



Newsletter Issue # 1

August 2023

Services at BMY Health

- Health Projects Planning and Management
- Health Financing and Insurance Planning
- Occupational Health
- Health Research
- Leadership Trainings
- Digital Health Projects

BMY HEALTH

BMY health envisions to promote innovation and evidence as the driving force to transform the health system to provide the best care for all.

Initiatives in Year 1 2022 August - 2023 August

Capacity building for quality and ethical research in healthcare

Research Internship

First development initiative was started in August 2022 for research capacity building in country. 3 research internship batches were started in the first year, providing mentoring opportunities for more than 80 healthcare professionals and students in Pakistan as well as internationally. Internship provided opportunity for interns in Pakistan, Canada, USA to collaborate in a mutually beneficial way where data collection was mostly done from Pakistan, and ERC approvals were made smooth by BMY Health Ethics Review Committee with online reviews, less wait times, reviews independent of the research teams, and free from any influence. More than 50 interns have been successful in completing requirements of internship and issued experience certificates. This internship program was based on elements including enabling, creating research environment, collaboration, and rewarding excellence in work, as inspired from the HITECh Research Model.

At the heart of our commitment lies the dual promise of our ERC for safeguarding the well-being of not just the research participants, but also our esteemed researchers. We strive to protect our researchers by screening their risks such as risk in areas for data collection and necessary safeguards, risk in collecting sensitive information through interviews, and other harmful exposures. Plus, with our rigorous audits for data integrity and publication ethics, we ensure that researchers achieve highest level of integrity in their work and get the due acknowledgment they deserve.



Research projects in year 1

1. Health and Living conditions after flood in Pakistan, 2022; Experience of one Union Council.	<u>Published</u>
2. Nomophobia Among Medical and Engineering Students; A Cross-Sectional Study in Multan and Karachi.	Manuscript under review
3. Hepatitis D infection among Hepatitis B patients in Southern Punjab: A cross-sectional study.	Data collection
4. Socio-developmental outcomes among children in relation to physical activity.	Manuscript completed
5. Antipsychotics, and risk of suicidality amongst patients - a cross-sectional study.	Data collection
6. Recent Advancements in Nephrotoxicity Assessment using Microfluidic Kidney-on-a- Chip Models: A Narrative Review.	Manuscript completed
7. Receptiveness Towards Transgender Healthcare among Medical students: A Survey in Pakistan.	Data collection
8. Premenstrual Syndrome: Frequency and Related Factors in a Medical College in Lahore.	Data collection
9. Prevalence of Seasonal Affective Disorder across 3 different latitudes in Pakistan; A cross sectional survey.	Data collection
10. Assessing Training Needs of Healthcare Professionals for Implementation of WHO Package of Essential Non-communicable (PEN) Diseases in Pakistan.	Manuscript writing
11. Awareness regarding ChatGPT among medical students and trainees.	Sent for Publication
12. The relationship between Burnout and Sleep Disorders in Medicals students; a multicenter study.	Manuscript under review
13. Unraveling the Complexities of Narcissism: Investigating its Multifactorial Determinants.	Manuscript completed
14. ChatGPT Role in outpatient clinics.	Manuscript under review
15. Awareness regarding the prevention of kidney stones in the general public of Sargodha.	Proposal approval
16. Exploring the Controversial Link Between Artificial Sweeteners and Cancer Risk: A Narrative Review.	Manuscript completed
17. Knowledge, Attitude and Practice of Organ Donation among Healthcare Professionals in Rawalpindi and Islamabad.	Manuscript under review
18. The Role of Transparency in Building Trust and Organizational Effectiveness in Healthcare	Sent for Publication

Support and Collaborations

BMY Health was supported by many expert healthcare professionals across Pakistan for the internship program, who supervised research projects voluntarily. Maj. Gen. Hamid Shafiq, Prof. Ayesha Humayun, Dr. Arshia Bilal, Dr. Fariha Salman, Dr. Faiza Raheem, Dr. Sayema Awais, Dr. Hamna Khan, Dr. Hassan Mumtaz, Dr. Ayesha Kashif, Dr. Sumaira Masood, Dr. Ibtisam Qazi, Dr. Omera Naseer, and Dr. Haziq Siddiqi from US honored us with their mentorship. Some volunteers supported ERC team including Dr. Narmeen Khan, Dr. Sana Siddiqui, Dr. Yousaf Ali, Dr. Misbah Jehangir, community member Mrs. Munira, economist Aatsam, and lawyer Muzamil. Dr. Ali Haider, Dr. Bushra Anwar and Dr. Pakeeza Shakoor supported in facilitating the research sessions and supervising progress of interns.

Policy Framework

We worked with APPNA Association of Pakistani doctors in North America for supporting clinical research in Pakistan through advocacy, linking institutions in Pakistan, and developing a [Report on Clinical Research Landscape in Pakistan](#), for projection to international sponsors. This initiative paved the way for launching Pakistan Chapter of global Association of Clinical Research Professionals, which is currently in approval process. The landscape report made in collaboration with APPNA was aimed towards developing policy paper for Pakistan and describes the current situation of clinical trials market in the world, with a focus on South Asia and Pakistan.

