

BSM NEWSLETTER

BANGLADESH SOCIETY OF MEDICINE

Continuity of Care in the Era of Super speciality: The Role of the Internist



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Prof. Khan Abul Kalam Azad

FCPS, MD, MACP, FRCP (Edin), FRCP (London)
Principal and Professor of Medicine
Popular Medical College, Dhaka, Bangladesh
Governor, ACP Bangladesh Chapter
Former Principal and Head of Medicine Department
Dhaka Medical College
Former Dean of Medicine and Dean of Postgraduate
Medical Science, Dhaka University
Past President, Bangladesh Society of Medicine

In the rapidly evolving landscape of healthcare, characterised by a surge in medical superspecialities, the role of the internist has become increasingly pivotal in ensuring continuity of care. As medical fields become more segmented, the internist's role as a comprehensive care provider and coordinator is critical in maintaining a holistic approach to patient health. Internists have to carefully consider how they bridge the gap between various specialities, providing cohesive and continuous care in today's complex medical environment.

The Growing Complexity of Healthcare

From the beginning of the medical era, when the theory of subspecialty or superspecialities was unknown, an internist was the sole leader with limited available resources. The management was patient-centred, taking much care about the patients' understanding and expectations. This scenario persisted for a long period of time. The advancement in medical technology and knowledge has led to the development of numerous superspecialities. While these specialized fields offer targeted and advanced treatments, they also fragment patient care. Each

specialist focuses on a specific aspect of health, often overlooking the broader picture of the patient's overall well-being. This is where the internist's role becomes indispensable.

Internists: The Central Navigators of Patient Care

Internists, with their broad knowledge of adult medicine, are uniquely positioned to oversee and integrate the various aspects of a patient's healthcare journey. They provide a continuity of care that is often missing in highly specialized treatments. By maintaining an ongoing relationship with their patients, internists gain a comprehensive understanding of their patients' health histories, preferences, and social backgrounds, allowing for more personalized and effective care.

Bridging the Gap between Specialties

As patients navigate different specialities, internists ensure that the care remains coherent and consistent. They interpret recommendations from various specialists and help patients understand how these fit into their overall health plan. This role is particularly crucial for patients with

multiple chronic conditions, where disjointed care can lead to conflicting treatments and adverse outcomes.

The Role in Acute Care Medicine

The internist can immediately understand a patient's need in the acute care setting. In the western world, this has been seen that an internist takes care with his team to manage the acute medical conditions.

The Role in Geriatric Medicine

As the number of people with longer lifespan is being seen in different parts of the world, the internist can take absolute responsibility to comprehend various geriatric problems and to manage them accordingly.

The Role in Chronic Disease Management

Chronic diseases often require long-term, multifaceted management strategies that superspecialists may not provide. Internists are adept at

managing these conditions, considering all aspects of the patient's health and lifestyle. They coordinate care plans that might involve various specialists, ensuring that treatments are not only effective but also harmonious.

Preventive Care and Early Detection

Internists also play a vital role in preventive care and early detection of diseases. In an era where medical attention is often sought in advanced stages of disease, the internist's focus on preventive care is crucial. They guide patients in health maintenance, disease prevention, and early detection strategies, which are essential in a super specialized healthcare system.

Educating and Empowering Patients

In the maze of medical super specialties, patients often feel overwhelmed and disconnected from their care processes. Internists educate and empower their patients, making them active participants in their health

management. This patient-centred approach is fundamental in ensuring compliance and satisfaction with medical treatments.

The era of super speciality has undoubtedly advanced medical care, but it also poses the risk of fragmented and impersonal healthcare. In this context, the internist's role in ensuring continuity of care is more crucial than ever. They are the central figures in the healthcare system, providing comprehensive care, bridging the gaps between specialties, and ensuring that the patient's journey through the complex world of modern medicine is coherent, integrated, and centred around the patient's overall well-being. Internists, therefore, are not just primary care providers but the essential connectors in the intricate network of today's healthcare system.

