised way.

Very amazing session that was.

Dr wasib's energy to share his knowledge with us drive me to study pulmonary system wholeheartedly.

All credit goes to @Ash Bhai for creating such a nice platform that we can directly connect with UK consultants

#### **FEEDBACK # 23**

#### **Dr. Syed Kamran Hussain**

Today's lecture was a great learning session and covered a lot of learning points about Plerual Lung Diseases.

He discussed about pneumothorax, classification of Pneumothorax, pleural effusion, causes, its etiology and management of pneumothorax,pleural effusion according to latest guidelines(BTS), difference between transudative and exudative fluid.

How USG Chestpain pick up pneumothorax(Barcode and seashore). Importance of Alpha 1 Anti-trypsin Level. Complications of Pneumothorax.

Dresslers Syndrome. How pleural tap lab findings will be different in chylothorax and pseudochylothoax . Significance of Serum LDH,ADA Levels.

Interesting OSCE session was done. Dr.Bushra done very well.

Dr.Ash gave his review about the whole session and concise the whole session very well. Thanks Dr.Ashfaque and Dr wasib

#### **FEEDBACK # 24**

#### **Dr. Leela Ram**

It was extraordinary session by Dr. Syed Wasib, he was much dedicated to his profession because he delivered his lecture without help of slides. I felt that this session might not be so much informative. On the contrary, it evolved the most wonderful. He explained types of Pneumothorax ie, Primary spontaneous pneumothorax, Secondary pneumothorax, Traumatic pneumothorax & Iatrogenic pneumothorax. Each pneumothorax has different management depends on presentation along with age, underlying causes, the detailed history and co-morbiditiess. Spontaneous pneumothorax is suspected in COPD, Asthma patient while secondary Pneumothorax is also COPD & Asthmatic patients after 50 or 60 years. X-ray is indicated to see how much it is. Usually small air pneumothorax doesn't require intervention unless patient is hemodynamically unstable ie, low blood pressure, tachycardia, tachypnoea as well as disoriented. Needle aspirations and chest drainage is the treatment of pneumothorax however, advancement in Medicine, management is changing.

His delivery of lecture was extraordinary, he described everything in detail, he remained energetic till the end. He is the really extremely great consultant.

I have learnt that primary and secondary spontaneous pneumothorax can be managed at home Irrespective of its size according to new guidelines 2022. Such patients are closely monitored with pulse oximeter and asked the patient to come

after 48 years to repeat chest X-ray. Moreover, differential diagnosis of pneumothorax is MI, Pulmonary embolism, Aortic dissection should not be ignored. Ultrasound can be undertaken if patient can not get up or move.

This lecture will significantly change my practice of handling such patients who present with shortness of breath, chest pain, tachycardia, tachypnoea and low blood pressure. I will consider pneumothorax and examine them physically to confirm tracheal deviation & absent breath sounds.

Dr. Ashfaqe summarised everything in the end right away and in the beginning he shared an interesting scenario of pneumothorax.

Thank you Dr. Syed Wasib & Dr. Ash for such a nice presentation and entire discussion.

Regards;

Dr. Leela Ram

**6<sup>th</sup> NOVEMBER 2022**

**EVENT NAME:**

**FRCEM Primary Recalls 2nd Session for GEM Trainees**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**[Shehzad Hussain](#)**

Thanks Dr Khizar, Dr Omema, Dr Zia and Dr Ash it was amazing session today 06/11/22 on CVS ENDOCRINE N RENAL PHYSIOLOGY, discussed plenty of topics lots of knowledge delivered. Hypo n hyperkalemia Frank Starling law, JVP, AP, RTA, NS JGC NAGMA,

ANT POSTERIOR PITUITARY, Renal cortex Medulla GFR, all this was pretty helpful, as usual Dr Ash have explained many things, guidance regarding preparation was excellent. Thanks you all for great efforts.

**FEEDBACK # 2**

**[Rida Rana](#)**

Alhamdulillah attended another session based on Recalls and Important pointers with respect to exam. Dr. Omema, Dr Zia and Dr Khizer comprehensively discussed on the topics of Endocrine Physiology, Renal Physiology and CVS Physiology respectively. Dr Khizer's post session test was really helpful in brainstorming and assessing the candidates. Thanks Dr Ashfaqe Ahmed for providing such platform and upcoming leaders who wish to teach with such enthusiasm. Dr Ash's last points were really helpful and eye opening with respect to the current time available and how to schedule it for exam preparation. Alhamdulillah on being part of LGEM 😊

**FEEDBACK # 3**

**[Qaisar Shah](#)**

Today's an excellent 3 hours session conducted by Dr khizir, Dr Omema & Dr zia

Dr khizir well-presented CVS PHYSIOLOGY covering all important topics with good explanation & post session MCQs

Dr Omema covered ENDOCRINE PHYSIOLOGY & more than 70 MCQs with good explanation

Dr Zia covered RENAL PHYSIOLOGY very well

At last Dr Ash said about Renal tubular acidosis, Hypocalcemic & diagnosis of SLE

This session was so productive with lots of learning

Thanks Dr Ash, Dr Khizir, Dr Omema & Dr Zia for this one

#### **FEEDBACK # 4**

##### **Hk Danish**

Excellent 3 hours session conducted by Dr khizir, Dr Omema & Dr zia

Dr Khizir about CVS physiology MCQs

Dr Omema covered ENDOCRINE PHYSIOLOGY MCQs

Dr Zia covered RENAL PHYSIOLOGY

Thanks Dr Ash, Dr. Khizir, Dr Omema & Dr Zia for all the efforts and helping us become better doctors

#### **FEEDBACK # 5**

##### **Zegham Abbas**

2nd session of recalls revision is extremely productive main discussion on questions stem their concepts Dr Omema Dr Khizir, Dr Zia explained everything regarding Endocrine Physiology, Renal Physiology, CVS Physiology respectively. Dr Ash also give golden points and concepts or different MCQ's. Thanks Dr Ash for providing such a great opportunity.

#### **FEEDBACK # 6**

##### **Rajab Abbas**

It was an outstanding session on recalls of FRCM primary conducted at LGEM forum, under the supervision of Dr ASH and coordinated and managed by Dr Ramzan.

There was amazing discussion of the past recalls of physiology of Endocrinology by Dr Omema, Renal physiology by Dr Zia and physiology of CVS; nicely presented Dr Khizir.

Each candidate presented in an amazing way.

Presentation by Dr khizir was outstanding specifically post session MCQ discussion was quite phenomenal. He explained each MCQ briefly and everyone was able to grasp the main concept and everyone loved the way he presented.

Thank you everyone for their thank you Dr Ramzan for this great idea.

Blessed to be part of this project Alhamdulillah!

#### **FEEDBACK # 7**

##### **Khatija J. Farooqui**

Long session on Cvs ,endocrine &Renal physiology well explained covering important topics with MCQ's by Dr Khizar, Dr Omema & Dr Zia and lastly Dr

Ash's points focused on renal-acidosis hypocalcemia ,SLE hormones and a lot of others

**FEEDBACK # 8**

**Syed Suhail Ahmad**

Another important session on MRCEM Primary Recalls by LGEM Colleagues Dr. Khizar, Dr. Omema and Dr. Zia comprehensively covering recalls from Cardiovascular, Endocrine and Renal physiology. We all would only get better and better as LGEM grows and spreads.

Dr. Ash rightly pointed and discussed the important points that we need to focus on like RTA, Hormones, and Receptors etc. Thank you LGEM and PEMA 👍👍👍

**FEEDBACK # 9**

**Babar Hussain**

Today's session was again amazing, thank you so much Dr khizar, Dr Omema and Dr Zia. All the presentations were wonderful. I really learned a lot.

In the end, I am really grateful to Dr Ash for making this possible, highlighting our weak points and especially giving us the plan to execute for this exam. Thank you so much Sir Dr **Ashfaqe Ahmed** for everything.

Proud LGEM candidate.

**FEEDBACK # 10**

**ناصر فاطمه**

Jazakallah khairan Dr Omema, Dr Zia and Dr khizar... You guys put in a lot of your efforts and time

But i will especially say Jazakallah khairan kaseera to Dr Ash... he attentively managed the whole session... point out all important MCQ topics.. given the line of action for remaining days... you always encourage us to work in whatever capacity we have. Smartly having idea of his students and advising accordingly.. Jazakallah khair Dr Ash

**FEEDBACK # 11**

**Noman Ahsan**

Great Recalls session by Dr. Khizer, Dr. Omema and Dr. Zia...CVS , Endo and Renal Recalls been discussed comprehensively with lots of conceptual discussion...Dr. Ash discussion on imprimatur topics and which ones to cover and cleared the concept very well..

Thank you guys for ur efforts and time...JAZAKALLAH

**FEEDBACK # 12**

**Beenish Manzoor**

Second day session for physiology recalls was as amazing as the day 1. CVS, Endo and Renal physiology recalls were comprehensively covered by Dr Khizir, Dr Zia and Omema. It was a very imp session. All the physiology imp stuff was recalled in these past 2 days. This session will be very helpful for us during the exam. Thankyou Dr Ash for arranging this amazing session...

**FEEDBACK # 13**

**Bushra Imran**

Thank you Dr zia for nephrology physiology, Dr Omema for endocrine and Dr khizer for CVS cellular physiology...discussed and revised in memorable way, comprehensive and high lighting the important questions for exam point of view. In the end as always Dr Ash amazingly explained the concepts and how to learn the physiology with time schedule

Thank you GEM team

#### **FEEDBACK # 14**

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

Another session organized by our mentor dr ash who provided opportunity to his trainees to teach there session

Dr Omema taught us about the bullets recalls of endo and Dr Zia taught and explained the recalls of renal system

At the end Dr Ash eye opener and planning to schedule our remaining days was eye opener for all of us

Thanks Dr Ash for making us eligible to do such activities

Thanks

#### **FEEDBACK # 15**

##### **Muhammad Azeem Imran**

Thanks to God I had great opportunity to attend another session based on Recalls and Important pointers with respect to exam. Dr Omema, Dr Zia and Dr Khizer comprehensively discussed on the topics of Endocrine Physiology , Renal Physiology and CVS Physiology respectively . I was weak and lagging behind in preparation as far as exam was concerned but these two days were very fruitful . Dr Ash advice on 4 steps pyramid of preparation. Basic concepts, revision books, MCQ's, Bullet points help me in final preparation when the game of nerves goes on close to exam days .Thankyou Dr Ashfaque Ahmed for providing such platform and upcoming leaders who wish to teach with such enthusiasm. . Alhamdullilah on being part of LGEM 😊

#### **FEEDBACK # 16**

##### **Imtiaz Ali Shah**

Today another three hours session regarding MRCEM recalls was carried out by our three GEM candidates. It was a fruitful session regarding preparation of upcoming exam. The three GEM candidates presented the following topics

Dr khizar ... CVS physiology

Dr Omema ... endocrine physiology

Dr Zia ... Renal physiology.

It was an excellent session covering the important topics and recalls giving us the idea about the upcoming exam and how to prepare for it. All the three presenters did an excellent job and hopefully it will help us a lot in exam preparation.

