



**SHIFA  
FOUNDATION**  
*making an effort*

# Shifa Foundation Quarterly Report

July-September 2023



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Dr. Khadeeja Azhar Executive Director Shifa Foundation

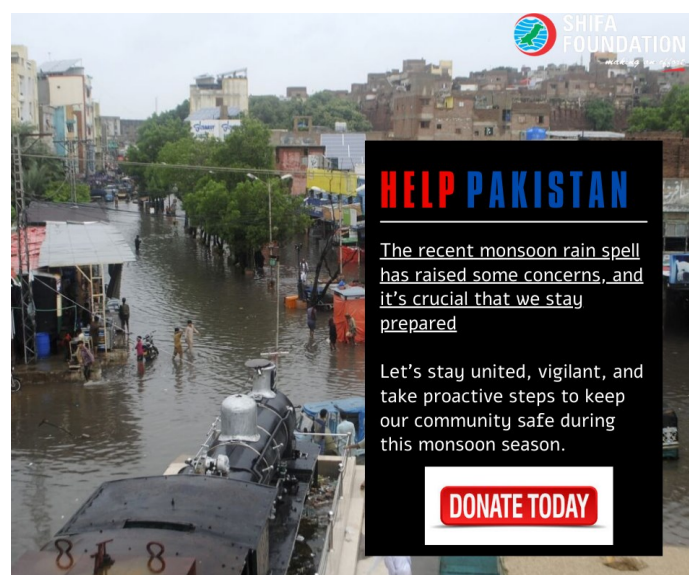
Plot No.210, Street No.07, I-9/2, Islamabad, Pakistan,

# BRIEF OVERVIEW OF SHIFA FOUNDATION SOCIAL MEDIA ENGAGEMENT- Quarter 1(July - September 2023)

In addition to our continuous efforts for raising donations for COPCS campaigns, our project operations in the flood-affected regions were showcased in full swing. These operations were channeled into the WASH and Nutrition initiative, primarily through projects funded by UNICEF. The notable achievements for the quarter included a month-long campaign for Breastfeeding Awareness Week throughout August. Furthermore, we collaborated with Nutrition International, the Ministry of National Health, UNICEF, the World Food Programme, and Shifa International Hospital to organize an Advocacy and Awareness seminar on this important topic.

Shifa Foundation also launched two new campaigns in this quarter, which were introduced on social media in this quarter.

- Strengthening Emergency preparedness
- Sponsor a child.



## Outreach during the Quarter

Facebook		Instagram		Twitter		LinkedIn	
Posts	2219	Posts	1900	Posts	1291	Posts	1318
Likes	27,891,510	Likes	394,615	Likes	224,854	Likes	355,488
Reached	27,957,973	Reached	393,338	Reached	226,159	Reached	377,332

# OUR PROJECTS

- Maternal and Newborn Nutrition Program
- Food Security, Livelihood Support, and access to Nutrition Services in the Flood-Affected District Mitari Sindh
- Flood Emergency and Restoration of Wash (Water, Sanitation, And Hygiene) Facilities of The Affected Population in Sindh
- Integrated Flood Response - Baluchistan
- Health, Nutrition & CP Integrated Flood Response - Sindh
- BISP Kafalat - Sindh
- Supporting Contract for The Implementation of The Multiple Micronutrient Supplementation (Mms) In Swabi As Part of Maternal and Newborn Health and Nutrition Services
- Provision of Consultants & Specialist Doctors for Government Hospitals in Ten Districts of Gilgit-Baltistan
- BISP Nashonuma Programme Baluchistan
- Food and Cash-Based Transfers for An Integrated CMAM Safety Net Project Under Social Protection
- Vitamin A Supplementation
- Supporting the Flood-Affected Population of Mitari Through the WFP Early Recovery Conditional Cash Assistance Activity & Livelihood Program CBT - Project

# Shifa Foundation's Current Donors

We are immensely grateful for the support and collaboration of our current donors, their support made it possible to make a positive impact on vulnerable communities.

1. **Nutrition International:** Nutrition International's generous support has enabled us to implement vital programs focusing on maternal and newborn nutrition in multiple districts.
2. **Government of Gilgit Baltistan:** The Government of Gilgit Baltistan has partnered with us to provide healthcare services, including specialist doctors, to underserved areas in ten districts of Gilgit-Baltistan.
3. **Konstanz University of Germany:** Our collaboration with Konstanz University of Germany aims to reducing corporal punishment in schools and evaluate the interaction competencies with children for teachers (ICC-T) intervention in various districts in Pakistan.
4. **Care International:** Care International's partnership has contributed to our efforts to provide essential services and support to communities in need.
5. **UNICEF (United Nations International Children's Emergency Fund):** UNICEF's support has been instrumental in our initiatives related to health, nutrition, and child protection, particularly in flood-affected districts.
6. **WFP (World Food Programme):** The World Food Programme has been a vital partner in addressing food insecurity and nutrition challenges in multiple districts, including through the BISP Nashonuma Project and the BISP Kafalat Programme.

We extend our deepest gratitude to our partners for their commitment to improving the well-being of vulnerable communities. Together, we are making a significant difference in the lives of those in need.



# RESOURCE MOBILIZATION

- Shifa Foundation is committed to making a positive impact in various critical areas and, in this endeavor, we have submitted the following proposals to different institutional donors and UN agencies during this quarter. These proposals aim to mobilize essential resources and support vulnerable communities through humanitarian response;
- Child Protection and Gender-based Violence in Emergencies Contingency Partnership.
- Health Facility Staff Contract Management.
- Digital Health Platform for Afghanistan.
- Micronutrient Empowerment for Vulnerable Populations in Umerkot District, Sindh Province, Pakistan.
- Narrative Exposure Therapy (NET) Capacity Building Project for Afghanistan and Pakistan
- Supporting flood affected population of Khairpur through cash-based transfer.
- Digital Mental Health Platform for Afghanistan.
- Empowering Health and Restoring Hope: A Collaborative Initiative to Address Healthcare Needs in Afghanistan".
- Integrated Flood Response in Quetta, Killa Saifullah, Zhob, Loralai, Dera Bugti, Sohbatpur, Jaffar Abad, Naseer Abad, of Balochistan.
- Innovation Early Warning System for all- ADPC.
- WASH – Five Years Contingency proposal- UNICEF.
- CP- extension proposal submitted to UNICEF.

# MATERNAL AND NEWBORN NUTRITION PROGRAM

## Project Overview:

Shifa Foundation is implementing the MNHN program in five program districts spanning four provinces of Pakistan. These include Sindh (Jamshoro and Khairpur), Punjab (Lodhran), Khyber Pakhtunkhwa (Swabi), and Baluchistan (Ziarat).

## Program Achievements:

During the reporting quarter, the program team has put in relentless effort to achieve the specified targets, as outlined below:

### 1. Stakeholder Meetings:

Meetings at both the national and provincial levels have played a pivotal role in the five program districts' journeys toward progress and implementation. These gatherings serve as a dynamic platform to showcase the remarkable strides made within the program, highlighting its tangible impact. Moreover, they provide a valuable opportunity to engage stakeholders, garner their support, and foster collaboration. Through open dialogue and shared insights, these meetings not only celebrate achievements but also chart a collective path forward, ensuring the continued success and growth of the program in these vital districts.

### 2. Enhancing Healthcare Services:

In pursuit of enhancing healthcare services, our initiative focuses on providing essential technical support to district health departments. This support encompasses the strengthening of supply chain systems, including infrastructure, IT, and reporting tools. Our efforts span across multiple regions, each with its unique challenges and requirements, as outlined below:



- In Sindh, collaborative meetings with key stakeholders in the District Health Offices of Jamshoro and Khairpur have facilitated a comprehensive assessment of existing supply chain processes.
- In Punjab, Lodhran, NI has supplied a UPS and battery to the MIS section, reaffirming our commitment to provide strong support.
- In Khyber Pakhtunkhwa, District Swabi, meetings with key stakeholders have been instrumental in addressing infrastructure needs, particularly the renovation of a meeting hall in the new District Health Office building.

### 3. Advocacy for Kangaroo Mother Care (KMC):

NI's advocacy efforts have been instrumental in advocating for the scale-up of Kangaroo Mother Care (KMC) services and the integration of KMC-related indicators into the District Health Information System II (DHIS II) across multiple provinces.

### 4. Operational Plans for KMC Services:

Advocacy meetings have been instrumental at both the national and provincial levels, aiming to develop an operational plan for the scaling up and expansion of Kangaroo Mother Care (KMC) services in Sindh and Punjab.

#### 5. KMC Training and Support:

In an extensive effort to enhance Kangaroo Mother Care (KMC) practices across four provinces, significant strides have been made. These include refresher training sessions and orientations in various districts to promote effective KMC implementation.



#### 6. Establishing KMC Wards:

In the pursuit of advancing maternal and child health in Ziarat district, the MNHN program has taken crucial steps towards establishing a Kangaroo Mother Care (KMC) Ward.

#### 7. Monitoring and Evaluation:

Monitoring visits by the MNHN program's NI team to KMC wards in Sindh have been instrumental in providing essential technical support to healthcare staff and facilitating the collection of monthly reports. Similar efforts have been made in Punjab and Khyber Pakhtunkhwa.

#### 8. Community Awareness Sessions:

A series of community awareness sessions and seminars were conducted to educate and inform target groups on crucial health and nutrition matters.

9. The program team demonstrated remarkable efficiency in coordinating World Breastfeeding Week (WBFW) activities across the five program districts. Their efforts were characterized by seamless collaboration with the Department of Health, overseen by the District Health Officers of both regions. In partnership with Nutrition International, they meticulously devised a comprehensive plan to promote optimal breastfeeding practices through essential messaging, which was then effectively carried out in community-level engagements. These



activities included awareness sessions for pregnant and lactating women, seminars led by LHSs and LHWs, orientation sessions for healthcare providers and frontline workers, awareness sessions for husbands and male community members, an informative radio program featuring interviews with doctors and public health experts, advocacy through IEC materials and banners at public places and transportation hubs, the dissemination of messages through religious scholars during Juma-Namaz prayer khutba, publication of articles, media coverage, and interactive discussions with BNP at Ziarat.