Bangladesh Society of Medicine Regional Summit BSM Sylhet Surma-Summit 2023 (September 29-30)

Dr. Nahida Zafrin

Organizing Secretary, BSM
Assistant Professor, Dept. of Medicine
Sylhet MAG Osmani Medical College

The BSM Sylhet SURMA-SUMMIT held on September 29-30, 2023, in Sylhet, Bangladesh, was a two-day internal medicine conference that covered a wide range of topics pivotal to the field.

Prof. Dr. Shishir Ranjan Chakraborty presided over the conference, while Prof. Dr. M. M. Jahangir Alam served as convener. The Chief Guest for the session was Prof. A.H.M. Enayet Hussain, Vice Chancellor of Sylhet Medical University.

The first day's schedule mostly catered to trainees who were postgraduate

students in different fields. Prof. Rubina Yasmin conducted the first session on Interactive Oral Examination (IOE), which was followed by Prof. Md. Shafiqul Bari conducting a session on ECG and Prof. Shohael Mahmud Arafat guiding the Objective Structured Practical Examination (OSPE).



Grand Round Session: Late Prof. Ridwanur Rahman, Prof. Zakir Hossain, Prof. Dilip Kumar Dhar

The second day was brimming with interactive sessions and diverse topics. It began with a session on an intriguing unresolved medical case, involving the participation of renowned national physicians who shared their valuable insights on the clinical diagnostic pathway.

The core focus then shifted to Clinical Reasoning, led by Professor Quazi Tarikul Islam.

In the next sessions, various facets of Communicable Diseases were



Inauguration ceremony of BSM Sylhet Surma-Summit 2023
at Hotel Star Pacific, Sylhet

highlighted. These included discussions like "Encephalitis: Addressing Diagnostic and Management Challenges" led by Prof. Md. Ismail Patwary, "Exploring Pitfalls and Best Practices in Sepsis Management" by Prof. Md. Ridwanur Rahman, as well as topics covering "The Emergence of Scrub Typhus as a Threat" and "Critical Dengue Management in the ICU" facilitated by Prof. Md. Robed Amin.

The section dedicated to Non-communicable diseases delved into various topics. These encompassed

discussions like Prof. Md. Faizul Islam Chowdhury's presentation on "Metabolic Syndrome - A 21st Century Challenge," Speaker Prof. Shishir Kumar Basak's exploration of "Artificial Intelligence in Clinical Medicine," and Prof. Md. Abul Kalam Azad's insights into "Managing Diabetes Mellitus in Critical Patients."

The session dedicated to acute medicine shed light on important subjects. It featured presentations such as Prof. Md. Abdus Sattar's update on "In-patient Care for Acute Stroke," Prof. Md. Zakir Hossain's discussion about "The

Internist's Role in ICU Management Teams," and Prof. Mahjuba Umme Salam's well-presented talk on "Euglycemic Diabetic Ketoacidosis: A Diagnosis Often Missed."

Finally several original research works was presented by specialist and trainees. The whole day showcased a comprehensive exploration of internal medicine through engaging discussions and presentations by experts in the field. Throughout, presenters emphasized the importance of interdisciplinary collaboration and patient-centered care in advancing internal medicine.



Life member of the Sylhet Branch, BSM and from other regions at BSM Sylhet Surma-Summit 2023

Brahmaputra Medicine Summit, Mymensingh-2023 (24-25 November)

Dr. Harimohan Pandit

Secretary General, Mymensingh Divisional branch, Bangladesh Society of Medicine

The Brahmaputra Medicine Summit, Mymensingh-2023, was held on 24-25 November 2023 at the Silver Castle Hotel & Spa on the bank of the river Brahmaputra and Mymensingh Medical College premises. It was successfully organised jointly by the Bangladesh Society of Medicine and Bangladesh Society of Medicine, Mymensingh Divisional branch. It was a huge gathering of BSM members from all over the country who were accommodated in the Silver Castle Hotel and Spa, The Spandan Hotel and the ASPADA Resort. The purpose of the summit was to increase and share scientific knowledge and build up friendship, and brotherhood among the BSM members. It was also a triumphant tale of energetic leadership and earnest work by the entire Mymensingh

BSM team. In addition to scientific seminars, research presentations, and discussions on evidence-based medicine, these two days were consisting a very exciting River Cruise filled with Vataly songs by the musical team in the Brahmaputra

River in the afternoon, refreshments, attractive raffle draws, cultural nights which include the songs and dance from "Mymensingh Gitika", and Lalon artists. These were very enjoyable.