Thanks to Dr Zia, Dr khizar and Dr Omema for sparing their valuable time and also thanks to Dr Ash and London Gem for conducting this great session

#### **FEEDBACK # 17**

##### **Afshan Salman**



2nd session on primary recalls was a very nice session. Dr. Omema, Dr. Zia & Dr. Khizir did well. Many past recalls of physio CVS, renal & endocrinology were presented along with their concepts which was good. Dr. Ash input was precious as always. Thanks everyone and thanks Dr. Ash for your guidance & support to all Gem candidates

**FEEDBACK # 18**

**Muzna Ahmed**

Every presenter has its own different amazing way of explaining and clearing ambiguities of completely exam oriented stuff. These sessions are like precious pearls of deep ocean and we are lucky to have them.

Lastly Dr. Ash shared his much valued knowledge which everyone awaits to listen.

I core heartedly pays gratitude to All these outstanding LGEM presenters and Dr. ASH

Alhamdullilah for being on right track and guidance by one and only Dr Ash 😊

**FEEDBACK # 19**

**DrKiran Feroz**

Boom Boom session 🔥 each and every participant did it's very best ...it was a gr8 help....a much needed session.....concepts were cleared ....I enjoyed each and every bit of it...cardiovascular system ...renal physiology ..respiratory physiology was covered in a beautiful way....I always feel blessed to be a part of London Gem Programme.

Thank you London Gem

**FEEDBACK # 20**

**Farheen Naseem**

Alhamdulillah Jazakallah Allah khair to Dr khizir, Dr zia and Dr Omema. They conduct wonder full session on very important topic and recalls of primary the session was very help full to all of us who going to appear nv exam thanks to all of gem team Dr's and LGEM team thanks to dr Ash who attend the session and providing his best tips for last days preparation thanks again Dr khizir, Omema, Dr zia making recalls easy and understandable thank u Dr. [Ashfaque Ahmed](#) for such a nice platform and your guidance and teaching we just not blessed but u are shower of blessing us from Allah May Allah always give you his best ameen sum ameen

**FEEDBACK # 21**

**Sana Hameed**

What a great session by our fellow colleagues

Dr. Omema, dr. Khizir and dr. Zia. Really appreciate their effort and hard work for the exam preparation, many important topics covered endo/cvs/renal physiology and really great mcqs discussion with interaction of all participants.

Really appreciate dr. Ash's input in every important topic for exam. I wish everyone the best of luck and hope for success of every trainee of dr. Ash.

**FEEDBACK # 22**

**Dr. Nasir Hayat**

This session was very nicely presented and taught. It was run smoothly and organized well. I learned a lot how to crack the exam and the session was exam focus. I enjoyed it was full of knowledge and very practical session. The big what I learned how to learn for exam by Sir Dr Ash was amazing

**FEEDBACK # 23**

**Dr. Azka Shamim**

AOA respected sir

Today we had second session regarding physiology recalls and again 3 brilliant GEM trainees delivered wonderful presentations

It was definitely a worth attending session as there were many important learning points and this session enabled us to fully understand the important concepts of CVS, Renal and Endocrinology physiology.

Following GEM candidates covered these topics comprehensively

Dr Zia ... Renal physiology

Dr omaima ... Endocrinology

Dr khizer ... CVS physiology

Throughout these three hours so many important pearls were discussed and highlighted by our mentor Dr Ash .. Sir elaborated the outline regarding our study timetable and guided us about how to revise all this stuff in the upcoming days.

Thank you so much Dr Ash for enabling us to be trained under this "one of its own kind L-GEM program" ..

A proud GEM trainee

Dr Azka

**FEEDBACK # 24**

**Dr. Hira Nehal**

Second day session for physiology recalls was as amazing as the day 1. CVS, Endo and Renal physiology recalls were comprehensively covered by Dr Khizir, Dr Zia and Omema. It was a very imp session. All the physiology imp stuff was recalled in these past 2 days. This session will be very helpful for us during the exam. Thankyou Dr Ash for arranging this amazing session

**FEEDBACK # 25**

**Dr. Afifa Younas**

Greetings of the day!

We had another session on recalls for MRCEM Primary that was done by LGEM MRCEM Candidates.

The session was led by **Dr. Khizir** who covered CVS physiology in a terrific presentation, **Dr. Omema** covered Endo Physiology in excellent bullet points, **Dr Zia** covered Renal physiology with an elaborated and marvelous presentation.

It was an amazing session with so many learning points.

Dr. Ash also contributed as always with some splendid learning pearls.

Thank you all participants,

Kind Regards, Dr Afifa

### **FEEDBACK # 26**

#### **Dr. Ruma Mustafa**

FRCEM Primary recall session 2

Amazing session done today all the doctors presents very well keen to complete all the remaining topics very useful for every FRCEM primary aspirant and always Dr.Ash lead the show extraordinary spectacular Sir u are the bestest ever and ever May Allah S.W.T showers his Blessings to all of us to pass the exam

with flying colors inshallah 😊 best of luck to all

Proud LGEM trainee

### **FEEDBACK # 27**

#### **Anonymous**

Today's session topic was MRCEM Primary recalls 6.11.22:

Dr khizar \_CVS physiology recalls

Dr Omema\_ endocrine physiology

Dr zia \_ renal physiology and the bullet point on important topics by dr ash was the cherry on top.

Everyone did a commendable job and it was a beneficial session.

Thank you for all the effort the London GEM team is putting up.

### **FEEDBACK # 28**

#### **Dr. Javeria Wali**

The session was about Past recalls of MRCEM PRIMARY. It was a very nice session under the supervision of Dr ASH and managed by Dr Ramzan. Physiology of Endocrinology was discussed very proficiently by Dr Omema hilal, Renal physiology was covered comprehensively by Dr Zia and recalls of physiology of CVS was presented really amazingly by Dr Khizir. Every one put their whole hearted effort in their presentations and had complete command on their topics.

The session was really useful and must be appreciated and many important points taught by Dr. Ash were outstanding as well.

**6<sup>th</sup> NOVEMBER 2022**

### **EVENT NAME:**

**Tachy-Arrhythmias MRCP 1-2**

**& PACES By Dr. Nahal Raza Cardiology SPR UK**

### **DOCTORS FEEDBACK**

#### **FEEDBACK # 1**

##### **Mehak Nabi**

Amazing session conducted by Dr Nahal and summarised by Dr Ash. Learnt classification of tachyarrhythmia Svt Atrial tachycardia atrial flutter atrial fibrillation VT management plan valsalva maneuver and so on...thank you Dr Ash for providing such platform.

#### **FEEDBACK # 2**

### [Sadia Abbasi](#)

Cardiology chapter always remains tough for me especially Tachy-Arrhythmias Dr Nahal Raza did wonderful session and in organised manner i learnt alot .I always like her pictorial presentation now i will never forget types of AF by her slide show

Classification of tachyarrhythmia, pathophysiology ,Svt, Vt, types of vt and difference between avrt and avnrt and management, when to give electrical cardioversion and pharmacological cardioversion. Ecgs slides at the end cleared futher concepts.

Dr ash talk on tachyarrhythmias and its management plan including modified valsalva maneuver ,4 points to remember before treating pt excellent . Dr mukhtia also presented a nice case. Thank you very much Sir for bringing London GEM Programme.

### **FEEDBACK # 3**

#### [Nasir Hayat](#)

This session was amazingly presented it was full of knowledge and very practical session .I learned alot how to approach, diagnosis and treatment. It was runned very smoothly and all the questions was answered.I enjoyed the session.It was exam focus.I would highly recommend it for doctors to join it to become more skillful and get the grip on topics and understand the depth of medical knowledge.The ECG learning was wonderful session.Proud to be London Gem MRCP candidate.

### **FEEDBACK # 4**

#### [Faiza Baig](#)

Learning something everyday, and everyday is different. I love the way of dr Nahal's teaching with passionate and as an art,

Learned amazing basic skills and differences.

Types of tachyarrhythmias and differences.

Dr mukhtiyar presented the case very well.

In the end of session Dr Ash gives review of the topic and how he manage the case of tachyarrhythmias plus he told us about the maneuvers and guide lines

Thank you so much for this amazing lecture

Thankyou Dr Ash

### **FEEDBACK # 5**

#### [Marghoob Ahmed](#)

Sessions ki recording mil sakte??

### **FEEDBACK # 6**

#### [Ahmad Tanveer](#)

Its a very informative MRCP oriented session started with

Classification of Supraventricular tachy arrhythmias ATRIAL FIB AND FLUTTER then Nodal AVNRT AND AVRT WPW Then Ventricular VT Torsades and Vfib .

Pathophysiology of all types discussed very detailed. Then management plan of each type depending on stable and unstable hemodynamic status discussed and cleared. Resuscitation protocol algorithm discussed clearing many confusions . Then its was great to see the trial ECGs of all tachy arrhythmias shared by Dr Nahal. A very informative and detailed session .

At last Dr Mukhtiat gave the case presentation on SVT case and his approach in treatment of SVT .

DR ASH discussed his approach 4 point based in treatment of all arrhythmias . Thanks Dr Nahal Dr Ash for such a great session and Dr Mukhtiar for his case presentation.

**FEEDBACK # 7**

**FEEDBACK # 8**

### **Ghulam Saddique Saddique**

Tutor: Dr Nehal and Dr Ash

Dr Nehal cleared many concept with her presentation. Things I learned from today's session : Classification of tachyarrhythmia,

SVT with heart rate 100-180Bpm

Atrial tachycardia atria rate > 100

Atrial flutter

Atrial fibrillation ( 1.proxysmal <7days, 2.persistant > 7days, 3.longstanding >1 year, 4. Long standing accepted AFib )

Permanent .

Then classification of Atrial fibrillation ( EHRA ) .

CHA2DS2 VASc estimate stroke risk

AVNRT ( only restricted to nodal area )

AVRT ( there is a accessory pathway )it include orthodromic and antidromic tachycardia).

VT

Types

Non sustained ( 3 or more ventricular beats of < 30sec)

Sustained VT ( > 30sec )

Monophasic VT ( it has same configuration)

Polymorphic VT ( it has changing configuration).

Biphasic VT.

Then talked about medication causing torsade de point all antipsychotics.

Narrow complex tachycardia QRS <120msec while wide complex tachycardia is > 120msec.

Cardioversion Rules :

1. QRS narrow & regular cardiovert at 50 to 100 j.
2. QRS narrow & irregular cardiovert at 120 to 200 j.
3. QRS wide& regular cardiovert at 100j.
4. QRS wide & irregular defib.

Ecgs at the end of session cleared our concepts. Overall its was an excellent session.

Dr ash talk on tachyarrhythmias and management including modified valsalva maneuver was great and I am definitely going to practice this on my patients in future . Thankyou so much sir for you time and kind efforts.

Dr mukhtiar also presented a good case which was perfect presentation of SVT. I am proud to be a part of London GEM Programme .

#### **FEEDBACK # 9**

##### **Faisal Butt**

TUTOR:

- Dr Nahal Raza ST4 Cardiology NHS UK
- Dr. Ashfaque Ahmed Sorathia Acute, Em & Geriatric Medicine Consultant NHS UK

→ LECTURE: Tachy-Arrhythmias MRCP 1-2 & PACES

Today's lecture was a great learning session and covered a lot of conceptual and clinical learning points about Tachy-Arrhythmias. It taught following points:

Svt-Atrial Arrhythmias, Sinus Tachycardia , Atrial Tachycardia ,Atrial Flutter. SVT, VT. AVNRT. Typical AVNRT, Atypical AVNRT.

Pathophysiology of Atrial Fibrillation. EHRA classification of Atrial Fibrillation. CHA<sub>2</sub>DS<sub>2</sub>-VASc Score for Atrial Fibrillation Stroke Risk.