# FOOD SECURITY, LIVELIHOODS SUPPORT, AND ACCESS TO NUTRITION SERVICES IN THE FLOOD-AFFECTED DISTRICT MATIARI SINDH

## Overview:

Shifa Foundation, in collaboration with Care International, is actively engaged in a comprehensive initiative titled **"Food Security, Livelihoods Support, and Access to Nutrition Services in the Flood-Affected District Matiari Sindh."** This project has a primary goal of providing substantial assistance to families by offering direct financial aid, enhancing agricultural and livestock-based livelihoods, and promoting initiatives related to kitchen gardening. Our project aims to tackle challenges such as household food expenses, alleviating debt burdens, and boosting agricultural and livestock productivity.

Moreover, project places a strong emphasis on addressing nutritional issues within the community. This includes evaluating the nutritional well-being of children under the age of five and pregnant and lactating women. The approach encompasses -- the treatment of Severe and Acute Malnutrition (SAM) in children, prevention, and management of micronutrient deficiencies in children and women through the distribution of Multiple Micronutrient Powder (MNP), advocating for appropriate feeding practices among infants and young children, and undertaking capacity-building efforts.



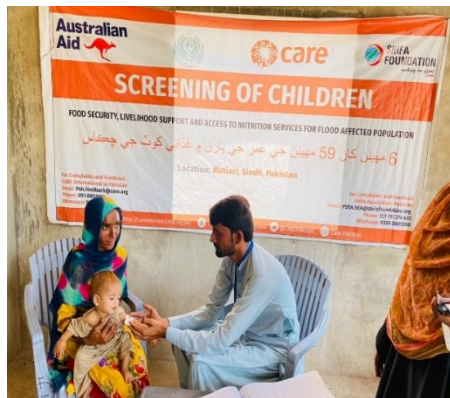
## Overall Progress:

**Staff Training and Capacity Building:** Shifa Foundation, in collaboration with Care International and Australian Aid, successfully organized a three-day staff orientation training. The training covered a wide array of topics, including Nutrition, Food Security, Livelihood, Gender-Based Violence (GBV), Disaster Risk Reduction (DRR), and Menstrual Hygiene Management (MHM). The staff training and capacity-building sessions equipped the project team with essential knowledge and skills in nutrition, food security, livelihood, and other critical areas. This knowledge to be transferred to the community through awareness campaigns and training programs.





**Formation of Village Committees:** Village committees have been established in 30 villages across eight union councils. These committees are intended to assist our team in various tasks such as assessment, screening, and service provision. These committees helped identify community needs, facilitate communication, and ensured that services reach those in need effectively.



**Village Profiling:** Profiles for a total of 71 villages within the targeted eight union councils have been completed by the team.

**Livelihood Cash Grant & Kitchen Gardening Assessment:** A comprehensive assessment was conducted for livelihood cash grants (718 assessments) and kitchen gardening (1,429 assessments) in the eight targeted union councils of Matiari district. The assessments for livelihood cash grants and kitchen gardening helped identify beneficiaries who can improve their livelihoods. This support can lead to increased income and food security among community members.

**Validation of Cash Grant & Kitchen Gardening:** District Coordinator, Meal Officer, and Cash Grant Officer successfully validated 1,396 beneficiaries in 8 union councils. Among these, 439 beneficiaries were recommended for livelihood cash grants, 761 beneficiaries were recommended for kitchen gardening, while 79 beneficiaries were not recommended for livelihood cash grants, and 117 beneficiaries were not recommended for kitchen gardening.



**CARE International Team Visits:**



- CARE International team visited Shifa Foundation office in Matiari, holding meetings to discuss ongoing project activities, progress, and planning. The team also engaged with the community and monitored field activities.
- Another team from CARE visited Shifa Foundation office in Matiari, Hala, where they conducted meetings with the District Coordinator to discuss ongoing project activities and progress. They also visited the field to engage with the community and monitor project activities in Village Abdul Wahid Buriro in UC Zair Peer.
- In Village Ghulam Shah Mari in UC Nobat Mari, Ms. Paras from CARE visited the field to

engage with the community regarding project activities and monitored Shifa Foundation's team during field activities.

**World Breastfeeding Week Celebration:** Shifa Foundation District Mitari team celebrated "World Breastfeeding Week 2023" with enthusiasm. They conducted awareness sessions in 8 union councils under the theme "**Enabling breastfeeding: making a difference for working parents.**" Additionally, an awareness walk was organized in two villages, and an awareness seminar took place at Law College, Hala.



**Participation in Independence Day Event:** District Coordinator of Shifa Foundation Mitari played a key role in an event commemorating Independence Day on August 14, 2023, at the Deputy Commissioner Office Mitari. Various government officials participated and discussed the history of August 14, 1947.

**Visit of Manager WASH & DRR/Project Manager:** Mr. Zaheer Malik (Manager WASH & DRR Shifa Foundation), visited Shifa Foundation office in Mitari. He conducted a meeting with the staff to discuss progress and planning, visited the NSC at Taulka Hospital Hala, and monitored ongoing activities in field areas.

**Strengthening of Nutrition Stabilization Center (NSC):** Shifa Foundation, with support of CARE and Australian Aid, strengthened the Nutrition Stabilization Center at the Taluka Headquarters Hospital Hala. This included various improvements and essential items, and the work was completed by a vendor. The effort was appreciated by district health officials and stakeholders.

#### Milestones achieved:

Type of activities	Total Achievement
<b>MUAC Screening of under Two-Years Children</b>	
Children screening 06-23 months (Boys)	1,419
Children screening 06-23 months (Girls)	1,401
Children screening 24-59 months (Boys)	4,941
Children screening 24-59 months (Girls)	6,360
<b>Identification of SAM Cases</b>	
Identification of SAM cases 06-23 Months (Boys)	298
Identification of SAM cases 24-59 Months (Boys)	370
Identification of SAM cases 06-23 Months (Girls)	126
Identification of SAM cases 24-59 Months (Girls)	142
<b>Screening</b>	
Screening of Pregnant Women	1,274
Screening of Lactating Women	945
IFA to Adolescent	3,388 Received IFA
<b>Awareness Sessions</b>	
Total Number of Awareness Sessions	250
<b>Distribution of Food Supplements</b>	
Number of RUTF distributed	74,520
Number of IFAs distributed	198,230
<b>Assessment of Cash Grant &amp; KG</b>	
Assessment of Livelihood Cash grant	718
Assessment of Conditional Cash Grant	59
Assessment of Kitchen gardening	1,429



# FLOOD EMERGENCY AND RESTORATION OF WASH (WATER, SANITATION AND HYGIENE) FACILITIES OF THE AFFECTED POPULATION IN SINDH

## Brief:



The year 2022 witnessed one of the worst monsoons in the recorded history of Sindh, resulting in a catastrophic flood that had a profound impact on both the people and the region's infrastructure. This disaster left behind a trail of destruction, affecting homes, public healthcare facilities,

water supply systems, and educational institutions. The consequences have been dire, particularly regarding access to clean water, sanitation, and hygiene (WASH) services. In the aftermath of this disaster, open defecation rates in the flood-affected areas surged by more than 20%, posing a significant public health risk.

Contamination of water sources further compounded the crisis, leaving communities without access to safe and clean drinking water. Stagnant water in several villages has led to the outbreak of water-borne diseases, intensifying the suffering of the population.



Recognizing the urgent need to address these dire circumstances, Shifa Foundation, in collaboration with UNICEF, initiated a vital project titled "**Emergency Relief and Restoration of WASH Facilities for the Affected Population in Umerkot and Sanghar Districts of Sindh.**" Our primary objective is to address pressing challenges and the core mission of this project is to enhance WASH facilities, leading to a substantial improvement in the overall well-being and quality of life for more than 200,000 individuals residing in approximately 30,000 households. Through our commitment to sustainable solutions, we aim to ensure access to safe water, sanitation, and hygiene. By doing so, we aspired to bring about a wave of positive change for the communities affected by these challenges. Our project endeavors to restore hope, health, and dignity to the lives of those affected by the disaster, ensure access to clean water, improved sanitation facilities, and enhanced hygiene practices.

## Overall Progress:

1. **Ultra-Filtration Plant Handover (August):** A significant event on August 18, 2023, marked the handover of Ultra Filtration Plants to government schools and hospitals by Shifa Foundation. This gesture further enhanced access to clean water for these institutions.



2. **Community Engagement and Literacy (September):** Shifa Foundation-WASH Umerkot team actively participated in events to promote education and literacy. This included attending a seminar on **International World Literacy Day** organized by Sami Foundation in collaboration with ACTED, showcasing Shifa Foundation's commitment to community development.

3. **UNICEF Field Visits:** UNICEF representatives Miss Zahida Jamali (WASH Coordinator) and Engr. Murtaza (WASH Consultant) conducted field visits to Shifa Foundation's intervention areas, ensuring the quality and effectiveness of our projects.



4. **UNICEF Karachi Team Visit:** Representatives from UNICEF Karachi regularly visited our offices and project sites, emphasizing the importance of financial and logistical procedures and product quality.

5. **UNICEF WASH Consultant Visit:** Engineer Murtaza, WASH Consultant, conducted a site visit to assess Shifa Foundation's water supply scheme. The visit aimed to evaluate project progress, effectiveness, and sustainability. Activities during the visit included site inspections, community engagement, technical evaluation, data collection, meetings with stakeholders, and an assessment of sustainability. The visit likely provided valuable insights and recommendations to ensure the project's success and benefit to the local communities, a common practice in the field of WASH and development work.