An entertaining and unique river cruise was held on the Brahmaputra River

There was the declaration of a new BSM committee for the Mymensingh Division with the leadership of President Professor Dr Abdul Hannan Miah and Secretary General Dr Harimohan Pandit.

The prestigious event was enriched with the presence of DGME and President BSM, Professor Md. Titu Miah & ADG (Admin) and Secretary General, BSM,

Professor Ahmedul Kabir and all other executives of BSM. Gathering of the legends of Medicine from all the corners of Bangladesh was the ultimate beauty of the gorgeous summit.

The Brahmaputra Medicine Summit, Mymensingh-2023, has created a tremendous opportunity to improve health services and medical education in Bangladesh.

It has paved the way for building strong leadership, fostering closer bonds among medicine specialists, and encouraging active participation in medical research and continuous learning. It was possible because of the hard work and dedication of all the active, dynamic BSM members of Mymensingh.



The undergraduate teaching session was a houseful event



Demonstration of physical examination to undergraduate students by Professor Md. Titu Miah

Workshop on 'Scientific Writing' (9th September, 2023)

Dr. Mohammad Mahfuzul Hoque
Assistant Professor
Department of Medicine
Dhaka Medical College
Secretary for Publication, BSM

Journal Committee, Bangladesh Society of Medicine organized a workshop at Dhaka Club on 09/09/23 and the topic of the workshop was "Manuscript Writing." We believe this workshop was of immense value to the members of the Bangladesh Society of Medicine and the broader research community. The objective of the workshop was to provide researchers and authors with essential skills and insights into effective manuscript

writing, from structuring the manuscript to enhancing its scientific impact. The workshop covered various aspects, including clarity of writing, adherence to journal guidelines, optimizing figures and tables, and responding to reviewers' comments. Renowned experts were invited to serve as workshop facilitators and share their expertise with the participants. Prof. Rubina Yasmin talked on 'How to write an original article', Prof. Md. Mujibur Rahman talked on 'How to do a literature review', Late Prof. Md. Ridwanur Rahman gave a very valuable speech on 'Ethics in scientific publication' Prof. Md. Robed Amin spoke on 'Common errors in a scientific paper'

and Prof. Quazi Tarikul Islam spoke on 'Study on dengue fever'. At 8.30 am the workshop and a website for The Journal of Medicine (www.jombd.com) were inaugurated by Professor Titu Miah, President of BSM following the welcome speech of Dr. Mohammad Mahfuzul Hoque, Publication Secretary of BSM. A day-long workshop was actively participated by life members and members of EC. Professor Ahmedul Kabir, Secretary General of BSM also provided a valuable speech and the workshop was chaired by Prof. HAM Najmul Ahasan, Chairman of the Journal Committee.



A tribute to the Late Prof. Md. Ridwanur Rahman, who spoke on essential aspects of ethics in scientific publication



The inaugural session of "workshop on scientific writing"



Active participation in Workshop on Scientific Writing by life members of BSM

'Internal Medicine Day 2023' celebration by BSM

Dr. Md. Arifuzzaman
Office Secretary
Bangladesh Society of Medicine

On May 28th, 2023, the Bangladesh Society of Medicine celebrated Internal Medicine Day across the country. This day was established in 2019 to recognize the vital contribution of internal medicine specialists, and this was the first time BSM formally

celebrated the day. As part of the celebration, a rally was organized by the Medicine department of every medical college and other hospitals nationwide, and medicine specialists participated enthusiastically.

A seminar was also held centrally in Pan Pacific Sonargaon Dhaka, where Professor Ahmedul Kabir, Secretary General of BSM, delivered a valuable

speech highlighting the critical role of medicine specialists at every level of healthcare, particularly during the pandemic and dengue epidemics. Prof. Md. Faizul Islam Chowdhury, Chairman of the Internal Medicine Day Celebration Committee and Vice President of BSM, emphasized the comprehensive management role of internists and the urgent need for a National Institute of Internal Medicine.



A rally was organized by the Department of Medicine, participated in by internists from BSM and other doctors and faculty members of Dhaka Medical College.

