

APPNA

SPRING MEETING NEWSLETTER *2015*



• **Crystal City** •
Arlington, Virginia

May 1-3, 2015

Talha Siddiqui, MD

Chair, Spring Meeting 2015

Mubasher Rana, MD, FACP

APPNA President 2015



PRESIDENT MESSAGE: APPNA SPRING MEETING PUBLICATION 2015



Dear APPNA Members:

A Assalaam-Alaikum. Thanks for your participation in APPNA's Spring meeting 2015. I would like to thank all the members of the host committee under the leadership of Dr. Talha Siddiqui for working so hard and paying attention to every detail to make this meeting a success.

To make it convenient, we added "Day on the Hill" before the meeting. I want to thank all the members who have taken out time from their busy schedules to attend "Day on the Hill". It is a very important event to introduce and promote APPNA's initiatives. We will be advocating for the young physicians and lend support to the GRAD Act which facilitates visa processing. I would like to thank the Advocacy Committee for their tremendous efforts in making this event possible.

I want to thank CME committee under Dr. Jawad Hasnain's leadership for arranging a very impressive CME program. APPNA's executive council meeting is on Saturday and if needed again on Sunday morning. We would like to give full opportunity to APPNA committee chairs to present their reports and have a productive discussion.

We will also have an APPNA presidential debate and a social forum. I appreciate and thank spring meeting and Central APPNA Publication committees for working together to produce this newsletter.

Welcome to Baltimore and wishing all attendees a good time and a productive meeting.

Mubasher Rana, MD, FACP

APPNA President 2015

MESSAGE FROM PUBLICATIONS CHAIR



Dear APPNA Family:

I am delighted to present you first of the four planned publications from APPNA publication committee for the year 2015. The main goal of this newsletter is to highlight and appreciate the extraordinary amount of work all of you are doing not only in Pakistan, standing tall and ever present in this challenging era especially in time of need, but also the advocacy and community service we all are involved in our adopted homeland. As you browse through the pages you will also see amazing amount of hard work Host Committee under the leadership of Talha Sidiqie has done to welcome hundreds of APPNA families to Baltimore and to make their stay for the spring meeting a memorable one.

I am thankful to Dr Rana for his trust in APPNA publication committee to get this important job done; However We will need all of your support to complete the job for the whole year. Please gear up and bring out all your literary talent for APPNA summer Journal to be published at the summer meeting. Please be at the look out for article submission request coming soon.

Now without further due grab a cup of coffee, pull out the recliner by the fireplace and enjoy a superb read. As always please do not be shy in letting us know of your feed back, positive or negative as this is the only way to improve and move forward.

Tahir Latif MBBS, MBA, FACP





HOST COMMITTEE CHAIR MESSAGE: APPNA SPRING MEETING PUBLICATION 2015



Dear APPNA Family:

Welcome to the APPNA Spring Meeting 2015 in Crystal City, Arlington, VA.

The host committee of the APPNA Spring Meeting 2015 is delighted to organize this event . We want to be the first to welcome you to the spring meeting here in Crystal City, Arlington, VA.

We have exciting and important programs on Friday and Saturday. From CME, Young Physicians Seminar , Parent Physician Network and Banquets to the most important APPNA Council Meeting.

I would like to thank my host committee which includes Co- Chairs ; Jawad Hasnain (CME) Mohammad Akbar, Tariq Mehmood (Entertainment) and Samia Piracha.

Special thanks to Rashid Nayyar as Chair Publication , Atiya Khan for Social Forum, Naseem Khan for PPN, Sohail Qarni for Banquets and Munazza Hasnain for Booths.

Also thankful to program coordinator and Chair for YPC Seminar , Rizwan Khalid and Shahzad Iqbal. The efforts of Ayesha Najib and Tazeen Hashmi for arranging the Pakistani Medical Colleges revalidation / registration forum is commendable .

We recieved full support from the APPNA DMV Chapter team which includes President Naeem Lughmani, Secretary Syed Wasimul Haque and Treasurer Tahir Shaikh along with Mubarak Kahn ,Tariq Shahab, Mubashar Choudhry and Habib Chotani.

My note can not end without mentioning the friend of APPNA , Mr. Khalid Ali who has been in the forefront for organizing the entertainment for this event.

Additionally, please let us know if you have any special interests regarding your stay in Crystal City.

Should you have any questions or concerns, please do not hesitate to contact us!

We hope you all have a wonderful time at the meeting!

Best wishes,

Talha Siddiqui, MD
Chair, Spring Meeting - 2015





HOST COMMITTEE CO-CHAIR MESSAGE: APPNA SPRING MEETING PUBLICATION 2015



Dear APPNA Family:

Assalamu alaikum and welcome to the APPNA Spring meeting 2015. We hope you and your family will have a enjoyable time during this meeting. The host committee along with President Mubasher Rana has put together a wonderful and entertaining program for you.

I would like to thank the chairman of the host committee Dr. Talha Siddiqui for entrusting me with this responsibility of being the chair of publication committee. Special thanks to Dr. Tahir Shaikh for his tremendous help in bringing out this publication.

In this issue you will find detailed program of the spring meeting and messages from many congressmen who acknowledges the importance of APPNA.

We hope you all have a memorable time during this meeting.

Rashid Nayyar, MD
Chairman Publication committee

With Best Compliments to
All attending
APPNA Spring Meeting 2015

MUBASHAR CHOUDRY, MD

Advanced Vascular Resources, LLC
1700 Elton Road, suite 201
Silver Spring MD

With Best Compliments to
All attending
APPNA Spring Meeting 2015

HAROON RASHID, MD

Commonwealth Medical Center
3535 S. Ball St. Suite A
Arlington, VA-22202
Ph:703-558-4922
Fax 703-228-9021





APPNA HOST COMMITTEE SPRING MEETING 2015



Dr. Talha Siddiqui



Dr. Jawad Hasnain



Dr. Mohammad Akbar



Dr. Samia Piracha



Dr. Tariq Mahmood



Dr. Rashid Nayyar



Mr. Khalid Ali



Dr. Sohail Qarni



Dr. Tahir Sheikh



Dr. Atiya Khan



Dr. Mubarik Khan



Dr. Mubashar Choudry



Dr. Naeem Lughmani



Dr. Wasim-Ul-Haque



Dr. Naseem Khan



Dr. Habib Chotani



Dr. Syed Tariq Shahab



Dr. Ayesha Najib



Ms. Munazza Hasnain



Mr. Tipu Ahmed



Welcome to
APPNA
Spring Meeting 2015



Mohammad Akbar, M.D.

611 S. Carlin Springs Rd. #401
Arlington, VA 22204



**Welcome to APPNA Spring Meeting
Rashid Nayyar, MD PC**

2000 North Beauregard Street, Suite 360
Alexandria, VA 22311
Phone: (703) 924-9004
Fax: (703) 924-9067

**APPNA
SPRING MEETING 2015**

I welcome you all to this event. We have an excellent program planned along with an exciting CME schedule.

Jawad Hasnain, MD, MBA, FACC
Chair, CME Program
Vice-Chair, Host Committee



**With Best Compliments to All attending
APPNA Spring Meeting 2015**

Tahir Shaikh, MD, DO
611 S. Carlin Spring Road, Ste 514
Arlington, VA-22204
Ph: 703-751-2100
Fax 703-751-2101



UNITED STATES SENATE
WASHINGTON, D.C. 20510

BARBARA A. MIKULSKI
MARYLAND

May 1, 2015

Dr. Mubasher Rana, President
Association of Physicians of Pakistani Descent of North America

Dear Dr. Rana & Friends:

Greetings to the members and guests of the Association of Physicians of Pakistani Descent of North America as you gather together here in Baltimore for your annual spring convention. Thank you for the kind invitation to share this uplifting event with all of my good friends from this wonderful community.

Since its inception, this group has grown and flourished, and now your programs help to empower all physicians of Pakistani descent throughout the country. You are on the front lines working hard every day. I believe in you and I want to tell you how proud I am of you.

Friends, I sincerely believe that America is strengthened by the rich cultural diversity of our people. We are blessed to have the values and traditions of the Pakistani-American community – love of family, entrepreneurship, excellence in education, professional success and community service – incorporated into our American way of life. Each and every day America reaps the harvest of these talented and hard-working citizens and recognizes their rich legacy of ingenuity, perseverance and achievement.

And while there is a crucial job to be done, I also hope that you will have an opportunity to enjoy everything that our fine state has to offer. Enjoy our world class seafood and the iconic Chesapeake Bay. Take in a baseball game at beautiful Camden Yards in downtown Baltimore. Stroll the classic wooden boardwalks in Ocean City or hike the mountain sides of western Maryland. The state of Maryland is known as America in miniature, and whatever your interest, I am sure you will find what you are looking for here.

I look forward to continuing our work together to keep the dream of America alive for all of our children.

Sincerely,

Barbara A. Mikulski
United States Senator



DONNA F. EDWARDS

4TH DISTRICT
MARYLAND

U.S. HOUSE OF REPRESENTATIVES
WASHINGTON, DC 20515

Friday, May 1, 2015

Association of Physicians of
Pakistani Descent of North America
6414 S. Cass Ave.
Westmont, IL 60559




Dear Friends,

I am truly pleased to welcome the Association of Physicians of Pakistani Descent of North America to Maryland for the APPNA 2015 Spring Convention. As the largest Pakistani-American nonprofit you do such a tremendous job serving patients from all around our nation. APPNA and its members serve as an excellent example of how to promote cultural diversity, civic engagement and medical stewardship. It is amazing the work that APPNA and its members have had on the health and well-being of our citizens, and I am sure that this convention will only work to continue progress and achievement. I thank you all for your dedication to service and activism.

As the representative for Maryland's 4th Congressional District, I am honored by the work of individuals such as yourself to continue making progress in our nation, and to dedicate yourselves to the health and well-being of others. I am inspired by the positive impact that you continue to have. I wish you all the best on this year's APPNA Spring Convention!

Sincerely,


Donna F. Edwards
Member of Congress



SENATOR BILL FERGUSON

DELEGATE PETER A. HAMMEN
DELEGATE LUKE CLIPPINGER
DELEGATE BROOKE LIERMAN



THE MARYLAND GENERAL ASSEMBLY
LEGISLATIVE DISTRICT 46
BALTIMORE CITY

Dear APPNA Members:

Welcome to Baltimore! As the state representatives for District 46, where your conference is taking place, we want to be the first to welcome you to Charm City. We are so pleased that AAPNA has chosen Baltimore as the location for its Spring Meeting this year. Our beautiful city has much to offer – from our historic waterfront and charming neighborhoods to fantastic sports team and nationally-acclaimed restaurants and museums. There is something here for everyone. Whether you’ve visited Baltimore before or this is your first time here, we hope you will take advantage of your free time to explore our many attractions.

Our waterfront neighborhoods offer a variety of attractions. Walking along our Waterfront Promenade, from the Inner Harbor to the cobblestone streets of Fell’s Point, or around to the historic Federal Hill area, you can sample a variety of excellent restaurants and shops. Cross Street Market in Federal Hill, Thames Street in Fell’s Point, and O’Donnell Square in Canton, all offer a huge variety of regional and international cuisines. If you have time for a museum, there are several within walking distance, including the National Aquarium, the Science Center, and the American Visionary Arts Museum. We also recommend Baltimore’s famous Little Italy and Greektown neighborhoods, boasting excellent food and culture!

While a walk allows you to see things on the shore side, Baltimore hosts a water-taxi service that allows for quicker access to get across the harbor and see the City from the water. Visit the concierge at your hotel for more information on the water taxi pickup stations and times.

If you’re looking for a little green space, Baltimore has many neighborhood parks. Patterson Park, an historic urban park and one of our most treasured green spaces, was donated in 1827 by city father William Patterson. Sometimes referred to as Baltimore’s Central Park, Patterson Park is a great place to go for a walk, play Frisbee, or bird watch. Just a short water-taxi ride away from your hotel is Fort McHenry. This National Monument and Historic Shrine has a newly-renovated visitor center explaining the writing of our country’s national anthem – the Star Spangled Banner. It was the flag atop Ft. McHenry that stood in “the dawn’s early light” after American troops repelled a British invasion during the War of 1812 and caused Francis Scott Key to pen his famous tribute.

You have also picked a fun weekend to visit Baltimore. On Saturday, May 2, Baltimore will play host to one of the most unique events in any American city – the Kinetic Sculpture Race! Organized by the American Museum of Visionary Arts, the Kinetic Sculpture Race attracts competitors from all over the east coast who design their own wacky, human-powered works of art and race them around the harbor.