Narrow complex Tachycardia , Broad Complex Tachycardia.

Management of Adult Tachycardia(with Pulse) According to Resuscitation Council UK

A lot of practice ECGs were shared by Dr.Nahal. And the flowcharts/algorithms kept the whole lecture very interesting.Dr.Nahal indeed has very good grip on the subject, she gave a fantastic lecture.

Dr.Mukhtiar presented a case on Paroxymal Supraventricular Tachycardia, It was very detailed case , from history till management, it was great.

At the end ,Dr.Ashfaque gave his review about tachyarrhythmias and how he manages such cases and summarized the whole session in few minutes.Great Job.

Thanks Dr Nahal Raza

Thanks Dr.Ashfaque Ahmed for facilitating the whole session,

Thanks LGEM MRCP PROGRAMME

#### **FEEDBACK # 10**

##### **Dr. Muhammad**

Tutor Dr Nehal and Dr Ash

Dr Nehal cleared many concept with her presentation. Things I learned from today's session : Classification of tachyarrhythmia, difference between svt and vt and management regarding when to give electrical cardioversion and pharmacological cardioversion. She also explained types of vt and difference between avrt and avnrt very well. Ecgs at the end of session cleared our concepts. Overall its was an excellent session.



Dr ash talk on tachyarrhythmias and management including modified valsalva maneuver was great and I am definitely going to practice this on my patients in future . Thankyou so much sir for you time and kind efforts.

Dr mukhtia also presented a good case.

#### **FEEDBACK # 11**

##### **Dr. Uzaima Nighat**

Such an informative session conducted very well by Dr Nahal. Tachyarrhythmias is a complex topic which was made understandable by the efforts of dr nahal. SVT and its classification all complied in one chart and discussing each and every classification in detailed. A little quick ECG quiz which made very easy for me to differentiate btw polymorphic and monomorphic and torsade pointes.

Dr mukhtiar presented the case very well. Helped alot to corelate with what we discussed in the topic.

Lastly, Dr Ash always has something to add valuable. The difference of seconds btw wide and narrow QRS complex and the 4 signs to consider before starting treatment.

Thank you all the three drs for giving such a wonderful session today!!

#### **FEEDBACK # 12**

##### **Dr. Ghazala Sheikh**

The way Dr nahal Raza teaches us is very friendly and I get her every point so smoothly although she teaches us one of different chapters but after attending these sessions I gain consent to overcome MRCP inshallah. Difference between SVT Vt there classification and ECG samples were quite informative

Thankyou Dr nahaz Raza

Our mentor Dr Ash for initiating this programme

#### **FEEDBACK # 13**

##### **Dr. Zeeshan Avaz**

Tutor:Dr Nahal , Dr Ashfaque

A very informative session. It was a very complex topic but dr Nahal tried to make it understandable .Things I learned from today's session are : Basic mechanisms of different types of tachyarrythmias, SVT and VT differences and their management, Types of Attial fibrillation and its management, pharmacological and electrical cardioversion and when to use them. ECG's quiz at the end was very helpful as well.

Dr Ash summarised everything at the end and gave his valuable input on 4 things to consider to differentiate between hemodynaamicall stable and unstable patient. DR Mukhtyar presented a very detailed case and helped us in correlating the topic.

#### **FEEDBACK # 14**

##### **Dr. Ramsha Tasnim**

Tutor : Dr Nahal Raza , Dr A shfaque

Wonderful lecture of 1 hour 30 mint about tachyarrthmias . important points tou differentiate b/w Vt and Svt ..types of svt and vt

Ecg findings and management.

Dr Ash summarized the lecture at the end 4 things to differentiate b/w hemodynamically stable and unstable patient.

Dr Mukhtar give the precise presentation /case discussion on proxymal svt .

#### **FEEDBACK # 15**

##### **Dr. Mariam Sultan Khan**

The lecture started with immense energy followed by avalanche of information. I really appreciate Dr. Nahal how she concised a vast topic. I felt, even a little bit of distraction will result in missing out on information. She started by normal electrical conduction of heart then classification of tachyarrhythmias SVT Atrial fib (paroxysmal, persistent, long standing persistent, permanent). Typical and atypical atrial flutter, nodal AVNRT and AVRT WPW then VT including monomorphic, polymorphic and torsades de pointes. Moreover, Ket differences between VT and SVT and how VT can be life threatening. Finally, Management plan based on patient's hemodynamic status was discussed in great detail. All the algorithms shared were extremely helpful. Really enjoyed quiz on ecg slides.

Today's case presentation by Dr mukhtiar on SVT was also great to understand real scenario.

And I cant thank Dr Ash enough. The way he summarised the lecture in the end and give us his approach its really commendable.

Definitely will go through the lecture multiple times to grasp every bit of it

Hope everyone has a good week ahead

Dr.mariam sultan khan

#### **FEEDBACK # 16**

##### **Dr. Muhammad Shafiq**

It was no doubt a wonderful lecture organized by dr Nahal thanks for her dedicated lecture. We learned the main crux of tacchyarrthmia. The pathophysiology of it. Its essy understanding its clinical understanding. I only know Af Atrial flutter by ecg but now with such immense lecture i wish i can b voultererly stand on ccu or emergency ground to rescue the pts. Tacchyarrthmia is sucha technical topic i came to know it today. I learned the basic Abc of it tacchyarrthmia mangnnt on finger tips amazing. Torsade wpw vt vf I enjoyed it.

Thanks dr Ash Dr nahal

#### **FEEDBACK # 17**

##### **Dr. Abubakar Tariq**

Sir today's lecture was very interesting and at the same time a little hectic because arrhythmias are tough to understand but dr Nahal made it look very interesting and easy to understand with her flowcharts

I learned about classification of tachy arrhythmias

Score of risk assessment for stroke

Different ecgs

Learned about cardiovesrion

And about doses of anti arrhythmic drugs

And the most of all sir ash how you summarize  
It makes the whole lec easy to digest.

Thanks

Dr Nahal and sir ash

#### **FEEDBACK # 18**

#### **Dr. Arshad Ali Khan**

Today session was so informative and productive. Today we learnt how to manage tachyarrhythmia especially sinus tachy , SVT , AF , VT, AVRNT , VF  
We also learnt how to defferiate arrhythmia in ECG..

We also learnt which patient will cardiovert and how to stablize.

In the end of this session Dr.ash summarise all lecture in 5 min with example

Thank Dr Ash and Dr nahal

#### **FEEDBACK # 19**

#### **Dr. Beenish Naveed**

Amazing explanation and teaching by Dr Nahal, once again she nailed it with her unique way of teaching. A very important topic from exam point of view as well as clinically, the differnt types of arrhythmia with management wad amazing. It includes VT SVT AVNRT and its sub types, Atrial Fibrillation and its management according to the Resuscitation Council UK. Everything was explained so well and clear many doubts , first time got to know the background physiology.

The cherry on the top was Dr Ashfaque's learning gems 💎 which sums up the whole session in few key points.

Thank you so much Sir and LGEM team for another important and interesting topic.

#### **FEEDBACK # 20**

#### **Dr. Neelam Zehra**

She's wonderful at teaching. How simply she classified Tachy-arrhythmias.

When to label SVT, VT, monomorphic VT, polymorphic VT, AF, EHRA classification, CHA2DS2-VASc score for risk stratification. Narrow complex and wide complex tachycardia.

After developing all concepts she cleared it everything by discussing different ECGs. It was a wonderful session. I really like the ways she delivers a lecture filling all the gaps and making sure everyone is on the same page at the end.

Like always Dr. Ashfaque's summarized the whole lecture in the end beautifully. Covering up all the important things.

Thank you all for the efforts you put on the weekend. Highly appreciated.

#### **FEEDBACK # 21**

#### **Dr. Syed Kamran Hussain**

She gave an amazing presentation. I cleared my concept with her presentation. she told us about

Sa node

Av node

Tachyarrhythmia,  
SVT

Atrial tachycardia

Atrial flutter

Atrial fibrillation

paroxysmal

persistent

Permanent

classification of Atrial fibrillation

( EHRA ) .

CHA2DS2 VASc with stroke risk

AVNRT

orthodromic

antidromic

Non sustained

Sustained VT

Monophasic VT

Polymorphic VT

Biphasic

antipsychotics( side effects)

Narrow complex tachycardia QRS <120msec while wide complex tachycardia is > 120msec.

Cardioversion Rules :

QRS narrow & regular cardiovert at 50 to 100 j.

QRS narrow & irregular cardiovert at 120 to 200 j.

QRS wide & regular cardiovert at 100j.

QRS wide & irregular defib.

Ecgs

Antiarrhythmic drugs.

Like always

Dr ash concise tachyarrhythmias and management including modified valsalva maneuver and side effects of old valsalva maneuver . It will help us in our future practice

Dr mukhtiar presented a nice case on svt

Thank you Dr Nahal and Dr Ashfaque.

**FEEDBACK # 22**

**Dr. Leela Ram**

It remained outstanding lecture with lot of knowledge. Our basic knowledge revised, got to know many more about arrhythmias. SVT arises in atria or AV node, firing rate 100-180. Atrial arrhythmias are Sinus tachycardia, atrial tachycardia, atrial flutter, AVNRT & AVRT.

Her delivery of lecture was fantastic with lot of energy. She used more and more figures & graphs which enhances learning with rapid pace.

I learned many new points regarding arrhythmias & difference amongst Paroxymal atrial fibrillation, persistent atrial fibrillation, long standing persistent atrial fibrillation & permanent atrial fibrillation. The classification on Atrial fibrillation was entirely new to me. Furthermore, Non-sustained VT, sustained VT, Monomorphic VT, polymorphic VT & Biphasic VT were known but unclear concepts.

Our practice continually changes as we forego with this training.

Dr. Ashfaque summarized in the last, he explained his ways to tackle such arrhythmias patients in Acute and Emergency setting. He said that patient is put in propped up position to slap atria so that it may revert into normal rhythm. Always ABC approach, need to be careful while giving electric shock & etc.

Dr. Nahal & Dr. Ash remained outstanding till the end. Thanks both of you for such a nice lecture.

Kind regards;

Dr. Leela Ram

**12<sup>th</sup> NOVEMBER 2022**

**Brady Arrhythmia for MRCP1-2 & PACES by Dr Nahal Raza**

**Cardiology Registrar NHS UK**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Bushra Khan**

Speaker Dr Nahal Raza

Topic Brady Arrhythmias

Dr Nahal Raza is a very energetic and interactive speaker. All the cardiology lectures I have attended from her is always worthy of my time. Today's topic Brady Arrhythmias, she covered very comprehensively. She included main important topics which would be relevant for MRCP and clinic practice like different heart block ECGs their symptoms as well as management. Different types of Pacemakers and Defibrillators.

A very good lecture overall and look forward to more from her. Thank you so much Dr Ashfaque and team for all the hard work.

**FEEDBACK # 2**

**Faiza Baig**

It was an extensive, energetic and effective interactive communication.

First of all she told about Martin Brady who holds the world record for the slowest heart rate.

She included main topics:

- Classification and causes of Brady arrhythmias (transient, persistent, permanent)
- Different types of ECG's which includes  
1st degree, 2nd degree and 3rd degree heart block
- RBBB, LBBB

- Trifasicular and bifasicular axis deviation
- Types of Pacemakers and Defibrillators.
- Management of Brady arrhythmias i.e.

