



Prof. Col Masud Ahmed Cheema
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**“*Dil Rawaan Dawaan*” is history
of cardiac surgery in Punjab
by Prof. Col Masud Ahmed Cheema**

Col. Masood Ahmad Cheema returned from UK after getting training in heart surgery where he was sent by Gen. Malik Shaukat Hassan in 1973. He served at Cardiac Center in Military Hospital Rawalpindi till July 1977 under very difficult circumstances. Gen. Malik Shaukat Hassan was very much concerned about the slow pace of development in cardiac surgery that is why he had sent Dr. Cheema for training to UK. As per army rules, one has to obey the head of the department who was Col. Ali Masood Akram. During three years, they had just a few lung surgery cases, few close heart operations and four open heart cases. However, in the unit where Dr. Masood Cheema had got training used to do over two hundred open heart operations in a year. Gen. Malik Shaukat Hassan as Director of Surgery had issued a notification from the army headquarters that Dr. Masood Cheema should be given separate ward, allotted beds and outdoor but it was not being implemented in the department and there was a fight all the time. Dr. Masood Cheema was most often busy in saving himself. He had no practice and was also facing financial hardships. Hence he decided to bring it to the notice of the Chief of Army Staff Gen. Ziaul Haque. He gave him time to see him in the Commanding Officer's office at Military Hospital Rawalpindi. After listening to Col. Masood Cheema, Gen. Zia asked him "what could be the solution to the problem". Dr. Cheema had thought over it since long and he was even mentally prepared to resign from the army, say goodbye to cardiac surgery and start surgical practice at Lahore or Gujranwala.

Col. Masood Cheema told Gen. Ziaul Haque that his first preference will be that he be allowed to join cardiac surgery department in Mayo Hospital Lahore where post was lying vacant. He should be sent there on deputation. What is the second choice asked Gen. Zia to which Dr. Masood Cheema said that he should be sent for further training to UK or USA for three years. In those days Punjab Government had advertised the post of Assistant Prof. of Cardiac Surgery. He got permission from the Army to apply for that post, got selected through Public Service Commission and came to Mayo Hospital Lahore. That also proved to be a blessing in disguise for the cardiac patients in Punjab as he not only started cardiac surgery at Mayo Hospital Lahore but later established the Dept. of Cardiac Surgery at Punjab Institute of Cardiology, established CPE Institute of Cardiology at Multan as Project Director, trained many people and now cardiac surgery is being performed at a number of public hospitals in Punjab, thanks to the sincere efforts of his team. These facts have been disclosed by Prof. Col. Masood Ahmad Cheema himself in a book in Urdu entitled "*Dil Rawwan Dawwan*" which is a history of cardiac surgery in Punjab. The doctors as well as general public will find it extremely informative and useful book on heart diseases and it will also be an excellent addition to the treasurer of any medical and general library in the country.

Col. Masood Ahmad Cheema graduated from King Edward Medical College in 1960. Got commission in Pak army, had general surgery training and FRCS from Edinburgh. Heart surgery training in UK returned to Pakistan. He has also served as Surgeon in CMH Abbottabad, Murree, and Muzzafar Abad. Then spent a year in Karachi for FCPS training. After clearing FCPS-I he was posted at Military Hospital Rawalpindi and got training with Gen. Shaukat Hassan Malik who was Brig. at that time. After taking early retirement from Army he joined King Edward Medical College Mayo Hospital in 1977 and did first open heart surgery at Mayo Hospital Lahore in 1978. He retired in 1998. He was appointed the Chief Executive CPE Institute of Cardiology at Multan. In recognition of his services to promote cardiac surgery, he was appointed as Prof. Emeritus at PIC in 2007. In

UK it was Mr. J. A. Doyed who trained him in cardiac surgery and he even came to Pakistan many times to help promote cardiac surgery. Dr. Masood Cheema writes that it was the wish of his father that I should become a doctor. After getting commission in Army, I served with Army Engineers in Swat, at PNS Zulfikar and PNS Babar, at Chittagong Port and got married to Dr. Shamim in December 1965.