We hope you have a fun and memorable stay in Baltimore, and we hope you will come back to explore further after your conference ends. Welcome again to Baltimore!

Our best,

Luke Clippinger
Delegate, District 46

Peter A. Hammen
Delegate, District 46

Brooke Lierman
Delegate, District 46

Bill Ferguson
Senator, District 46



HOUSE OF REPRESENTATIVES
WASHINGTON, D. C. 20515

ELIJAH E. CUMMINGS
SEVENTH DISTRICT
MARYLAND

May 2, 2015

Dear Friends:

It is my pleasure to welcome the Association of Physicians of Pakistani Descent of North America (APPNA) on the occasion of your 2015 Spring Convention.

I applaud your continuous work to strengthen cooperation between physicians and health care professionals of Pakistani descent and other colleagues throughout our nation.

I understand that APPNA is actively involved in supporting the delivery of quality health care in our country by promoting research, education, disease prevention and treatment while providing humanitarian aid and relief when disaster strikes.

Thank you for your leadership, dedication, and contribution to addressing the need for a healthy nation.

Baltimore's Inner Harbor has much to offer. I hope that you will have a chance to experience our hospitality and enjoy our fine cuisine.

Sincerely,

Elijah E. Cummings
Member of Congress



CHRIS VAN HOLLEN
MEMBER OF CONGRESS
8TH DISTRICT, MARYLAND

May 1, 2015

Dear Friends:

I am pleased to extend my warmest greetings to the members of the Association of Physicians of Pakistani Descent of North America who have gathered for APNNA's Spring Convention. Maryland is honored to host the largest Pakistani-American non-profit organization.

APNNA is an outstanding example of how to promote cultural diversity, civic engagement and medical stewardship. I am pleased to recognize its efforts, and I applaud the effective advocacy done by APNNA in the halls of Congress. I look forward to continuing our collaboration to improve the delivery of health care in our country.

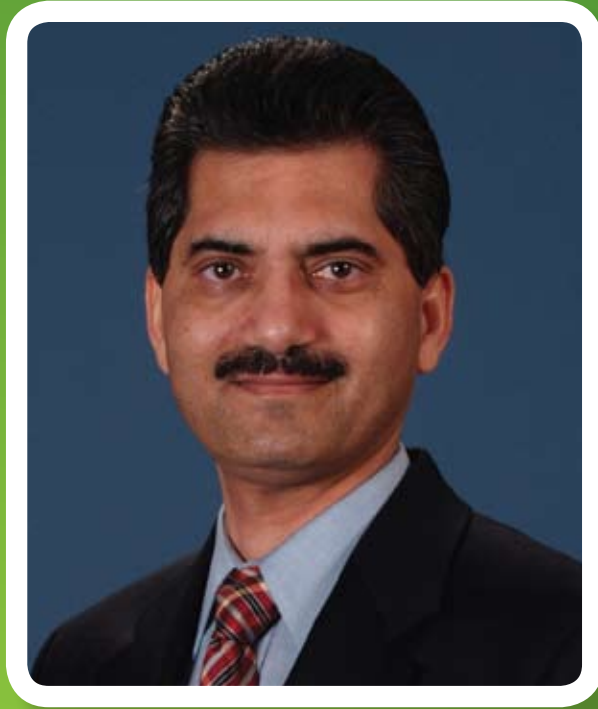
I hope that you have a productive and enjoyable Convention. You have my thanks for all you do.

Sincerely,



Chris Van Hollen
Member of Congress

Sajid Chaudhary, MD. for President Elect 2016



Dear APPNA friends,

I am humbled to be nominated for APPNA President Elect, 2016. APPNA has established its credentials to lead Pakistani American diaspora in securing our civil liberties and supporting charitable endeavors. Our Association represents over 12,000 Pakistani-American physicians, with only 3000 paid members. I pledge to increase APPNA's strength by increasing its membership and to increase our potential to promote our good work for the society. APPNA has played an exemplary role in helping young physicians of Pakistani origin over the years. The GRAD legislation is a great initiative for young physicians' visa issues. I am proud to be part of the process in partnership with Advocacy committee. APPNA must also facilitate the prospective residents who would become future APPNA members and leaders. We must empower our women members by encouraging their active participation in APPNA committees and projects.

APPNA needs a greater participation from those Pakistani physicians who have not yet joined the family. We need to improve the representation of US born physicians of Pakistani descent. APPNA chapters need guidance so that our healthcare ventures vis-a-vis community clinics can grow significantly to benefit greater American community.

I am confident that I can deliver to serve this great organization and its members given the opportunity to transform my vision into reality. I have the dedication, experience and commitment as evidenced by my track record of 15 years. My Presidency will be shaped by your needs and your input. I most humbly request your support and vote.

Sincerely,
Sajid Chaudhary, MD

Vision for APPNA:

Empower Woman Physicians
Creation of Infrastructure for Social Welfare Projects & Strengthen APPNA Foundation
Advocacy for Young Physicians & Civil Liberties
Creation of Healthcare Projects through APPNA Chapters
Scholarship programs for deserving Young Graduates
Integrate North American Medical Graduate of Pakistani Descent

Over a Decade of Services to APPNA:

Secretary APPNA 2008:

- Proponent and Supporter of First Code of Election Conduct in APPNA Election.
- Proposed & supported meeting budgets. Consequently all meetings had a prior budget approval for better fiscal management of APPNA affairs and curtailed over spending.
- Made archives of meeting minutes available to members for the sake of transparency and accountability.
- Assisted in creation & approval of Virginia Chapter.
- Initiated & supported the creation of Dental APPNA chapter.

2003: became founding member of Young Physician Taskforce
2003 to present: Active involvement in Advocacy for Civil Liberties and visa issues.

2003: Counselor APPNA New England Chapter.

2003: Council Member APPNA

2004: President of Physicians in Training section.

2005-2006: Member Social Welfare Committee

2005 (Oct-Dec): Chair Communication Committee

2007: Chair membership committee, 1st quarter.

2007: Member host committee summer meeting.

2007: Member APPNA Sehat committee.

2007-2008: Counselor APPNA Florida Chapter.

2009: Chair membership committee 2009

2009 to present Member Hepatitis C initiative

2013: Member APPNA Summer host committee, Florida.

2014: Chair Young Physicians committee.

- Worked to get 140 young physician's visas cleared on time.
- Worked with Advocacy com. chair to initiate GRAD Legislation to expedite J-1 visa.

2015: Member Advocacy committee 2015.

2015: Co-Chair Host Committee APPNA Summer meeting 2015.

2015: Advisor Committee on young physicians 2015.

Services to Allama Iqbal Medical College Alumni Association AIMCAANA:

2002 Secretary AIMCAANA

2003 President AIMCAANA

2006 Chair, election committee 2006

2005 to present Member Board of Trustee

2007 Chair Communication committee

2010 to date Executive director AIMCAANA

Services to community at large:

Board Member of Muslim Heritage Council of Rhode Island & worked to establish first Muslim section in state heritage museum.

Organized multiple social welfare, cultural and interfaith programs for the community.

Board Member of Muslim Heritage Council, RI

Raised funds for an exhibit about American Muslims in the first Historic Museum of RI

Supported organizations like CAIR and HDF, Islamic Relief, SKH Foundation, Koohi Goth Hospital.

I am founding member & president of Pakistani Association of Central FL.

Raised over 200,000 from its platform to support disaster relief efforts in Pakistan.

Raised \$500,000 for Shaukat Khanum Hospital.

Raised \$70,000 for Koohi Goth Hospital Karachi.

Professional & Medical activities:

Graduated from Allama Iqbal Medical College in 1985.

Diplomat in Infectious diseases and Int. Medicine

Member Board of trustees, at Osceola Regional Medical Center, Kissimmee, FL.

Vice chairman Department of medicine and member of various committees at Osceola Regional Medical Center, Kissimmee, FL.

Faculty of UCF College of Medicine.

Specialty Coordinator for UCF Internal medicine Residency program.



I am honored to present myself for the
Presidential Candidate of APPNA 2016.

I re-affirm my commitment with the
foundational principles of this great
organization and will do my level best to
keep APPNA on the track of progress.
For this endeavor, I request your support
and value your input.

*Shahid Rashid
M.D.*

Honored To Be The Only Candidate Who Has Risen Through the Ranks Of APPNA

- Secretary - APPNA 2015
- Treasurer - APPNA 2014
- Founding Member
APPNA South Central Texas Chapter
- Member, co-chair, chair and adviser of
various key committees of APPNA
- Member - APPNA and DOGANA for
more than 20 years

SHAHID RASHID MD
for President Elect APPNA 2016

A portrait of S. Tariq Shahab, a man with a goatee, wearing a dark suit, white shirt, and orange tie. He is smiling slightly. The background behind him is a blue gradient with a faint American flag on the left and a green flag on the bottom left.

S. TARIQ SHAHAB

for

APPNA PRESIDENT ELECT 2016

HONEST : HUMBLE : HARDWORKING

THE ONLY CANDIDATE THAT HAS RISEN THROUGH THE RANKS AND HAS SERVED IN DIFFERENT COMMITTEES AS MEMBER, CO-CHAIR AND CHAIR OVER THE LAST 10 YEARS

- **Treasurer of Central APPNA 2013**
- **Chairman Publication Committee (4 times) 2008, 2009, 2012, 2014**
- **Chairman Finance Committee 2013**
- **Co-Chair DOGANA Office Management Committee 2012**
- **Member Finance Committee (2 times) 2014, 2015**
- **APPNA Summer Meeting Host Committee (3 times) 2008, 2012, 2014**
- **Editorial Board Dow Link (DOGANA Publication) 2008, 2009**
- **Host Committee DOGANA Summer Meeting 2008, 2012**
- **Co-chair Advocacy Committee 2009**
- **Co-chair Resource & Development Committee 2009**
- **Co-chair First Team for Earth quake Relief 2005 and many more...**

Honest Leadership
DEDICATED SERVICE



Naseem A. Shekhani, MD
for **APPNA**
President Elect
2016

"The time is always right
to do what is right."
Martin Luther King

VOTE FOR A BRIGHTER APPNA

With wholehearted humility, I declare my candidacy for President Elect APPNA, 2016. APPNA is the leading representative organization of physicians of Pakistani descent with an unmatched depth of its intellectual pool and an unrealized potential for excellence. Our strength lies in unification to identify clear objectives and putting the full force of the organization in endeavors to achieve successful outcomes. No longer can we stay divided to serve the interests of individual alumni or regions. Let us work together for the betterment of APPNA.

As ambassadors of Pakistan, we need to enhance the image of Pakistan with forward looking ideas and reject those that tarnish Pakistan's image. If elected, my approach will be to listen to the membership and build consensus with a unified goal of improving the professional and personal lives of Pakistani-American community.

I hope my record of services and commitment to APPNA and Pakistan will earn me your trust and you will help me get elected to fulfill our common goals and aspirations.

Respectfully,

Naseem Azeez Shekhani, MD
Candidate for APPNA President Elect 2016

NASEEM A. SHEKHANI - A LEGACY OF DEDICATED LEADERSHIP

- Founder Chairman and Executive Director, APPNA Foundation
- Recipient of APPNA Presidential Award for Political and Social Activism - 2014
- President and Founding Member APPNA St. Louis Chapter
- Chairman Communication Committee, APPNA Summer Meeting - 2011
- Founding Member DOW Endowment Fund (ENDOW)
- Recipient of Lifetime Achievement Award, DOGANA - 2013
- President and Founding Member National Health Forum, (NHF) ~\$200,000/year
- President DMC Student Union 1979 - 1980

Vision & Goals

- Strengthen APPNA Governance and Management
- Increase Young Physician participation, especially U.S. Graduates
- Building Institution within APPNA like APPNA Foundation
- Quality Continued Medical Education
- Increase Membership and Membership Values

And Above All - Advocate Civil Rights and Peace in Pakistan



IQBAL ZAFAR HAMID, MD
for **SECRETARY**
APPNA 2016

THE WORK AS TREASURER HAS BEGUN...THANK YOU

- Creation of Financial portal on APPNA website
- Balancing the budget in 2015
- Detailed analysis of APPNA P & L (profit and loss) for the last few years
- Detailed analysis of APPNA investment accounts
- Strict separation of restricted and unrestricted funds
- Operation expense account live
- Audit to be started on time
- Election reform
- Young physicians integration in APPNA
- Membership benefit package

VISION FOR FUTURE

- Unified APPNA
- Improved governance
- Integration of Pakistani American and American Pakistani young physicians
- Community outreach
- Professional and Social advocacy
- APPNA Chapters' empowerment
- Election reform continues

EXPERIENCE COUNTS

- Treasurer APPNA 2015
- Chair Finance Committee 2015
- Chair Asset Management Committee 2015
- Executive Director APPNA South Florida Chapter 2015
- Chair APPNA Summer Meeting Orlando 2013
- Chair Liaison Committee 2012
- Chair APPNA Fall Meeting Miami 2010
- President Sindh Medical College Alumni 2010
- President South Florida Chapter 2007-2008
- Co-chair APPNA Summer Meeting Orlando 2007
- Social Secretary Sindh Medical College Students Union 1983
- Class Representative Sindh Medical College Students Union 1981

Leading with Sincerity, Integrity and Vision for **"APPNA United"**

M. Rizwan Khalid

M.D., F.A.C.P., F.A.C.C., F.S.C.A.I.