Transcutaneous pacing

I learned clear and consistent information with skillful objectives.

Thanks Dr Ashfaque and Dr Nahal for such an organized and detailed discussion.

#### **FEEDBACK # 3**

##### **Sidra Asad**

Feedback by Dr Sidra Asad on Dr Nahal lecture held on Nov 12th 2022

Topic: Brady arrhythmias

Excellent presentation which comprises of a variety of ECG's which are truly important not only for the exams but for daily clinical practice.

Dr Nahal interactive way of teaching and putting so many graphic figures and flow charts makes her lectures unique and understandable. I have always learnt immensely from her lectures and always make me go back to her slides while making my own notes. All points in this ppt were up to the mark which meets current NICE guidelines expected to be learnt in exam. The classification of brady arrhythmias according to anatomy (above ventricles, Av nodes...) and according to duration of symptoms (transient, persistent...)+ explaining all ECGs step by step and indications of pacemaker were explained in detail.

She has explained the real life scenarios with these ECG's and has emphasized on how to diagnose on the basis of ECG's.

Thank you much for always giving outstanding lectures.

#### **FEEDBACK # 4**

##### **Sadia Abbasi**

Thanks Dr Nahal Raza for a great, energetic and interactive session.

I learnt a lot, Classification of Brady arrhythmias, heart blocks, bifasicular , trifasicular, axis deviation, RBBB, LBBB how to identify these in ECG which is always confusing for me 😊. I learnt so many new things especially about pacemaker's types, codes and their use according to NYHA Classification. Amazing session all credit goes to Dr Ash and his team. Thank you very much Sir.

#### **FEEDBACK # 5**

##### **Beenish Naveed**

Tutor Dr Nahal

Powers pack session with a lot of explanation on ECG and identify the types of heart block. Starting with the classification of bradycardia and the underlying pathophysiology and its explanation and treatment was all up to the mark. Clear many doubts about the ECG and how to approach the patient. Explanation of NYHA classification and detailed criteria of which patient requires what is amazing. Dr Nahal has got an amazing talent of teaching with keeping audience engage all the time. I cannot imagine this session could be so interesting because of her way of teaching, such an amazing teacher.



Big thanks to Dr Ashfaque who provide the opportunity for us to learn in this way. Thank you Sir and thank you LGEM Team

#### **FEEDBACK # 6**

##### **Faisal Butt**

Today's Session was delivered by Dr. Nahal Raza, Brady arrhythmias and its related ECG findings always confused me ,but after today's session, my concepts were cleared and learned a lot of new things and important stuff regarding Brady-arrhythmias. A lot of ECG's were shared which were very helpful in understanding the main concepts. I learned following points from today's lecture; Brady-arrhythmias and classification: sinus node disease (sinus Brady cardia, sinus pauses, tachy-brady syndrome and chronotropic incompetence)

Sinus Arrest (absence of P-wave for >3sec)

AV node and His purkenjie system disease (1st degree, 2nd degree mobitz type 1 and 2, 3rd degree heart block) RBBB, LBBB,

Bifasicular (Axis deviation + BBB), trifasicular (Axis deviation + BBB+1st degree heart block)

Red flags Of Brady-arrhythmias

Management of Brady-arrhythmias, transcutaneous pacing including indications of pacemaker and PPM nomenclature .

Use of single chamber ICD, dual chamber ICD and biventricular device

Thanks Dr Nahal Raza

Thanks Dr. Ashfaque Ahmed for facilitating the whole session,

Thanks LGEM MRCP PROGRAMME

#### **FEEDBACK # 7**

##### **Dr. Nasir Hayat**

Wow this was very well presented session i liked it the most Amazing session. I learned a lot and enjoyed the session. The session was very well taught, well organized, practical session and full of medical knowledge. The ECG's was fantastic. I high recommended for doctors and physicians to join it to have the depth of knowledge and be very skillful. This is the unique style of Teaching of LGEM MRCP and SIR Dr. Ash.

#### **FEEDBACK # 8**

##### **Dr. Ghulam Saddique**

From the start whole of the session was full of enthusiasm and immense knowledge. It started with symptoms of brady-arrhythmias and classification: sinus node disease( sinus brady cardia, sinus pauses, tachy-brady syndrome and chronotropic incompetence)

Sinus Arrest (absence of P-wave for >3sec )

AV node and His purkenjie system disease (1st degree, 2nd degree mobitz type 1 and 2, 3rd degree heart block) RBBB, LBBB,

Bifasicula (Axis deviation + BBB), trifasicular (Axis deviation + BBB+1st degree heart block)

All the common and rare causes were discussed along with insight on red flags.

Management of Brady-arrhythmias, transcutaneous pacing including indications of pacemaker and PPM nomenclature, also discussed about single chamber ICD, dual chamber ICD and biventricular device.

Thanks to Dr Ash and Dr Nahal for conducting that session. I am proud to be a part of London GEM Programme.

#### **FEEDBACK # 9**

##### **Dr. Abubakar**

Today i learned about presentation, causes, classifications of brady arrhythmias I also learned about different ECG presentations

Mobitz type 1&2, right and left bundle branch blocks, complete heart block and many more, learned about pacemaker use and its indications, pacemaker code

Explanation of NYHA classification

Thanks Dr Nahal and sir ash.

#### **FEEDBACK # 10**

##### **Dr. Leela Ram**

It was full of knowledge with several new points, pictures and ECGs. It was outstanding session.

As a usual, she delivered her lecture with full pack of knowledge & added several pictures to demonstrate very well.

I have learned that Bradycardia isn't necessarily meant to have heart rate less than 60/min unless it presents with signs and symptoms . Some people in world may have genetically low heart rate ie, below 60/min despite that they live their life normally. Regarding Heart block, it may be transient, persistent and partial. Transient heart block is associated with thyroid dysfunction, Lyme disease or drug toxicity which is to be treated & rarely needs pacemaker while Persistent heart block is associated with some genetic diseases such as Sarcoidosis or Amyloidosis that will definitely be treated with pacemaker. Partial hear block is associated with fault with conducting systems so this similarly will need per cutaneous pacemaker.

Red flags are hemodynamically unstable, abnormal ECG, Heart failure, ongoing syncope with Bradycardia, genetic disease, heart block.

This will enable me to take proper history of patients who present with lightheadedness, giddiness, short of breath, fatigue & sometimes fall. ECG, Holter monitor, Loop recorder & Electro physiological studies are required to diagnose such disorders. Treatment includes artificial pacemaker, dual chamber pacemaker, atropine, adrenaline, dopamine & warfarin.

The lecture was phenomenal with several different ECGs.

Thank you Dr. Nahal Raza for wonderful lecture & thank you so much Dr. Ash for guiding us on each step of this fantastic course & tireless dedication to us.

Kind regards;

Dr. Leela Ram LGEM MRCP Batch-1

#### **FEEDBACK # 11**

##### **Dr. Rizwan Siddiq**

A wonderful session on brady arrhythmias by Dr Nahal , all types of bradycardias taught well, specially bifascicular and trifascicular blocks and all reasons needed, another important thing was pacemakers knowledge , how to classify them . Really informative, all management with practical approach and gone be applicable immediately. This program is going to be massive hit. Dr Nahal really worked hard for all slides and her presentation skills were so good, totally satisfied 🙌🙌🙌

**FEEDBACK # 12**

**Dr. Tooba Qadeer**

Amazing learning experience, learned about types of Brady arrhythmias, chronotropic incompetence - diagnosed by a treadmill test not ECG, tachy-brady syndrome, referring urgently to cardiologist for mobitz type 2, 3rd degree HB, tri-fascicular block for pacemaker, types of ICD, CRT, a lot of ECGs. A lot of new concepts develop that previous unknown to me. Dr Nahal teaching style is very interactive and fun as always and it was a great lecture. Thanks.

Regards, Dr Tooba Qadeer

**FEEDBACK # 13**

**Dr. Mariam Sultan Khan**

Another power-packed session by very energetic Dr. Nahal, It started with symptoms of brady-arrhythmias and classification: sinus node disease (sinus bradycardia, sinus pauses, tachy-brady syndrome and chronotropic incompetence) AV node and His purkenjie system disease (1st degree, 2nd degree mobitz type 1 and 2, 3rd degree heart block) RBBB, LBBB, Bifasicular, trifasicular.

All the common and rare causes were discussed along with insight on red flags. Management of Brady-arrhythmias, transcutaneous pacing including indications of pacemaker and nomenclature everything was discussed in great deal. Dr. Nahal has a talent to stimulate interest, explain concepts with exhaustive knowledge on the subject area. Her approach assists in digesting the topic.

Thanks to Dr Ash and Dr Nahal for this fruitful session. Looking forward to a power packed session tomorrow!

Regards Dr. Mariam Sultan khan

**FEEDBACK # 14**

**Dr. Zeeshan Ayaz**

An excellent session on Brady arrhythmias which covered a lot of things from types of Brady arrhythmias to identifying them on ECG and their management as well .I really like her interactive way of teaching. Today I learned different types of heart blocks, including trifasicular and bifasicular blocks .In the end she explained so well about pacemakers that it cleared all my doubts regarding their types, Codes and their use according to NYHA classification.

**FEEDBACK # 15**

**Dr. Ahmad Tanveer**

Superb lecture comprehensive detailed well explained, Types discussed and ECG quiz with explanations. Causes and then assessment in management approach.

AV blocks were well explained with management options in ACLS setting and then PPM type's Interactive teaching at best as everyone has to engage. Again Thankyou Dr Nahal and Dr Ash for such a detailed and to the point with lots of confusion clearing aspects of Brady Arrhythmias discussed.

**FEEDBACK # 16**

**Dr. Muhammad Akber**

A wonderful session with much of explanation on ECG and heart block and explanation of each ECG, classification of bradycardia and its pathophysiology and treatment with new guidelines . Clearing much of doubts on types of blocks, Brady arrhythmia topic was very difficult for me Dr Nahal made it very easy along with ECG explanations.

Much thanks to Dr Ashfaque that's all is possible for us in Pakistan because of him for us to learn in this way. Thank you Sir and thank you LGEM Team

**FEEDBACK # 17**

**Dr. Muhammad**

Dr Nahal cleared my concept on tachy brady syndrome, trifascicular and bifascicular block, sinus arrest, sinus pauses, Av Node and his purkinjie disease by showing ECG and explained everything step by step with management including indications of pacemaker with their types. Her way of teaching is amazing and she delivers a lecture really well.

Thankyou Dr Ash and Dr Nahal

Alhamdulillah proud to be a part of London gem programme

**FEEDBACK # 18**

**Dr. Aiman Saeed**

As always today's session by Dr. Nahal was also very wonderful and interactive. I learned a lot from today lecture.

From definition to management Of brady arrhythmias, pacemakers and it's types, the ECG's everything was well organized and the way she delivered was amazing

Thanks Dr Ash and Dr Nahal

Proud to be part of LGEM TEAM

**FEEDBACK # 19**

**Dr. Shiraz Mehmood**

Amazing session by ever so energetic Dr. Raza took us back to medical school and refreshed our knowledge starting with anatomy of heart, cardiac conductive system, classification and type of HB leading to actual ECG readings to identify types of blocks. Engraved causes, clinical presentation, red flags and then management of blocks into our heads, made teaching so much simpler with her interactive approach and encouraging people to participate in the discussion.

It was a pleasure attending her session today. This is definitely enhancing my clinical knowledge to manage my patients with more confidence.