6. **Behaviors Changed Community (BCC) Training for Staff:** Miss Sajida & Mr. Murtaza from UNICEF conducted one-day training for the staff on Behaviors Changed Community, for promoting positive changes in behavior, encompassing various aspects of life such as health, personal development, addiction recovery, sustainability, and more. All participants gained a deeper understanding of the issues related to nutrition, GBV, PSEA, WASH, and Child Protection, health & education including their significance, challenges, and best practices. Main purpose of the training was to contribute to a safer and more equitable environment for individuals and communities, addressing the specific challenges associated with gender-based violence, financial accountability, sanitation, education, and child protection.



**Milestones achieved:**

Activity Description	Total Achievements
<b>Water supply:</b> <b>Affected populations have safe and equitable access to and use a sufficient quantity and quality of water to meet their drinking and domestic needs.</b>	
Establish, and constitute water user committees, and orient them on the basics of O&M for the water supply scheme.	4
Installation of Water Tanks for storage schools/communities	13
Chlorination of existing 400 Handpumps at villages inclusive of E. coli Test	5
Installation of climate-resilient communal handpumps in communities	14
Rehabilitation of lead line handpumps with raised platform platform-Climate resilient (Sanghar and Umerkot)	4
Rehabilitation of public water supply schemes for the provision of drinking water	1
<b>Sanitation:</b> <b>Affected populations have safe access to and use appropriate sanitation facilities; and excreta is safely managed.</b>	
Construction of new raised improved latrines on cost sharing basis	83
Construction of a new latrine for people with disabilities	20
<b>WASH in healthcare facilities and learning environments:</b> <b>Affected populations have safe access to, and use, appropriate WASH services in health care and learning facilities for children.</b>	
Provision/Rehabilitation of Emergency WASH services (drinking water, emergency latrines, hand washing stations) in Temporary Learning Centers/Safe spaces	14
Restoration of WASH facilities in Government schools and Safe places (toilets, handwashing facilities)	3
Restoration of WASH facilities in Health Care Centers	1
Installation of 6 stage ultrafiltration unit in schools and in HCF	25
Review meetings/experience-sharing workshops in each quarter	1
Formation/strengthening of primary/secondary schools/WASH Clubs	22
Establish Complaint Response/PSEA/Feedback mechanism in communities	7
<b>Hygiene: Hygiene promotion and community engagement for behavior and social change:</b> <b>At-risk and affected populations have timely access to culturally appropriate, gender- and age-sensitive information, services and interventions related to hygiene promotion, and adopt safe hygiene practices.</b>	
Hygiene awareness sessions with children and teachers for adoption of safe and healthy hygiene practices, distribution of soaps in children	846
Formation and strengthening of Women Support Group	15
Conduct WASH/IPC sessions with affected population in communities, schools and HCFs on hygiene promotion including household water treatment options, MHH, DRR, climate change, climate resilient WASH facilities, WASH related diseases, Gender/GBV, PSEA & Screeching 200,000 people- including WASH stakeholders	3,161
Capacitate local volunteers with skills, equipment, and material to make re-usable sanitary pads for distribution to flood victims	15



Dignity Kit Distribution	12,630
Hygiene Kit Distribution	2,190
Soaps Distribution in School and Community	36,414
Aqua Tabs Distribution	42,220
Jerry Cans Distribution	800

## INTEGRATED FLOOD RESPONSE- BALUCHISTAN

Shifa Foundation is presently executing the IFR Integrated Flood Response Project in select districts of Baluchistan Province in partnership with UNICEF. As of now, the project is fully operational in four districts: **Jaffarabad, Naseerabad, Sohbat Pur, and Quetta**. In this reporting quarter, the IFR Project's operational activities commenced in Quetta District, and the Provincial Team initiated the hiring process in Dera Bugti District. The upcoming reporting period will mark the start of project implementation, particularly the screening and identification activities, in Dera Bugti as well.

In this reporting period, the IFR Project is engaging in a range of significant activities, with a primary focus on conducting household-level assessments and screenings. These screenings are based on measuring Mid Upper Arm Circumference (MUAC) and target children aged 6 to 59 months. The assessments are carried out by regional district teams from Shifa Foundation. In cases where children are identified as Severely Acute Malnourished (SAM), they are swiftly referred to Outreach Therapeutic Centers (OTPs) managed by various organizations, including the Nutrition Directorate, UNICEF, PPHI, and the Government Health Department. At these centers, children receive crucial support in the form of Ready to Use Therapeutic Food Supplements (RUTF) and other essential services.

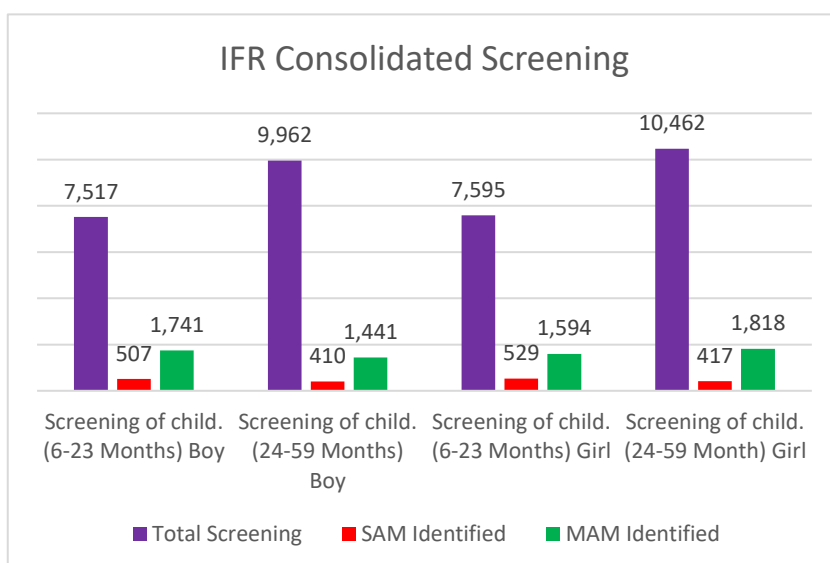
Shifa Foundation team is actively engaged in providing counseling and sensitization sessions to the project beneficiaries including but not limited to pregnant & lactating women, adolescent girls, and others. These sessions cover a wide range of topics, including nutrition, the importance of clean water and proper sanitation, health and hygiene best practices, and guidelines for healthcare. These educational initiatives are not only crucial for the growth and well-being of children but also for mothers, as they play a vital role in nurturing the health of society.



## Overall Progress & Project Updates

This table provides total summary of screening of three Districts Jaffarabad, Naseerabad, SohbatPur & Quetta highlighting the total number of children identified as SAM and MAM across all categories of age indicator i.e. (6 to 59 months).

- Total number of children screened across all categories is **35536**.
- Total number of children identified as severely malnourished (**SAM**) across all categories is **1863**.
- The total number of children identified as moderately malnourished (**MAM**) across all categories are **6594**.



This summarizes the screening results for different age groups and genders, helping track the prevalence of malnutrition among children in the given population of 04 Districts i.e., Jaffarabad, Naseerabad, SohbatPur & Quetta).

### IFR Screening of PLW's & Identification of Malnourish

Under IFR project Field Teams also conducted screening of Pregnant & lactating women's & identified malnourish cases This graphical presentation provides a summary of the total screening and the total number of pregnant and lactating women identified as malnourished across different categories of age which is less than 18 and more than 18 years of age

- The total number of pregnant and lactating women screened across different age group is **7976**.
- The total number of pregnant and lactating women identified as malnourished across all categories is **1099**

This table summarizes the screening results for pregnant and lactating women, categorizing them by age groups and pregnancy/lactation status. It helps track the prevalence of malnutrition among these women in the given population of 03 Districts namely Jaffarabad, Naseerabad, SohbatPur & Quetta.



## Nutrition Commodities/ Supplies Distribution

There are five different commodities which were distributed these five commodities included;

- **RUTF (Ready to use Therapeutic Food):** It is a specialized food product used to treat severe acute malnutrition, especially in children. Total of **146012** units of RUTF were distributed. That number cover almost **37%** of total distribution of commodities.



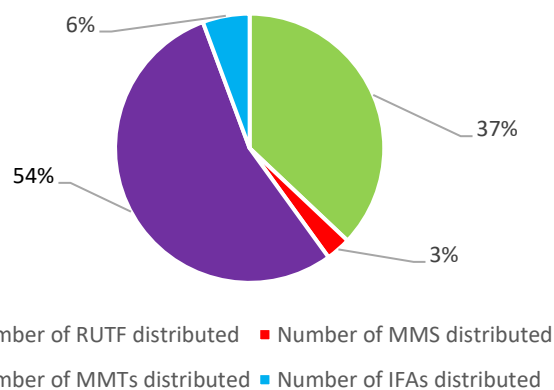
- **MMS (Multi Micronutrient Supplements)** These are supplements that provide a combination of essential vitamins and minerals. A total of **11,798** units of MMS were distributed during the reporting period which is equal to **3%** of the total distribution.

- **MMTs (Multi Micronutrient Vitamins)** Total of **214089** units were distributed. Overall MMT share is **54%** of total distribution.

- **IFA (Iron and Folic Acid Supplements/ tab)**

These supplements are provided to pregnant & and lactating women & and adolescent girls to prevent iron deficiency anemia. A total of **22301 units** or doses of Iron and Folic Acid supplements/ tab were distributed which is equal to **06 %** of overall distribution.

Nutrition Commodities Distribution



# HEALTH, NUTRITION & CP INTEGRATED FLOOD RESPONSE – SINDH

## Project Overview:

Shifa Foundation, in partnership with UNICEF, has been diligently executing "The Integrated Flood Response Project" in flood-affected districts, namely Umerkot, Mirpur Khas, Sanghar, Naushahro Feroze, Khairpur, and Shaheed Benazir Abad. The project is a holistic response, offering crucial Health, Nutrition, and Child Protection services to the affected populations in these regions.



