

A newsletter for updates in the field of dermatology



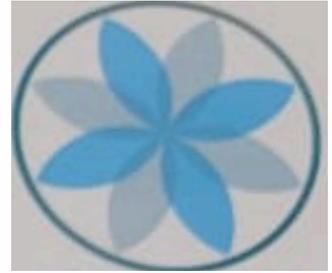
DERMALINE

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EDITOR'S WORD

Dear Readers,

The new year brings another issue of Dermaline. The newsletter reflects not just information but our commitment to continuous learning and progress. Our focus in 2026 remains on research, allowing us to continue refining our understanding of skin diseases and improving patient care. Beyond clinical dermatology, aesthetic procedures are becoming a major challenge, with a glaring impact on our everyday lives. Attention to safety, training, and ethical practice is more important than ever.

Psychodermatology is a neglected aspect of our field, and we have been pioneers in raising this flag. We intend to collaborate with other disciplines to improve mental and emotional well-being in patients with chronic dermatoses.

We want to thank our Principal Prof. Tayyiba Wasim, who has always encouraged and supported us in our endeavours. Looking forward to a fruitful year ahead.

Prof. Nadia Ali Azfar
Editor Dermaline

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ACADEMIC ACTIVITY

Over the past six months, Dermatology Unit II, Jinnah Hospital, has remained actively engaged in a wide range of academic activities, reflecting its strong commitment to postgraduate education, continuous professional development, and patient-centred dermatological care.



In addition to the regular academic sessions conducted in accordance with the guidelines of the College of Physicians and Surgeons Pakistan (CPSP) and the University of Health Sciences (UHS), the unit has organized several workshops and seminars aimed at broadening clinical knowledge and fostering interdisciplinary collaboration.

In addition, regular teaching sessions for rotational postgraduate residents (PGRs) have been consistently conducted, ensuring structured learning, clinical skill development, and adherence to training objectives.

Through these sustained academic efforts, Dermatology Unit II continues to contribute meaningfully to postgraduate education, interdisciplinary collaboration, and comprehensive patient care, reaffirming its role as a dynamic and progressive academic unit.

DEPARTMENT PATIENT TURNOVER

The Dermatology Unit-II at Jinnah Hospital has provided outpatient services to 19754 patients over the past six months, operating from 8:00 a.m. to 3:00 p.m. in accordance with the new schedule. In addition to routine clinical care, a broad spectrum of minor dermatological procedures has been regularly performed, including cautery, cryotherapy, intralesional steroid injections, and skin biopsies. LASER hair removal, phototherapy, and LASER for pigmentary disorder.



RESEARCH AND PUBLICATION

PUBLISHED RESEARCH LAST 6 MONTHS

How to cite:

- Association of Low Serum Ferritin Level with Non-Scarring Alopecia in Women from Punjab, Pakistan. <https://www.thejas.com.pk/index.php/pjhs/article/view/3523#:~:text=Objective%20to%20determine%20the%20association%20between%20low,Sialkot%2C%20from%20May%202025%20to%20August%202025>
~Dr. Bushra Bashir
- Outcome of Topical Dapsone 5% versus Topical Clindamycin 1% in Treatment of Mild to Moderate Acne Vulgaris <https://www.thejas.com.pk/index.php/pjhs/article/view/3443#:~:text=Objective:%20To%20compare%20the%20outcome%20of%20topical,Teaching%20Hospital%2C%20Sialkot%2C%20from%20February%202025%20to>
~Dr. Bushra Bashir
- Social Media in Dermatology: Shaping Clinical Practice, Public Awareness, and Patient Engagement. Shamim H, Raza M, Zia H, Khan AU, Agha M, & Azfar NA (2025). Social media in dermatology: Shaping clinical practice, public awareness, and patient engagement. Journal for International Medical Graduates.4(1). <https://doi.org/10.56570/jimgs.v4i1.185>