Heart surgery Col. Cheema writes started in early 20th century in USA and UK. In India heart surgery had started soon after 1947 but in Pakistan it started in 1960 first close heart surgery and later open heart surgery in 1970. We had good general surgeons but no trained cardiac surgeon. Souter performed mitral valve surgery in 1925 but he did not do second operation as no patient was referred to him which shows the difference in the thinking of cardiac Physicians and surgeons. Mitral valve repair was routine in UK and USA in 1947. Gibbon invented heart lung machine in 1955 and in 1960 prosthetic valves were introduced which all revolutionized cardiac surgery and aortic and mitral valve repair became a routine.

Col Masood Cheema joined Mayo Hospital in 1977. His predecessor Dr. M. Aslam Cheema was Assistant professor of cardiac surgery but since he could not get any support, got frustrated and left for USA. Prof. Rashid Qureshi who had additional charge of this unit once Dr. Aslam Cheema left, did not allow any other professor to occupy this ward. Forty years old Ramzan got mitral valve repair and this was the first open-heart operation which Col. Cheema and his team did at Mayo Hospital Lahore. For his surgery blood was arranged from Karachi, two companies Interrex and ACP provided instruments. Dr. Abdul Haque operated the heart lung machine under his supervision. Mr. Fazle Haque of APC also brought Dr. Abdul Haque and they both stayed at a hotel in Lahore at their own expense. Dr. Asif Riaz son of Prof. Riaz e Qadeer got a picture made and released to the press and this gave a new hope to the heart disease patients in the province.

Col. Masood Cheema recalls that Dr. Jawad Sajid Khan whom he had earlier met in London played a vital role in the progress

of heart surgery in Lahore. He invited him to join Cardiac surgery unit at Mayo Hospital Lahore and also informed him of the difficulties they were facing. His joining the department gave us impetus. He assisted me in the first coronary bypass operation at Mayo Hospital Lahore. After transfer to PIC he always respected my seniority. I retired in 1998 and then he became head of cardiac surgery in PIC and later Chief executive of PIC.

It was a difficult task to start cardiac surgery in Punjab and we were trying to avoid any major mishap. He recalls that when in September 1991 cardiac surgery started in PIC one young man was admitted there who needed mitral valve repair or replacement. There were many patients waiting for surgery in the ward but he insisted that his operation should be done first. He was informed that his valve will be opened with a minor operation as his valve was very bad but he refused to wait and committed suicide by jumping from the roof of PIC. Till 1991 bypass surgery was not started in PIC and it was restricted to NICVD and AFIC in Rawalpindi. Our colleagues also used to taunt us that you do valve repair and other surgical procedures but cannot do bypass. In those days I heard that one of the drug companies of Pakistan had invited a team from India led by Cardiac Surgeon Mide and his anesthetist wife was also part of the team. They were supposed to do bypass surgery at PIC as we were not doing this at that time and it was all meant to undermine us. Two patients were also prepared for that. I knew that Indian cardiac surgeon whom I had met many times and he was always talking against Pakistan and never missed an opportunity to undermine Pakistanis. I got a copy of the letter from Drug Company under which this Indian team had to visit Pakistan. There were still some days left hence I sent a fax to the Indian cardiac surgeon to send us his papers and record of cardiac surgery performed by him so that we can have a look and then decide whether to invite him or not. He never replied my fax and that is how this conspiracy was foiled.