Candidate for **APPNA Secretary 2016**

AKU ALUMNUS, CLASS OF 1999
CARDIOLOGY FACULTY, UNIVERSITY OF ROCHESTER NY

Over ten years of service to APPNA and its component societies.

As Secretary, my aims will be:

- **Reports Automation** of all council meetings
- **Online Meeting Portals** (e.g. WebEx, etc.) for council and committee meetings
- **Digital Archiving** of all such web based meetings
- **Engage ABIM** in discussion over maintenance of certification
- **Develop Telemedicine portal** for providing free medical treatment to patients across Pakistan by APPNA members
- **Become Advocate:** To become a strong voice in the Executive committee for Young Physicians, Social Welfare and Disaster Relief in the US and Pakistan, Research and Education and Advocacy for Pakistani Americans and Pakistani Physicians
- **Early Career Attendings:** To develop programs and guidance for early career attendings (less than 15 years in practice), who now constitute a significant part of Pakistani Physicians in the United States.

www.rizwankhalid.com





MAMAMEEK ANESTHESIA, PC

Welcome to Baltimore!

APPNA Spring Meeting 2015

Talha Siddiqui, MD

SAMIA PIRACHA, MD

ADNAN A. SHEIKH

With Best Compliments to All attending

APPNA Spring Meeting 2015

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Physician Office Locations:

Jose Almario, M.D.
Joselito Cabacar, M.D.
Arthur Finkelstein, M.D.
Ali Ghorbani, M.D.
Violet Habwe, M.D.
Adnan Hashmi, M.D.
Mohammad Khan, M.D.
Padmaja Kolachana, M.D.
Saeed Kronfli, M.D.
Fahim Malik, M.D.
Jeremy Marcus, M.D.
Ramon Mendez, M.D.
Anup Monoharan, M.D.
Jagdeep Obhrai, M.D.
Tariq Rehman, M.D.
Gail Seiken, M.D.
Hassan Shahin, M.D.
V. Bala Subramanian, M.D.

Maryland
Annapolis
116 Defense Highway, #202
410-224-0271
Baltimore
200 East 33rd Street, #523
410-235-9382
Bethesda
4915 Auburn Avenue, #104
301-907-4646
Germantown
19785 Crystal Rock Drive, #310
301-907-4646
Glen Burnie
1307 Crain Highway, SE
410-224-0271
Takoma Park
7610 Carroll Avenue, #480
301-270-4360

District of Columbia
730 24th Street, NW, #17
106 Irving Street, NW, #3200N
202-337-7660
1140 Yarnum Street, NE, #110
202-269-0366

Virginia
Alexandria
4141 Duke Street
703-461-3556
8101 Hinson Farm Road, #418
703-490-9080
Fairfax
8316 Arlington Boulevard, #194
3700 Joseph Siewick Drive
703-560-1313
Woodbridge
1910 Opitz Boulevard
1-703-490-980



APPNA PRESIDENT MESSAGE: SPRING MEETING NEWSLETTER 2015



Dear APPNA Family:

A ssalaam-Alaikum. Every day that I serve APPNA, I realize what a great organization it is. It is great not just because of the projects, although they are several and very important ones. It is great not just because it provides a tremendous opportunity to network, join hands and help others. APPNA's greatest attribute is its outstanding members. Every day when I am on conference call with different committees, I cannot help think how fortunate I am to be associated with APPNA. Every committee, chapter and Alumni have scores of people who are working very hard for the organization, its projects and making a difference. They do it not for any personal glory or recognition but because they sincerely believe in the organization and want to give back. It is the hard work and sincerity of these, many a times unsung heroes of APPNA which make this association great. I salute the membership of APPNA and your dedication, commitment and willingness to make a difference.

This year we have embarked on several APPNA projects and carried on several important ones from last year. For the sake of space and time, I will briefly highlight few of the projects. You can read more detailed accounts in the committee reports:

- **APPNA Telemedicine:** Under Dr. Naheed Usmani's leadership, we are making good progress. We have reached an agreement with a company which will provide us free software. We have also identified partners in Pakistan. We are planning to start our pilot within a month
- **APPNA Committee on Electives:** Under Dr. Aftab Khan's leadership, work is under way to centralize and streamline the Elective Process. We will soon be unveiling an electronic program and resources which will tremendously help medical students' secure elective positions. We also plan to provide scholarships for doing electives to some of the needy students.
- **Specialty Networks:** Under the leadership of Dr. Ghulam Mujtaba, more networks are being formed. Nephrology, Radiology, Pediatrics, Heme/Onc and Pathology are already in progress.
- **Membership Benefits:** Under Dr. Manzoor Tariq's leadership, new benefits are being introduced and will be provided to members in near future
- **SWDRC:** Under Dr. Aisha Zafar's leadership, the committee has been active since the beginning of the year when psychiatric help and Ambulance carts were provided in aftermath of Peshawar school killing. They have been continuously holding eye camps in Pakistan. They are also actively working on establishing more Free Clinics in United States. They have raised funds for a TCF school in memory of physicians Ali, Maria and Tauseef and a scholarship fund in memory of Madam Tahira Qazi.
- **Long Range Planning Committee:** Under the leadership of Dr. Mahmood Alam, this committee is restructured and very active. The committee has representation from key APPNA leadership and objectives and procedures are redefined. We anticipate that this committee will play a key role in maintaining continuity of APPNA projects and over see their progress and completion.
- **Young Physicians Committee:** Under Dr. Shahzad Iqbal's leadership, this is the most well represented and organized committee. They are actively involved in helping young physicians with post residency match positions, mentorship, seminars, streamlining APPNA Houses and helping with young physicians' Visas.
- **Advocacy Committee:** Under Dr. Abdul Rasheed Piracha's leadership, the committee has been very active. Day on the Hill is planned for April 30th and about 35 APPNA members are expected to attend. We will stress on the introduction of GRAD Act and introduce APPNA's initiatives to the Congresspersons. We also plan to have Town hall meetings with respective congresspersons in different cities. APPNA has a time limited contract with Roberti + White firm who are facilitating these initiatives





- **APPNA Disaster Response/Medical Corp:** Under Dr. Asaf Riyaz Qadeer's leadership, APPNA Medical Corp is being organized so that in time of disaster, the physician volunteers can be quickly deployed in an effective and systematic manner. Eventually, the Medical Corp will also be mobilized to provide Medical relief missions even in non-disaster times around the world.
- **Improved Governance of APPNA:** Under Dr. Nasar Qureshi's leadership, we are carefully reexamining APPNA's current administrative structure, i.e. Officer Term, Council and Committee structure.
- **CABL:** Under the leadership of Dr. Muhammad Haseeb, the committee has recommended constitutional amendments which will be presented in APPNA Council Spring meeting for discussion.
- **NEC:** Under Dr. Sajjad Savul and Dr. Sohail Khan's leadership, the committee introduced and Council approved new Election Code of Conduct. They are also actively working on conducting Electronic balloting and leadership training this year.
- **New ECFMG Accreditation Requirements of Medical Schools:** Under the leadership of Dr. Ayesha Najib, we are holding seminar and information sessions for Pakistan Medical schools and Alumni and introducing to them the new ECFMG criteria. This is critical because if a Medical school is not in compliance with accreditation process by 2017/18, their students will not be able to do training in United States.
- **MERIT:** Under the leadership of Dr. Babar Rao, MERIT continues to hold weekly webinars to several medical institutions in Pakistan. This program is extremely well received and regularly attended by hundreds of participants in Pakistan.
- **CME-RESA:** This year APPNA is being re-accredited by ACCME. Under the leadership of Dr. Jawad Hasnain and efforts of APPNA office, the process is going very well. CME Chairs of APPNA meetings are also working hard to continue to produce World Class CME programs.
- **APPNA Qisa:** Under Dr. Mahmood Alam's leadership, work on APPNA Qisa Volume 2 is under way. It will be a historical perspective of APPNA's activities since last book published in 2004.
- **APPNA Foundation:** Under the leadership of Dr. Yaqub Shaikh, the endowment fund in the Foundation is growing. In future, we plan several activities to grow the fund further.
- **Scholarship Committee:** Under the leadership of Dr. Masood Akbar and thanks to a very generous kind hearted donor, the committee has collected over \$ 2 million which is an endowment to provide scholarships to needy medical students in Pakistan.
- **Committee for Women and Children's Affairs:** Under Dr. Lubna Naeem's leadership, the committee is actively working on women's health, children's health, childhood obesity, domestic violence, battered women's shelter needs, child abuse and substance abuse.
- **Membership Committee:** Under Dr. Jamil Mohsin's leadership, the committee has 2 important tasks, i.e. verifying voters list to make sure members from this year and 1 of last 2 years are eligible and secondly, their information especially emails are correct to enable electronic voting.

I want to thank the summer meeting host committee. Under Dr. Shahid Usmani's leadership, they are hard at work in planning for the Orlando meeting to make it a great success. Under Dr. Riaz Chaudhry's leadership, **the international meeting** to Australia and New Zealand was well organized and enjoyed by all participants. We are also planning APPNA Haj trip, Baltic cruise and Umrah trip. We sincerely appreciate Tipu's help with all meetings.

As you can see above, the work being accomplished in different committees is simply astounding. I cannot thank enough all APPNA members for their involvement and dedication to APPNA. All we achieve in APPNA is due to their hard work and commitment. I want to thank APPNA Executive committee who has been sincerely and diligently working and contributing tremendously for APPNA. I also want to thank Dr. Mansoor Alam, Jennifer Wozniak, JD and office staffs for their outstanding work in making APPNA run smoothly.

In closing, I would like to say that we serve APPNA with integrity and beyond personal or regional interests. It is not about an individual but the organization. As long as we put **APPNA FIRST**, we will continue to achieve success in whatever we strive for.

Let us work together to make lives better





APPNA PRESIDENT-ELECT'S MESSAGE



Dear APPNA Family:

I am honored by the trust you have vested in me as the President-Elect of this auspicious organizations. Making promises is relatively easy; the true test lies in delivering on promises made. It is my responsibility to ensure that I do not belie the faith and trust you have placed in me.

APPNA as an organization has done extremely well over years. Our membership stands at over 3200. There are a lot of younger members with new ideas, boundless energy and faith that APPNA can continue to grow and increase its relevance in our communities in North America, and strengthen what we do in Pakistan. We have an immense resource in members who have laid the foundation of this organization, strengthened it with their sweat and hard work, and are still active and as always continue to nurture and nourish APPNA. It is our responsibility as the officers of APPNA to ensure we find effective ways to channelize this immense treasure of talent, and, build on our successes.

The structure, and, Constitution and Byelaws of the organization have served us extremely well to this point. However, with the changing demographics and growth of the organization, it is time to look at the structure of the organization and ensure we bring any changes needed to ensure growth over the next decade. With that in mind, a major focus this year has been to assess our current organizational structure and explore avenues which could lead to strengthening the organization, to serve it's membership better. I have initiated working on many of the goals we defined together such that we have enough time to plan, formalize and execute over the next 2-3 years. This year myself and Dr. Mubasher Rana, besides other things, have laid a major focus on organization structure, ensuring financial strength, membership growth, support of Pakistani medical students, and physicians, involvement of first generation Pakistani medical graduates, and, community projects in North America. As a first step we have restructured the Long Range Planning Committee, to ensure initiation and continuation of projects with a long term vision. The LRPC for the first time will actually have a 3 year term, and continuity, with direct involvement of the President-elect, President and Past-President.

All of the above may remain a vision and dream of few, if we cannot motivate all of our members to contribute in some form to issues important to them. There are no two views about the fact that APPNA is, and does, what its members desire it to be, and contribute for it to achieve. The elected officers have the privilege to bring their vision to the organization, and ensure that they provide the resources for the membership to achieve the consensus goals of the organization. I am relying on each and every member of this organization for APPNA's success, and have no doubt that together we will continue to strengthen and grow our beloved organization.