ONGOING

- **Efficacy and safety of single-spin PRP in Androgenic Alopecia**
~Dr. Bushra Bashir
- **Dermatoscopic patterns for diagnosing pigmented melanocytic Naevi**
~Dr. Hira Fatima
- **Exploring prevalence, genomics, clinical outcomes, psychosocial, financial, and quality of life impact of antifungal-resistant dermatophyte infections in Pakistan**, in collaboration with Aga Khan University, Karachi (Prof Rumina Hasan, Dr. Joveria Farooqi, Prof. Afia Zafar, Dr. Najia Ghanchi, Dr. Saadia Tabassum) and **Jinnah Hospital, Lahore** (Dr Nadia Ali Azfar)
- **Efficacy and Safety of Topical Ruxolitinib in Patients with Vitiligo**
~Dr. Haseeb Ahmad

FUTURE RESEARCH PLAN

- **Efficacy of CO2 LASER in Keloid Treatment** ~ Dr. Hira Fatima
- **Efficacy of Apremilast versus Azathioprine in Lichen Planus**
~Dr. Humaira Shamim



FOLLOW-UP AND UPDATES ON CLINICS

A total of 50 patients (10 with pemphigus and 40 with psoriasis) have been enrolled, evaluated, investigated, and treated to date.

Psoriasis clinics

Through dedicated follow-up psoriasis clinics, we have successfully achieved sustained remission in patients with difficult-to-treat psoriasis. This remission has been accomplished by adhering to recently internationally approved treatment guidelines, including the use of Secukinumab in appropriate psoriasis patients.



Pemphigus clinics

In follow-up clinics, disease remission in patients with pemphigus was successfully achieved using Rituximab, in accordance with current treatment protocols. Four patients received Rituximab injections.





ANNOUNCEMENT

DermatoSurgery Theatre

An initiative was taken by Prof Nadia Ali Azfar for the upgradation of a room in the Dermatology Department. A request was initiated, and a budget of around four lakhs was approved by our worthy principal Prof Tayyaba Wasim. This space is being utilised for the establishment of **Dermato Surgery Theatre** first ever in Jinnah Hospital Lahore. It will serve the purpose of teaching and training PGRs for surgical procedures falling in the domain of Dermatology



Fungal Infections: What You Need to Know

Fungal skin infections are caused by tiny fungi that grow on the skin, hair, or nails. They can lead to itchy, scaly patches, redness, and sometimes cracking of the skin. Common types include ringworm, athlete's foot, and fungal nail infections.



Treatment is usually straightforward, typically involving antifungal creams or tablets. Keep the skin clean and dry, avoid sharing personal items, and wash clothes, socks, and towels regularly. Keep your feet dry, change sweaty socks, avoid walking barefoot in public areas, and do not share personal items. If the infection spreads, recurs, or does not improve, consult your doctor.

The use of mixed or irrational topical preparations in the treatment of fungal infections by some practitioners can lead to worsening of the disease and poor clinical outcomes.

FUNGUS AWARENESS



They spread through direct skin-to-skin contact or by sharing things like combs, towels, shoes, or bedding. Warm, sweaty areas such as between the toes or skin folds are the most affected.



ACHIEVEMENTS AND HONORS

Congratulations:

- Dr. Bushra Bashir joined as an Associate Professor in Dermatology Unit II



- Dr. Wasfa Hayat and Dr. Mehwish Jahangir, Senior Registrars in Dermatology Unit-II, successfully obtained Certification in Health Professions Education.
- Congratulations on the development of PDAP (Pediatric Dermatology Association Pakistan)

Office bearers from Dermatology Unit II

- Prof Nadia Ali Azfar (President)
- Dr Mehwish Jahangir(Joint Secretary)
- Dr Wasfa Hayat (Secretary Media)

WORKSHOPS OVERVIEW

Psychodermatology Workshop

The Department of Dermatology Unit II organized a Psychodermatology workshop for faculty members and postgraduate trainees to highlight the psychological aspects of dermatological diseases. The workshop emphasized on the mind-to-skin connection and the importance of holistic patient care. Participants actively engaged in discussions, sharing clinical experiences and insights. Donations were collected for deserving children suffering from congenital disorders.