Col. Masood Cheema is full of praise of cardiac surgeon Prof.M.Rehamn who was Head of Surgery at NICVD who

offered to train all our staff free of cost and it played a vital role in the start and progress of cardiac surgery in Punjab. ICU staff, lab technicians and nurses all got training at NICVD and when they returned after training, they were all very enthusiastic. Karachi has always been at least ten years ahead in technology as compared to Lahore. We had just one monitor in OT ICU. We got the defibrillator repaired. Dr. Zeenat from Zeenat Laboratory agreed to buy some equipment and instruments which we needed to get some tests done and we assured her that we will keep on using these facilities. She also purchased blood gas analysis machine. Within one year heart surgery started at Mayo Hospital Lahore. In June 1978 we did the first two successful open heart surgeries. At present cardiac surgery facilities are available at PIC, Jinnah Hospital and Children Hospital at Lahore. During 2012, over two thousand open heart procedures were performed at Punjab Institute of Cardiology. PIC was designed and built by the same firm which had constructed President House at Islamabad. While PIC was under construction, we also heard that there were plans to handover this project to some private firm. To overcome these Prof. Zubair was appointed Project Director.

Government was considering appointing a Chief Executive for PIC. Prof. Zubair wanted to continue at Mayo Hospital but also wanted additional charge of PIC Project Director. However Gen. Jelani Governor of Punjab selected Prof. Shahryar Sheikh as Chief Executive of PIC who did a commendable job, working day and night to get this project completed. Prof. Shahryar offered the post of Cardiac Surgeon to Prof. Jawad Sajid but he refused the offer in view of my seniority. I talked to our Principal Prof Bashir who talked to Prof. Shahryar and I joined PIC as Chief Cardiac Surgeon in 1991. Within three months we started admitting patients and in a few days later open heart surgery started at PIC. In 1992 we did over two hundred open heart surgeries at PIC. Col. S.A. Khan who assumed charge as Project Director when Prof. Shahryar became Chief Executive, had served with me in CMH and MH Rawalpindi and we both

had got training from Gen. Malik Shaukat Hassan and it helped us overcome numerous problems.

Col. Masood Cheema also recalls his first meeting with Prof. Iftikhar Ahmad as Punjab Health Secretary. Prof. Iftikhar, he says, was also our teacher. When after getting orders of appointment as Assistant Professor of Cardiac surgery in Mayo Hospital I went to see him, speaking in his typical Punjabi style he said , "*People here are dying of scabies and you talk about starting cardiac surgery*". Hearing this I just laughed but was also disappointed. It was this thinking that cardiac surgery had not started at Mayo Hospital for the last hundred years. He gave my orders to his PA and asked him to process it.

Next day July 5th when I looked at the newspapers, the world had changed in Pakistan. Gen.Ziaul Haque had toppled the Govt. of Mr.Z.A.Bhutto and proclaimed Martial Law. Mr. Bhutto was put under House Arrest. After this new development I was a bit optimistic and went to see Health Secretary Prof. Iftikhar again. He was a changed man; he welcomed me and then ordered his PA to type my posting orders immediately. In the meantime I told him about my training in cardiac surgery. He gave me the appointment letter and said Good bye to me. When I was leaving his office, I could see the sayings of Famous Saint *Bulleh Shah* on the wall behind his seat which read "*Dunya Mutlab Dee*".

When Governor Punjab Gen. Tikka Khan visited Mayo Hospital I requested him for funds for heart surgery unit which he immediately accepted. The next important step was to train the cardiac surgery team, nurses for the OT, Technicians. Prof. Ejaz ul Hassan Cardiothoracic surgeon who was Medical Superintendent of Mayo Hospital provided nursing staff. Mr. Pervaiz Butt was appointed to operate Heart Lung machine. First we had some experiments on dogs and Mr. Perwaiz Butt learnt techniques to avoid mishaps and complications. He was a lab technician but within few months he became a perfect Perfusionist. We used to go every week to the Secretariat for funds and create posts for the cardiac surgery department.

I along with Surgeon M. Rehman had served as members of ATCS Executive Council for many years. During World Cardiology conference at Washington I requested Prof. Carpentier who was expert in mitral valve repair that I wish to spend few day with him in Paris to which he agreed. I saw him doing many surgeries and then on return to Lahore did many operations using the same techniques.

