

# Centre Connect

## Aug/Sep 2023



### What's happening?

#### 1. Latest news from the research team

##### BIDE host international conference on diabetes in Karachi

The National Association of Diabetes Educators of Pakistan Diabetes Foot Conference 2023 held in Karachi from August 25th to 27th highlighted crucial discussions on diabetes education and management in Pakistan. The event featured notable speakers, including international experts, who emphasised diabetes policy development, preventive strategies, leadership in diabetes care, and the evolution of diabetic foot care.

News story: [NADEP Foot Conference 2023](#)

##### Language Matters for Diabetes guidelines for Pakistan, 'Meethay Bol'

The DiaDeM team are proud partners in this excellent new Language Matters for Diabetes guideline, launched in August, that provides practical examples of common phrases that can be substituted with others and tips for a more healthy and positive communication between healthcare professionals and people living with Diabetes.

News story: [Meethay Bol – Language Matters Pakistan](#)

##### Community Engagement

The participants of the 7th Community Advisory Panel meeting in Rawalpindi Pakistan posing with the DiaDeM research team earlier in September. The DiaDeM team continues to work hard to strengthen partnerships, enhance trust and develop understanding, working in harmony with participants towards common goals in research.



## 2. Welcome aboard

Ms. Rubia Zafar

Ms. Rubia Zafar has recently been appointed as the new Site Trial Manager at BIDE. Rubia will be working with the urban PLA trial-related activities under the diabetes theme of the Centre. Welcoming. Welcome to the team Rubia.

## 3. What's new from the community & beyond

Government of Pakistan Civil Awards

In August, President Dr Arif Alvi conferred [civil awards](#) on Pakistani citizens as well as foreign nationals for showing excellence and courage in their respective fields. The investiture ceremony for the following civil awards will take place on Pakistan Day on March 23, 2024.

Heartiest congratulations to:

- Prof Umar (RMU) **Hilal-i-Imtiaz** (ہلالِ امتیاز, *Crescent of Excellence*) Education/ Medical Sciences
- Prof Bhutta (AKU) **Sitara-i-Imtiaz** (ستاره امتیاز, *Star of Excellence*) Education
- Prof Zia (KMU) **Tamgha-i-Imtiaz** (تمغہ امتیاز, *Medal of Excellence*) Education

Very well deserved awards. It is an honour for us in the Centre to be working with people of such eminence.

News story: [President confers civil awards on Pakistani citizens, foreign nationals](#)

Research Communications Coordinators

To make it easier to get your research out there we are establishing a team of locally based research communication coordinators. The coordinators also meet monthly as a team to share knowledge and build skills. Writing Centre Connect is going to one of their regular jobs. If you have questions please get in touch with them directly. So far we have Nadia Bokhari (AKU), Amna Mansoor (BIDE), Ali Kamran (The Initiative), Shabnam Azizi (HealthNet TPO) and Jenny Westad (York).

## 4. Looking forward

Centre for IMPACT Annual Meeting 2024

In the coming months we'll be making some announcements about where and when the meeting will be so you can book your travel nice and early.

## Socials

It is World Mental Health Day on Tuesday 10th October. The theme for 2023, set by the World Foundation of Mental Health, is **'Mental health is a universal human right'**.

To mark World Mental Health Day the Centre will premiere the video we showed at the annual meeting **"The Cloud of Depression"** on 9th October. The video is produced by **"The Initiative"** and is a powerful and emotionally resonant animation that explores the journey of a woman's battle with depression. This event promises to be a significant moment for raising awareness about mental health issues and offering hope and support to those who may be facing similar challenges. Through stunning visuals, heartfelt storytelling, and a

poignant narrative, the video takes viewers on a journey through the highs and lows of her life, offering a glimpse into the daily struggles faced by millions worldwide. The launch will be followed by a panel discussion on “**integration of mental health into physical health**”. The mental health experts on the panel will also have a thought provoking discussion on the importance of addressing mental health issues in today’s society and the impact of storytelling in raising awareness and breaking stigmas around mental health issues. The video is also translated into different regional languages of Pakistan.

ڈپریشن کا پادل

YouTube Premieres let you and your viewers watch and experience a new video together in real time. We will be sharing the watch page ahead of time so that viewers can set reminders, chat and leave comments.

