

ZIAUDDIN UNIVERSITY



**PATIENT & PUBLIC
INVOLVEMENT AND ENGAGEMENT
GROUP (PPIE)**

NEWSLETTER

7TH EDITION



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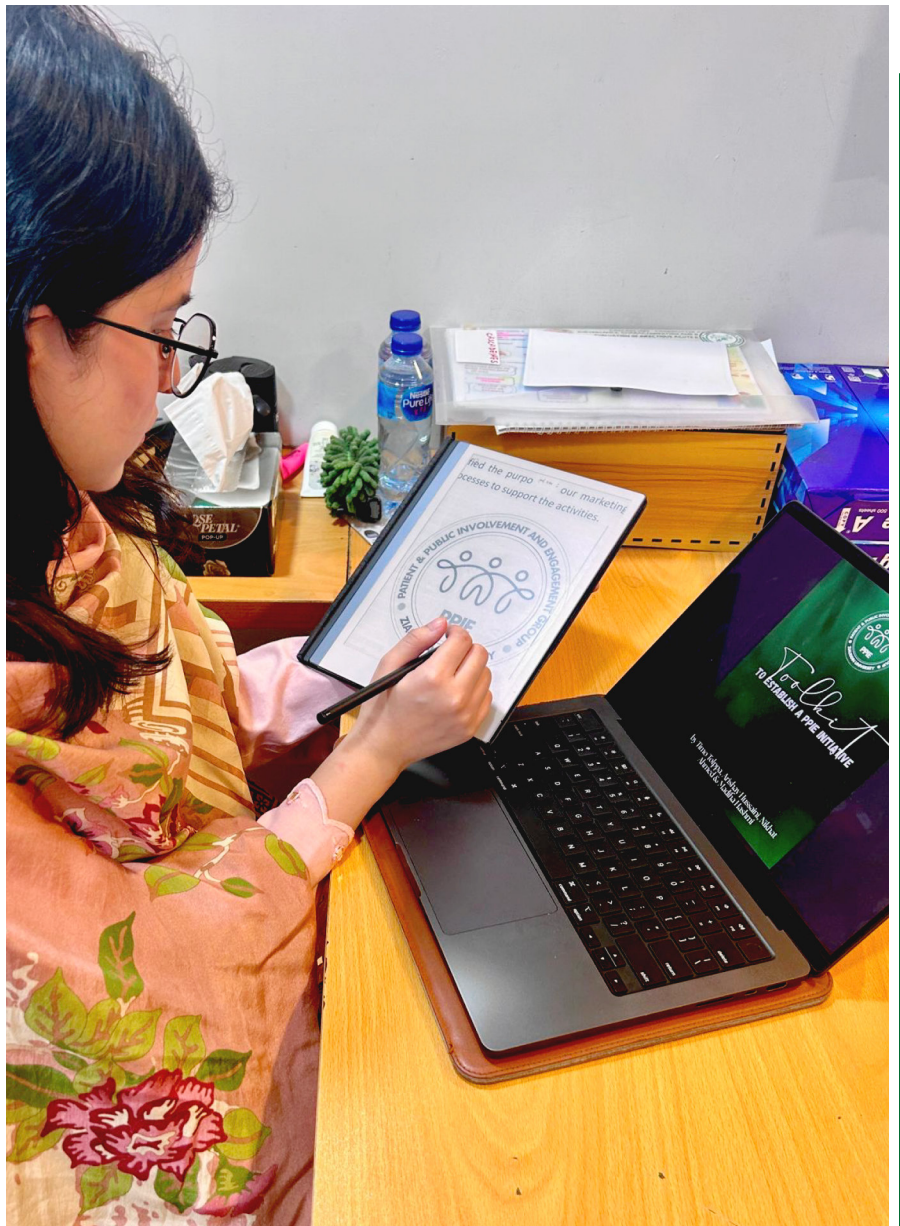
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NEWS

MESSAGE FROM EDITOR

As we start a new year, we reflect on how the PPIE initiative, which began as a vision in 2023, has grown into a meaningful reality through the passion and dedication of our highly motivated team. From formal collaborations with other institutions to taking concrete steps toward establishing a National PPIE Network, this journey has been both challenging and deeply rewarding. We are truly delighted to have you with us as we continue to shape the future of PPIE together.