Thanks Dr. Raza for an amazing teaching session and thanks to Dr. Sorathia for finding a gem to teach us such a common yet important topic.

**FEEDBACK # 20**

**Dr. Arshad Ali Khan**

Lecture was so amazing and informative. We learnt in this Lecture

- 1) Causes of Brady arrhythmia
- 2) Sick sinus syndrome sub types
- 3) All types of heart block and by ECG we can differentiate which type are heart block and its management
- 4) Updated management Protocol of Brady arrhythmia
- 5) PPM indication
- 6) CRT subtypes

Overall Lecture was so interesting and piece of cake of Brady arrhythmia

Thanks Dr. NAHAL RAZA AND DR. ASH

**12<sup>th</sup> NOVEMBER 2022**

**Microbiology & Important Pathogens for EM physicians**

**By Dr Ash**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**[Syeda Maheen Ejaz](#)**

Another amazing session thank you so much Dr Ash ❤️❤️ for giving us a much-needed session. In just 3 & 1/2 hours covering the whole micro with all high yields and clinical knowledge can only be your art. Thank you so much for all of the efforts you are making for us.

**FEEDBACK # 2**

**[Rida Rana](#)**

Alhamdulillah attended another amazing session from my best tutor Dr Ashfaqe Ahmed on Microbiology and Pathogens with respect to MRCEM primary preparation and commonly encountered scenarios in ED setup. It was truly a thoughtful session where Sir correlated the topic with the real life cases that he encountered in ED setups and this made us realize the important aspects on which we should focus when preparing for the exam. It was a 3.5 hours session, and around 200 pages from the reference book were covered, yet the session seemed to pass by in no time .It's unbelievable how sir covered the entire topics in such a short duration. Especially the interest with which he teaches grasps everyone's attention throughout the session. Truly grateful to you sir Alhamdulillah on being part of LGEM 😊

**FEEDBACK # 3**

**[Abid Marwat](#)**

Aoa, it was an amazing session on microbiology today. We covered almost all the common microbes and there management including diagnostic tests and relevant pharmacotherapy along prevention. Thank you Dr **[Ashfaqe Ahmed](#)**

**FEEDBACK # 4**

**[Babar Hussain](#)**

Today's session was about Microbiology conducted by Dr [Ashfaque Ahmed](#) . It was a long marvelous session and in 3 hrs almost all the important points were discussed.

Thank you so much Dr Ash for such a wonderful session. We are really grateful to you. Proud LGEM candidate

**FEEDBACK # 5**

**Muneeb Ahmed**

Yet another amazing session regarding Microbiology and pathology by Dr Ash It was 3.5 hour session covering principles of microbiology and important specific pathogens individually

Barriers to infection (physical, inflammation)

Normal bacterial flora, Mechanisms of disease (colonization, bacterial adherence), Bacterial pathogens (obligate aerobes, anaerobes, facultative anaerobes) toxins (exotoxins and endotoxins) gram positive and gram negative Streptococcus, staphylococcus, tuberculosis, clostridial infections, Neisseria, pertussis, salmonella, E.coli, Klebsiella, campylobacter

Chlamydia, pseudomonas, legionella

It was interactive sort of session in which he discussed pathogens with their clinical relevance and helping to choose respective antibiotics and investigations.

Overall it revised and refreshed my basic knowledge.

Thanks London Gem team.

**FEEDBACK # 6**

**Hani Suhail**

"Microorganism has their own self defense mechanism to protect themselves from us and that is what creates fear in us because we think they may harm us" was something we never focused on and Dr. Ash enlightened us once again with his words of wisdom. Microbiology is a world that can't be covered in 3.5 hours but Dr. Ash made a great effort to make it as simple as possible and very up to the mark points to focus on starting from the quick review of the basics to the precise points with clinical correlations to almost every organism that was coming ahead. Once again a wonderful breakdown of complicated literature into points to be remembered. Thanks Dr. Ash for the amazing effort and great teaching.

**FEEDBACK # 7**

**Muhammad Abubakar**

Excellent session gave by our mentor. Today we discussed microbiology just not accordingly MRCEM but also its association with ER and how to deal with these pathogens in daily routine. Gram +ve & -ve cocci and rods, other staining pathogens, aerobes, anaerobes, facultative anaerobes and in each category there is huge list of pathogens we discussed. How body response to them? Clinical features. How to diagnose and treat? all the major microbiology is discussed in just 3.5 hours. Thank You Dr. Ash to be our trainer, daily we are learning and improving ourselves.

**FEEDBACK # 8**



### [Afshan Salman](#)

Session on 'Microbiology and Important Pathogen' by Dr. Ash was very comprehensive and useful session. I couldn't have imagined completing micro in 3.5 hours, it was brilliant. Session included from principles of microbiology to classification, pathogenesis, clinical manifestation & complication caused by various microbes and most interestingly the real case stories shared by Dr. Ash made us completely involved in the session. Thanks Dr. Ash for always being so thoughtful & supportive for GEM candidates

### FEEDBACK # 9

### [Ghayoor Khattak](#)

Again an amazing session regarding Microbiology and Important Pathogens by Dr Ash

It was 3.5 hour session covering principles of microbiology and important specific pathogens individually.

The good thing about Dr. Ash teaching is that he makes the topic so easy for us. A very important discussion about Normal flora, Defense system, how they overcome immunity of our body and cause infection. So many bacteria were discussed, how they cause diseases, complement system was discussed. Barriers to infection, Normal bacterial flora, Mechanisms of disease, Bacterial pathogens, toxins, gram positive and gram negative, wonderful session in just few hours, a summarized view of microbiology with clinical correlation is outstanding.

Thanks London Gem team, Dr. Ash. Regards Muhammad Ghayoor Khan

### FEEDBACK # 10

### [Muzna Ahmed](#)

I'm writing this feedback with zeal and gratitude about today's session on FRCM primary microbiology revision.

Today Dr ash covered very important pathogens their characteristic features from exam point of view and gives pointers for possible BCQ questions. Dr Ash is putting his heart and soul into these prep sessions so no candidate suffers any loss. Dedicated his weekends for just his trainee's success results for FRCM I hugely applaud his efforts and sincerity.

Thank you Dr Ash and LGEM 😊

### FEEDBACK # 11

### [Hamna Kirn](#)

Amazing session more like crash course of microbiology in just 3 and half hours. Revised all topics. Emphasized the important topics to go through along with the clinical correlates.

Thank you so much DR Ash.

### FEEDBACK # 12

### [Umair Khalil](#)

It was a 3.5 hour long session on microbiology. We learnt about normal human flora as well as microbes that can disturb the normal flora, natural barriers in human body, their mechanism of action, how to diagnose them and treatment

options along with role of various antibiotics. It was an exam oriented study. One can easily revise the whole topic in just 3.5 hr. The interesting thing is how Dr Ash inculcate the idea in mind with various examples and stories from his vast experience in emergency medicine as he used to say, "there is always a story." Thankyou LGEM for the wonderful weekend session.

**FEEDBACK # 13**

**Warda Yawar**

Very good session by our most favorite Dr ASH  
Comprehensive long CBD plus a full term lecture on a topic which is very uncommon to discuss between doctors  
Thank you so much our mentor for choosing this topic and discussing it with us. Detailed microbiology is discussed including normal pathogens their mode of action there invasion barriers of host and cells which provide immunity  
We got so lucky to be a part of this organization you tell all the investigations treatments and role of ABX for different pathogens  
I learned a lot from this topic it was worth it

**FEEDBACK # 14**

**ناصر فاطمه**

3.5 hours... constant company of our mentor Dr Ash is like wow.. So much we have learned from you... and much more is still pending.. microbiology... Show man.. 3.5 hours and around 200 pages..  
May ALLAH paak g save u from evil eye.. may all ur deeds be getting accepted in both worlds.. Jazakallah khairan kaseera 😊

**FEEDBACK # 15**

**Amash Khan**

Today Dr. Ash took a session of 3+ hours long and beautifully covered all the microbiology topics related to human defense mechanisms, pathogens affecting humans their types, pathogenecity, diagnosis and management was covered in great detail along with real life experiences of Dr. Ash himself for these diseases. Thank you Dr. Ash for this lecture.

**FEEDBACK # 16**

**Shehzad Hussain**

Thanks Dr Ash it was amazing 3:30 hours session on microbiology before exam it's really helpful lot of stuff we have gone through almost all exam related is covered, it's very helping. Discussed many topics natural immunity mechanism of disease infection control, complement system, opportunistic infection, influenza, Ig A deficiency,  
Antibiotic resistance  
VRSA, cellular n humoral immunity, exogenous n endogenous toxins, Staph a. MTB, HIV, RF, CL. Dificil n Tetanus, NM n NG, legionella, pseudomonas, GBS, EBV, Fifth disease, Typhoid, Hepatitis, HBV diagnostics and lot more all that was just extraordinary without this lecture we can't cover it up. Thank you very much Dr Ash, for going beyond limits, you are doing all this is extraordinary.

Thank you so much.

**FEEDBACK # 17**

**Rizwan Ullah Siddiqui**

Another magnificent, comprehensive lecture on Microbiology, Today I covered almost whole important aspects related to our MRCEM exam, Especially, common organisms, C diff, HUS, Infectious mononucleosis, Malaria, Meningitis, Typhoid. Most commonly asked MCQs about Hepatitis B infections, Various Organisms Exo and Endotoxin.

TB affecting GIT and there symptoms and complications.

After this lecture I feel Confident to Finish Microbiology in only one day, Dr Ashfaqe is so dedicated and optimistic for our Exam which encourages us to work hard and pass our exam. Thanks Very much for your help.

**FEEDBACK # 18**

**Maimona Javaid**

First hour I could not watch so will listen in recording . Next two hours quite interesting with so much depth of all topics covered

H pylori

Salmonella

Typhoid

Legionella

Herpes zoster

Varicella

Neisria meningitis

And lot more we learnt . Lecture was superb always

It was quite interesting to listen how Dr Ash got opportunity to attend hajj every year after helping so much patients during hajj.

I remember I done the same . I took so many medicines with me during my hajj , distributed fever flu cough medicines. To 50-60 pts in Mina hajj camps . May Allah help me more do so Aameen and all of us Aameen

Typhidot test obsolete now , new info to me .

So much to learn to sir ash . May Allah gives me strength to be a great doctor like dr ash . Dua and blessings for London gem team and all students of gem .

Take care . 🇵🇰💙

**FEEDBACK # 19**

**Haider Ali**

Another weekend, another amazing session by one of the most favorite Dr. Ash was conducted on Microbiology. Each and every aspect of Microbiology was covered from very basics to discussing all the commonly encountered organisms individually.

Important tips and tricks were also discussed regarding exam point of view.

**FEEDBACK # 20**

**Qaisar Shah**

An excellent three & a half hour session conducted by Dr Ash about MICROBIOLOGY & IMPORTANT PATHOGENS FOR EM PHYSICIAN

Dr Ash Discussed basic principles of Microbiology, Complement system, Barriers to Infection, Inflammation, Normal Bacterial Flora, Mechanism of Disease, Mechanism of Bacterial Pathogenesis, Antimicrobial Resistance, Defense Mechanism, Controlling Infection

Various type of Bacteria's, Viruses with detailed Explanation & related Important MCQs for FRCM PRIMARY as well as their CLINICAL IMPORTANCE

Thank you Dr Ash for this Amazing session

**FEEDBACK # 21**

**Imtiaz Ali Shah**

Date...12 November 2022

Topic... Microbiology and important pathogens for EM physicians

Today another three hours session regarding Microbiology was carried out by Dr Ash, giving us an overview of important pathogens and infections which every EM physicians should know, diagnose and be able to treat them.