Thank you again, for your love and trust.

M. Nasar Qureshi, MD, PhD
President-Elect 2015





APPNA SECRETARY'S REPORT



As the first spring bloom is peaking and days are bright and long with cool embracing breeze, I am delighted to present my report. I have been humbled by your confidence as Treasurer of this esteemed organization in 2014 and now as secretary.

The most outstanding strength of our organization lately has been the steady and rising interest of young physicians and membership growth. I am dedicating year 2015 to improve and expand the membership benefit package, streamline our disaster relief program across the world with motivated participating physicians.

We are starting to formally interact and be part of American National Medical and Subspecialty Societies. Eventually, we will be able to have APPNA GI sections included in national conferences. Similarly, Anesthesia, Pain Management, Nephrology, Psychiatry, Pulmonary and Critical Care will have APPNA representation, as well.

We are on our way to achieving our goals of effective advocacy for our new generation of physicians; contract was renewed with our representing lobbying firm.

One outstanding spotlight and achievement of APPNA Spring Meeting in Baltimore, Maryland on May 1, 2015 is that we will have Dr. Dan Hunt, in attendance, who is Director of the Liaison Committee on Medical Education (LCME), which accredits medical schools. APPNA is striving to make sure that our medical colleges in Pakistan meet all standards and requirements by year 2018. These new requirements kick in in 2023 and all medical institutions not meeting requirements will not be included in WHO directory and will be excluded from USMLE eligibility and ECFMG sponsorship. APPNA has arranged PMDC Chairman Prof. Dr. Masood Hameed to attend spring meeting and visit with Dan Hunt.

SWDR committee has done an outstanding work under Dr. Aisha Zafar; one fund-raising event for victims of Tragic Peshawar massacre, specially deserve praise and admiration (\$32,000). APPNA has also started an endowment scholarship (\$10,000) for Khyber Medical College students to honor the martyred Principal of Army Public School, Madam Tahira Qazi; may Allah raise her to highest place in Junnah. KMCAANA doctors also offered counseling for PTSD. I know, all of us alongside the whole world shared the unimaginable grief of those parents, in one way or the other.

Women and Children Affairs Committee chair Dr. Lubna Naeem continues her relentless and un-mitigating quest to advance APPNA's outstanding causes, which is creating a great image of our Pakistani Physicians organization.

Okara Eye Camp on the honor of slain Professor Ali Haider (killed in sectarian violence) was an outstanding charity event. Camp was a joint project with KEMCAANA. APPNA has joined hands with Citizen's Foundation (TCF) to assist in fund-raising and building a school in Karachi in memory of our dear departed young doctors ALI, Maria and Tauseef for 180 students. (Estimated cost \$ 215,000 of which \$ 100,000 raised).

APPNA takes pride in providing the highest standard CME (AMA Category 1 by ACGME); we encourage all members to participate and make it a thriving and growing endeavor.

I personally traveled to Karachi and visited with Dow Medical College and Jinnah Post Graduate University Heads. They consider MERIT an invaluable resource for postgraduate medical education for doctors and medical students in Pakistan medical Universities. MERIT provides lectures in different medical disciplines online.

APPNA meeting in Australia and New Zealand was a unique opportunity for the members. We enjoyed ride with Pakistan team on the roller coaster from one extreme to the other. Meeting was a great success and joyful with memories for the whole life.

As secretary of APPNA, I am looking forward to serve this elite group of Pakistani physicians and keep our heads and spirits high. My commitment to APPNA is beyond my own self, alumni, gender or any ethnicity. God Bless the United States of America and God Bless Pakistan.

Shahid Rashid, MD
APPNA Secretary 2015





Treasurer's Report

APPNA DMV

by Iqbal Zafar Hamid

SPRING 2015 MEETING

One of my goals during my tenure as Treasurer is to educate the APPNA membership on the inner workings of the organization. The more you know about the functionality of your organization, the more you will be able to proactively participate in APPNA's operations at the grassroots level. The stability of every organization depends on the strength of its members and its finances, and APPNA is no different.

Overview

The finances of APPNA are separated into six different funds; Lifetime membership dues, Scholarship, SWDR, CME, Meetings, and General. These funds are divided between Restricted and Unrestricted based on what they are used for. The first quarter results for these funds are shown in the table to the right.

Restricted funds include Lifetime membership dues, Scholarship donations, SWDR donations, and CME funds. Lifetime membership dues, Scholarship donations and CME overages are invested and not used for General expenses per the APPNA constitution. Donations made for SWDR projects are only used for those specific projects per IRS tax code.

Unrestricted funds include non-lifetime membership funds and profits from meetings and trips. These funds are used to cover our General expenses and projects, such as administrative costs, the APPNA Houses, the Advocacy Committee, National Healthcare Day, and the Healthcare Clinic.

The following shows our average expenses for the first quarter. This does not include all general expenses paid through the year, but rather gives an idea of our recurring costs.

	1st Quarter Expenses Based on 2015 Draft Budget	1st Quarter Actual Expenses
Wages	\$47,500	\$47,793
APPNA House Rent-NY and MI	\$15,900	\$10,500*
Legal & Professional Fees	\$15,000	\$5,000**
Condo Dues	\$2,241	\$2,241
Telephone & Internet	\$2,312	\$2,500
Storage Unit	\$1,725	\$1,670
IT Expenses	\$1,450	\$1,456
Utilities	\$1,493	\$1,770
Office Supplies & Expense	\$1,189	\$416
Repairs & Maintenance	\$1,050	\$675
Insurance	\$1,018	\$1,137
Website Expenses	\$306	\$290
Total	\$91,183	\$75,447
*Rent for MI House was assumed by MI Chapter		
**Roberti White contract renegotiated (Advocacy Committee)		

2015 and Beyond

As Treasurer, I also serve as chair of the Finance committee and the Asset Management committee. Among the changes the Finance committee will be pursuing in 2015 are placing a portal on the website for members to access financial information on a quarterly basis, compelling the component societies to be certified as 501c3s in order to streamline the APPNA audit, and curtailing all possible expenses. We are also working on creating new Financial Policies. The Asset Management Committee is evaluating all liquid and fixed assets as well as working with our investment firm to ensure the best and safest strategy for the future of our funds.

I hope this article has proven helpful. APPNA is well and functioning today because of the untiring work ethic of our great membership.

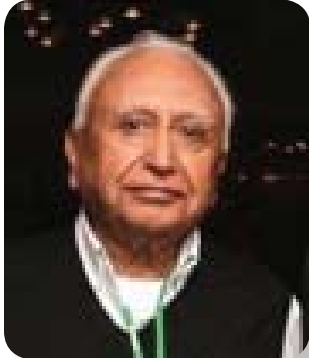


PROFIT & LOSS AT 3/31/15	
Restricted Funds	
Lifetime Dues Revenue	\$46,316.76
Lifetime Dues Expense	<u>-\$4,318.15</u>
Lifetime Dues Net	\$41,998.61
Scholarship Revenue	\$546,775.51
Scholarship Expense	<u>-\$3,470.40</u>
Scholarship Net	\$543,305.11
SWDR Revenue	\$30,990.00
SWDR Expense	<u>-\$75,970.01</u> *
SWDR Net	-\$44,980.01
CME Revenue	\$6,909.81
CME Expense	<u>-\$33,435.41</u> **
CME Net	-\$26,525.60
Total Restricted Funds Net	\$513,798.11
Unrestricted Funds	
Meetings Revenue	\$1,111,454.00
Meetings Expense	<u>-1,011,504.15</u>
Meetings Net	\$99,949.85
General Revenue	\$71,038.50
General Expense	<u>-\$89,586.21</u>
General Net	-\$18,547.71
Total Unrestricted Funds Net	\$81,402.14
TOTAL GAIN YTD AT 3/31/15	\$595,200.25
* \$45,000 in SWDR funds collected in 2014, distributed in 2015	
** CME funds collected in 2014 for Australia trip paid out in 2015	





ADVOCACY COMMITTEE REPORT



Last year The Advocacy Committee had formal dialogue with dozens of key Congressmen and Senators to facilitate the visa clearance of the young Pakistani Physicians who were coming on J1 and H1 visa. We also developed a strong working relationship with the highest levels of the Bureau of Consular Affairs of the State Department.

During our discussions with the State Department, they pointed out numerous times that legislation was the only way to directly place dedicated personnel during the period of March to September on the administrative process of the applicants.

The Advocacy Committee then approached key legislators and we were able to request Congresswoman Grace Meng (D-New York), a daughter of immigrants and leader on the Foreign Affairs Committee, to introduce such a bill. In November 2014, the Congresswoman introduced HR5735 which stipulates:

The Secretary of State shall designate a Department of State officer or employee whose sole responsibility during the months of March, April, May, June, and any other period of time as determined by the Secretary, shall be to facilitate the expedited review of J-visa applications of aliens applying for U.S. admission to participate in a program under which they will receive graduate medical education or training.

With the new Congress now sworn in, Congresswoman Meng has partnered with Congressman Tom Emmer (R-Minnesota) on similar legislation in the Foreign Affairs and Judiciary Committees.

The efforts of the Advocacy Committee at this time is to rally enough support for this legislation during the APPNA Day on the Hill, April 30th and the Town Hall Meetings in various chapters of APPNA. We hope that by rallying this support through our grass roots discussions with key Congressional leaders we should be able to move this legislation forward. We are proud that for the first time in APPNA history we have drafted legislation and worked at the highest levels of Washington to advance the cause of our young physicians.

BOT REPORT: APRIL 2015



It is my pleasure to serve APPNA in several different roles over the 23 years. I am indebted to the membership of APPNA to give me this respect and responsibilities. I pledge to perform my duties as a chair of the Board of Trustee (BOT) to the best of my capabilities and with honesty.

The BOT nominated the Ethics and Grievance Committee. Chair: Dr Asim Malik (armalikmd@aol.com); Members: Dr Aftab Naz (aftabnaz@gmail.com); Dr Aslam Malik (aslammalik@aol.com); Dr Ihsan ul Haq (ihaq4145@gmail.com); Dr Abdul Rehman (arehmanmd@aol.com); Dr Khawaja Mujeeb Rehman (tariqrahman7@gmail.com); Dr Abdul Jabbar (ajhamid2002@yahoo.com). Any member of APPNA can file their grievances to the committee (email provided) which will be discuss and present at the appropriate meetings.

The BOT express concern regarding APPNA house's in Michigan, New York and Chicago. It was unanimous opinion of the BOT that APPNA should ask the chapters in those cities to take over the APPNA Houses. It is difficult for central APPNA to monitor the amount of money spent on these project and also the members were not clear who was collecting the rent, how much they were charging and who are the students staying in these houses. The President of APPNA will discuss with project committee on these matters to present in upcoming council meeting.

The BOT nominate Dr Imtiaz Arain from the board to represent in the Long Range Planning Committee. This will allow board to be involve with the long term plans of the organization. The chair of the BOT will represent in APPNA Foundation Board.

The auditing process for the year 2014 is already started and the goal is to present the audit report to the general body during the annual convention in Florida.

Nadeem Kazi, MD

Chair

Board of Trustee, APPNA





APPNA CABL AMENDMENT 2015



SECTION: 12.COMPOSITION

12.1.2. Graduates of North American Medical Schools/Dental schools may either collectively organize to form an Alumni organization or more than one Alumni organization. Additionally graduates of medical schools/Dental schools other than North America may join to form one or more Alumni organizations.

Comments: An Increasing number of North American Medical Graduates have shown interest in establishing Alumni of their respective colleges. This provides them a

platform to organize in more than one Alumni organization. Moreover, several Medical graduates of Pakistani descent who have graduated from medical schools other than Pakistan and North America want to be part of APPNA. However, due to the lack of a platform Alumni organization, are unable to become active members. The above proposal will open the doors for hundreds of new members.

SECTION 16: BOARD OF TRUSTEES

16.7.5 The BOT shall oversee the assets of the organization. It shall appoint the Asset Management Committee, which will report to the BOT.

Comments: The organization continues to grow with assets now in millions of Dollars. The BOT has more continuity over years as a team, has institutional memory and are responsible for overseeing the organization's assets. Hence, the Committee believes that the BOT is in the best position to select the Asset Management Committee.

SECTION 19: COMMITTEES OF THE ASSOCIATION

19.0 Standing Committees of the association shall be appointed by the President with the advice of the Executive committee (to be in concordance with 18.2.4) and ADD...except for the Asset Management Committee and Ethics and Grievance Committee which shall be appointed by the BOT.

(See Appendix C for the composition and functions of the Committees).

We are proposing to change the names of certain Committees, however, we would also like to suggest adding the following:

If the scope of a particular Committee changes with time, the name of the respective committee may be changed with approval of the Council.