The seminar was presided over by Professor Md. Titu Miah, who is the President of BSM and DG Medical Education. He stated that medicine specialists provide services for both communicable and non-communicable diseases and play a vital role in medical education and research in Bangladesh.

Other senior professors also gave valuable speeches in the seminar, and they discussed the fact that despite the need and contribution of internal medicine specialists, they are often neglected regarding promotion and posts in government and non-government jobs.



In the Seminar, the Speakers emphasized the importance of Internists' role in the medical service and education

1st BSM Research Day 2023

Prof. Mohammad Tanvir Islam
Prof. of Medicine, BSMMU
 Secretary for Research, Bangladesh Society of Medicine

On December 2nd, the Bangladesh Society of Medicine marked a significant milestone with the inaugural celebration of their first-ever research day, titled "1st BSM Research Day 2023". Held at the Bangamata Sheikh Fazilatunnesa Mujib Convention in Shahbagh, Dhaka, the event commenced with an opening speech by Professor Dr. Mohammad Tanvir Islam, the Secretary for Research at BSM. The ceremony was then formally inaugurated by Professor Dr. Md Titu, the President of the society and Director- General of Medical Education.



Welcome speech given by secretary for Research, BSM

Professor Dr. Sharfuddin Ahmed, the Vice-Chancellor of Bangabandhu Sheikh Mujib Medical University (BSMMU), graced the occasion as the chief guest. He highlighted the historic significance of this initiative, being the first of its kind in Bangladesh within the medical community. Stressing the pivotal role of research in advancing medicine, he urged doctors in the country to prioritize research endeavors. Professor Dr. A. B. M. Abdullah echoed this sentiment, emphasizing the need to elevate research efforts within the medical field, considering the relatively low involvement of doctors in research activities, currently standing at 4 to 5 percent.

Legendary professors of Medicine were present in program: Prof. Dr. Rubina Yasmin, Prof. Dr. Khan Abul Kalam Azad, Professor Dr. Syed Ghulam Mogni Mowla, Professor Dr. ABM Adullah. Professor Dr. Mujibur Rahman, Prof. Dr. Syed Atiquel Haq and Professor Dr. MA Faiz



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Further underscoring the importance of biomedical research, Professor Dr. Robed Amin, the Line Director of the Directorate General of Health Services' (DGHS) communicable disease control program, noted Prime Minister Sheikh Hasina's consistent emphasis on this aspect. He reaffirmed Bangladesh's commitment to fostering a research-centric approach in its medical sector.

Professor Dr. Ahmedul Kabir, the Secretary-General of the society, outlined the vision for upcoming research activities, emphasizing their potential to

propel the nation towards becoming a smart digital entity.

President of Bangladesh Society of Medicine and Director-General Medical Education, Professor Dr. M. Titu Miah, reiterated the government's dedication to enhancing education and healthcare sectors, stressing the indispensable role of research in this endeavor. He commended the contributions of young doctors in tackling diseases like dengue and COVID-19, encouraging their active involvement in research endeavors to further strengthen the healthcare sector.



The Research Day generated great enthusiasm among new researchers

The event also recognized outstanding research contributions, with two best protocols receiving Research Grants of 4 lakhs each, and four other finalists awarded token Grants of 50 thousand each. Notable recipients included Prof. Dr. Md. Abul Kalam Azad and Dr. Nawsabah Noor, who received the

Final Grant, and Dr. Mehrunnisa Khanom and Dr. Abu Shahin Mohammed Mahbubur Rahman, honored for best oral presentations. Additionally, Prof. Mohammad Rafiqul Islam and Dr. Goutam Kumar Acherjya received prizes for their outstanding poster presentations.



In an attempt to recognise the innovation and dedication of researchers, awards and certificates were presented to the deserving nominees.

The event was concluded by the vote of thanks by Co-chairman of Research Sub-committee Dr. Amiruzzaman. Radiant Pharmaceuticals Limited proudly served as the scientific partner for this esteemed event.