The session covered

Basic principles of Microbiology, Complement system, Barriers to infections inflammation, normal flora disease mechanism, pathogenesis defence mechanisms, and controlling infections.

Antimicrobial resistance

Different types of bacteria and viruses.

Different diseases like infectious mononucleosis, Malaria, Meningitis, Typhoid, TB and hepatitis B and C.

It was a fruitful session by an experienced consultant Dr Ash who covered a wide range of topics in a three hour session. The session was exam oriented and very informative.

Thanks to Dr Ash for this wonderful session and London Gem for providing this great platform of learning.

**FEEDBACK # 22**

**Mina Khan**

Dr Ash took 3.5 hours comprehensive sessions on Microbiology, His explanations along with cases and scenarios made the organisms digestible 😊. He taught species individually and their characteristics. His teachings are always graceful and focused... thank you London Global Emergency Medicine

**FEEDBACK # 23**

**Rajab Abbas**

It was a comprehensive session of more than 3 hours and we briefly covered almost whole microbiology from Issa Mosaa. It was a wholesome and record breaking teaching session

The best part of the session was that it was exam orientated as well as clinically important practical case based discussion.

Important learning points of the session were:

- Principles of Microbiology
- Natural & Innate Infection
- Barriers to Infection
- Normal Bacterial Flora
- Classification of bacteria
- Mechanism of Bacterial pathogenicity
- Influenza virus
- Giardia Lamblia
- P. Falciparum
- HIV binding strongly to CD4 Antigen.
- Factors facilitating microbial invasion
- Virulence factors
- capsule
- Enzymes
- Toxins
- Difference b/w Exotoxins & Endotoxins
- Incubation period
- MHC or HLA
- Principles of Investigation
- Immunization schedule
- Specific Pathogens
- Difference b/w Gram -ve & Gram +ve
- Virology
- Malaria

Thank you Dr. Ash for such an amazing session

**FEEDBACK # 24**

**Bushra Imran**

Date: 12-11-2022

Topic: Microbiology and important Pathogens

Tutor: Dr Ash

In today's session very well explained overview of important pathogens, infection, basic principles of micro biology, complement system, Defence mechanism, Toxins and infectious diseases with treatment drugs. Their side effects and importance...though a comprehensive oriented exam point of view informative session...Thank you Dr Ash

**FEEDBACK # 25**

**Yasir Dilawar**

Date: 12-11-2022

Topic: Microbiology and Important Pathogens

Tutor: Dr Ashfaque Ahmed

Duration: 3hour and 30minutes

Again a wonderful lecture delivered by our teacher Dr Ash, the good thing about his teaching is that he makes the topic so easy for us.a very important discussion

about Normal flora, defense system, how they overcome immunity of our body and cause infection. So many bacteria were discussed, how they cause diseases. Complement system was discussed.

H pylori

Salmonella

Typhoid

Herpes zoster etc...

Thanks Dr Ash for giving us your precious time and knowledge. may you succeed even more.

**FEEDBACK # 26**

**Beenish Manzoor**

Today we had another amazing session regarding MRCEM primary preparation and topics covered were Microbiology and pathology by Dr Ashfaque (consultant NHS)

It was a comprehensive 3.5 hour session covering many important learning points regarding principles of microbiology and important specific pathogens

Topics covered are:

Natural and innate immunity

\*Barriers to infection

Normal bacterial flora

Mechanisms of disease

\*Bacterial pathogens

\*exotoxins and endotoxins

\*Investigations principles

\*UK immunization schedule

Specific pathogens gram positive and gram negative

Streptococcus, staphylococcus, tuberculosis, clostridial infections

Neisseria, pertussis, MMR Salmonella, E.coli, Klebsiella H.pylori, campylobacter

Chlamydia, pseudomonas, legionella Herpes simplex and zoster, HIV, hepatitis

Respiratory, GIT viruses, yeasts, fungi and worms hepatitis B infection malaria,

It was an excellent session giving us a key to understand the important aspects of microbiology with lots of clinical relevance and Dr Ash taught us the whole subject in such a wonderful way, now We are confident enough that how to cope with the micro and patho in short time and Dr ash way of teaching enable us to understand memorize easily

Thank you so much sir for giving us this opportunity. I applaud his hard work and dedication

Thanks Dr Ash

Thankyou LGEM team

A proud GEM trainee

**FEEDBACK # 27**

**Syed Suhail Ahmad**



A comprehensive 3.5 hours session on [Microbiology & Important Pathogens for EM physicians By Dr Ash](#)

Starting from basics, mechanisms and then the different pathogens and their important for ED physicians both from exam and clinical POV like Staphylococcus, Streptococcus, Salmonella, Clostridium, H.Pylori, Mycobacteria, HBV and its diagnostic tests and much more

Everything regarding Microbiology was discussed in just a few hours which was really impressive and interesting.

Thank you [London Global Emergency Medicine](#) and [Pema-Uk](#) 👍👍👍

**FEEDBACK # 28**

**Ubaid Ur Rehman Khizir**

It was excellent session conducted by our mentor on microbiology not only Dr ash gave overview of important points related to exam but also he mentioned clinical point of view of different organisms

**FEEDBACK # 29**

**Kamlesh Kumar Lilani**

Topic: Microbiology

Lecturer: Dr. [Ashfaqe Ahmed](#)

Date: 12-11-2022.

It was amazing to listen to Sir as always and when Sir is repeating 3 days of microbiology revision in just 3 and half hour comprising all short and important points for BCQs. He discussed most important management for each micro-organisms. Hope to cover all in short time when appearing for MRCEM.

**FEEDBACK # 30**

**Zia Hayat**

It was an amazing lecture by Dr. Ash about microbiology n it gave me an overview about all the major diseases and organisms related to exam ,his way of teaching is amazing and gives us the confidence to understand and look for important clinical related points as well as daily clinical practice improvement. It was a full on power booster

**FEEDBACK # 31**

**Mohammad Tahir**

A lecture regarding microbiology given by Dr ash...

It thoroughly covers all the main bullet points regarding exam and also enhance the understanding regarding approach to different clinical scenario. Dr Ash has explained so well and correlate the each topic with real life scenario..👍👍

**FEEDBACK # 32**

**DrKiran Feroz**

Amazing session....learned a lot... teaching with daily life experiences is something which keeps the knowledge able stuff locked inside one's mind....I am thankful to Ashfaqe bhai for teaching us the right way when it's needed the most .....I am glad to be a part of London Gem.....

**FEEDBACK # 33**

**Uzma Shaikh**

Comprehensive and up to date session taken by Dr Ash on pathogens and microbiology encountered in emergency room.

**FEEDBACK # 34**

**Javeria Wali**

Date: 12th November, 2022

Another brilliant session conducted by Dr. Ash on Microbiology and important pathogens related to emergency department. It was a wonderful talk comprising basic principles of Microbiology, Complement system, defence Barriers to Infection, Mechanism of Disease, toxins, Antimicrobial Resistance, MRSA, VRSA, how and why to limit antibiotic use, Controlling Infection, and comprehensively covered all disease causing microorganisms along with detailed Explanations, clinical scenarios and exam based important points. It is almost unbelievable how we covered everything in 3.5 hrs. Thank you for this Extremely useful session

**FEEDBACK # 35**

**Noman Ahsan**

An Amazing 3.5hrs comprehensive lecture on Microbiology...Dr. Ash way of teaching is always very helpful...He explain every single topic with his personal practical experience along with helpfully bullet points ...Dr. Ash covered Microbiology with exam based scenarios which is very helpful to prepare for the exam..The session was very helpful and exam oriented...

Thanks Dr. Ash and team for the session...

**FEEDBACK # 36**

**Muhammad Azeem Imran**

AOA respected sir

Today we had yet another amazing session regarding MRCEM primary preparation and topics covered were Microbiology and pathology by Dr Ashfaque (consultant NHS)

It was a comprehensive 3.5 hour session covering many important learning points regarding principles of microbiology and important specific pathogens

Following important areas were covered:

- \*natural and innate immunity
- \*Barriers to infection (physical, inflammation)
- Normal bacterial flora
- \*Mechanisms of disease (colonization, bacterial adherence)
- \*Bacterial pathogens (obligate aerobes, anaerobes, facultative anaerobes)
- \*exotoxins and endotoxins
- \*Investigations principles
- \*UK immunization schedule
- \*Specific pathogens gram positive and gram negative

**#Streptococcus**, staphylococcus, **#tuberculosis**, clostridial infections

**#Neisseria**, pertussis, MMR

**#salmonella**, E.coli, Klebsiella

[#H.pylori](#),campylobacter

[#Chlamydia](#), pseudomonas,legionella

[#herpes](#) simplex and zoster, HIV, hepatitis

[#respiratory](#) ,GIT viruses, yeasts, fungi and worms

It was an excellent session giving us a key to understand the important aspects of microbiology with lots of clinical relevance and Dr Ash taught us the whole subject in such a wonderful way, enabling us to understand memorize easily

Thank you so much sir for giving us this opportunity

A proud GEM trainee

Dr Azeem

**FEEDBACK # 37**

**Hamna Yaqub**

Comprehensive 3.5 hours session on microbiology by Dr Ash covering all basis. Important microorganisms, how to diagnose, how to treat, little signs one can miss and important points for our upcoming MRCEM primary exam

**FEEDBACK # 38**

**Phota Ram**

An Amazing session on Microbiology by Ash covered almost every things related to exam in just 3.5hours and also important things related to common bacteria streptococcus, Steph, chlostridium, pseudomonas, meningococci, H pylori, Klebsiella, salmonella and important viruses HAV,HBV,HCV, Herpesvirus etc. there pathogenesis, host defence, and resistance and also important test related to pathogens and there treatment antibiotics.

**FEEDBACK # 39**

**Zegham Abbas**

Another amazing session by Dr [Ashfaque Ahmed](#) clinical scenario MCQs based discussion for MRCEM Primary preparation it was comprehensive 3.5 hours session common organisms like

Salmonella

H pylori

Legionella

Herpes Zoster

Varicella

Staphylococcus

C diff

Listeria

And all others organisms were discussed we learned a lot today. Thanks Dr Ash for your tips.

**FEEDBACK # 40**

**Dr. Mariam Nawaz**

Dr Ash We had an amazing session today of all the imp stuff we need to know from Microbiology for MRCEM primary exam. It was a 3 hours long session conducted by the entire time favorite Dr Ash. He has a natural way of teaching

that makes even the most difficult topic easy to retain. We completed entire microbiology in 3 hours.....a task otherwise nearly impossible. We learned about innate immunity, gram positive and gram negative organisms, the diseases they cause and imp treatments, important viruses and parasites along with many other high yield topics. This session has comprehensively covered all the required syllabus of Microbiology. Inshallah we will not let you down. Thankyou Dr Ash

**FEEDBACK # 41**

**Khatija J. Farooqui**

Thank you Dr Ash for conducting microbiology session bacteria their mechanisms, Defense system, disease cause, immunity and many more important pathogens that came across in daily routine. Thanks once again team GEM.

**FEEDBACK # 42**

**Dr. Nasir Hayat**

This was wonderful session by sir Dr. Ash. The session was run smoothly and answer all the questions, it was exam focused with a lot of information and skills. It was well organized and I enjoyed the session with a lot of practical knowledge. I would highly recommend for ER doctors to join it and get the grip on it and be more skillful.