Comments: By creating such a provision, we will prevent going back and forth every few years to change the Bylaws for renaming a Committee

19. F. Social Welfare Disaster Relief Committee/ SWDR Committee)

Comments: The recommendation to change the name is based on diversity of the functions performed by this committee

19.L Asset Management Committee

Comments: Asset Management committee has been handling all investments including Lifetime Dues

19.R. Project evaluation

Comments: This committee is non functional. Inquiry into this Committee's role was made from Central APPNA. Please see the response from the Administrator Jennifer addressed to the Chair on 3/30/15:

Dr. Haseeb,

I do not have a file on this committee. They have not turned in any meeting minutes in the five years that I have worked for APPNA. Their chair has not given a committee list for this year. I do not know of any projects that they have been working on. This committee did have a teleconference in January of 2014, but there were never any minutes sent. I do not know of any current projects that they would need to work on.

Regards,
Jennifer

For the purposes of changing the Adhoc committees to standing committees we are proposing to add the following:

Any adhoc Committee in good standing and performance for three consecutive years may be changed to become a standing committee with the approval of the Council. Two such Committees to consider include:

APPNA Health Care Initiative Committee

Scholarship Committee

SECTION 27: AMENDMENTS

27.1 An amendment may be proposed by (i) Majority of the Council or BOT or (ii) by 5% of the active members or 100 members of the association, whichever is greater, by submitting a proposal to the Constitution and By-laws Committee. Additionally, (iii) the CABL Committee itself, may initiate proposal for amendments.

Comments: This Committee's task is to review the Constitution and Bylaws in details. Because of the Committee's involvement, it is in good position to identify areas of improvement and clarity and therefore, should be authorized to propose amendments in addition to the other bodies.

APPENDIX C:

Section F: Social Welfare and Disaster Relief Committee

Section G: Disaster response/ APPNA Medical Peace Corps Committee)

Comments: This Committee does not provide relief right away but responds to the situation by a plan

2. The Committee will develop mechanisms for APPNA to provide health care volunteers and expertise to other committees. These services are to be provided on request only.

3. The Committee will provide guidance and experts in the field of health education, patient education, and medical education.

SECTION H. ETHICS AND GRIEVANCE COMMITTEE

H.5. Should a grievance/issue come to the committee and the matter is not resolved by the end of the year, the complaint /issue should go to the BOT either for analysis and decision or for forwarding to the new Ethics and Grievance Committee.

SECTION J: HOTEL SELECTION AND NEGOTIATIONS COMMITTEE.

J.1 This committee shall review and evaluate sites for future summer meetings of the Association and shall present the negotiated terms before the Council for approval.

SECTION L: Asset Management Committee

Respectfully submitted,

M. Haseeb, MD

Chair, CABL Committee 2015





APPNA DISASTER RESPONSE MEDICAL CORP REPORT



This year one of the key projects identified by our APPNA president Dr. Mubasher Rana in his agenda for 2015 is to go global with its charity work. This noble task has been assigned to the APPNA Disaster Response / Medical corps Committee with myself as the chair and Dr. Shahid Rashid as co-chair to make it functional. Even though the name of this committee sounds like the well-known French organization Medecins Sans Frontieres (MSF), known internationally in English as “Doctors Without Borders”, (which has a huge organization exclusively dedicated to only one mission with worldwide presence and a large number of permanent staff), the scope of our organization and mission will be much more limited in view of our infancy, limited resources and many of the charity work already been undertaken by different other committees.

APPNA Disaster Response / Medical Peace corps committee will confine in Pre-deployment training and APPNA Volunteers Participating Physicians to respond to providing the emergency medical relief to only the victims of natural and man-made disasters and not in the war zones or war victims.

Our goal is to build a strong organizational structure with elaborate standing operating procedures and creation of required resources. The task is, however, not as simple as it appears. Just building the resources itself is a huge undertaking and will require a lot of funding followed by preparation for the logistical challenges that has to be confronted with speed, focus and flexibility to reach the most needy in a disaster affected area.

If we work with a band of few enthusiastic doctors volunteering for specific disaster relief, the chances of our success, as envisioned by our president, are dismal. We need a large corps of dedicated APPNA Physicians volunteers to include first responders ready to be launched at a call and follow up physicians to relieve first responders and sustain the operations till the need is there. These responders will need transportation, requisite supplies of medicine, medical equipment, field hospitals, and their own sustenance as they arrive at the disaster area. Pre-positioning of these supplies will therefore play a vital role for responding at the right time and place with efficiency.

To get the ball rolling we intend to begin with short term plans and put in place the long term plans. In the first stage we plan to sign MOU's of support with government, medical, other relief organizations in various countries, especially Pakistan. This will help us in obtaining logistical support in host countries. We intend to procure inflatable field hospitals, specialized medical kits, medicine and equipment custom designed for different field situations/weather. Some stock of the supplies has to be pre-positioned in strategically selected regional headquarters/support organizations.

Our mobilization plan for first responders will include volunteer doctors, nursing staff, logistical staff and support staff. Some of this staff will fly from US and some will be listed in the host country with the help of our support organizations. Training of the volunteer doctors from APPNA in disaster response will be an important undertaking. This will include crisis response and management, emergency medical response, use of specialized medical kits and equipment, disaster (field) surgery, triage medicine, public health, survival in field conditions, logistical challenges, maintenance of supply chain, international traveling/documentation, etc. etc. We can plan special CME with credits for the participating volunteers. Our other task will be to raise funds for which separate campaigns will be planned.

At this point I would like to request all APPNA members especially all chapters and alumni's to help with recruiting APPNA Physicians volunteers.

APPNA Disaster Response /Medical Corps Committee was formed years ago and we have started building on it but this is a huge undertaking requiring colossal resources so it will need a greater participation by all of you and all the help we can get from within or outside APPNA to make it a success.

Dr. Asaf Riyaz Qadeer
Chair, APPNA Disaster Response / Medical Corps Committee

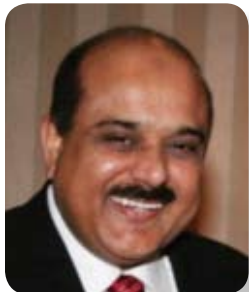
Dr. Mubasher Rana
APPNA President, 2015
Association of Physician of Pakistani-Decent of North America

*YOU CAN'T
PLAN FOR THE
UNEXPECTED,
BUT YOU CAN
PLAN TO EXPECT
THE BEST.
READY TO
COMMIT FOR A
GREATER CAUSE?
JOIN APPNA
DISASTER
RESPONSE
CORPS*





APPNA - LONG RANGE PLANNING COMMITTEE (LRPC) REPORT



The Long Range Planning Committee (LRPC) is one of the most important committee to have been revitalized this year. It took several months of brainstorming to establish the structure and scope of this committee. LRPC had its first meeting via a Tele-Conference on April 5, 2015, all members attended the meeting; Policy and Procedures of this committee were established and posted with APPNA central office. The work to be started in 2015 under this committee is outlined below and will be presented to the spring 2015 APPNA Council Meeting for approval.

1. How can the governance of APPNA be approved?

Task Force Team Leader: Nasar Qureshi, MD

The scope of work includes critically analyzing the functioning of the Central APPNA Office and its administration; evaluating the effectiveness and pitfalls of the APPNA Council and General Body; evaluating the term period of the officers; hiring grant writers for charitable projects; reducing the number of committees by reassigning their broader roles, and any other issues pertaining to the governance of APPNA. The expected date for completion of these recommendations is December 2015.

2. Young Physicians / North American Medical Association (NAMA) and Second generation Pakistani-decent physicians graduated from International medical institutions / North American Medical Students

Task Force Team Leader: Wajid Baig, MD

The current inactivity of the North American Medical Association (NAMA) is unacceptable and is a pressing issue for our organization. We must come up with a viable way to have the constructive participation of our second-generation Pakistani-decent physicians, - regardless if they graduated from North American schools or from international medical institutions. The task force may propose improvements in infrastructure and effectiveness and these recommendations are expected to be completed and presented at the Fall Council Meeting.

3. Academic APPNA, MERIT, Tele-Medicine, Student Electives, Scholarship Project

Task Force Team Leader(s): Academic APPNA: Mahmood Alam, Other Projects: Mubasher Rana

Academic APPNA shall represent Pakistani-descent Physician Scientists and physicians in academics. The first step is to establish database of such individuals. The second is to identify those persons who may express an interest in developing networking for such a group. Their role can be streamlined in an organized manner to generate support for academic ventures in both Pakistan and the US. We also need to find a support system for Pakistani medical graduates for Elective rotations and research opportunities. Similarly, long-term planning for the work under MERIT, Tele-Medicine, and Scholarship projects need to be assessed for tangible goals. The recommendations of this task force are expected to be finalized and presented at the Fall Council Meeting.

4. Charitable projects and APPNA Medical Corps

LRPC Team Leader: Dr. Muhammad Suleman

APPNA Medical Peace Corps and Disaster Relief, has been mentioned as a separate Standing Committee in the Bylaws since 1994. Dr. Mubasher Rana has revitalized this committee this year. Separate roles needs to be assigned for APPNA Charitable Projects which fall under the Social Welfare Committee and the Medical Peace Corps (APPNA's Doctors without Borders). The recommendations of this task force are expected to be completed and presented at the Summer Council Meeting.

5. APPNA Clinics / APPNA Health Day

Task Force Team Leader: Imtiaz Arain, MD

An APPNA Health Day has been passionately organized under the leadership of both Dr Rana and Dr. Qureshi. However, APPNA clinics, both in terms of their initiation and sustainability, are a major undertaking not beyond our capacity. We have many role model clinics not to mention the central APPNA/ PPS Chicago Chapter clinic, which was established in 2008. We need a separate task force to address issues at hand and to develop 5-10 year plan. The recommendations of this task force are expected to be completed and presented at the summer Council Meeting.

6. APPNA Foundation

Team Leader: Asif Rehman, MD

LRPC believes that the APPNA Foundation needs no further evaluation by the committee since it was created after due diligence and was approved by the APPNA Council in 2014. This is a long-term project that comes within the purview of this committee. Dr. Rehman, whose leadership was instrumental in the formation of this Foundation, will be LRPC Team Leader for 2015. His role will be to ensure that the APPNA Foundation has a solid structure and that it achieves its goals for this year.





MEMBERSHIP COMMITTEE REPORT: APPNA SPRING MEETING 2015



I am honored to serve as Chair, APPNA Membership Committee 2015. I am thankful for the assistance of my Co Chairs, Dr. Ghazala Farooqui and Dr. Sohail Rana. The committee comprises of seven additional dedicated members representing various medical schools and geographic affiliations within the APPNA family. The membership committee conducts its business with monthly teleconferences which will be supplemented with additional teleconferences as needed. The group has plans to meet in person at the scheduled APPNA meetings if possible. As part of a new initiative, the APPNA executive committee is also invited to the Membership Committee meetings.

APPNA is heavily dependent on its membership for its vibrant presence in the Pakistani American diaspora. As such, the primary objective of my committee is to facilitate a seamless process for the existing, renewing and new membership to remain engaged with APPNA. APPNA has seen a steady increase in its membership over last several years with 2014 closing in with almost 3400 members. Our aim is to not only continue but amplify this trend for 2015. So far, we have already enrolled 357 annual members, inducted 10 new life members and added 14 additional members in miscellaneous categories.

In order to add value to APPNA membership, Dr. Rana created an Ad Hoc Committee for Members Benefits Package. This committee is working hard under the leadership of Dr. Manzoor Tariq to improve upon the benefits package. The membership committee will be working closely with the ad hoc committee to enhance the existing benefits and add new corporate offers so the APPNA members can derive the maximum value for their membership.

The membership committee is working with APPNA central office to make the online portal, IQVIS, more robust for easy access and database queries. The membership committee will also be assisting the Elections and Nominations Committee in the electoral process. The last date to be a voting member is July 7th, 2015. As per the new Bylaws amendments approved December 2014, the current annual members will be eligible to vote only if they have been a voting annual member in one of the past two years. This and additional relevant information will be periodically emailed to the membership.

The Membership Committee is looking forward to a productive year for APPNA with lots of educational, charitable, social and entertainment opportunities for its membership.