[Watch the video](#) premiere on YouTube "**The Cloud of Depression**"

## 1. X, formerly known as Twitter

Suggested Tweet - *Simply copy and paste the text below and adapt the text as you would like.*

To mark #WorldMentalHealthDay the #Centre4IMPACT will launch a short Urdu animation **The Cloud of Depression** to raise awareness, foster empathy, and encourage open conversations about depression. Watch the video <https://youtu.be/ui40HQkm-cs>

In October, look out for other tweets about World Mental Health Day. Why not also tweet about the mental health research we do as a Centre on the 10th.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone’s mental health. It’s also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

Suggested accounts to follow

@mentalhealth The Mental Health Foundation ❤️ The UK’s charity for everyone’s #MentalHealth. Home of #MentalHealthAwarenessWeek

@WMHDay WorldMentalHealthDay Uniting the world on October 10th for the official #WorldMentalHealthDay. Join them to promote awareness of #MentalHealth in people all over the world.

## 2. YouTube - [youtube.com/@Centre4IMPACT](https://youtube.com/@Centre4IMPACT)

On World Mental Health Day, as well as sharing The Cloud of Depression animation, [watch](#) and share the Mental Elf video shorts recorded at our Annual Meeting. More being uploaded soon.

## Upskill

### NIHR Post-Doctoral Career Development Event

Virtual registration remains open for this conference on Monday 6th November. This day-long hybrid event will support post-doctoral researchers from all fields of health and social care research to successfully navigate this pivotal, and sometimes challenging stage of their career. The event is open to any researchers at a postdoctoral career stage or in the final year of their PhD interested in pursuing their career with NIHR. [Register online](#)

### Courses on NIHR Learn

NIHR Learn is a free online learning platform that allows you to enrol in a variety of online and face-to-face training courses. Courses include Good Clinical Practice (GCP) and eLearning for Research. You can book a GCP course on [NIHR Learn](#), or for anyone who does not have an 'ac' or 'nhs' email address, these courses can be booked [via this link](#) on Open Learn.

## Latest Publications

Recent publications from Centre colleagues:

- [Is tobacco use associated with risk of recurrence and mortality among people with tuberculosis? A systematic review and meta-analysis.](#) *Vidyasagaran AL, Readshaw A, Boeckmann M, Jarde A, Siddiqui F, Marshall AM, Akram J, Golub JE, Siddiqi K, Dogar O.* *Chest.* 2023 Aug 29:S0012-3692(23)05372-2. doi: 10.1016/j.chest.2023.08.021
- [Data on non-communicable diseases: A missed opportunity in Pakistan.](#) *Khan SD, Jafar TH, Siddiqi K, Ahmad T, Khan AA, Samad Z.* *J Glob Health.* 2023 Sep 1;13:03045. doi: 10.7189/jogh.13.03045
- [Barriers and facilitators to integrating depression care in tuberculosis services in South Asia: a multi-country qualitative study.](#) *Todowede O, Afaq S, Adhikary A, Kanan S, Shree V, Jennings HM, Faisal MR, Nisar Z, Khan I, Desai G, Huque R, Siddiqi N.* *BMC Health Serv Res.* 2023 Jul 31;23(1):818. doi: 10.1186/s12913-023-09783-z
- [Children Learning About Secondhand Smoke \(CLASS III\): a protocol for a cluster randomised controlled trial of a school-based smoke-free intervention in Bangladesh and Pakistan.](#) *Huque R, Siddiqi K, Khokhar M, Jackson C, Kanaan M, Hewitt C, Kellar I, Welch C, Parrott S, Mishu MP, Sheikh A, Iqbal R.* *BMJ Open.* 2023 Jul 14;13(7):e068620. doi: 10.1136/bmjopen-2022-068620
- [Prevalence of familial hypercholesterolemia in a country-wide laboratory network in Pakistan: 10-year data from 988, 306 Patients](#) *Farhad A, Noorali AA, Tajuddin S, Khan SD, Ali M, Chunara R, Khan AH, Zafar A, Merchant A, Bokhari SS, Virani SS, Samad Z.* *Prog Cardiovasc Dis.* 2023 Jul-Aug;79:19-27. doi: 10.1016/j.pcad.2023.07.007. Epub 2023 Jul 27

### Have we missed your output?

Please share any outputs for the next Centre Connect digest by completing the Centre's dissemination [form](#) OR by emailing Jenny Westad.