**FEEDBACK # 43**

**Dr. Muhammad Saad**

Session: Microbiology for EMFP and MRCEM

Consultant: Dr Ash

It was a 3 and half hour session, Dr Ash did the job of revising the microbiology in the session meticulously. He made the session so easy for us. Dr Ash discussed a lot of topics:

- >Normal flora of human body
- > Immunophysiology
- >Complement pathway and infections associated with its abnormalities.
- >Factors leading to early invasion by microorganisms.
- >Defense system against microorganisms.
- >Mechanism of pathogenesis of microbials
- >Common infections, their manifestations and labs to be done
- >Investigations to be done for diagnosing infections.
- >Discussed in detail staph aureus, streptococo, rheumatic fever, infectious mononucleosis, HIV, Hep B, Hep C etc.

The session delivered almost all the important topics. Thanks Dr Ash and London GEM for this brilliant session.

Yours sincerely

Dr Muhammad Saad

EMFP

**FEEDBACK # 44**

**Dr. Azka Shamim**

AOA respected sir

Today we had yet another amazing session regarding MRCEM primary preparation and topics covered were Microbiology and pathology by Dr Ashfaque (consultant NHS)

It was a comprehensive 3.5 hour session covering many important learning points regarding principles of microbiology and important specific pathogens

Following important areas were covered:

\*natural and innate immunity

\*Barriers to infection (physical, inflammation)

Normal bacterial flora

\*Mechanisms of disease (colonization, bacterial adherence)

\*Bacterial pathogens (obligate aerobes, anaerobes, facultative anaerobes)

\*exotoxins and endotoxins

\*Investigations principles

\*UK immunization schedule

\*Specific pathogens gram positive and gram negative

#Streptococcus, staphylococcus, #tuberculosis, clostridial infections

#Neisseria, pertussis, MMR

#salmonella, E.coli, Klebsiella

#H. pylori, campylobacter

#Chlamydia, pseudomonas, legionella

#herpes simplex and zoster, HIV, hepatitis

#respiratory, GIT viruses, yeasts, fungi and worms

It was an excellent session giving us a key to understand the important aspects of microbiology with lots of clinical relevance and Dr Ash taught us the whole subject in such a wonderful way, enabling us to understand memorize easily

Thank you so much sir for giving us this opportunity

A proud GEM trainee

Dr Azka

**FEEDBACK # 45**

**Dr. Nouman**

Topic: Microbiology and Important pathogens for EM Physicians

Another wonderful session gave by Dr Ash.

All the important stuff related to microbiology was efficiently covered in less than 4 hours. It started out as a brief introduction to the basics of the Microbiology such as components of the immune system, barriers to infection, mechanism of pathogenesis meanwhile discussing barriers to infections and then the wonderful slides of principles of investigation were discussed.

Many pathogens were discussed with their important "EM relevant" points. Dr Ash also kept sharing interesting mini cases along the way, once again stressing the need for awareness about antibiotic resistance & "observation" medicine.

I think this session was a key to the broad world of microbiology; an important discipline relevant to all the fields of medicine. We thoroughly enjoyed it and got to refresh our knowledge.

Thanks Team LGEM and Dr Ash for the great work

**FEEDBACK # 46**

**Dr. Shahid**

Very interesting and comprehensive three and half hour lecture on Microbiology...Dr Ash way of teaching is always very helpful...He explain pathogens and their mode of transmission with his own style, Something that we all love ...Dr. Ash covered Microbiology with exam based scenarios which is very helpful for the exam...The session was very helpful and exam oriented...

Thanks Dr. Ash

Regards Dr Shahid

**FEEDBACK # 47**

**Dr. Ayesha Mushtaq**

Thanks Dr Ash it was very informative session and covered many topics including natural immunity, infection control, complement system, opportunistic infection, influenza, Ig A deficiency, Cellular and humoral immunity, and many important pathogens were discussed and everything explained so well

Thanks a lot for the details explanation

Regards Dr Ayesha Mushtaq

**FEEDBACK # 48**

**Dr. Tariq Hassan**

Another best Comprehensive session on Microbiology

Today he covered almost whole important aspects related to our emergency medicine exam,

The BBC common organisms, C diff, HUS, Infectious mononucleosis, Malaria, Meningitis, Typhoid and most commonly asked MCQs about Hepatitis B infections, Various Organisms Exo and Endotoxin.

TB affecting GIT and there symptoms and complications

This lecture made it easy and made me able to understand Microbiology and learn for exam and clinical practice easy

Dr Ash and his team guidance able all of us to work hard and pass exam and dealing with emergency medicine up to the bed level.

Many thanks Dr Ashfaqe and London GEM.

**FEEDBACK # 49**

**Dr. Tehmina Jamali**

We had lecture on Microbiology & Important pathogens for EM Physicians  
By Dr.Ash.

We studied the following:

Principles of Microbiology

Natural & Innate Infection

Introduction

Barriers to Infection

Normal Bacterial Flora



Mechanism of disease  
Types of bacterial pathogens  
Mechanism of Bacterial pathogenicity  
Attachments  
-Influenza virus  
-Giardia Lamblia  
-P. Falciparum  
-HIV binding strongly to CD4 Antigen.  
Factors facilitating microbial invasion  
Virulence factors  
-capsule  
-Enzymes  
-Toxins  
Difference b/w Exotoxins & Endotoxins  
Incubation period  
Controlling infection  
Difference b/w Endogenous & Exogenous antigen  
MHC or HLA  
Principles of Investigation  
Immunization schedule  
Specific Pathogens  
Difference b/w Gram -ve & Gram +ve  
Streptococci & staphylococci  
Tuberculosis  
Clostridial Infection  
Neisseria  
Pertussis  
Klebsiella  
E-coli  
Salmonella  
Campylobacter species  
Legionella  
Pseudomonas  
Chlamydia  
Herpes Simplex & Zoster virus'  
Epstein -Bar virus  
Fifth Disease (Parvovirus)  
HIV  
Hepatitis  
Mumps  
Rota virus  
Candida  
Cryptococcus

Worms

Malaria

All was taught in 3 1/2 hours session.

It was very learning well taught .Kept us focused & fixed to our screens of laptop.

In addition to Dr. Ash's life experiences as a Doc in treating pts' with the topic related diseases. Made us listened with interest & attentively.

Thanks Dr. Ash for your lovely lessons.

5:51 PM | 0.1KB/s



New message

Send

To: London Gem,

Cc: London Clinical Courses,

Bcc:

From rehanhalil149@yahoo.com



Feedback on session on Microbiology and Pathogens for

Topic: Microbiology and Important Pathogens for ED Physicians

Tutor: Dr Ashfaque Sorathia

Duration: 3.5 hrs

It was comprehensive session on Microbiology and the best about the session was only those things were discussed which are important rather than every minor detail.

Some of the things discussed are as follows:

- 1- Natural immunity of our body
- 2- Normal Flora
- 3- Common infections and their Labs
- 4- Diagnostic tests of different common organisms like H. Pylori, Clostridium species, Typhoid fever etc
- 5- a bit of overview about manifestation of different organisms.

In fact it was a very useful session that filtered all the unnecessary stuff and highlighted only the important one.

Thanks to our mentor Dr Ashfaque.

Regards

Dr Rehan Khalil, EMFP



11:04

4G 0 B/s 64



## Feedback of lecture on Microbiology 12/11/2022



Add label



**Zeeshan Hashmi** 11:04 PM

to Info ▾



Today's session was a beautiful and summarized session on Microbiology that covered almost all of the topics ....

Started with:

natural barriers of immunity

Innate and acquired immune system

Humoral and cell mediated immunity

T cell and B cell immunity

Brief physiology behind inflammation with its cardinal signs

Bacterial infections

Important pathogens

Simple but important terminologies of immunity

Important bacterial pathogens, their infections, mechanism of pathogenesis,

And high yield points about each and every pathogen

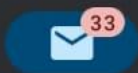
Brief clinical importance with its management

The best thing I liked in this lecture was "not important to remember the dosage regimen of Tuberculosis" ...lovely

In a nutshell, the lecture was a glimpse of unit of immunity once gone through in 3rd yr mbbs ....

T

Jazakallah khair Dr Ash and London GEM team!!!!



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

**Pericardial Diseases MRCP 1-2 & PACES by**

**Dr Nahal Raza**

**Cardiology SPR NHS UK**

**DOCTORS FEEDBACK**

**FEEDBACK # 1**

**Sadia Abbasi**

It was an amazing and very informative session as usual by Dr Nahal Raza bundle of thanks.

I learnt a lot regarding pericardial diseases. Acute and chronic pericardial effusion, Cardiac tamponade and its ECG findings, X rays of pericardial effusion and constrictive pericarditis and treatment.

Each and every thing is organized and covered in every aspect exam point of view + clinically. Thanking of you Dr Ash for London GEM Programme.

**FEEDBACK # 2**

**Dr. Bushra Khan** .

Yet again very informative and interactive session, I really like the exercise of ECG's because that's what I need for MRCP prep. She covered almost everything related to pericardium along with latest guidelines for management of pericardial effusion, cardiac temponade, pericarditis.

Mostly covered what's been asked in MRCP and different scenarios. I always enjoy her talk and she keeps us all awake during the lecture. Keep up the good work Dr Nahal Raza. You will be a very good consultant.

In short of words for Dr Ashfaque dedication!

**He always attends no matter what. Keep Rocking!**

**FEEDBACK # 3**

**Ghulam Saddique Saddique**

Today's session by Dr Nahal was very wonderful and useful. Discussed pericardial diseases in detail and learned difference between the ECG of pericarditis and MI. Acute (80ml) and chronic pericardial effusion (up to 2liters).  
Signs if Pericardial effusion

1. Increased heart rate.
2. Juglar distention
3. Muffled heart sound
4. Pulsus paradoxes
5. Poir pulse quality.

Cardiac Tamponade signs.

1. Hypotension
2. Muffled heart sound
3. JVP distention

All 3 signs are called **Becks Triad**

Echo signs:

1. Valve closed RA collapsed

2. Valve closed RV collapsed
3. Plethoric IVC < 50% collapse
4. MV inflow > 25%.

Types of Pericarditis:

Serious

Fibrous & serofibrous (most frequent)

Haemorrhagic pericarditis.

Diagnostic Criteria of Acute Pericarditis

1. Acute
2. Incessant (>4-6weeks but < 3months without remission)
3. Recurrent (reoccurrence after 1st episode of documented pericarditis then free interval of 3 to 4 weeks)
4. Chronic (> 3months)

High risk patient of pericarditis

Fever > 38c

Cardiac tamponade

Lack of response of NSAID after 1 week therapy

Treatment of pericarditis: X-rays of pericardial effusion and constrictive pericarditis. Each and everything was described efficiently. Thank you for such informative lecture today.

I am proud to be a part London GEM Programme.

**FEEDBACK # 4**

**Faiza Baig**

I learned about acute and chronic pericarditis, signs of pericardial effusion, ECG between pericarditis and MI, cardiac tamponade signs, and Becks Triad, Echo signs. Diagnostic criteria and anatomical site for puncture, pathologies of pericardial fluid: constrictive and restrictive x-rays of effusions  
As always Dr Nahal thank you for describing it smoothly. I always enjoy your session and thanks Dr Ash for arranging this informative lecture.