Respectfully Submitted,

Jamil Mohsin MD

Chair, Membership Committee

MEMBERSHIP BENEFITS COMMITTEE



It is a great honor and my pleasure to present to you this report on the APPNA Membership Benefits Program. First, I would like to thank our APPNA President, Dr. Mubasher Rana, for continuing this important initiative and keeping the APPNA membership in mind. I must also thank my committee members for their brilliant input and advice. Currently, APPNA has signed contracts with several programs and more are in the works. We are working to serve you, our membership, and try to get you the best discounts of anywhere from 20%-50% with businesses we all use on a regular basis, from car rental companies to malpractice insurance to Med Asset. We have included some of the current companies who honor an APPNA member discount and I look forward to sending you a more comprehensive list in the near future.

If you have any questions, suggestions, or feedback for this program or the committee, feel free to contact me or the APPNA Office. Thanks

Best Regards,

Manzoor Tariq, MD, FACC, FSCAI

Chairman APPNA membership benefit program





OFFICE MANAGEMENT COMMITTEE (OMC) REPORT



The OMC 2015 is comprised of Dr. Mansoor Alam, chair, Dr. Aftab Khan, co-chair; Dr. Imtiaz Arain, Advisor, and members Dr. Irfan Mirza, Dr. Hasina Javed and Dr. Ahmad Hafeez Bhurgri. The OMC meets during the calendar year at the central office or via teleconference with APPNA Administrator Jennifer Wozniak, JD, to review office matters and develop strategies to make the central office run as smoothly as possible and meet the needs of the Executive Committee and the membership.

Membership

APPNA office has processed membership renewals for 2015 as well as new memberships in all categories. The office is working to update and maintain the most accurate membership-database information with the addition of temporary associate Syed Zohaib Hussain to compete the important task.

Meetings:

APPNA office has worked on the completed Strategic Planning Retreat held at the Gaylord Palms in Kissimmee, Florida on January 24 and the International meeting to Australia / New Zealand held from February 10-22. APPNA office is now working on the Spring meeting, being held May 1-3 in Baltimore, Maryland, the Summer Convention being held from August 12-16 in Kissimmee, Florida, The International Meeting / Baltic Cruise being held from September 4-15, the Hajj Pilgrimage being held from September 13-26, the Fall meeting, being held October 30- November 1 in San Francisco, California, and both the Winter meeting and Umrah trip being held in December. The APPNA office facilitates payments, contract reviews, meeting set-up and registration and answers all questions from the membership and meeting-committees related to the meetings. Office staff also attends the domestic meetings to work on-site.

Financials:

APPNA office continues to work with accounting firm of Scanlan and Leo. Accountant Michael Kelsey; works with APPNA Treasurer and APPNA staff to complete the financial obligations of the state and federal government. Office is working to engage with the Firm BDK- formerly Wolf and Company; who we used last year, to complete the 2014 tax filing and required audit which will be due this year. APPNA continues to facilitate the reporting and transfer of funds received for the donated projects of 2015 and works with the social welfare and disaster relief committee (SWDRC) to ensure the funds are sent properly as designated by the donors. APPNA also works with Hank Bashore of Stephens, Inc. to invest the lifetime, scholarship and Continuing Medical Education (CME) funds.

CME:

APPNA is accredited through the ACCME- the Accreditation Council for Continuing Medical Education. The current certification will expire this year. APPNA staff is working very closely with ACCME and APPNA Resa chair to facilitate the renewal process.

I would like to thank the OMC and APPNA staff for their diligent work and I pledge to continue to make this a successful year for APPNA!

Respectfully submitted,

Mansoor Alam, MD
Chair, OMC 2015





Nomination & Election Committee (NEC)



Our dedicated NEC team has been at work since the very beginning of the year. In order to have more focused work-groups, two important subcommittees were created, namely, the Code of Conduct subcommittee to specifically review candidate debates and campaign ads, and the Electronic Ballots subcommittee to evaluate electronic election process. The election code of conduct, which had been recently revised in October of 2014, needed only two main revisions. President Dr. Mubasher Rana called a special council meeting to discuss and approve code of conduct amendments. The Council unanimously approved the following key points (full amendments available APPNA.org):

(1) The candidates shall only participate in debates sponsored by APPNA central office during APPNA spring and summer meetings. The candidates shall not take part in any other debates. (2) The candidates shall not spend money directly or indirectly to advertise in magazines or any publication. APPNA may provide up to a one-page advertisement to all candidates free of cost in spring and summer publications.

The NEC unanimously decided that all balloting would be casted electronically. NEC will take steps to help members familiarize with the new election process. NEC is confident that an electronic election will have less delay issues and will have a better voter response.

In the first week of March, NEC sought nominations from membership. Nominations for a total of seven candidates were received in a timely fashion. NEC is pleased to present the following slate of candidates for the APPNA election year 2015:

President Elect 2016

Sajid Chaudhary, MD
Shahid Rashid, MD
Syed Tariq Shahab, MD
Naseem Shekhani, MD

Secretary 2016:

Iqbal Zafar Hamid, MD
M. Rizwan Khalid, MD

Treasurer 2016:

Dawood Nasir, MD

NEC has a dedicated Election-2015 page on APPNA's website. We will be periodically updating this page with election announcements and other useful information.

NEC looks forward to a very pleasant election year!

Respectfully submitted,

Sajjad Savul, MD
Chair NEC 2015





RESEARCH, EDUCATION, AND SCIENTIFIC AFFAIRS (RESA) COMMITTEE REPORT



I have been actively involved with CME activities of APPNA and RESA Committee for the last several years. I have had the privilege of participating as a speaker, as well as a coordinator and chair of many APPNA sponsored CME programs. Over the years, we have been striving very hard to deliver high quality programs with cutting edge topics and state of the art lectures. The participant feedback has been very good reflected by the registration numbers and reviews both here and in Pakistan. We have been incorporating the digital and IT capabilities to make the programs user friendly.

The challenges have been many, ranging from budgetary constraints, logistics, and speaker selection process, to name a few. We have made tremendous progress including a full-time CME Coordinator at APPNA Central. This year, we have a busy agenda ahead including Quarterly, Annual, International and Regional CME meetings. Our ACCME Accreditation review is in progress and requires a lot of time and effort. I urge the CME program chairs to submit all the documents in a timely fashion to the CME Coordinator as requested. This is critical for our continued accreditation.

On behalf of the local host committee, I look forward to welcoming you all at the APPNA Spring Meeting in Baltimore on May 1-3, 2015.

Jawad Hasnain, MD, MBA, FACC
Chair, APPNA RESA Committee

APPNA SCHOLARSHIP COMMITTEE REPORT: SPRING 2015



APPNA Alumni Scholarship Project has made great strides since its inception in 2013. **Contributions have exceeded TWO MILLION DOLLARS, including the matching grant.** This is being invested in the dedicated APPNA Scholarship Endowment Account, according to the APPNA Finance Committee Guidelines. The investment is being managed by Stephens Inc., a member of New York Stock Exchange, under the close supervision of Hank Bashore who has been diligently managing APPNA Accounts for over 25 years. The total value of funds in the APPNA Scholarship Endowment Accounts with Stephens are \$2,085,686.83 as of March 31, 2015.

The following is a breakdown of total funds as of March 31, 2015:

Nishtar Medical College:	\$1,021,204.89
King Edward Medical University:	\$ 509,142.73
Jinnah Sindh Medical University:	\$ 188,005.19
Quaid-I-Azam Medical College:	\$ 138,001.46
Rawalpindi Medical College:	\$ 120,000.46
Fatima Jinnah Medical College:	\$ 30,000.38
Khyber Medical College:	\$ 20,706.34
Bolan Medical College:	\$ <u>20,000.25</u>
Total contributions:	\$2,047,061.70

A total of \$38,625.13 remains in the Scholarship Endowment Main Account as of March 31, 2015. We expect this amount to be either matched or returned to the donor, according to donor instructions, by end of April 2015.

On behalf of Scholarship Committee we want to extend our heartfelt congratulations to the anonymous donor for his generosity and wisdom. We also want to take this opportunity to thank each and every physician who have donated to this worthy cause.

The Scholarship Program is ongoing and you can still donate to your favorite alumni by visiting the website at www.appna.org or print the pledge form to make your payment by check or credit card.

Respectfully Submitted,

M. Masood Akbar, M.D.
Chair -APPNA Scholarship Committee

Ghulam Qadir, M.D.
Co-Chair -APPNA Scholarship Committee





SWDRC REPORT



The year started with fundraising for the tragic school incidence that occurred in Peshawar in December. Swdrc from last year had already started the fundraising and 32,000 dollars were raised for this case. Dr Mubasher Rana had traveled to Peshawar in December and met with the VC Peshawar University, Professor Hafeez Ullah who had requested golf carts and gurneys for patient transportation. PPS/Illinois chapter also raised funds and one golf cart was provided to Lady Reading Hospital, in partnership with the PPS chapter. The remaining funds, 26,000 dollars were recently transferred to Lady Reading Hospital for additional gurneys and carts.

We are also honoring Madam Tahira Qazi, principal of the Peshawar school, who was martyred when the school was attacked. APPNA has started an endowment scholarship to honor her and this is in the amount of 10,000 dollars and will be awarded to a student from Khyber Medical College.

As a past tradition, APPNA will continue to do eye camps this year as well working with various organizations. Our first eye camp was held in Okara as a joint project with Kemcaana. This was done to honor late Professor Ali Haider who was killed in sectarian violence. A total of 2,200 patients were seen and 250 surgeries were done and there were other donors who joined in so the camp was held for an entire week. APPNA members can sponsor these camps and average cost is 2,000 dollars.

In October of last year, we lost three APPNA physicians in a tragic plane crash. A TCF/Citizens Foundation School is now being built to honor Drs. Ali, Maria and Tauseef. This school will be built in Karachi and have 180 students and the cost is 215,000 dollars and friends and family of the three doctors along with TCF have already raised 100,000 dollars. We are requesting APPNA members and component societies to please support this worthy cause.

In Ramadan, we are planning to work on supporting food pantries here as well as in Pakistan.

Also if there are chapters interested in starting free clinics, please contact us so we can coordinate and raise funds to support this. There is a big need here and many members have shown interest in working on such projects locally.

Thanks to the APPNA family for your ongoing generosity and Swdrc team appreciates your support.

Aisha Zafar, MD
Chair, SWDRC 2015

ADHOC COMMITTEE FOR SPECIALTY NETWORKS



Objectives

- 1- Coordinated approach to complete APPNA projects related to different specialties
- 2- Coordinated and organized presence in the national and international meetings related to that specialty
- 3- CME participation
- 4- Strategic partnership and collaboration with national society of that particular specialty
- 5- Perceptorship, Externship opportunities for Medical students and young physicians from Pakistan
- 6- Collaborations with respective societies and various institutions in Pakistan, and working towards an organized effort in technology transfer
- 7- Improved communication, Connections, introduction, business growth

Updates

1- APPNA Radiology:

Inaugural teleconference took place April 2nd. More than 40 Radiologist practicing in North America has been together and in-communication to establish APPNA Radiology Chapter. Dr Muhammad Rehan Khan from Virginia has been playing leading role and main coordinator radiologist. Dr Rehan and other volunteers have been working on the basic structure of the organization and By-laws. The initial executive committee will be formed after another 1-2 teleconferences.

2- APPNA Nephrology:

8-10 Nephrology physicians has been in-communication to establish APPNA Nephrology Chapter. Dr Ahmed Mehdi Malik from Wisconsin has been playing leading role.

3- APPNA Pathology:

Dr Nasar Quraishi (President Elect APPNA) from NJ has been leading the foundation of Society of Pakistani –descent pathologists of North America. He has contacted more than 80 Pathologists practicing in United States. Inaugural teleconference meeting will be soon.

4- APPNA Hematology/Oncology:

Drs Shahzad Khan from Columbus, OH and Amir Farooq from Tennessee has been working at preliminary stages to approach the Oncology physicians.

5- APPNA Pediatrics:

Dr Khalid Kamal from MI has been working as a coordinator. The work is at its preliminary stages.





SUMMER CONVENTION REPORT



It is with great pleasure that we invite you to Orlando for the APPNA 38th Annual convention. The Theme of our Convention is "APPNA First". The convention this year is at the Gaylord Palms Resort in Orlando from August 12 – 16, 2015.

For registration please log on to the APPNA website at www.APPNA.org and click on the 38th APPNA Annual Convention banner, which will lead you through the registration process. You may also register by fax, by downloading and completing the form from the website. Please fax the completed form to APPNA at 630-968-8677.

Your host committee is working hard to make this a memorable APPNA convention, and we are organizing an exciting program for your enjoyment. We are working to make sure your stay in Orlando is most pleasant and enjoyable.

We are planning an excellent Entertainment program for every day from Wednesday to Saturday, which will include top class Pakistani artists, comedians and entertainer. We are also organizing a world class Mushaira, with many poets from the subcontinent, who are coming to the US for this event.