Workshop on "How to Review a Manuscript" (December 23rd, 2023)

Dr. Mohammad Mahfuzul Hoque
Assistant Professor
Department of Medicine
Dhaka Medical College
Secretary for Publication, BSM

The Editorial Board of the Journal of Medicine of BSM organized a "How to review a manuscript" workshop on December 23rd, 2023, at Dhaka Club Ltd at 9 am. The Journal committee of the Journal of Medicine has a motto to upgrade the journal to make a PubMed-indexed journal and to improve impact factor. Sufficient reviewers are needed from our society to maintain the regularity and quality of the review process. The workshop helped answer questions about the manuscript review process, guide on structuring a scientific paper, and offer advice on scientific communication.

Renowned experts in the field were invited to serve as workshop facilitators and share their expertise with the participants. The day-long workshop was facilitated by Prof. M Mostafa Zaman, Executive Editor of Bangabandhu Sheikh Mujib Medical University (BSMMU) Journal and Prof. Md. Mujibur Rahman, Professor of Medicine, Popular Medical College, Dhaka. At 8.30 am, Professor Titu Miah, President of BSM, inaugurated the workshop following the welcome speech of Dr Mohammad Mahfuzul Hoque, Publication Secretary of BSM. The workshop was actively

participated by life members and members of EC. Professor Ahmedul Kabir, Secretary General of BSM, Prof. Dr.

A.K.M. Aminul Haque, Vice-President, of BSM and other senior Professor of Medicine also provided a valuable speech

and the workshop was chaired by Prof. HAM Najmul Ahasan, Chairman of the Journal Committee.



Welcome speech of the inaugural session of "How to Review a Manuscript"



Initial interactive lecture session of the workshop



Active participation of senior BSM member



A practical manuscript review session was conducted group-wise, facilitated by Prof. M Mostafa Zaman and Prof. Md. Mujibur Rahman.

Real-Time Simulation-Based Training on Arrhythmia

Dr. Md. Hafizur Rahman

Associate Professor, Department of Medicine, Dhaka Medical College

The Bangladesh Society of Medicine organized a workshop on "Real-Time Simulation-Based Training on Arrhythmia," at the Simulation Lab of Dhaka Medical College on December 12, 2023. This pioneering initiative aimed to enhance the expertise of Internists, who play a crucial role in managing patients dealing with various arrhythmias.

The inaugural ceremony was chaired by Professor Dr. Md. Titu Mia, Director General of DGME and President of the Bangladesh Society of Medicine. Professor Dr. Syed Mogni Mowla, Secretary for Scientific Affairs, BSM, delivered a warm welcome speech. The distinguished Professor Dr. Md. Atahar Ali, Senior Consultant at the Heart Failure and Arrhythmia Unit, Evercare Hospital, Dhaka, served as the Resource Faculty and emphasised the unmet need for recognising and managing arrhythmias by Internists.



Secretary General and President of BSM at the inauguration of the program

Key dignitaries, including Professor Dr. Md. Ahmedul Kabir, ADG(Planning),

DGHS; Professor Dr. Md. Shafiqul Alam Chowdhury, Principal, Dhaka Medical College; Brig Gen Md. Nazmul Haque, Director, DMCH; Professor Dr. Quazi Tariqul Islam, Chairman, Scientific Committee, BSM, and others, highlighted the pivotal role Internists play in arrhythmia management.

The event, facilitated by Dr. Md. Hafizur Rahman, Associate Professor of Medicine, DMC, and Dr. Asif Zaman Tushar, it was meticulously orchestrated by Professor Dr. Md. Atahar Ali, Professor Dr. Md. Abdul Wadud Chowdhury, Dr. Md. Hafizur Rahman, and Dr. Asif Zaman Tushar, leaving a profound impact on the honored Internists in Bangladesh.

The training session provided a hands-on experience with both human-human and human-mannequin simulations. Professor Dr. Md. Atahar Ali and Professor Dr. Md.

Abdul Wadud Chowdhury delivered insightful sessions, focusing on equipping Internists with the essentials of arrhythmia recognition, emphasizing its importance.