## Quarterly Highlights (July to Sep):

### NUTRITION COMPONENT

- Over the three-month period, a total of 359,340 children under the age of five received Nutrition screenings, ensuring their well-being was prioritized.
- A total of 18,097 children diagnosed with Severe Acute Malnutrition (SAM) were identified and admitted for appropriate treatment and care.
- 134 children in critical condition were referred to the Nutrition Stabilization Center (NSC) for comprehensive assistance and support.
- A significant achievement was reaching and providing essential Micronutrient Powder (MNP) to 33,190 children aged 6-59 months, contributing to their nutritional well-being.
- Deworming treatment was administered to 81,924 children, effectively protecting them from parasitic infections.
- Pregnant and Lactating Women (PLWs) were not overlooked, as 140,536 of them were screened for health, ensuring their well-being during this critical period.
- Out of these PLWs, 36,258 were identified and 34,751 received Iron and Folic Acid (IFA) supplements to improve their nutritional status.
- Additionally, 38,818 PLWs were administered deworming treatment, safeguarding both them and their infants from parasitic infections.
- 11,925 adolescent girls received IFA supplements, promoting their overall health and nutrition.



### HEALTH COMPONENT

- In the context of the Integrated Flood Response in Sindh's Health Component, a comprehensive set of activities was undertaken to address the health needs of the affected population. These efforts resulted in notable achievements, with a total of 105,628 Primary Healthcare Centers (PHCs) being established to provide essential medical services. Additionally, 9,658 children received routine vaccinations, ensuring their protection against preventable diseases. The program also focused on maternal health, with 26,465 cases of Antenatal Care (ANC) services and 6,128 cases of Postnatal Care (PNC) being provided. For obstetric care, 1,478 referrals for delivery were made, and 1,439 deliveries were successfully assisted at healthcare facilities.



- In addition to maternal and child health, the program distributed 1,099 Clean Delivery Kits (CDKs) and 949 Newborn Kits, further enhancing safe childbirth practices. Disease management was a crucial aspect of the response, with thousands of cases being addressed: 8,483 cases of diarrhea, 926 cases of dysentery, 11,458 cases of Acute Respiratory Infections (A.R.I) and Pneumonia, 2,404 cases of malaria, 20 cases of dengue, 2,015 instances of deworming, 7,510 cases of skin disorders, and 13,615 cases of other diseases.



## CHILD PROTECTION COMPONENT

### Overall Progress:

**Recruitment of Staff:** As per the project plan, the recruitment of 05 Social Organizers and 05 Child Protection Facilitators was initiated for the third phase of the Child Protection (CP) component in



District Sanghar. Following a comprehensive evaluation, 04 male and 03 female staff members were retained due to their outstanding performance. Additionally, 01 male Social Organizer and 02 female Child Protection Facilitators were successfully hired from a pool of 10 candidates who underwent interviews conducted by a panel consisting of HR, Administration, and District Coordinator at Shifa Foundation CP office in Sanghar. A qualified and gender-balanced team of Child Protection staff members has been established, contributing to the project's effectiveness.

**Orientation Session of CP Staff:** A two-day orientation session was conducted for the newly recruited and retained staff. The primary objective of this session was to familiarize the staff with the CP project's objectives and strategies, enabling them to commence their mobilization activities adequately. Various components, such as GBV, MHPSS, PSS, and Safe Space strategy, were discussed using IEC materials. Coordination meetings, Interactive Theatre, relocation of Safe Spaces based on assessments, and reporting processes were also covered. Staff members are well-informed about the project's objectives, strategies, and various components, ensuring effective project implementation.



**Revisiting Static Safe Spaces:** In line with the project's integrated approach, a reassessment of existing Safe Spaces and Mobile Safe Spaces was conducted. District Coordinator CP, along with the staff, visited all static Safe Spaces and, after community meetings and consultations with elders, decided to relocate the Safe Space from Iqbal Ahmed Burdi to the nearby Ali Bux Shah village. The decision was made due to a lack of community ownership and support for project activities in the previous location which has led to improved community engagement and ownership by relocating the Safe Space to a more supportive environment.



**Three Days Behavior Change Communication Training:** A three-day training on Behavior Change Communication was organized from September 26th to 28th, 2023, in collaboration with UNICEF,



Social Welfare Department, and Oxford Policy Management (OPM) at the Indus Hotel in Hyderabad. Participants included all UNICEF Hyderabad Hub Implementing Partners, such as IRC International, Indus Resource Centre, DevCon, and Shifa Foundation. The training focused on sharing experiences, lessons learned, field practices, behavioral issues in the community and society, and strategies to address them through group discussions and presentations. Major outcome was the enhanced knowledge and capacity among implementing partners for effective Behavior Change Communication strategies, contributing to better

community engagement and behavior change in project areas.

**Interactive Theatres:** Interactive Theatre has been a powerful Behavior Change Communication tool at the community level. Local youth, trained by Shifa Foundation, organized theater events in Iqbal Burdi and Jabbar Mari villages, Tehsil Sanghar. These plays addressed Child Protection Risks, including early marriage, sexual abuse, violence, and neglect, encouraging the audience to report incidents to **1121** if witnessed. Now there is increased community awareness and understanding of Child Protection Risks through engaging theater performances.



**FM Radio Station:** CP messages were developed and broadcasted through FM Radio, reaching the corners of District Sanghar and surrounding areas. Radio served as an effective medium for disseminating sticky CP messages that resonated with diverse audiences. Wide-reaching awareness of Child Protection issues through FM Radio broadcasts.

**Training of Teachers, Police, SWD, Women Development Department, and CP Staff:** A two-day training workshop organized by Shifa Foundation covered Teachers, Police officials, and Social Welfare Department staff in Sanghar. The training, attended by 50 participants, focused on Protection from Sexual Exploitation, Abuse (PSEA), Child Protection, and Gender-Based Violence (GBV). Main goal was to enhance awareness among stakeholders about the impact of CP issues on child development and survival, promoting proactive engagement and support.

#### Milestones Achieved:

Activities	Achievements
Number of one stop shop (safe place) established in community	10
Number of IEC material Flip books printed	30
Number of Orientation Training for staff on the project activities/CP, GBV, PSEA organized	2
Number of referral pathways services directory developed, and case referred to line departments	37
Number of awareness campaigns on protection risks (street theaters, Social Events) organized	12
Number of women, men and children participated in the events	778
Number of awareness campaigns through social media, FM	20
Number of people reached through social media campaign on protection, risk, radio, Facebook, YouTube messages, services, announcement.	102,892



Number of sessions conducted on CP issues, reporting mechanisms in health facilities, DHQ, BHUs and schools	40
Number of women, girls, boys, and men attending the CP issues awareness sessions in community	84
Number of people accessing PSEA reporting mechanism, and participating in PSEA, SEA, CP, and GBV trainings	1,244
Number of coordination meeting organized with line departments for services delivery	5
Number of Training of teachers, police, social welfare & other stakeholders on PFA, GBV organized	3
Number of teachers, police and other line departments officials participated in the trainings	76
Number of Boys, girls, women, men reached through awareness activities and UNICEF-supported community mobilization interventions on key child protection risks and available services. (direct/face-to-face methods)	256
Number of sessions conducted on CP issues, reporting mechanisms in health facilities, DHQ, BHUs and schools	10
Number of people with access to safe channels to report sexual exploitation and abuse (PSEA)	256
Number of women and children accessing GBV risk mitigation services	230
Number of girls, boys and caregivers provided with community-based mental health and psychosocial support	257

## BISP KAFALAT

### Project Overview:

Given the child nutrition crisis and the significance of early childhood development, Shifa Foundation is collaborating with the World Food Programme (WFP) to execute a program that supports the Nashonuma Program and the Ehsas Kafalat Program in Sukkur, Hyderabad, and Karachi regions. This initiative also aims to enhance the RMNCH programs, particularly by providing vehicles for monitoring project interventions. Together, this partnership seeks to tackle the root causes of malnutrition, enhance maternal and child health, and alleviate poverty within vulnerable communities. Provision of monitoring support to the RMNCH department, establishing facilitation centers, and deploying mobilization teams to create awareness, educate the BNP beneficiaries, and identify and assist the target beneficiaries, Shifa Foundation aims to enhance the reach and impact of the programs.

The objective is to improve the healthcare services, socio-economic conditions, and overall well-being of the

target population. Through strategic interventions and a robust methodology, we aspire to make a significant difference in reducing malnutrition and ensuring a brighter future for the children and families in these regions.



### Highlights of Quarter:

Over the course of three months, from July to September 2023, Shifa Foundation, in collaboration with WFP, made substantial progress in the BNP- PBW & Children Registration Program across 16 districts with 25 teams. Notably, new enrollments during this period included 2,092 pregnant and



lactating women as well as 2,447 children. Additionally, follow-up care was extended to 34 pregnant and lactating women and 56 children, ensuring their continued well-being. Furthermore, the project achieved the discharge and recovery of 3 pregnant and lactating women and 3 children. Health services delivered during these three months were robust, with 2,092 women receiving counseling on breastfeeding during antenatal care, and the same number receiving

nutrition counseling. Although no cooking demonstrations were conducted, an impressive 2,092 women were provided with other health-related counseling, and 355 children received various forms of health-related support. This collective achievement over the three-month period underlines the project's dedication to improving the health and well-being of vulnerable populations in these 16 districts.

In the reporting period, the BISP Kafalat Programme in Sindh achieved several significant milestones. The project was initiated by conducting two crucial planning meetings with the World Food Programme (WFP), setting the foundation for successful collaboration. Staff hiring was successfully completed, ensuring the project's operational capacity. Coordination meetings with the IRMNCH departments were held to enhance the project's effectiveness.

A two-day staff training program was conducted, including two separate events in Hyderabad and Karachi, equipping the project teams with the necessary knowledge and skills. The project garnered essential support from the Directorate General of Health (RMNCH department) and obtained letters of reference and endorsement for all relevant District Health Officers (DHOs) and Deputy DHOs (DDHOs) within RMNCH.

This progress continued as letters from RMNCH to the BISP district head were received, covering all districts in Sindh, and reinforcing the project's scope. Additionally, coordination meetings were successfully held with DHOs and DDHOs within RMNCH, expanding the project's reach.