In addition to a great CME program and other usual forums, our program will include a variety of events including:

1. A Pakistan Independence Day Celebration on August 14, 2015 that you will not forget for a long time to come.
2. A Tennis and Golf Tournament.
3. Game room where our members and children can enjoy table tennis, Carrom board and Chess among other things.
4. We will have a Pakistani food concession stand for the members who want to enjoy the traditional Pakistani cuisine, at breakfast, lunch or for dinner at a reasonable price.
5. An APPNA "Baitakh" for members just to unwind and chat together with friends.

Sincerely,

Shahid F. Usmani, MD

Chairman Host Committee 38th Annual convention

APPNA TELEMEDICINE PROJECT: HEALING FROM A DISTANCE



Mission: To improve health care quality and access to specialist medical care in Pakistan, for underserved populations

Goals and Objectives: To set up Internet based consultations between specialists in USA and referring doctors from Pakistan in order to improve patient care through recommendations for latest treatments and timely access to specialist knowledge. This will also update Pakistani physicians on the principles of evidence-based medicine as practiced in USA

APPNA telemedicine committee is working hard and have reached an agreement to collaborate with Swinfen Trust, a UK based charitable organization that is the worlds' largest humanitarian internet based Telemedicine program. APPNA will use their well-established secure web platform free of cost, and in the first half of 2015 will launch a telemedicine program between physicians in Pakistan consulting with specialists in USA.

- The system utilizes a store and forward methodology on a password protected secure website that is closed to open access.
- All communication is physician-to-physician only: the requesting physician in Pakistan and the US specialist will have access to the emails generated back and forth on the cases they discuss.
- A physician in Pakistan will use the secure website to request a consultation detailing the particulars of the case. There is ability to upload images and attachments, such as lab reports and radiological images.
- The US consultant will receive an email notification about a pending case that he/she can access from a computer or a smart phone. Ideally, the US consultant will respond within 72 hours.
- A medical record on the patient is created on the website with all multispecialty conversations saved about that patient.
- As a US consultant you will have access to all the cases you gave advice on.
- There is mobile phone application, making it feasible for giving opinions on the go for busy consultants in US

We are planning to launch the pilot by May 1, 2015, initially working with National Rural Support Program (NRSP) in Pakistan. NRSP is a nonprofit rural support NGO. It serves 2.4 million poor households in Pakistan. It has a wide network of PRIVATE hospitals that are authorized providers for their health insurance program, which is linked to their microfinance program. There are approx. 600,000 people enrolled in their health insurance program, which costs only 100 rupees/year. Visits to the provider facilities are cashless. Any hospital provider to NRSP has to meet certain standards including and not limited to, radiology facilities, laboratory, a physician, and operating room.

We are hoping to recruit US physicians in all different specialties and hope that many will volunteer.

If you are interested, just email me: naheedusmani@hotmail.com





WOMEN AND CHILDREN AFFAIR COMMITTEE REPORT



APPNA Women and Childrens Affair Committee is a platform to exclusively highlight enormous, neglected and concerning issues of Women and kids such as Women's health, Childhood Obesity, domestic violence, battered women's shelter, child abuse, substance abuse etc.

Consistent with our mission statement and to ensure success we partnered with communities, Health care professionals, APPNA members, and Government Officials, Judges, mayors, Congressmen, teachers, Principals, Faith based organizations, is to provide education and resources to bring awareness through our program.

During the phase one of awareness campaigns we have successfully launched two campaigns

1: Childhood Obesity Awareness Campaign (Ongoing endeavor)

With Obesity proving to be major epidemic affecting nearly affecting one third of nation's population we assumed charge to save health of our future generation by taking this National educational tour around the United States.

2: Breast cancer awareness Campaign

As the leading cancer in women our goal is to empower women by providing educational resources and educational opportunities for screening and early detection in collaboration with joint community initiatives

Highlights of already conducted Programs

1: January 24th, 2015: APPNA STRATEGIC MEETING RETREAT

Presentation of Objectives and Goals

2: February 7th, 2015: MAYORAL CANDIDATE FORUM

APPNA CHILDHOOD OBESITY AND BREAST CANCER AWARENESS CAMPAIGN IN COLLABORATION WITH ASIAN AMERICAN ALLIANCE of SAN ANTONIO 3: February 17th 2015: Commissioner Tommy Atkinson visit

Strongly supporting APPNA women and Childrens Affair Initiatives

4: Feb, 27 2015: De Zavala Elementary:

APPNA CHILDHOOD OBESITY AWARENESS CAMPAIGN conducted obesity awareness event teaching children importance of healthy eating and exercise

APPNA 5-2-1-0 T-Shirts, My Plates were distributed. Had fun show and tell on good food and bad food

Keen participation of hundreds of children, School Principal and Physical Educators

5: Feb 28th 2015: APPNA BREAST CANCER AWARENESS EXHIBITION BOOTH AT ROSHNIC's Fashion Show:

Inspiring and heart warming stories of Breast cancer survivors at Roshnic's fashion show. APPNA Breast cancer Awareness Campaign booth distributed education material on early detection and breast cancer

6: March 26th 2015: APPNA BREAST CANCER AND CHILDHOOD OBESITY EXHIBITS AT GENERAL BODY MEETING/BANQUET of " Association of Convenient Store retailers

In partnership with communities promoting and distributing education resources to hundreds of participants

7: March 29th 2015: APPNA BREAST CANCER AWARENESS CONDUCTED BREAST CANCER AWARENESS SCREENING WORKSHOP FOR faith based organization AGHA KHAN FOUNDATION JAMAT KHANA:

UPCOMING EVENTS

APRIL 11, 2015

WALKATHON BREAST CANCER AWARENESS WITH SUSAN G. KOMEN RACE FOR CURE

APRIL 20th 2015

HEALTH FARE MCECC

CHILDHOOD OBESITY AWARENESS SHOW AND TELL ON GOOD FOOD AND BAD FOOD

APRIL 28th 2015

LAUNCH OF BATTERED WOMEN AND DOMESTIC VIOLENCE AWARENESS CAMPAIGN

We have clear and simple procedures on how to conduct such events and web site will provide you much more information. Please visit our Appna Childhood Obesity Awareness Campaign face book and appna website at www.appna.org, http://www.appna.org/index.php?option=com_content&view=article&id=404&Itemid=155

Three most important ingredients to make this campaign a successful are motivation, volunteers and donations. Please call if you have any questions 210-827-1786

Thank you

Dr. Lubna Naeem





APPNA YOUNG PHYSICIAN'S COMMITTEE (YPC) REPORT



The YPC year 2015 is comprised of 25 members in total. Six major goals were set-up for this year: assistance during the residency match and SOAP, assistance with visa issues, streamline APPNA houses, organize different YPC seminars during the year, provide mentorship-in-person (US clinical experience), and mentorship on-line (educational material at the YPC website). So far, YPC has held a total of four teleconferences: two major (all members) and two sub-committee.

The first task was to assist the young physicians with residency match. A subcommittee was assigned under Dr. Faheem and comprised Drs. Khosa, Aized, Habib, Tariq, and Khan. It started working two weeks before the actual match date. A list of residency programs that remained unmatched in the last four years was formulated, and posted on the YPC Facebook page shortly before the match day to enable the unmatched candidates to have a better idea of what programs to target. The entire team remained available during the post-match SOAP week from March 16-21, 2015. The team was contacted by a number of individuals for assistance. As our long-term goals, lists of current foreign medical graduate friendly programs, Pakistani

Descent program directors, and Pakistani Descent residents/fellows are being collected to assist next year match applicants. Moreover a day after the match (March 17th, 2015), a post was placed on the YPC Facebook page with information how to contact APPNA for assistance with visa issues. Dr. Chaudhary along with the Advocacy and Legislative Affairs Committee will continue to help with the visa issues. All such requests are being kept in file with central APPNA office, and will be presented during Day on the Hill on April 30th, 2015.

Another task is to streamline different houses sponsored by APPNA in New York and Michigan areas. The financial burden on APPNA was decreased at both areas. The local management will take more financial responsibility. An online application and payment system will soon be implemented to centralize the houses. A financial support system (Qarz-e-Hasana) is being planned by Dr. Aized for the deserving young physicians. An application form has been generated. Fund-raising will be organized during the upcoming APPNA Spring Meeting during May 1st-3rd, 2015 in Baltimore, MD.

An YPC seminar will be held during the APPNA Spring meeting on May 1st, 2015 at Baltimore, MD. Drs. Khalid and Asif are currently finalizing the program. It's intended for medical students, residents, and fellows; and is free of cost. Besides traditional topics, a lecture will be held on alternate careers in public health. A separate session to answer individual questions will also be included in the program.

YPC has so far received a number of requests from young physicians to obtain US clinical experience. These requests have been referred to individual mentors. This year YPC will work together with Adhoc Committee for Electives, and ultimately develop a centralized web-based application process for electives, externships, observorships, and research. Another task is to provide on-line mentorship to the young physicians with the help of Drs. Tariq and Khan. An educational section will be created at the YPC website where all the educational material and videos will be added. It'll be available to all the young physicians free of cost.

Sincerely,

Shahzad Iqbal, MD

Chair YPC 2015

LPOC REPORT: SPRING MEETING 2015



As many of you may know, International Physicians applying for ECFMG Certification in 2023 will be required to graduate from a medical school that has been appropriately accredited. APPNA LPOC (Liaison with Professional Organizations Committee) is working with PMDC (Pakistan Medical and Dental Council) and LCME (Liaison Committee on Medical Education) to help Pakistani Medical Colleges satisfy these upcoming new accreditation requirements.

APPNA has invited Director of LCME Dr Dan Hunt and Dr Masood Hameed President of PMDC, to attend APPNA Spring meeting in Baltimore. Dr Hunt will brief the audience about upcoming changes in Medical School Accreditation required by ECFMG. APPNA is giving top priority to this urgent matter.

Cordially,

Dr. Ayesha Najib

Chair, LPOC 2015





AIMCAANA REPORT



It gives me an immense pleasure to respectfully submit this brief report to APPNA membership. As it has been our tradition to be a rather small but vibrant association, leaving our marks along the way, we continue to add several new projects in addition to the current one being run by AIMCAANA now. I am delighted to share that this year IRS has approved AIMCAANA as a tax-exempt organization; this will greatly facilitate our efforts to meet our ever-increasing philanthropic goals.

Our Flagship projects continue to include Iqbalian house in Philadelphia that we are supporting since 2009, Qurze Hasna Scheme, Scholarship Fund, Residency Assistance, Chemotherapy infusion suite at Jinnah hospital, and Jinnah institute of Endocrinology and Diabetes (JAIDE, we are providing funds and support for expansion of this highly successful program). We continue to support needy and poor patients at Jinnah hospital by providing free medications from Zakat fund established in 2013. With continued support of the alumni and members the total dollars spent on these projects over the last 5 years have been approaching \$ 300000 mark, and current financial health of our alumni remains stronger than ever.

I would like to Thanks all AIMCAANA members for the support and like to hear from you any suggestions, critique and feedback that you might have to guide us through this process.

Raza Khan

President, AIMCAANA 2015

FJMCAA REPORT



As president of FJMCAA, I am very honored to represent our alumni for 2015-2016. Since Fatima Jinnah Medical College has a very small alumni, we are constantly seeking ways to expand our membership base. Thus, one of our main missions for 2015 is to increase our annual member and lifetime members.

There are many charitable endeavors that we have embarked on in the past and hope to continue to work on. We have been a 501-c. organization since 2014. Our Alumni has also become a part of APPNA Scholarship committee in 2014. Currently, we are supporting our FJMC in Pakistan by sending maximal available funds. We will try to continue this endeavor, pending the availability of funds and donations.

We are very enthusiastic to support projects like SWDRRC in future and will try our best to support our AFJOG, which is an organization that collects donations from our old graduates.

Samina Hijab,

President, FJMC





JSMUAANA CHAPTER REPORT



Dear JSMU Alumni and members of APPNA,

It is with great pleasure to write this chapter report for APPNA spring Journal as your President.

First off, I am delighted to share great news, our Alumni have been granted 501-C3 status by the Internal Revenue Service back dated as of April 2014.

By the time you read this report, we will have celebrated our 5th annual retreat on April 17-18, 2015 at the Hyatt Regency, San Francisco. We received over 250 registrations for the Saturday night Banquet, and over 100 for Friday night Bazm-e-Yaran and SMC idol. The popularity of our retreats has been ever increasing yearly and it will certainly become a permanent annual occasion to show case Alumni strength and unity. The highlights of this year's retreat were the city excursion and tour of Alcatraz Island, a San Francisco Landmark.