Our vision in Collaborations

Triple Helix Model

Triple helix model of innovation is a concept that describes interactions between academia, industry, and policy makers to promote innovation and development and is characteristic of a knowledge-based economy. BMY Health in its first year advocated for promoting trilateral networking from grass root level. We looked for opportunities to promote collaborations among academia, industry, policy makers and community, for promoting innovation and reducing gap between evidence generation and evidence use and strengthen research culture. We successfully achieved this in some of our public health research projects by engaging policy makers.

Diversity and capacity sharing

We prioritized collaborative research and knowledge exchange to add value in research by ensuring diversity of skills and facilities from multiple institutions, to promote multi-center studies for studying diseases better with standardized tools used on large sample sizes. Through collaboration with interns from diverse backgrounds, we brought ideas, skills, and resources from >20 different organizations and regions together in our projects.

Networking Platforms

We contributed to developing collaborative networks for the purpose of knowledge exchange, joint projects, policy discussions, and building support systems for researchers.

Equity in skills and development

Starting on a small scale, we promoted collaborations among entities of different skill levels to bring on front those who are left behind in R&D & enabling them to grow with others, promoting equity in distribution of skills, capacity & resources in medical society. We take our inspiration from this map.



Map made by BMY Health team showing research sites concentrated in some regions of Pakistan, while a deficiency of sites in other regions. [Click to open](#).

The map clearly shows inequities in research among provinces such as Baluchistan which remains highly deprived with respect to clinical research funding. This is expected of a system where the research funding is competitive, with no mechanism of ensuring equitable resource distribution and not aiming equal advancements of all segments of society. Where clinical research leads to developing clinical guidelines for all populations, it is supposed to cover all ethnic groups during evidence generation to avoid a generalizability crisis of resulting guidelines. BMY Health advocated for promoting advancements in regions that lag and aims to support this effort by introducing quota system in internship programs.

Improving Healthcare Leadership and Human Resource for Health Management

Research

We took initiatives for capacity building and research in healthcare leadership. We carried out a research project on transparency in healthcare organizations. Interviews were conducted to find perspectives of healthcare professionals regarding transparency in systems, its implementation in their setup, perceived benefits, and barriers. The findings of qualitative study were used for designing a questionnaire for transparency study in organizations. A more robust situational analysis of organizations will be possible after validation of this tool. No other tool was found available to assess transparency of healthcare organizations globally and our tool may facilitate these studies.

Capacity Building

We also conducted a training workshop on leadership and workplace ethics for a healthcare organization and are now planning more initiatives with other trainers in healthcare leadership.

Contact

Us

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For collaboration, contact through
this [form](#)

Message from Directors



Dr. Misbah Jahangir
Co-Founder and CEO BMJ Health

My enduring commitment to the prevention of child malnutrition in Pakistan has been the driving force behind BMJ Health. In my capacity as the CEO of BMJ Health during its inaugural year, I dedicated my efforts to optimizing the administrative functions of our organization. As we set our sights on the upcoming year, we are excited to invest in the field of preventive pediatrics. Presently, there are only two preventive pediatric facilities within government hospitals in Punjab. Recognizing the critical need for preventive care, we aspire to integrate it with private healthcare setups by offering our support. Together, we can improve the indicators of child malnutrition, a vital stride toward advancing the overall well-being of our population for a prosperous Pakistan.



Dr. Bushra Anwar
Co-Founder and Director Research BMJ Health

As a Pakistani doctor living in Canada, it's a pleasure to collaborate with my homeland through this startup. It's my passion to contribute towards global public health by reducing inequities in health among regions, strengthening public health systems through efficient use of resources, building knowledge economies for advancements in health technology, and connecting regions for capacity sharing and collaborations, covering gaps and complementing strengths of each other. We invite all those who find interest in our vision and initiatives. Join and support us in research capacity building and reducing inequities in health and research in Pakistan and globally.



Dr. Yousaf Ali
Co-Founder and Director Planning BMJ Health

Health research has long stood at the forefront of innovation. Whether it's tackling global pandemics, exploring new therapeutic techniques, or improving health equity, research has the power to shape the future of healthcare. We are continuously supporting and upgrading our research training programs with a holistic approach, to equip healthcare professionals with technical knowledge besides developing an understanding of the real-world scenario in which health research is carried out. The world of medical research is vast and ever evolving, and we are thrilled to have you contribute in it with us!

We believe that entities at all levels working together can drive structural changes far beyond what any single entity could achieve on its own! Let's drive innovation through partnerships!

New launches

[Statistics Clinic](#) for technical guidance & assistance on designing epidemiological studies and statistical analysis.

[Associate Membership](#) for providing access to our ethical review services.

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