Dr. Fayaz Hashmi who hails from Sahiwal Punjab is a renowned cardiac surgeon in USA. He came to Pakistan for few months, my assistant in those days, Dr. Khalid Hameed also belongs to Sahiwal. He also felt like me that some Pakistani cardiac surgeon from USA should operate at PIC. Fayaz Hashmi came to PIC and did many coronary bypass operations hence Lahore also became a center of coronary bypass surgery. Fayaz Hashmi is an expert surgeon who has done many repeat cardiac surgeries. I have seen him even operating on elderly patients 80 to 90 years of age. He even did the redo operation of Mian Muhammad Tufail Amir of Jamat e Islami which was successful. He did surgery at Doctors Hospital for some time but was fed up with the state of affairs in Pakistan. He along with his American wife then left for USA. After Fayaz Hashmi left Doctors Hospital, Mr. Khalid Hameed who was trained in UK joined Doctors Hospital. He even operated upon his Father Prof. Hameed.

While getting training in UK, I had joined a course in Royal College of Surgeons in 1971 but soon War started in East Pakistan. We received notice from Pakistani High Commission and our pay in foreign exchange was stopped. However I was lucky and got selected as CMO in a hospital though the courtesy of my old friend in Basingstoke Hospital. Within a year of coming to London I passed the FRCS from Edinburgh. I wrote to Surgeon General Pakistan Army Malik Shaukat Hassan that I have passed FRCS. He asked me to get training in heart surgery. After doing general surgery I got a job in Wales Grave Hospital in chest surgery and worked with Abbey Smith. Mr. Williams was the other chest surgeon in that hospital who liked doctors from India and Pakistan. It was through his curtesy that I got a job of overseas Registrar for a year which was extended for another

year later. My contract was renewed and I also got leave without pay from Army which enabled me to visit well-known heart surgery centers, Chest and cardiac surgery units in Birmingham, Bristol, Leeds.

Gen. Malik Shaukat Hassan was an accomplished surgeon who used to handle tissues very gently. I learnt a lot from him. He wanted to see his students as surgical personality who should be bold, competent, make decision and affectionate to their patients. We used to tell with pride that we learnt surgery from Gen. Malik Shaukat Hassan who was a great name.

Mr. A. Doyed was in the staff of Lord Brock in Guys Hospital who had first started close and open heart surgery in UK. I had the honour to serve as Registrar of Mr. Doyed. He believed that Physicians are complete doctor who knows everything about everything. I learnt a lot from him. He taught me Atrial Septal Defect, Mitral Valve repair, coronary graft. I was responsible to see all his patients in ICU and ward. He came to Pakistan three times and also visited Landi Kotal and Khyber Pass. He came to attend our conference in 1999 in Lahore and wished to visit the shrine of Data Ganj Bakhsh which was arranged. He died a year later.

Col. Masood Cheema further writes that he invited many renowned cardiac surgeons to Pakistan. Mr. Chris Lincon from Brompton Chest Hospital was the first one to visit us in KEMC. Renowned cardiac surgeon Majdi Yakoob from UK was appointed honorary surgeon at Mayo Hospital Lahore who in his visit to Pakistan repaired an aortic valve. We were far behind in heart surgery for Paediatric patients. Dr. Asjad joined us who had worked as Registrar of Mr. Bill Brown a world renowned Paediatric cardiac surgeon. Through Dr. Asjad we invited Bill Brown who agreed to come to Pakistan for a week with his team. Dr. Omar and Dr. Tousif Directors of Veri EQ offered to look after all the expenditures. Prof. Masood Sadiq at present Chief Executive of Children Hospital Lahore played a vital role in diagnosis and management of cardiac diseases in children. Dr. Bill Brown visited Lahore twice with his team which helped us a lot and

the standard of care of Paediatric cardiac patients improved tremendously as we got much more confidence.