Critical tools, including anthropometric instruments and tablets, were acquired from WFP and handed over to the project team, extending from Kashmore to Karachi. Warehouses were rented in Karachi, Tharparkar, and Sanghar, providing the necessary infrastructure for the program's operations.

The project also achieved a significant milestone by finalizing the printing of Management Information System (MIS) tools and distributing them to the relevant districts. Furthermore, the project actively participated in a Seminar on "Provision of Breastfeeding Spaces at Workstations," as part of Breastfeeding Week celebrations at the DHO office in Hyderabad.

To support field operations, vehicles were procured for all Field Coordinators (FC), monitoring personnel, and management, ensuring efficient mobility. High-level meetings were held with government officials and stakeholders, including the Regional Director of Pakistan Primary Healthcare



Initiative (PPHI) in Larkana, the DDHO RMNCH in District Qambar Shahdadkot, and the District Development Manager of PPHI in Qambar Shahdadkot.

The project conducted an essential awareness session with Lady Health Supervisors (LHS) in District Central Karachi, furthering the project's reach into local communities. Furthermore, it successfully engaged with medical facilities, including MS-

Qatar Hospital Orangi Town, Children Hospital Nazimabad, RHC-Malir, and the BISP Deputy Director in District Karachi West.

A quarter concluded with staff meetings held in all districts, including a two-day orientation session for all project teams, ensuring that the project remains on track to meet its targets and deliver essential health services. These achievements collectively reflect the dedication and commitment of the BISP Kafalat Programme in its mission to reduce malnutrition and improve the overall well-being of children and families in the region.

## SUPPORTING CONTRACT FOR THE IMPLEMENTATION OF THE MULTIPLE MICRONUTRIENT SUPPLEMENTATION (MMS)

### Program Overview:

In pursuit of advancing the well-being of mothers and newborns, our initiative takes center stage in District Swabi. The primary focus revolves around bolstering the ongoing efforts of Nutrition International's integrated Maternal and Newborn Health and Nutrition (MNHN) interventions. To achieve this, a targeted strategy involving Multiple Micronutrient Supplementation (MMS) has been meticulously crafted and is being implemented.





The essence of our endeavor lies in providing supplemental operational support, carefully designed to seamlessly align with Nutrition International's existing MNHN initiatives. Through MMS, we are introducing a specialized regimen that ensures mothers and newborns receive the essential array of vital micronutrients. These supplements play a pivotal role in addressing potential deficiencies and promoting optimal health during the critical maternal and newborn stages.



Our collaborative approach unites the strengths of various stakeholders, aiming to create a comprehensive ecosystem of support. By intricately weaving MMS-specific activities into the existing MNHN framework, we orchestrate a holistic tapestry of care. The ultimate goal is to enhance the health

outcomes of mothers and newborns, ushering in a brighter and healthier future for Swabi's communities.

#### Highlights of the Quarter:

1. A comprehensive plan has been developed outlining specific actions and timelines for the successful implementation of MMS in Swabi.
2. Hired a District Coordinator for MMS activities in Swabi in consultation with Nutrition International.
3. Newly hired staff has been oriented on MMS to ensure they are well-prepared for their roles.
4. Coordination meetings were conducted with Government Staff to ensure effective collaboration.
5. Program monitoring and supportive supervision have been conducted to increase the capacity of FLHW and HCP to deliver and promote MMS as part of maternal nutrition and health services in Swabi.
6. The District Office organized informative sessions at the District Health Office Swabi to promote Global Breastfeeding Awareness Week 2023.
7. A two-day training program for healthcare providers on Kangaroo Mother Care (KMC) was conducted at Bacha Khan Medical Complex.
8. The pre-testing of the calendar and checklist as components of the Enhanced Approaches initiative has been completed.
9. Provincial officials visited Swabi to monitor Maternal and Child Health Services (MMS) activities.
10. An introductory meeting with the District Health Officer (DHO) of Swabi was held.
11. A data collection process for MMS has been initiated from February 2023, which will be crucial for monitoring and assessing the impact of the program.
12. Regular monitoring and supervision visits have been conducted to ensure the quality and effectiveness of the MMS program.



13. Community leadership sessions have been organized to engage and empower local leaders in promoting the importance of MMS, creating awareness, and mobilizing community support.

14. The project team has actively reached out to 12 intervention Union Councils to invite community leaders to participate in the awareness and leadership sessions.

## PROVISION OF CONSULTANTS & SPECIALIST DOCTORS TO BE PLACED IN GOVERNMENT HOSPITALS IN TEN DISTRICTS OF GILGIT-BALTISTAN

Through a Public Private Partnership, Shifa Foundation and the Gilgit-Baltistan Government are embarking on an innovative new project.

The Gilgit-Baltistan government intends to provide state-of-the-art healthcare services across Gilgit-Baltistan, with a focus on remote areas namely Hunza, Nagar, Chilas, Skardu, Ghakuch, and Aster.

Shifa Foundation is working with the Government of Gilgit-Baltistan to create a positive impact and bring about a change in the community.

The aim of the project is the provision of Consultants & Consultant Doctors to be placed in Government Hospitals in ten districts of Gilgit-Baltistan.



The activities carried out/completed during the reporting period includes the following:

- As part of this collaboration, Shifa Foundation and the Gilgit-Baltistan Rural Support Programme (GBRSP) have hired 60 medical specialists like Nutritionist, Nephrologist, Gynecologist, Cardiologists, Urologists, Anesthesiology, ENT, Pediatrics to date.
- The doctors have now been appointed by the government at different health centers and hospitals throughout Gilgit-Baltistan & they are performing their duties as per their specialization.

The project has also focused on raising awareness about preventive healthcare and promoting healthy lifestyles among community members. This has been done through the distribution of informational materials, organizing health education sessions, and conducting health awareness campaigns.

- Shifa Foundation and the government of Gilgit-Baltistan have been working closely to overcome any challenges and ensure the smooth implementation of the project. Regular monitoring and evaluation have been carried out to assess the impact of the project and make any necessary adjustments.



Overall, the collaboration between Shifa Foundation and the Government of Gilgit-Baltistan has resulted in the provision of specialized medical staff, improved healthcare infrastructure, and increased access to quality healthcare services for the community members in Gilgit-Baltistan. This has brought about a positive change in the healthcare sector and has contributed to the well-being of the community.

## BISP NASHONUMA PROGRAMME BALUCHISTAN

Pakistan's high rates of malnutrition (40.2% stunting, 28.9% underweight, and 17.7% wasting) are indicative of an ongoing child nutrition crisis.

The first 1,000 days of a child's life are a window of opportunity to lay a strong foundation for later achievements. This timeframe is a period of enormous change characterized by a high degree of plasticity in the child's neurological development. To address stunting prevention during the first 1000-day window of opportunity, BISP has designed a Conditional Cash Transfer intervention to increase the uptake of Health and Nutrition services of its beneficiaries. The pregnant and lactating women (PLW) and their children less than 2 years of age will be assisted through the provision of additional cash of PKR 3,000 per quarter per PLW and boy child and PKR 3,500/- per quarter per girl child of BISP beneficiary families. In return, mothers must commit to attending regular antenatal health checks and awareness sessions during pregnancy, consuming specialized nutritious food (SNF), and taking their children for immunization and regular health checks.

Shifa Foundation is implementing **BISP Nashonuma Program** with the support of the World Food Program (WFP). The BISP Nashonuma is a health and nutrition focus program to provide Specialized Nutritious Food (SNF) and address stunting in pregnant and lactating women and children under 23 months, for the beneficiaries who are enrolled in the BISP program. The BISP Nashonuma project is being implemented in seven districts of Baluchistan including; Quetta, Killah Saifullah, Naseerabad, Sohbatpur, Jaffarabad, Sherani & Zhob



### Highlights of the Quarter:

<b>Beneficiaries registered to Nadra</b>	<b>927</b>	<b>888</b>	<b>599</b>	<b>500</b>	<b>2,914</b>
<b>Beneficiaries registered New</b>	<b>673</b>	<b>681</b>	<b>3796</b>	<b>917</b>	<b>6,067</b>
<b>Beneficiaries' follow-up Normal</b>	<b>2207</b>	<b>2333</b>	<b>2643</b>	<b>2061</b>	<b>9,244</b>
<b>Beneficiaries registered in TSFP</b>	<b>121</b>	<b>176</b>	<b>209</b>	<b>26</b>	<b>532</b>
<b>MAM follow-up (45 Days)</b>	<b>188</b>	<b>250</b>	<b>137</b>	<b>56</b>	<b>631</b>
<b>Cured beneficiaries</b>	<b>68</b>	<b>98</b>	<b>70</b>	<b>12</b>	<b>248</b>

Beneficiaries received SNF	3075	3003	5867	3258	15203
CMAM Beneficiaries received SNF	284	424	324	82	1,114
Beneficiaries received cash	2428	2741	5338	2358	12,865
<b>Total</b>	<b>10,029</b>	<b>10,693</b>	<b>18,983</b>	<b>9,270</b>	<b>48,975</b>

#### Staff Training:

Shifa Staff of the BNP-WPF project participated in 3 days of TOT at Quetta. The training was organized by UNICEF & WFP on CMAM & and SBCC integrations in the Benazir Nashonuma Program. The master trainer will replicate the pieces of training to FC & and SM teams as well as to LHWs who are engaged with the program.

## FOOD & CASH-BASED TRANSFERS FOR AN INTEGRATED CMAM SAFETY NET PROJECT UNDER SOCIAL PROTECTION



#### Overview:

The Community Management of Acute Malnutrition (CMAM) project, implemented by Shifa Foundation in Khairpur Mirs Sindh with the support of WFP, aims to provide food assistance to children and pregnant and lactating women (PBWs) suffering from malnutrition

#### Highlights:

- During this quarter, the project made significant progress in addressing malnutrition in the community.
- A total of 115,378 children and PBWs were screened for malnutrition.
- 1,108 SAM children, 17,180 MAM children, and 60,984 normal children were identified and received assistance.
- The Targeted Supplementary Feeding Program (TSFP) and Blanket Supplementary Feeding Program (BSFP) saw 25,026 children and 26,114 PBWs enrolled.
- Substantial quantities of Acha Mum, Wawa Mum, and Mumta were distributed to meet the nutritional needs of the beneficiaries.
- Health and counseling sessions contributed to improving mother and child health.
- The project is committed to achieving long-term sustainability, including plans for cash assistance to TSFP-cured children.