WORKSHOP OVERVIEW

Effective use of AI in medical research and writing

This workshop focussed on the effective use of artificial intelligence in medical research and scientific writing. Participants learnt how AI tools can support literature review, data analysis, manuscript drafting, and editing while maintaining ethical standards. The session emphasized responsible, accurate, and efficient integration of AI to enhance research quality and productivity.



INVITED LECTURE HIGHLIGHTS

Class on Biologics by Dr. Bilal (Rheumatologist)

This class on biologics, led by Dr. Bilal, Consultant Rheumatologist, provided an overview of biologic therapies in the management of rheumatologic diseases. The session covered mechanisms of action, clinical indications, safety considerations, and practical use in patient care. It aimed to strengthen the understanding of modern targeted therapies in rheumatology.



Talk on GLP 1 inhibitor by Dr. Abida (Endocrinologist)

This talk on GLP-1 inhibitors, delivered by Dr. Abida, Consultant Endocrinologist, highlighted the role of GLP-1-based therapies in the management of diabetes and obesity. The session discussed mechanisms of action, clinical benefits, side effects, and patient selection. It aimed to provide practical insights into the effective use of GLP-1 inhibitors in clinical practice.



IPL ACQUIRED FOR EDUCATION AND TRAINING OF POST GRADUATE TRAINEES AND REASEARCH PURPOSE

The IPL (Intense Pulsed Light) inauguration program was organized to provide affordable laser-based treatment services for underprivileged individuals, with the aim of improving access to safe, effective, and modern dermatological care. This initiative supports early intervention and enhances treatment outcomes while reducing the financial burden on patients.

IPL technology is widely used in dermatology for the management of pigmentary disorders, acne, vascular lesions, unwanted hair removal, and skin rejuvenation. It also helps improve overall skin texture and tone. The introduction of this facility reflects a commitment to advancing patient care through the availability of cost-effective, evidence-based therapeutic options within the public healthcare system.



FIRST DSFC (DISCIPLINE-SPECIFIC FACULTY COUNCIL) MEETING IN THE FIELD OF DERMATOLOGY AT UHS LAHORE

The first meeting of the **Discipline-Specific Faculty Council (DSFC)** was hosted by the **Department of Dermatology, Jinnah Hospital, Lahore**. The University of Health Sciences (UHS), Lahore, has recently launched Discipline-Specific Faculty Councils (DSFCs) for various clinical subjects, including dermatology, with the objective of promoting academic clarity, consistency, and accountability across its affiliated institutions.

These councils bring together senior faculty members to review curricula, guide teaching and training standards, and address discipline-specific academic and professional needs. The DSFC for Dermatology is expected to promote research, encourage innovation in teaching methodologies, and ensure transparency and fairness in assessment processes. Additionally, it will serve as a platform for curriculum review and faculty development. Through these initiatives, the council is anticipated to significantly enhance the quality of medical education and ultimately contribute to improved healthcare services in Pakistan.



ACADEMICS

We are deeply committed to delivering academic classes on a daily basis for postgraduate trainees. These sessions are designed to strengthen clinical knowledge, encourage critical thinking, and support continuous learning. Our goal is to provide consistent, high-quality education that enhances both academic and professional growth.



TOACS

Regular exam-scenario-based conduction of TOACS is carried out for postgraduate trainees. These sessions are designed to simulate real examination settings and enhance clinical reasoning and decision-making skills. The initiative helps trainees build confidence, improve performance, and prepare effectively for final assessments.





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https://www.instagram.com/dermaunit2?utm_source=qr&igsh=NXpnbDQydDYydnh3