Faculty members of the department of Medicine, Lifemembers and facilitators

Understanding the underlying mechanisms and Coumels triangle of arrhythmogenesis, consisting of trigger, substrate, and modulator, is crucial for effective treatment. Management planning



Simulation and demonstration of temporary pacing for patients with Complete Heart Block Prof. Dr. Md. Atahar Ali and Professor Dr. Md. Abdul Wadud Chowdhury



Faculties and facilitator of the session



Interactive participation of life members



Memento was presented to Professor Dr. Md. Atahar Ali and Professor Dr. Md. Abdul Wadud Chowdhury as a token of appreciation

should consider symptoms, structural heart disease, coronary artery disease, family history, and occupation. The significance of ablation for a pilot with WPW was emphasized.

Various types of bradyarrhythmias and tachyarrhythmias were simulated in mannequins, detected in defibrillator-cardioverter monitors. Physical, pharmacological, electrical, radio-frequency, and surgical treatment

modalities were explained and simulated. Carotid sinus massage, along with indications and precautions, was clearly demonstrated.

The session was interactive, and life members actively participated

Adenosine, verapamil, and amiodarone were discussed extensively, and participants were applauded for successfully performing defibrillation on a mannequin for hemodynamically

unstable ventricular tachycardia, showcasing the essence of simulation.

Simulation and demonstration of temporary pacing for patients with Complete Heart Block Professor Dr. Md. Atahar Ali and Professor Dr. Md. Abdul Wadud Chowdhury

The session also covered the simulation and demonstration of temporary pacing for patients with Complete Heart Block, displaying PPM and AICD. The frequent interactions, simulations, and simultaneous deliberations by Professor Dr. Md. Atahar Ali and Professor Dr. Md. Abdul Wadud Chowdhury added to the beauty of the session.

The innovative approach left a lasting impression, instilling a thirst for knowledge on arrhythmia among the learned participants, making the Bangladesh Society of Medicine proud of this significant contribution to medical education.

Memento was presented to Professor Dr. Md. Atahar Ali and Professor Dr. Md. Abdul Wadud Chowdhury as a token of appreciation.

Obituary



Professor Dr. Firdous Ara J. Janan

Professor Dr. Firdous Ara J. Janan, a Pioneer Professor of Medicine in Bangladesh, was the first female professor at Dhaka Medical College. She was well known for her dominant personality and was ahead of her time, especially as a female professor of Medicine in our country. She was a resilient and headstrong mentor, leaving many of her disciples and admirers through the teaching of Medicine. She could touch the lives of countless people by curing and caring.

She loved her family equally, besides her duties and responsibilities.

Firdous Ara Julaikha-Tul Janan was her full name, and she was the daughter of SHB Monsur Ahmed and Rahila Banoo of the renowned Muslim family of Satkhira. She passed the matriculation examination in 1960 from Kamrunessa Govt. Girls High School, Tikatuli, Dhaka. She was admitted to Dhaka Medical College in the 1962-63 session and completed MBBS in February 1968. She started her career as a house physician at Dhaka Medical College Hospital on 1st May 1968 and became a Medical Officer in the Paediatric Department of the same hospital. She became a Resident Medical Officer at the Institute of Postgraduate Medical Research (IPGMR). She passed FCPS in Medicine (Fellow ID: 61) in July 1975 and became an Assistant Professor of Medicine at IPGMR on 13th April 1977. She worked as a faculty member of

Medicine at different levels and was a professor and head of the Department of Medicine at Sir-Salimullah Medical College. She retired from her government job as a professor and head of the Department of Medicine of Dhaka Medical College. Then, she joined Bangabandhu Sheikh Mujib Medical University (BSMMU) as a Professor of Medicine (2003 to 2005).

She played a significant role in undergraduate and postgraduate medical education and mentored many students in Medicine, emphasizing clinical examination and bedside learning. She was also a keen researcher and had many publications in both national and international journals. She was particularly interested in tropical diseases like tuberculosis, leptospirosis, etc. She was the founding life member of the Bangladesh Society of Medicine (Life member serial No: 4) and profoundly loved the society.

Obituary



Professor (Dr.) Md. Ridwanur Rahman

With profound sorrow, we mourn the passing of the distinguished physician, researcher, educator, and professor (Dr.) Md. Ridwanur Rahman, departed from this world on October 25 2023.