Saturday morning was filled with excellent CME programs ranging from topics in bariatric surgery, childhood obesity, sports injuries, pain management, schizophrenia and cardiology. Faculty members from UCSF were invited as well as 3 of our Alumni participated in presenting topics in their respective fields of expertise. We also provided an opportunity to APPNA candidates to express themselves in a town hall meeting setup.

A parallel session was arranged for young physicians looking for residency or considering alternative careers in the medical field. Over 30 graduates and students were registered to attend. We invited a guest speaker from ECFMG and a career counselor for Q&A.

In addition to recognizing many of our Alumni for their dedication and service to JSMUAANA, I started an academic excellence award to our Alumnus who has excelled in teaching and research. This year's recipient is Dr. Mujeeb Shad graduate of 1981.

The 2015 annual JSMUAANA journal is published and is filled with remarkable articles in English and Urdu along with Urdu poetry. Congratulations to our publication committee for a job well done!

Last year our Alumni helped renovate a lecture hall in JSMU, this year our project committee is busy working on the next project, which is to renovate more classrooms this year costing over \$50K. This year we provided \$26,000 from the APPNA Institute of Public Health (IPH) funds to purchase books for their library. We also transferred \$80K from our dormant endowment account to APPNA/JSMUAANA scholarship fund, which now stands at \$186K as of March 31st, 2015. We also provided financial assistance to many JSMU students. We will be initiating a scholarship program for bright medical students who need financial assistance to complete medical clerkship in the US. I encourage all of you to come forward and participate in helping us fund this noble cause.

The librarian at JSMU has requested that we provide used medical journals for their library, I am thankful to many of you who have come forward to collect and mail those journals. We need more volunteers to participate in this valuable and inexpensive project.

My primary agenda for this year is business development as we are approved 501C-3 corporation. We have adopted a new constitution and bylaws, which will need certain amendments, policies and procedures. Thank you to our CABLE committee for undertaking this daunting task.

JSMUAANA has provided many leaders to APPNA, this year is no different, we have 8 of our Alums leading various committees in APPNA, Dr. Iqbal Zafar Hameed is serving as a treasurer APPNA, if elected in the future he will be third President from SMC, following Dr. Nadeem Kazi and Dr. Javed Suleman.

I wish you all the best for the rest of year, enjoy your stay at the meeting and hope to see you in Florida.

Sincerely,

Sabir A. Khan, MD
President JSMUAANA, 2015
SMC Pioneers, 1979





KEMCAANA REPORT



Kemcaana has been fairly active in various projects since the beginning of the year. Our visiting faculty program has been very well received and various workshops have been held. Dr Nasir Siddiqi held the interventional radiology workshop for postgraduate trainees. We have also had research mentorship program by Dr Rehan Qayyum

Kemcaana has five post graduate scholarships and I am delighted to announce that all five scholarship recipients matched in March and will be starting their residency in July this year. Kemcaana House in Philadelphia has been a big support for our visiting students and doctors and team effort there and support from others has helped many. A Residency guidance seminar was held at KEMU in February and facilitated by those doing residency here and guiding the doctors who will be coming here.

We have started a Kemcaana SWDRC this year which will be lead by Dr Maqbool Arshad. We have provided electric heaters and wheelchairs to the wards at Mayo Hospital and have a fund set up for indigent patients for their medicines and other health care needs. The committee is also working on health awareness programs including hepatitis C prevention and smoking cessation. An Eye camp was held in District Okara in Feb/march 2015 in collaboration with APPNA.

The house staff at Mayo Hospital has requested help with renovation and provision of basic furniture and East Medical, South Surgical and Reading Room were renovated and furniture was provided.

Kemcaana in the past has provided free wifi to the KEMU campus and Mayo Hospital and now more recently this was provided to Lady Willingdon and Lady Aitchison Hospitals.

Please join us for our upcoming retreat in Milwaukee from June 5-7. We have a very exciting program organized by the Chair of the retreat, Dr Aftab Khan and his team. This includes a Friday night cruise followed by Baithak and then CME the next morning followed by dinner and music at the elegant Milwaukee Museum.

I look forward to see you there.

Ahmed Mehdi Malik, MD
President Kemcanna, 2015





KMCAANA REPORT



Our new year started off with a very sad ambience. Home of Khyber Medical College, Peshawar, was struck with any parent's worst nightmare. On December 16, 2014, our hearts bled for our children of Peshawar and Pakistan. Khyber Alumni was overwhelmed by the support shown by APPNA members. Many Khyberians and other APPNA members went to Peshawar facilitating mental health assessment and treatment of children and families. Some of our visiting psychiatrists conducted training workshops for local psychologists and teachers. APPNA leadership spent a full day in Peshawar where they visited two hospitals and took some concrete steps to strengthen emergency response at Lady Reading Hospital (LRH), the main trauma center for the region. KMCAANA is in close contact with the LRH psychiatry department for ongoing support.

KMC Scholarships: Like last year, we are committed to sponsor ten eligible KMC students for their tuition and partial boarding. The scholarship is \$4000 where each student receives \$400. These ten students were selected through a stepwise process where some of the 85 applicants were met with in-person or interviewed over Skype. In addition, KMCAANA has \$20,000 as an endowment fund with APPNA. Starting later this year, dividends from this fund shall support two KMC students. More recently, APPNA established APS Principal "Tahira Qazi Scholarship Fund". Dividends from this \$10,000 endowment will benefit one to two KMC students every year.

Young Khyberian Physicians: Every year, we get requests from new Khyber graduates asking to help with observerships and the residency process. Individual KMCAANA members have been helping on a case-by-case basis. To have a central process for new Khyberian graduates, we have created a "Young Khyberians Committee". This committee will help streamline our efforts to assist our young doctors. Dr. S. Amjad Hussain helped establish a student rotation at the University of Toledo. Every year, a few Khyber students benefit from this elective.

Our BLS Skills Lab is running efficiently in Khyber Medical College. In addition to physicians and medical students, training is being provided to police officers. We are working on transitioning in to a BLS-ACLS Training Center.

Recertification with APPNA: Our recertification requirements with Central APPNA were met in a timely fashion. Like previous years, many Khyberians are involved in several APPNA committees and their respective chapters.

Respectfully Submitted,

Sajjad Savul, MD
President KMCAANA 2015





QAMC REPORT

Alhamdulillah qamc alumni got together in Yusra medical college Rawalpindi on Feb 19th. Around 50 to 60 colleagues got together from different batches. Next day CME session was held in conjunction with Yusra medical college. Pediatric emergencies in cardiovascular medicine was discussed by Dr. MK Iqbal. Future of medical education in Pakistan was discussed. Bariatric surgery in Pakistan was presented by Dr. Abulfazal. Dr. Dawood Nasir presented Pain mechanism and management.



There was a very colorful variety show singing competition presented by Yusra medical college students. Sultan Muzaffar principle Yusra medical college and his colleagues were very excellent hosts and facilitated a day trip to Damene koh Islamabad and PC Bourbon.

Every effort was made to accommodate participants and food was very delicious and abundantly supplied. Many proposals were discussed regarding future of Qamc alumni. The next international meeting of Alumni will be in Lahore in last week of feb 2017. Qamc alumni office has been established in Bhawalpur Pakistan in the campus of Quaid azam medical college.

M. Khalid Iqbal
QAMC President

RMCAANA REPORT



Two-thousand and fifteen has been a very important and historic year for RMCAANA so far. Most importantly, this is the first year ever in RMCAANA's history that we have had a fully elected panel. We have had our first formal election in 2014 which was well organized and had undisputed results. The newly elected officials have been extremely enthusiastic from day one, and already have accomplished many important goals. We have revamped the whole structure of the alumni. We have formed several new committees with aim of increasing our membership numbers, mentoring our colleague graduates, promoting social projects and others to just to name a few. We have aggressively participated in the APPNA matching scholarship program and have collected around 60,000 \$ for that.

The spirit and enthusiasm continues to live on, and we are working on the above projects and several others are in the making.

Again, this has been a whole new year with new energy and new ambitions and goals for our Alumni. We hope even to do better.

Sohail Minhas
President RMCAANA





CME CONFERENCE: “Clinical Update 2015”



On behalf of the Local Host Committee, I welcome you all to the APPNA SPRING 2015 CME MEETING. The meeting will be held on May 1-3, 2015 at The Renaissance Inner Harbor Baltimore. The title of the CME Meeting is “Clinical Update 2015” and is approved for 4.0 Hours AMA PRA Category 1 Credits™.

The CME program comprises of six update lectures addressing the latest clinical developments and evidence-based recommendations. The topics are chosen to maximize the learning opportunities for the practicing physicians resulting in improved patient care. I hope you will find this program exciting and stimulating.

Looking forward to welcome you all to this program.

Warmest Regards,

Jawad Hasnain, MD, MBA, FACC
Chair CME Program
APPNA Spring 2015 Meeting

WELCOME TO THE APPNA 2015 SPRING MEETING

From:
TARIQ MAHMOOD MD

AMERICAN BOARD OF INTERNAL MEDICINE

AMERICAN BOARD OF PALLIATIVE
CARE MEDICINE

215 Washington Heights
Westminster, M.D. 21157
Telephone. 410 848-5450
Fax. 410 848-5451

WELCOME TO THE APPNA 2015 SPRING MEETING

From:
Dr. Mubarak Khan

ADVANCED INTERNAL MEDICINE, INC.

3930 Pender Dr.
Suite 230
Fairfax, VA 22030
Phone. 703-620-6221





APPNA SPRING 2015 MEETING

CME PROGRAM: CLINICAL UPDATE



Friday, May 1, 2015:

3:00-4:00 PM	Registration	
4:00-4:10 PM	Welcoming Remarks	Jawad Hasnain, MD Chair, CME Program
4:10-4:45 PM	Vaccinations Update	Zenab Beams, MD
4:45-5:20 PM	Sleep Disorders	Naeem Lughmani, MD
5:20-5:55 PM	Palliative Care	Amjad Riar, MD
5:55-6:00 PM	Closing Remarks	

Saturday, May 2, 2015:

6:30-7:30 AM	Breakfast & Registration	
7:30-7:40 AM	Welcoming Remarks	Jawad Hasnain, MD
7:40-8:15 AM	Preventive Cardiology	Tariq Shahab, MD
8:15-8:50 AM	Hepatitis C Update	Jonathan McCone, MD
8:50-9:25 AM	Acupuncture	Abdul Qadir, MD
9:25-9:30 AM	Closing Remarks	





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APPNA

Spring Meeting 2015

THURSDAY April 30

Time

7:00 PM - 11:30 PM

EVENT

Exhibit Move-in & Set-Up

Room Name

Lincoln Hall Ballroom

FRIDAY May 01

Time

7:00 AM

8:00 AM - 7:00 PM

10:00 AM - 12:00 PM

1:00 PM - 2:00 PM

2:00 PM - 3:30 PM

3:30 PM - 4:00 PM

4:00 PM - 6:00 PM

7:00 PM - 1:00 AM

6:00 AM - 11:00 PM

EVENT

REGISTRATION

Bazaar / Exhibits

Parent Physicians' Network

Jumaa Prayer

ECFMG - Pakistani Medical Colleges

Re-certifications

Top 10 Compliance risks for
Practitioners 2015

CME

Dinner & Entertainment

Prayer Room

Room Name

Washington Foyer

Lincoln Hall Ballroom

Jackson Room

Madison Room

Jackson Room

Jackson Room

Jackson Room

Crystal Ballroom AB

Madison Room

SATURDAY May 02

Time

7:00 AM

8:00 AM - 7:00 PM

6:30 AM - 7:30 AM

7:30 AM - 9:30 AM

7:30 AM - 9:30 AM

9:30 AM - 3:30 PM

3:30 PM - 4:00 PM

3:30 PM - 5:00 PM

5:00 PM - 6:00 PM

7:00 PM - 2:00 AM

6:00 AM - 11:00 PM

EVENT

REGISTRATION

Bazaar / Exhibits

CME Breakfast

CME

Young Physicians' Seminar (YPC)

Council Meeting

Attorney Talk

APPNA Presidential

Candidates' Debate

Social Forum

APPNA Banquet & Entertainment

Prayer Room

Room Name

Washington Foyer

Lincoln Hall Ballroom

Jackson Room

Jackson Room

Washington Room

Washington Room

Washington Room

Washington Room

Washington Room

Crystal Ballroom ABC

Madison Room

SUNDAY May 03

Time

8:00 AM - 11:00 AM

8:00 AM - 12:00 PM

EVENT

Council Meeting

Bazaar / Exhibits

Room Name

Jackson Room

Lincoln Hall Ballroom