#### Performance Analysis:



The CMAM project has made significant strides in the screening, enrollment, and distribution of food assistance in the community. Emphasis on mother and child health remains a key aspect of the project's success. However, the focus for the coming quarter is expanding the project's reach to reach more children and PBWs suffering from malnutrition while ensuring the sustainability of interventions.

Counseling services provided during the project include:

- Counseling on breastfeeding during ANC (Antenatal Care).
- Nutrition counseling for women.
- Health-related counseling for women



## VITAMIN A SUPPLEMENTATION

Project overview:

Vitamin A deficiency is a significant public health issue in Pakistan. According to the National Nutrition Survey (NNS) of 2018, 51% of children aged 6-59 months were found to be deficient in Vitamin A, with a severe deficiency rate of 12.1%. To address this concern, Shifa Foundation collaborated with Nutrition International, the Government of Pakistan, and other UN agencies to provide training for District Focal Persons in the provinces of Punjab, Sindh, Baluchistan, Khyber Pakhtunkhwa, Gilgit Baltistan, and Azad Kashmir. Across these six training sessions, approximately 190 participants from the health department, WHO, and Health department District Focal Points took part.

Highlights:

The training sessions focused on several key aspects, including the importance of Vitamin A in maintaining a healthy life. All training Sessions were conducted by Mr. Shahzad & and Mr. Yasin by Nutrition International with Logistic support from Shifa Foundation. In the training session, NI Team emphasized the roles of healthcare practitioners and government health department officials in achieving comprehensive coverage of Vitamin A supplementation (VAS) in their respective districts. The training comprised PowerPoint presentations, group activity, and experience sharing. In order to make the sessions more interactive and participatory, the participants were encouraged to share their feedback. During the training, participants were informed that Vitamin A deficiency could cause infections, Eyesight problems, and Night Blindness. Some important symptoms of Vitamin deficiency in



both children and adults can include dried scales on shoulders and ankles, dried eyes white spots and ulcers in the eyes, also known as “corneal ulcers.” In enumerating the typical causes of Vitamin A deficiency (VAD), the NI Team pointed out the pervasiveness of insufficient/ imbalanced diet due to lack of affordability/poverty, the issue of affordability, the negligence on the part of parents may also deprive a child from getting sufficient or balanced diet, thus causing Vitamin A deficiency. Similarly, due to Zinc deficiency, Vitamin A cannot properly absorb in the body, resulting in Vitamin A deficiency. NI Team explained that VAD may also be aggravated due to changing food patterns in different seasons. Some fruits, for instance are summer fruit full of vitamin A which may not be available locally in winters. Its shortage/absence should be compensated by consuming alternate sources of Vitamin rich fruits and vegetables, such as carrots, mango and others.

This initiative aims to combat Vitamin A deficiency in Pakistan by educating and empowering individuals at various levels of the healthcare system and government to ensure the effective delivery of Vitamin A supplementations programs.

Vitamin A Supplement Training VAS - 2023 Calendar						
Sr #	Date	Day	Training Location	Province/ State	No. of Participants	Venue
1	15-Sep-23	Friday	Muzaffarabad	AJK	15	PC Muzaffarabad
2	15-Sep-23	Friday	Gilgit Baltistan	Northern Area	17	Serena Gilgit
3	18-Sep-23	Monday	Peshawar	KP	49	Serena Peshawar
4	20-Sep-23	Wednesday	Quetta	Baluchistan	50	Serena Quetta
5	22-Sep-23	Friday	Lahore	Punjab	30	Avari Lahore
6	22-Sep-23	Friday	Karachi	Sindh	49	PC Karachi

# SUPPORTING FLOOD -AFFECTED POPULATION OF MITIARI



# THROUGH EARLY RECOVERY CONDITIONAL CASH ASSISTANCE

## Program Details:

### 1. Beneficiaries:

- Shifa Foundation is assisting a total of 5,000 households in cycles 1 and 2, with each household receiving 12,000 PKR per cycle, funded by USAID and WFP.
- Additionally, 3,000 households in cycle 3 are receiving support under the WFP conditional cash assistance program, funded by the European Union and WFP, with each household provided 25,000 PKR.

### 2. Activities:

- Structural and non-structural activities are implemented in targeted areas, and closely monitored by the M & E team of Shifa Foundation.

## Highlights:

### Village Prioritization and Validation of Households:

- In the third cycle, the caseload was reduced from 5,000 to 3,000 households, and these 3,000 received assistance from the European Union.
- Villages were prioritized for assistance, and household validation was closely monitored by WFP and Shifa Foundation.

### Training Programs:

- Training programs in collaboration with WFP and the European Union aimed to enhance participants' skills, particularly in improving their livelihoods during unforeseen disasters.
- Shifa Foundation worked closely with Village Development Committees to identify ways to enhance livelihoods and organized various training sessions.

### Infrastructure Development:

- Construction activities were carried out in response to flood situations, including the installation of concrete pipes for water flow and the construction of culverts on irrigation lands.
- Mud houses with wooden rooftops were built for families whose homes were completely destroyed, thanks to funding from the World Food Program.

### WFP 3000-Caseload Cycle-4 Early Recovery Program:

- A comprehensive household assessment was conducted for the 3,000 caseloads for Cycle 4 of the early recovery program, funded by New Zealand.
- Prioritization was done in collaboration with district administration, Union Councils, and various stakeholders.

### National and Global Celebrations:

- District-wide celebrations for World Breastfeeding Week and Independence Day were organized in collaboration with the District Health Office and Shifa Foundation teams.



In conclusion, the WFP Early Recovery Conditional Cash Assistance Activity & Livelihood Program CBT project, implemented by Shifa Foundation in Mitari, has achieved remarkable progress in providing assistance to the flood-affected population. The project has successfully disbursed cash assistance to individuals and households, enhancing their resilience and supporting their recovery. These efforts are crucial in addressing the challenges posed by flooding in the region and promoting improved livelihoods for the affected population.



## REDUCING CORPORAL PUNISHMENT IN SCHOOLS

After successful completion of feasibility study in three regions namely Sindh, Islamabad and AJK now we are scaling up the project to 48 schools where 1,296 students and 720 teachers across 4 study sites in Pakistan (12 schools at each study site: Khyber Pakhtunkhwa province, Sindh province, the State of Azad Jammu & Kashmir, and the federal capital Islamabad + Punjab province) will be interviewed while teachers of the 24 schools will be trained under the Cluster Randomized Control Trial model. At the end of the project Shifa Foundation will complete trainings of 360 teachers and assess 720 teachers and 1300 students.



### Key highlights

- Conducted interviews for the position of Master Trainer and Research Assistant.
- Attended Zoom meetings with Prof. Tobias, Dr. Alaptagin, Florian (PhD), and Dr. Abdul Wahab Yousafzai to discuss:
- Prepared short report on feasibility study and shared with education department.
- Translations and survey implementation in Survey to Go
- ICC-T Refresher training for trainers and feasibility workshops in Khyber
- Conducted follow-ups with government administrations in AJK, Sindh, Punjab, and Federal government for acquiring NOC to conduct the study in schools.



- Had a meeting with Mr. Usman Ali, Section Officer (Schools) at Federal Education & Professional Training Pak Secretariat, Islamabad, regarding the orientation of ICC-T project CRCT phase.
- Received a letter from Dr. Fouzia Khan, Chief Advisor of School Education & Literacy Department, Government of Sindh, granting permission to Shifa Foundation and directing District Education Officers in Sukkur, Khairpur Mirs, and Naushahro Feroze to facilitate the study.
- Brief discussion with Florian (PhD) about Pre-visit in schools.
- Conducted 3 days ICC-T refresher training with KP Masher Trainer Team
- Meeting with C.E.O District education Authority Rawalpindi, meeting was about orientation of ICC-T project CRCT phase.
- Meeting with Mr. Najam Satti Assistant Director Planning and Development District Education Authority he accesses the list of schools in seven Tehsil of District Rawalpindi. During second meeting, he allowed to contact with School heads and check the inclusion exclusion criteria of randomly selected schools
- Received list of schools from deputy director training, directorate of education extension Muzaffarabad.
- Received Lists of Secondary and Higher secondary schools in Sukkur, Khairpu Mirs & Naushahro Feroze for random selection. Forwarded Lists of randomly selected Secondary and Higher secondary schools in Sukkur, Khairpur Mirs & Naushahro Feroze to check inclusion exclusion criteria.
- Conducted 5 days ICC-T training with AJ&K, Islamabad + Punjab and Sindh Master Trainer Team.
- Re-requested for NOC along with the list of randomly selected schools to Secretary Education and Director, directorate of education extension Muzaffarabad.
- Two days detailed Training session with Florian and Kate about Training of Research assistant
- Meeting with Dr. Tabasum Deputy Director and Dr. Rifat Director, along with Said Shah Sahib, our Program Manager, we discussed the findings of the ICC-T feasibility study and emphasized its importance for our teachers, students, and the community. We also requested to put-up the file of 8 randomly selected schools in Islamabad.

# SHIFA FOUNDATION

## AFGHANISTAN: OVERVIEW AND PROGRES

During the 1<sup>st</sup> quarter (July to September 2023), Shifa Foundation Afghanistan achieved significant milestones and reinforced vital partnerships. The period commenced with active participation in UNICEF's Nutrition Cluster Coordination Meeting, highlighting the organization's commitment to collaborative efforts in addressing nutrition challenges.