Professor Md. Ridwanur Rahman is widely acclaimed for his groundbreaking contributions to the research of infectious diseases and tropical medicine. His notable work in the early 1990s in Khagrachari unveiled the widespread chloroquine resistance among *Falciparum* species in Bangladesh. Collaborating with Prof. MA Faiz, he co-founded the Malaria Research Group (MRG) in Chattogram, Bangladesh, which played a pivotal role in conducting extensive trials on malaria over 15 years. Notably, their participation in an international multicentre study for the World Health Organization (WHO) led to groundbreaking trials establishing the efficacy of Artemisinin-based drugs, now integral in malaria management. A publication from this study, featured in *The Lancet*, earned the prestigious title of Best Research Paper of the Year in 2010 by the *British Medical Journal* (BMJ). This work contributed significantly to the Nobel Prize in Medicine awarded to Chinese researcher Dr. Youyou Tu for the discovery of the product. Malaria, once a deadly disease in Bangladesh, has nearly been eradicated, reflecting the enduring impact of Professor Ridwan's efforts. The MRG expanded its focus to include research on Dengue, Typhoid, Nipah virus, and Snake Bite, among other illnesses. Professor Ridwan's involvement with the WHO extended beyond Bangladesh, where he served as a Clinical Monitor in Zambia, Tanzania, and Ghana.

In the 2010s, Professor Ridwan collaborated with the Drugs for Neglected Diseases Initiative (DNDi) to address the challenge of Kala-Azar (Visceral Leishmaniasis) in the Greater Mymensingh region. Serving as the Principal Investigator, he conducted a trial that revolutionized international guidelines for Kala-Azar management by introducing an effective drug regimen. Kala-Azar has since been declared eradicated from Bangladesh, a testament to Professor Ridwan's impactful contributions.

Professor Ridwan also made significant strides in researching non-communicable diseases in both urban and rural settings of Bangladesh. His accomplishments have garnered recognition both locally and internationally, with his contribution to multiple guidelines and authorship of nearly 170 scientific publications, cited over 5400 times.

Beyond his research prowess, Professor Ridwan was a distinguished educator, celebrated for his innate ability to simplify complex medical concepts for students. In addition to clinical education, he focused on teaching Evidence-Based Medicine and Research Methodology, conducting workshops across the country to nurture the skills of emerging clinicians.

Known for his unwavering commitment to patients' interests, Professor Ridwan was a respected clinician with sharp diagnostic skills. His clinical acumen was admired by colleagues and patients alike.

During the COVID-19 pandemic, Professor Ridwan emerged as a vocal advocate for healthcare staff protection, increased resources for patient management, and enhanced public education. His tireless efforts, including round-the-clock consultations, demonstrated his dedication to community well-being and was a beacon of hope during challenging times.

Born on April 21, 1958, in the remote village of Moulvi Bari in Kanchana, Satkania, Professor Ridwan was the sixth of seven children of Monirul Haq and Begum Amatun Noor. His academic journey began at AKBC Ghosh Institute, where he completed his SSC in 1973. After that, he completed his HSC in 1975 from Adamjee Cantonment College.

Ironically, he initially enrolled in BUET, studying there for a few months before requests from his family meant he eventually joined Chittagong Medical College and Hospital (CMCH), where he graduated with distinction in 1982, coming in second place in the final professional exam. After completing his internship at IPGMR, he earned his Fellowship of the College of Physicians and Surgeons (FCPS) in 1989. From 1983 onwards, he spent a lot of time in some of the remotest parts of Bangladesh, being posted in multiple Upazilas in the Chattogram Hill Tracts and Cox's Bazar before joining CMCH as a Junior Consultant in 1993.

That is where his excellent career in Medical Education began. Rising through the ranks, he served in various capacities in CMCH, Dhaka Medical College and Hospital, Sir Salimullah Medical College, and ultimately became the Head of the Department of Medicine at Shaheed Sohrawardy Medical College (ShSMC) in 2006, a position he held until his retirement in 2017. Even post-retirement, he continued his research contributions as the Head of Research at Universal Medical College and Hospitals until his demise.

Elected as a Councillor of BCPS in 2021, Professor Ridwan also served as the Chair of the Research, Training, and Monitoring Department (RTMD).