WELCOME TO THE PPIE NEWSLETTER-7TH EDITION!

Welcome to the first quarterly newsletter of 2026. We hope you had a great start to the new year. We are delighted to share our progress and updates with you in this edition.



WHAT IS OUR PPIE GROUP UP TO NEXT?

PPIE TOOLKIT!

WHAT IS IT?

A toolkit is a practical, structured resource that provides step-by-step guidance, tools, templates, and real-world examples to help individuals or teams plan, implement, and sustain a specific initiative.

This interactive toolkit supports the establishment of Patient and Public Involvement and Engagement (PPIE) initiatives in health research. It includes clear guidance across key stages of development, along with editable templates and worksheets, drawing on national experience in Pakistan and lessons from global engagement practices.



SOFT LAUNCH AT A NATIONAL LEVEL

On 19 December 2025, we conducted a soft launch of our PPIE Toolkit at the national level through a webinar. The session was well attended and positively received. The primary aim of this launch was to seek feedback and expert opinions from experienced stakeholders on how the toolkit could be further refined. The discussion was highly productive, and the soft launch was very successful.



BUILDING ON THIS MOMENTUM, WE ARE NOW MOVING TO THE NEXT PHASE

On 31 March 2026, we will be hosting the **international launch of our PPIE Toolkit**. This webinar will bring together national and international guest speakers from Japan, Ireland, and India, who will share their experiences and insights on Patient and Public Involvement and Engagement. This launch marks an important step toward fostering meaningful collaboration between researchers, patients, and the public across diverse healthcare settings. Registration link:



https://zoom.us/webinar/register/6617703901439/WN_ZciWioXwRESO6RGJPSTAAQ#/registration

EXTRACURRICULARS

Dr. Arishay Hussaini, PPIE Coordinator, presented and won the poster presentation at the JPMC 55th Annual Medical Symposium titled "Co-designing Informed Consent for Critical Care Trials." The session provided an opportunity to showcase our PPIE work on a major platform and was very well received. The concept was widely appreciated, particularly as it was relatively new among an audience largely comprising critical care physicians.



We are also proud of our entire CCRG team for delivering both oral and poster presentations at the symposium. As a team, we remain highly motivated to avail every opportunity to grow, learn from others, and share our work on meaningful platforms.



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DID YOU KNOW?

Patient and Public Involvement and Engagement helps ensure that research is relevant, ethical, and aligned with the needs and priorities of patients and communities. Internationally, PPIE is increasingly recognised as a core component of high-quality research design.

MEET OUR NEWEST PPIE MEMBER



Dr. Alina Raheem
Pharm D

My name is Alina, and I work as a Research Assistant at the Critical Care Research Group (CCRG) Ziauddin University. From the very first day I joined CCRG and heard about PPIE, I felt a strong desire to become a part of it. There was something about this concept that immediately resonated with me.

I was fortunate to be given this opportunity by Dr. Timo and Dr. Arishay, and I am truly grateful to them for trusting me with this role. PPIE has shown me a completely different side of research, one that goes beyond protocols and data, and focuses on people, emotions, and experiences.

Being part of this space feels refreshing, because it reminds me that research is not just about what we study, but who we are studying for. I enjoy the creative side of PPIE the most, brainstorming ideas, designing patient-friendly material, and finding ways to make research less intimidating and more human.

And when I step away from work and research, there's another side of me too. Outside the world of studies, I'm someone who truly enjoys the little joys of life, especially shopping. It's my go-to way to unwind. I believe this balance between curiosity, creativity, and everyday happiness helps me bring a more open, energetic, and empathetic self back into my work.



To stay updated and learn more about all the exciting work our team is doing, visit our website and explore our latest initiatives. <https://zu.edu.pk/ccrg/ppie/>