

HISTORY

EMINENT ANESTHETISTS OF PAKISTAN

Professor Dr. Mehdi Hassan Mumtaz

MBBA, FFARCSI, FICS

Professor Dr. Mehdi Hassan Mumtaz is a name that stands out amongst others as the most significant anesthesiologist and intensivist of the country. He was the first to commission an intensive care unit (ICU), at Nishtar Hospital Multan (Pakistan) in 1981. It was first such unit in the country He was the founder president of Pakistan Society of Intensive Care.

He innovated the technique of combined spinal epidural (CSE-SST), also called Episinal, in 1982. This technique has been used all over the world now. Dr. Mehdi is one of the finest teachers in anesthesiology today. He trained a lot many anesthesiologists who are holding key positions in anesthesiology departments in the country as well as abroad, and continuing his hard work.

1. Early life

Dr. Mehdi was born on the 3rd of March, 1946. His parents migrated from India after Pakistan emerged as an independent homeland in 1947 for Muslim majority areas of India, and settled in a small town Burewala, District Vehari in Punjab. He qualified Secondary School Certificate and Higher Secondary School Certificate from local Municipal High School and Degree College. Then he got admission to first year MBBS class at Nishtar Medical College Multan.

He completed his medical education from Nishtar Medical College Multan in 1968. He had special interest in the subjects of physiology and pharmacology, so on the advice of professors of physiology and pharmacology, he joined the department of anesthesiology of Nishtar Hospital Multan as a medical officer/registrar in 1969. For a short period, he joined the anesthesiology department at King Edward Medical College in January 1971 as a DA student, but left for UK in November 1971.

2. Higher education & career

Dr. Mehdi was initially trained as an anesthesiologist in UK. He worked there in different capacities, in the specialties of anesthesiology, mainly at Manchester Royal Infirmary and Queen Elizabeth Hospital Birmingham, where he had the opportunity to work with Prof. AR Hunter, Prof. Robinson, Dr. Selwyn Crawford and Dr. MD Vickers (later Professor Vickers). He qualified his examination of Fellow Faculty of Anaesthesia Royal College of Surgeons (FFARCS) in 1978. He had been a member of different

academic and professional societies like Intensive Care Society of UK, Association of Anaesthetists of Great Britain & Ireland, European Society of Intensive Care.



He was elected as a Fellow of International College of Surgeons (FICS) of USA in 1982. He has a vast experience of working in many of the European countries including Sweden, Holland, Germany and Belgium.

After coming from UK, he preferred to join his parent institute. He joined the prestigious medical institution of the central Punjab – Nishtar Medical

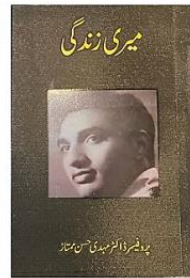
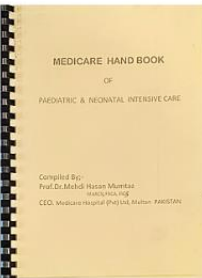
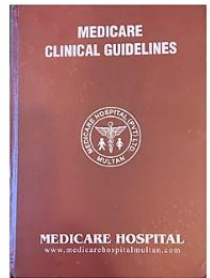
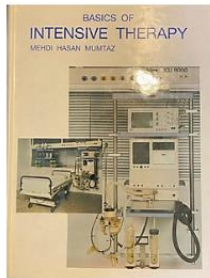
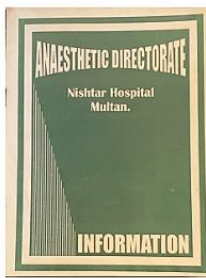
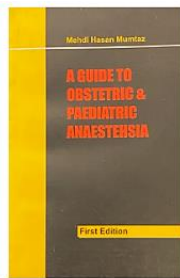
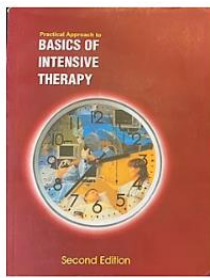
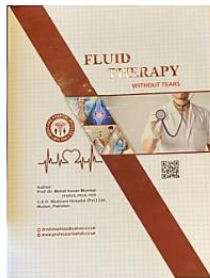
College Multan, as an assistant professor in 1980, and ultimately promoted to chair of Professor in 1988. He opened the doors of teaching and training in anesthesiology and raised the strength of the department from 5 in 1980 to 56 by the end of 2004, in addition to producing 148 qualified specialists in this specialty.

During this period, he also used to go to district and tehsil level (DHQ & THQ) hospitals, to deliver lectures of common interest, while highlighting the importance of anesthesiologists in the hospital set up. As in his earlier career, there was no internet and electronic teaching had not been popularized, so on his routine visits to European countries, (especially Sweden and UK) twice a year, he brought copies of interesting and useful articles published in medical journals related to anesthesiology, intensive care and pain, to pass on the latest knowledge to his trainees and to participants of the national conferences in the form of lectures and presentations.

3. Publications

Professor Mahdi has been a prolific writer. He is proud author of more than ten books; most of these were written with the objective of providing baseline knowledge to postgraduate trainees in anesthesiology and/or intensive care, but he did not miss the ward staff working in ICU, PICU and NICU. Here is a list of his most popular books;

1. Basics of Anaesthesia
2. Basics of Intensive therapy
3. Practical Approach to Basics of Intensive therapy
4. A hand book of obstetric Analgesia and Paediatric Anaesthesia
5. Anaesthesia Directorate
6. Medicare guidelines- Adults
7. My Life
8. Fluid therapy without tears
9. Medicare Guidelines for PICU & NICU
10. Medicare Guidelines for ICU



He has been an author / co-author of more than 30 research papers, which were published in National and International journals. He also directed and supervised 20 dissertations by FCPS candidates.

4. Teaching & Training

While in government job, a total of 148 doctors underwent postgraduate training leading to MCPS and FCPS under the expert supervision of the professor. Teaching has been his passion, and he has delivered CME lectures on diverse topics every Sunday morning even after his retirement from active government service. So far 390 lectures have been delivered. 24

lectures have been uploaded on YouTube during 2020-2021.



Professor Mahdi has spent his life in propagation of wisdom and knowledge, especially in the fields of anesthesiology and intensive care. He has played active role in the following organizations /

societies;

- General Medical Council (GMC) UK.
- PMDC/ PMC
- Intensive Care Society of UK
- European Society of Intensive Care
- Founder President of Pakistan Society of Intensive

Care

- President, Pakistan Society of Anesthesiologists (twice)

- President, Pakistan Society of Anesthesiologists Multan Chapter (thrice)

He also played active role as an Editor of Journal of Anaesthesia & Critical Care, which used to be published by Aga Khan University Karachi. For some time he remained on the editorial board of Medical Channel, published from Karachi.

During his career he has been an examiner for membership and fellowship examinations of College of Physicians & Surgeons of

Pakistan (CPSP) and a member of Faculty of Anaesthesia of CPSP (1982-2000).

He is a devoted, willing & upright teacher, both in the class room and at bedside teaching. He took teaching as a hobby and went out of the way to teach. He can be best described as a workaholic, an outstanding anesthesiologist and an excellent teacher. Currently, he is serving as CEO, Medicare Hospital (Pvt) Ltd. Multan, Pakistan.

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