A crucial achievement was the signing of a Memorandum of Understanding (MOU) with the Afghanistan National Re-construction Coordination (ANCC), which paves the way for joint initiatives in reconstruction and development. Shifa Foundation secured cluster registration for Afghanistan's Emergency Shelter and Non-Food Items (NFI) Cluster, enhancing its capacity for effective emergency response.

To streamline operations, Shifa Foundation initiated bank account opening discussions with Bank Alfalah Ltd. Additionally, high-level meetings with government officials and Ummah Welfare Trust (UWT) explored collaborations for community well-being and humanitarian efforts.

Further engagements included productive discussions on medical equipment and medicines with UWT and data collection efforts. Shifa Foundation Afghanistan demonstrated its commitment to financial compliance through tax clearance initiation for 2022-2023.

These achievements highlights Shifa Foundation Afghanistan's dedication to holistic well-being, community development, and partnerships that contribute to a brighter future.

1. **UNICEF Nutrition Cluster Coordination Meeting:** The month kicked off with Shifa Foundation Afghanistan's participation in the Regular UNICEF Monthly Nutrition Cluster Coordination Online Meeting. This engagement underscored Shifa Foundation's dedication to fostering a collaborative approach towards addressing nutrition challenges within the region, ensuring a coordinated response for improved outcomes.

2. **MOU Signing with Afghanistan National Re-construction Coordination (ANCC):** Demonstrating its commitment to effective cooperation, Shifa Foundation Afghanistan marked a significant milestone by signing a Memorandum of Understanding (MOU) with the Afghanistan National Re-construction Coordination (ANCC). This strategic partnership sets the stage for synergistic efforts in reconstruction and development initiatives, amplifying Shifa Foundation's impact within the community.





3. **Cluster Registration for Emergency Shelter and NFI Cluster:** Shifa Foundation's dedication to holistic well-being was further evident as it secured cluster registration for Afghanistan's Emergency Shelter and Non-Food Items (NFI) Cluster. This accomplishment solidifies SF's role in providing vital support during emergencies, enhancing disaster response capabilities for the benefit of vulnerable populations.
4. **Engagement with Bank Alfalah Ltd for Bank Account Opening:** In its pursuit of operational efficiency, Shifa Foundation Afghanistan proactively engaged in follow-up meetings with Bank Alfalah Ltd to initiate the process of opening a dedicated bank account. This step underscores the SF commitment to financial transparency and streamlined operations.
5. **High-Level Collaborative Meetings:** Shifa Foundation engaged in two pivotal high-level meetings, signifying its commitment to forging meaningful collaborations. In the first meeting with Mr. Muhammad Azim Kakar and Mr. Khyber Rafi, Advisors to the Ministry of Public Health (MoPH), discussions revolved around a collaborative effort between Ummah Welfare Trust (UWT) and Shifa Foundation Afghanistan, reinforcing Shifa Foundation's commitment to broader community well-being.



The second meeting with His Excellency Shiakh-Ul-Hadith Mawlawi Nida Muhammad Nadeem, Minister, and Dr. Lutfullah Khirkhwah of the Ministry of Higher Education (MOHE), explored potential collaboration between UWT and Shifa Foundation Afghanistan, aligning humanitarian efforts for a more holistic impact. Through these achievements and engagements, Shifa Foundation Afghanistan's impact reverberates beyond the calendar month, serving as a testament to its dedication to holistic well-being, community development, and partnerships that pave the way for a brighter future.



#### **Meeting with Ministry of Public Health**

A meeting was held with key officials at the Ministry of Public Health (MOPH) on August 7, 2023. Deputy Minister Mowlawie Muhammad Ishaq Asim, Advisor to the Minister Mr. Muhammad Azim Kakar, and Mr. Khyber Rafi, Advisor to the Deputy Minister, were present. The discussion revolved around the equipment list submitted to Shifa Foundation Afghanistan. Deputy Minister Mowlawie Muhammad Ishaq Asim granted permission to visit three hospitals constructed by the Government of the Islamic Republic of Pakistan and Noor Eye Hospital. Shifa Foundation staff were introduced to a health director to facilitate their visits to these hospitals, including Muhammad Ali Jinnah Hospitals and Noor Eye Hospital within Kabul, and Niab Aminullah Logari Hospital in Logar Province.

#### **Visit to Muhammad Ali Jinnah Hospital**

Muhammad Ali Jinnah Hospital, located in the western part of District Six of Kabul City, was visited. The hospital, spanning 24 Jeribs, had its construction and equipment supply funded by the Government of Pakistan. Construction commenced in 2008, completed in 2012, and the equipment supply occurred between 2018 and 2019. It houses 200 beds and became operational a few months ago with limited resources.



### **Visit of Noor Hospital (Noor Chesham Hospital)**

A visit to Noor Hospital was conducted on August 7, 2023. The hospital, situated in the heart of Kabul City, receives support from normal government funding. According to HMIS reports, it serves approximately 100,000 patients annually in the Outpatient Department (OPD), with 6,500 admissions per year, including major and minor surgeries. The hospital currently has 86 active beds.

### **Visit to Niab Aminullah Logari Hospital**

Niab Aminullah Logari Hospital, visited on August 9, 2023, is located 50 kilometers south of Kabul on the Kabul-Logar highway, in the remote area of Logar Province. This hospital, covering 21 Jeribs, had its construction and equipment funded by the Government of Pakistan. Construction started in 2008, was completed in 2012 by NESPAK, and received equipment in 2019. The hospital boasts 158 beds and has been operational for about a year, providing services similar to Muhammad Ali Jinnah Hospital, including daily OPDs for medical, general surgery, gynecology, and vaccinations. Orthopedic and general surgeries are also conducted, and there are no OPD and surgery fees.

### **Meeting at the Ministry of Public Health (13-Aug-2023)**

On August 13, 2023, another meeting was held with Deputy Minister Mowlawie Muhammad Ishaq Asim, Advisor Mr. Muhammad Azim Kakar, and Advisor Mr. Khyber Rafi at the Ministry of Public Health. The objective was to request the reflection of data in the format sent by UWT, which the MOPH agreed to share. During the month of August 2023, Shifa Foundation conducted multiple follow-up visits, resulting in the receipt of 90% of the required data.



### **Nishtar Kidney Hospital Visit (14-Aug-2023):**

Shifa Foundation conducted a visit to Nishtar Kidney Hospital in Jalalabad, Nangarhar Province, on August 14, 2023, with permission from the Ministry of Public Health (MOPH). This hospital, located in Jalalabad City, the capital of Nangarhar Province, Eastern Region of Afghanistan, is situated approximately 160 kilometers from Kabul. Covering an extensive area of 28 Jeribs, the hospital primarily focuses on Nephrology and Urology services and houses 65 beds. Funding for both construction and equipment supply was provided by the Government of the Islamic Republic of Pakistan. The hospital handles an approximate daily count of 130 patients in the Outpatient Department (OPD) for Nephrology and Urology, with 8 Inpatient Department (IPD) patients per day.



### **Ministry of Higher Education Meeting with Academic Coordinator (13-Aug-2023):**

A meeting was convened with the Academic Coordinator of the Ministry of Higher Education (MOHE) on August 13, 2023. The meeting's agenda included sharing the required format with MOHE and requesting data to be presented in the format provided by UWT. The MOHE Academic Coordinator consented to visit teaching hospitals within Kabul to facilitate data collection. Subsequently, visits were conducted to various teaching hospitals, including Ali Abad Teaching Hospital on 16-August-2023, Stomatology Teaching Hospital on 17-August-2023, Cardiothoracic Teaching Hospital on 20-August-2023, Eye Teaching Hospital on 21-August-2023, and Maiwand Teaching Hospital and Sharara Gyn Teaching Hospital on 23-August-2023. Several follow-up visits by MOHE and respective teaching hospitals were carried out to ensure efficient data collection.

### **Meeting with Ministry of Higher Education (MOHE) and Country Manager Operations**

A follow-up meeting was held between H.E Dr. Lutfullah Khair khawah, the Academic Deputy Minister of the Ministry of Higher Education, and Ihsan Ullah, the Country Manager Operations of Shifa Foundation Afghanistan on September 12, 2023, at MOHE. Dr. Zabih-Ullah, the Academic Coordinator, also participated in the meeting. During this meeting, several key points were discussed:

1. **Equipment List Preparation:** The Deputy Minister instructed the Coordinator to expedite the preparation of a list of new equipment for teaching hospitals. The list should adhere to the specified format and specifications to prevent any further delays.
2. **Repair and Installation:** The Deputy Minister emphasized the importance of repairing and installing existing equipment in teaching hospitals. Ensuring the proper functioning of the equipment is crucial for the effective operation of these medical facilities.

### **Tax Clearance Initiated**

Shifa Foundation Afghanistan initiated the tax clearance process for the year 2022-2023, commencing in September 2023 and concluding on March 21, 2023. This demonstrates our commitment to fulfilling all necessary financial obligations.

### **Meeting with UWT (United World Trust) Country Representative**

On September 27, 2023, a meeting was conducted with Mr. Afaq Khan, the Country Representative of UWT, at the UWT office in Kabul. The meeting commenced with introductions and covered the following significant topics:

1. **Medical Equipment and Medicines:** A detailed discussion took place regarding the medical equipment and medicines requested by the Ministry of Public Health (MOPH) and MOHE. Ensuring the availability of necessary medical supplies is essential for supporting healthcare services in Afghanistan.
2. **Data Collection for Hospitals:** The meeting also included discussions on data collection for hospitals. Accurate and up-to-date data is critical for informed decision-making and resource allocation.
3. **Cheshm-i-Noor Hospital Proposal:** The proposal for Cheshm-i-Noor Hospital was discussed, indicating Shifa Foundation's commitment to expanding healthcare services to benefit a broader population.

# CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

## 1. SUMMARY

This report will highlight the progress and achievement of the COPCS department during the 1<sup>st</sup> quarter (July, August, and September) of 2023, COPCS department aims to provide support and uplift underprivileged communities by involving potential donors, philanthropists, and volunteers. One of the main functions of the COPCS department is to raise funds from local and international donor organizations, companies, and philanthropists, through indigenous fundraising with the support of volunteers. During the last three months, the COPCS department has collected donations of **Rs. 4,080,342/-** through different sources.