In his personal life, Professor Ridwan was a people person, finding joy in spending time with family and friends. An avid traveller, he explored far-flung corners of Bangladesh and the world, never forgetting his roots and actively serving the people of his village, Kanchana.

Regrettably, on the morning of October 25, the world lost a compassionate healer as Professor Ridwanur Rahman succumbed to a massive cardiac arrest. His legacy of commitment, intellect, and altruism serves as an inspiration to aspiring medical professionals and a source of pride for those fortunate enough to have crossed paths with this exceptional individual. He leaves a vast network of family, friends, colleagues, and students.

Raiiq Ridwan (ORCID ID: 0000-0002-2208-1687)

Undergraduate Medical Education: Role of Internal Medicine



Professor Dr. Md. Titu Miah
President, Bangladesh Society of Medicine
Director General
Directorate General of Medical Education

“Bangladesh Medical Education Accreditation Bill, 2023” was passed in the parliament on 07 September, 2023 aiming to ensure quality medical education by acknowledging the academic curriculum and the concerned institutions by providing accreditation certificates. In this process, Internal Medicine specialists or medicine specialists have a tremendous role. Among the various specialities, internal medicine holds a crucial role in shaping the future healthcare landscape of the nation due to its broad scope and foundational principles in diagnosing and managing common medical conditions.

Undergraduate Curriculum

The Bangladesh Medical and Dental Council (BMDC) mandates the inclusion of Medicine throughout the five-year MBBS curriculum. Internists have to play a strong role in the curriculum development process. Mentors of internal medicine have to ensure that medical students receive a comprehensive grounding in internal medicine principles throughout their academic journey.

Theoretical Foundation

Students are exposed to basic knowledge related to internal medicine subspecialties throughout pre-clinical years through specialized lectures covering topics such as physiology, pathology, and pharmacology. A student's understanding of disease processes and the reasoning behind different treatment modalities must be guided by internists, who must also provide them with the necessary knowledge.

Interactive Learning

Internists have to ensure Small Group Learning (SGL) sessions to foster critical thinking and clinical reasoning skills by analyzing case studies and discussing patient presentations related to internal medicine topics. This active learning environment encourages students to go beyond rote memorization and develop the ability to apply their knowledge to real-world clinical scenarios.

Problem-Based Learning (PBL)

Internists have to provide a student-centred approach that encourages independent learning and problem-solving by presenting students with real-world scenarios with an internal medicine focus. Students research, analyze, and discuss potential solutions, fostering a deeper understanding of the disease and its management.

Clinical Exposure

Mentors of internal medicine have to take care of Bridging the Gap between Theory and Practice. Clinical rotations during the later years of the MBBS curriculum provide students with invaluable hands-on experience in managing patients with internal medicine conditions. These rotations bridge the gap between theoretical knowledge and practical application, allowing students to observe and learn, direct patient interaction, clinical reasoning and master clinical skills.

Challenges:

Technology Integration: In the modern era, internists have to overcome of challenge of

incorporating simulation tools and e-learning platforms can enhance students' understanding of complex internal medicine concepts and procedures. These tools can provide a safe and controlled environment for students to practice their skills before encountering real patients, fostering confidence and competency.

Faculty Development

Continuous professional development programs for faculty can equip them with the latest advancements in internal medicine and enhance their pedagogical skills. This ensures that the curriculum remains relevant and incorporates the latest knowledge and techniques, allowing students to graduate with the most up-to-date understanding of the field.

Community-Based Learning

Integrating community outreach projects into the curriculum can expose students to the social determinants of health and the epidemiology of internal medicine-related diseases prevalent in the Bangladeshi context. Understanding these factors is crucial for future doctors to holistically address the healthcare needs of the population and develop interventions that address the root causes of disease burden.

In Bangladesh, internal medicine is crucial in producing knowledgeable and caring medical professionals. Through the implementation of a comprehensive curriculum, varied clinical exposure, and ongoing improvement activities, they can provide a solid foundation for future physicians, enabling them to efficiently handle the changing healthcare demands of society. Bangladesh can create a strong healthcare system that can address present and future health issues and move the country toward a better future for all Bangladeshis by making sure graduates are knowledgeable in the diagnosis and treatment of a wide range of diseases.

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