Credit for starting open heart surgery in Pakistan goes to Dr. Boase who did the first operation at United Christian Hospital at Liberty Chowk in Lahore in 1960. He returned to USA a few years later. In Pakistan in Army the first open heart surgery was performed by the team headed by Col. Ali Masood Akram. Gen. Shaukat Hassan Malik who was Director of Surgery in Army did a lot to promote cardiac surgery and chest surgery in Army. Dr. Ghaffar Jatoi and later Surgeon Prof. M. Rehman developed and promoted cardiac surgery at NICVD. Now cardiac surgery is being done routinely at various institutes established in Karachi, Lahore, Rawalpindi-Islamabad and all sort of closed and open heart surgeries of adults as well as children are being performed in Pakistan which has saved lot of foreign exchange as well. In Lahore alone cardiac surgery is being performed at thirteen hospitals at present. Pakistan also had the honour of hosting the Association of Thoracic and Cardiovascular Surgery in Asia in 1999 in Lahore which was held for the first time in Pakistan. In Karachi cardiac surgery is being performed at fourteen hospitals, in Peshawar, Islamabad, Multan and Faisalabad at one center each. At present there are five cardiac institutes and over ten thousand open heart procedures are performed in Pakistan annually. It includes 50% coronary bypass, 30% valve repair and replacement and 20% congenital surgery procedures.

I was appointed Project Director of Institute of Cardiology at Multan and we started OPD and Laboratory within two years. It was formally inaugurated by Ch. Pervez Elahi CM Punjab on 25th December 2005. In order to staff the cardiac centers with competent and experienced staff, we got special package approved from Government and our team selected the best people during interviews conducted in London, Saudi Arabia and USA though the final selection was made in Multan. When I left Multan in 2007, cardiac surgery started there after a few weeks. Cardiac surgery units were also established in Rahim Yar Khan and Bahawalpur. Prof. Rana Altaf and Prof. Anjum Jalal

who are currently heading Institutes of Cardiology at Multan and Faisalabad were also selected by Prof. Col. Masood Cheema for Multan.

Christian Bernard made history when in December 1967 he did the first heart transplant operation in Cape Town in South Africa. Donald Ross did the first heart transplant in London at National Hospital. Mr. Terrence English and Majdi Yakoob started heart transplants at Hairfield Hospital and Papp worth hospitals in UK in 1979. Heart transplant has not yet started in Pakistan though efforts are being made. It is said that a Cardiac Surgeon should have fingers of a girl and heart of a lion. Now robots are being also used for heart surgery in some centers in the world. Col. Masood Cheema feels that we must appreciate those Pakistani doctors who after getting training in UK and USA came to Pakistan and established state of the art hospitals here. It is important for the surgeon to enquire from the sister in-charge in OT about the number of instruments and sponge which must be counted after surgery to avoid any mishap.

Col. Masood Cheema also recalls that on return from UK he had served in Military Hospital Rawalpindi till July 1977 under very difficult circumstances. Hence when in early 80s there was a conference in AFIC, before starting my presentation I narrated the following couplet which amused the audience very much since they knew the difficulties I had to face while working in Army.

کعبے کو ان بتوں سے بھی نسبت ہے دُور کی
گو وان نہیں پر وہاں سے نکالے ہوئے تو ہیں

*Kaaby Ko In butto say bhee nisbat hay door kee
Go waan naheen pah waan say nikallay huway to haain*

Col. Masood Cheema has been very generous to give credit to all those who helped promote cardiac surgery in Pakistan and the book also contains pictures of all including those from the industry who extended their valuable help and assistance.

Foreword of the book has been written by Dr. Maqbool Ahmad Shahid his class fellow and close friend a consultant oncologist. He has dedicated this book to his father Ch. Nabi Ahmad Cheema who despite financial constants made it possible for him to become doctor. Pages 120. Published by Sang-e-Meel Publications and is available from them at 25-Shahrah-e-Pakistan (Lower Mall) Lahore. E mail: smp@sangemeel.com Phone: 92-423-722-0100. Price not mentioned.

Important Points

1. Gen. Shaukat Hassan Malik was very upset at slow progress of cardiac surgery and he sent me to UK for training in cardiac surgery
2. Surgeon Rehman trained our ICU staff, lab technicians, Perfusionist and nurses at NICVD free which helped us a lot to start cardiac surgery in Punjab