**FEEDBACK # 5**

**DrShafik Zaid**

Never find a tutor like Dr Nahal after this lovely session pericardial diseases its cause acute vs chronic stage and its management according to update guide line makes it finer to understand. Learning by self and getting knowledge by seniors has much difference Dr Ashfaque the founder of London Gem is a man whose master mind for the medical education is lamp in dark. All doctors are not the same to follow the drawn line not every mind is the same believe me London Gem is not only the life line but its efforts for making u something beyond the boundaries is worthless. A unique mind setup really anxious for its priceless future to see and to show others... Hats off Dr Ashfaque

**FEEDBACK # 6**

**Dr Leela Ram**

It was excellent session, full of knowledge including pictorial demonstration and clinical manifestations.



As ever, mode of lecture was cool, many important points for MRCP 1 & 2. Regarding Pericardial diseases, it includes:

1. Acute pericarditis
2. Pericardial effusion
3. Constrictive pericarditis
4. Cardiac tamponade

Pericardial effusion ranges from 15-50ml, total protein is less but albumin concentration is high. It normally diffuses during diastolic pressure from right atrium & right ventricle. Acute condition fluid could be 80ml whereas chronic disease such as TB of pericardium, malignancy, traumatic, radiotherapy, dressler syndrome and so on. Clinical manifestation includes increased heart rate, jugular distension & muffled heart sounds, pale mucous membrane, pulsus paradoxus & slow capillary refill time.

It is to note that Pericardial effusion doesn't cause murmur & diagnosed by X-ray which will show enlarged cardiac size(Silhouette).

ESC guideline is used to manage this condition which includes Pericardiocentesis & treating underlying pathology. Furthermore, Cardiac tamponade is accumulation of fluid in pericardial sac, impairs diastolic filling & reduces cardiac output. It's diagnosed by Beck's triad which includes hypotension, increased JVP & muffled heart sounds. Indications of Pericardiocentesis includes pericardial tamponade & periarrest, US guided, medical and traumatic effusion. Yes, I should keep in mind about diagnosis of pericardial diseases in acute and general settings. First of all is to stratify stable and unstable patient then stepwise approach to management.

Thanks Dr. Nahal Raza for an amazing session & thanks Dr. Ash for further emphasizing on the importance of knowledge of specialists.

As always nice and great forum for all GEMs

Kind regards; Dr. Leela Ram LGEM MRCP Batch-1

**FEEDBACK # 7**

**Dr Abubakar Tariq**

Today I learned about presentation of pericarditis, its treatment, cardiac tamponade pericardiocentesis anatomical site for puncture, ECG presentation of pericarditis, pathologies of pericardial fluid, how to differentiate between acute and chronic effusion, x-rays of effusion,

Thank you for very informative lecture today.

**FEEDBACK # 8**

**Dr Nasir Hayat**

This session was Amazing. Discussed everything and i liked it the approach to pericardial Diseases and ECGs shown was Amazing. I enjoyed it a lot. The session was run smoothly and answered all the questions. It was exam focus and very practical session. I would highly recommend for doctors and physicians to join it to get the depth of knowledge and be more skillful. Everything was taught in very nice way to memorize it very easily and get hold on the topic, such a

wonderful session it was skillful. Everything was taught in very nice way to memorize it very easily and get hold on the topic, such a wonderful session it was.

#### **FEEDBACK # 9**

##### **Dr Uzaima Nighat**

Today's session by Dr Nahal was very useful. Discussed pericardial diseases in detail and learned difference between the ECG of pericarditis and MI.

Acute and chronic pericardial effusion, Cardiac tamponade and its echo signs and its treatment

Cause of pericardial effusion and tamponade, treatment of pericarditis, X-rays of pericardial effusion and constrictive pericarditis. Each and everything was described efficiently. Thank you for such informative lecture today.

#### **FEEDBACK # 10**

##### **Dr Ramsha Tasnim**

Today session by Dr Nahal was very comprehensive. Discussion about pericardial disease i.e. pericardial effusion

Its type causes physical examination of pericardial effusion treatment.

Cardiac tamponade its management

Pericarditis its type, cause, stages and treatment according to guidelines. Different ECG's to pick specific diseases. Thank you

Dr Ramsha Tasnim

#### **FEEDBACK # 11**

##### **Dr Neelam Zehra**

It was a wonderful session today. The way she starts from scratch and builds up the foundation in our minds is amazing. When I read the topic from the book her words keep popping in head how she emphasizes on all important things.

From revised the layers of pericardium to normal levels of pericardial fluid. Acute pericarditis can present on even 80ml of fluid and chronic pericarditis won't even show signs on 2 liters of fluid. Causes of pericarditis along with how will it present and what will be the management for acute and chronic both. Clearly differentiated how and when to treat it and when not to treat and determine the precipitating cause first.

How it will be seen on chest X-ray and How to differentiate between ECGs of acute MI and pericarditis?

Cardiac tamponade it's presentation, diagnosis and management and differentiating features.

I regret missing yesterday's lecture as I was in no reception area. Wait for it to get uploaded on portal.

Thank you all for your efforts and wonderful deliverance of lectures.

#### **FEEDBACK # 12**

##### **Dr Shiraz Mehmood**

Amazing session on pericardial disease discussed effusion and pericarditis. How to approach patients and clinically identifying tamponade, BECK's tirade and its

management? Discussed ECGs and identifying pericardial issues. Thank you for delivering an amazing session Dr. Nahal. Thanks to Ash for organizing.

#### **FEEDBACK # 13**

##### **Dr Mariam Sultan Khan**

As expected another comprehensive lecture on Pericardial diseases starting from anatomy of heart , understanding fibrous and serous pericardium then moving towards Pericardial effusion inclusive of its causes, physical examination and cardiac signs of Pericardial effusion, X-ray finding of enlarged cardiac silhouette, ECS guidelines for management of Pericardial effusion. All aspects were discussed in great detail.

Moreover, Dr Nahal captured cardiac tamponade where she discussed becks triad, echo signs of tamponade collapsed RA and RV during diastole, then treatment perocardiocentesis was explained. Furthermore, an in depth discussion on Pericarditis including ECG findings, causes, types ,acute Pericarditis diagnostic criteria, treatment of Pericarditis according to stage of Pericarditis and ESC guidelines, causes of constrictive pericarditis.

Finally, In the end there was an excellent slide to differentiate constrictive persistent from tamponade and restrictive cardiomyopathy.

Every time Dr. Nahal delivers a lecture I feel there is no margin to even blink. It depicts her in depth knowledge and understanding. I intend to revisit her lectures multiple times as its not only helpful from exam point of view but also in managing patients in routine practice.

Can't thank enough Dr Ash and Dr Nahal for this great lecture. Brilliant work undoubtedly!

Regards Dr. Mariam sultan khan

#### **FEEDBACK # 14**

##### **Dr Rizwan Siddiq**

Today's session by Dr Nahal was very useful. Discussed pericardial diseases in detail and learned difference between the ECG of pericarditis and MI.

Acute and chronic pericardial effusion, Cardiac tamponade and its echo signs and its treatment

Cause of pericardial effusion and tamponade, Treatment of pericarditis, X-rays of pericardial effusion and constrictive pericarditis. Each and everything was described efficiently. Thank you for such informative lecture today.

#### **FEEDBACK # 15**

##### **Dr Muhammad**

Topics covered in today's lecture were related to pericardium its anatomy and diseases. She started from pericardial effusion difference between acute and choric sign symptoms and echo finding of RA and RV collapse with management. She also explained cardiac tamponade, backs triad and indication for pericardiocentesis very well. Moreover she covered pericarditis. Difference between constrictive pericarditis restrictive pericarditis and cardiac tamponade, X-rays and last slide in her presentation made things more cleared. Over all it

was a very informative session and ECG's she showed in her presentation made my concept clear and now I'm able to differentiate between STEMI and pericarditis ECG.

Thankyou Dr Ash and Dr Nahal for this wonderful session

**FEEDBACK # 16**

**Dr Zeeshan Ayaz**

It was a wonderful session today. The way she starts from scratch and builds up the foundation in our minds is amazing, from revising the layers of pericardium to normal levels of pericardial fluid. Acute pericarditis can present on even 80ml of fluid and chronic pericarditis won't even show signs on 2 liters of fluid. Causes of pericarditis along with how will it present and what will be the management for acute and chronic both. Clearly differentiated how and when to treat it and when not to treat and determine the precipitating cause first.

How it will be seen on chest X-ray and How to differentiate between ECGs of acute MI and pericarditis?

Cardiac tamponade it's presentation, diagnosis and management and differentiating features. Thank you for such informative lecture.

**FEEDBACK # 17**

**Dr Beenish Naveed**

Another great lecture delivered by Nahal starting from the anatomy of heart and it's covering with the detailed explanation of layers from outside to inside, all the causes of pericardial effusion and teaching of acute and chronic types on the basis of amount accumulated. She explained how and when to treat it along with the diagnosis and differentiating points from normal to abnormal findings in cardiac silhouette.

She clear our all doubts about cardiac tamponade, how it could present, the Beck's triad, the ECG presentation, along with the Echo signs moving further towards Pericarditis, its types and causes. She also gave in depth knowledge of diagnostic criteria of acute pericarditis

Acute

Incessant

Recurrent

Chronic

The explanation in light of ESC guidelines was top notch and details of constrictive pericarditis differentiating points were amazing.

In the end she described very well how to differentiate constrictive pericarditis from tamponade and restrictive cardiomyopathy.

The way of explaining the things was amazing. She always has a positive energy which keeps all the candidates engage and motivated throughout the class.

Thanks Dr Ash for his efforts and brilliant work.

**FEEDBACK # 18**

**Dr Aiman Saeed**

An amazing session Starting with telling how does pacemaker looks on chest x-ray, how does defibrillator looks like, how to use it.

The coming to pericardial diseases... what is pericardial cavity, pericardial fluid and it's classification, difference between cardiac tamponade and pericardial effusion, how will pt present and it's management.

How will percarditis seen on ECG

How to differentiate between acute MI and percarditis and so on

Thank you so much Dr Nahal for such informative lecture, I always enjoy learning from your lecture. Thanks Dr Ashfaque for your efforts.

**FEEDBACK # 19**

**Dr Sidra Asad**

Glad to be part of this amazing lecture by Dr. Nahal. In this lecture, we were taught how to classify different pericardial diseases on the basis of history, examination and certain investigations. Also, different ECG's and X-rays were explained with positive findings of acute pericarditis, cardiac temponade and we were expected to know the difference between ECG's of myocardial injury(Stemi) and pericarditis (global St elevation). Moreover, pathogenesis of pericardial effusion, temponade and constrictive pericarditis were well explained. We were given questions regarding these topics to brain storm our minds and Dr Nahal has covered all aspects of management plans according to updated NICE and European society of cardiology guidelines which are currently practiced in UK hospitals. Thank you so much for your efforts. It's truly an amazing programme and we are lucky to be part of it.

**FEEDBACK # 20**

**Dr Ahmad Tanveer**

Power pack lecture gave by Dr. Nahal. Classification of pericardial diseases discussed. Findings on ECG's and X-rays discussed pericarditis, cardiac temponade differentiation points, difference between ECG's of myocardial injury(Stemi) and pericarditis (global St elevation). Moreover, pathogenesis of pericardial effusion, temponade and constrictive pericarditis were explained well. Dr Nahal. Thank you so much for your efforts. It's truly an amazing lecture