During the reporting quarter, the COPCS department performed multiple tasks. The COPCS team reached out to 918989 people through its website and different social media platforms. similarly, through Feed the Poor initiatives, COPCS distributed food packages among 242 families in different underprivileged communities. Moreover, Shifa Foundation has also provided free treatment to 66 deserving individuals through a patient treatment panel in Shifa International Hospital.

## 2. COMMUNITY SERVICES

### 2.1. HEALTHCARE

Shifa Foundation plays a vital role in providing health care services to underprivileged communities through patient treatment panels. Shifa Foundation facilitates deserving patients through restricted accounts and general donations in Shifa Falahi Clinic and Shifa International Hospital. During the second quarter of the fiscal year, 66 patients were diagnosed with different diseases and facilitated through the patient treatment panel. The detail of the patients facilitated during this quarter is mentioned below in table 2.1.1.

#### 2.1.1. Patient Assistance and Treatment

S. No	Name of Patient	Date	Assistance/ Services Provided
1	Rehamt Ullah	4/7/2023	Treatment Charges
2	Hafeez Ullah	5/7/2023	Received Medicines
3	M. Irfan	5/7/2023	Received Medicines
4	Najeeb Ullah Safi	10/7/2023	Treatment Charges
5	Rehamtullah	13/7/2023	Treatment Charges
6	Irum Shehzadi	14/7/2023	Blood tests charging
7	Naseer Ahmed	14/7/2023	Blood tests charging
8	Taj Begum	13/7/2023	Received Medicines
9	Aziz Fatima	14/7/2023	Provided Injection
10	Mehrban Abbasi	14/7/2023	Received Medicines

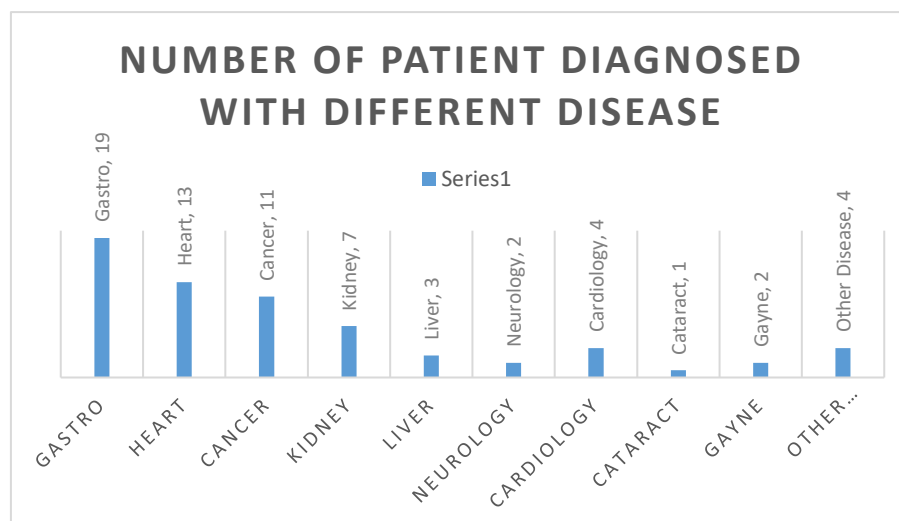


11	M. Masud	14/7/2023	Cataract Surgery
12	Anas	7/7/2023	Received Medicines
13	M. Azam	7/7/2023	Received Medicines
14	Asifa	7/7/2023	Received Medicines
15	Sakina Bibi	10/7/2023	Tests Charging
16	Waqas Manzoor	10/7/2023	Received Medicines
17	M. Ali	15/7/2023	Received Medicines
18	Robina Irfan	The case was initiated and sent for approval.	
19	Mushtaq	17/7/2023	Received Medicines
20	Javed Akhtar	24/7/2023	Received Medicines
21	M. Ramzan	25/7/2023	Tests Charging
22	M. Danish	26/7/2023	Received Medicines
23	Hiba Arif	27/7/2023	Received Approval, the surgical procedure will be done in the last week of August 2023
24	Akhtar Jan	31/7/2023	Received Medicines
25	Muhammad Irfan	1/8/2023	Provided Medicines
26	M. Ramzan	2/8/2023	Blood Tests Charging
27	Amanat Masih	2/8/2023	Waiting for Approval
28	Akhtar Jan	4/8/2023	Provided Medicines
29	Qamar un-Nisa	6/8/2023	Cataract Surgery Complete Charges Paid by SF
30	Muhammad Irfan	7/8/2023	Provided Medicines
31	Khatoon Begum	9/8/2023	Cataract Surgery Complete Charges Paid by SF
32	Irum Shehzadi	9/8/2023	Blood tests charging
33	Shaheen Akhtar	11/8/2023	Provided Medicines
34	Mushtaq	15/8/2023	Provided Medicines
35	Taj Begum	15/8/2023	Provided Medicines
36	Saba Javed	19/8/2023	Provided Medicines
37	Javed Akhter	19/8/2023	Provided Medicines
38	Iqra Arshad	21/8/2023	Provided Medicines
39	Mehrbab Abbasi	22/8/2023	Provided Medicines
40	Hiba Arif	24/8/2023	Tonsils Surgery Charges paid by SF
41	Haroon Nisar	28/8/2023	
42	Muhammad Irfan	28/8/2023	Provided Medicines
43	Mr. Haroon Nisar	1/9/2023	Provided Medicines
44	Mr. Anas	7/9/2023	Provided Medicines
45	Mrs. Asifa	7/9/2023	Provided Medicines
46	Mr. Jibran	6/9/2023	Radiology test Charging (EEG)
47	Rauf Masih	6/9/2023	Provided Medicines
48	Najma Mubeen	7/9/2023	Sent case for approval but still not approved
49	M. Ramzan	13/9/2023	Tests Charging

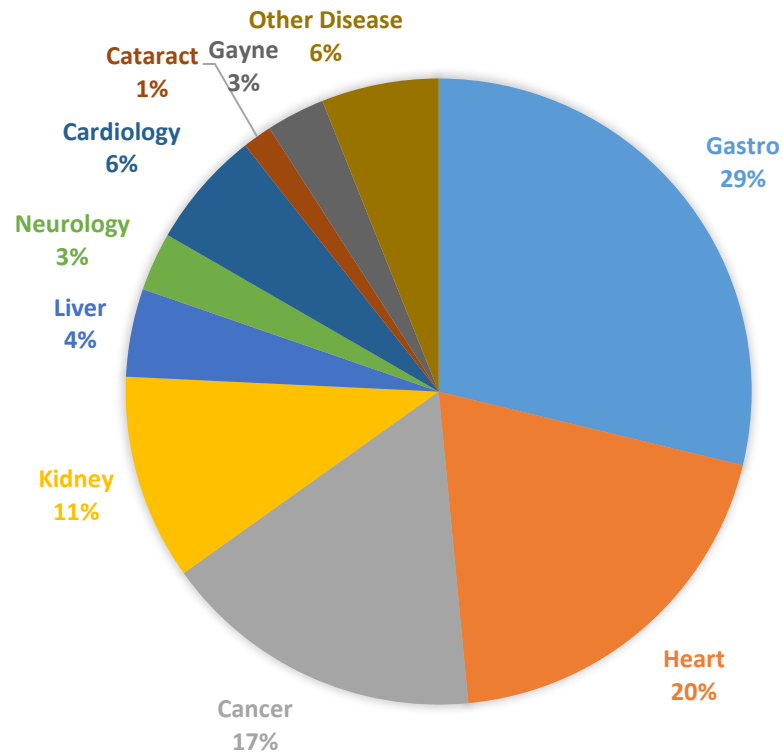
50	Arooj Ayesha	11/9/2023	Clinical procedure charging
51	Ehtesham Rafiq	11/9/2023	Provided Medicines
52	Shaheen Akhtar	14/9/2023	Provided medicines
53	Gulzar	13/9/2023	Cataract Surgery (Done)
54	Anam Faisal	06/9/2023	Treatment Charges
55	Muhammad Aftab	16/9/2023	Provided Medicines
56	Taj Begum	16/9/2023	Provided Medicines
57	Mushtaq	19/9/2023	Provided Medicines
58	Zahida Bibi	20/9/2023	Clinical procedure
59	Muhammad Aftab	21/9/2023	Admission for treatment
60	Mehrbab Abbasi	23/9/2023	Provided Medicines
61	Javed Akhter	25/9/2023	Provided Medicines
62	Muhammad Aftab	25/9/2023	Provided Medicines
63	Hafeez Ullah	26/9/2023	Provided Medicines
64	Irshad Bibi	27/9/2023	Treatment Charges
65	Muhammad Irfan	27/9/2023	Provided Medicines
66	M. Ali	27/9/2023	Cataract (Case sent for Approval)

### 2.1.2. GRAPHICAL REPRESENTATION OF TREATMENTS

Below mentioned bar graph and pie chart show the number of patients diagnosed with different diseases and the percentage of different diseases diagnosed.



## PERCENTAGE OF PATINET FACILATED WITH DIFFERENT DIESEASE



### FEED THE POOR



During the first quarter (July, August, and September) Shifa Foundation distributed food packages among 140 households in different areas including Islamabad, Rawalpindi, Jhelum, and Daman.

A total of 3.2 metric tons of food was distributed which benefited 980 individuals. Shifa foundation aims to reach out to more families who are in dire need of support with the help of our generous donors.

The Feed the Poor program is one of the most important initiatives of Shifa Foundation that aims to reduce the vulnerabilities of underprivileged families in Pakistan by providing food packages to meet their monthly dietary needs. Shifa Foundation strives to generate regular donations from its donors to distribute food packages among the identified poor families on monthly basis.

During the first quarter (July, August, and September) Shifa



### Details of Distribution

Location	Date of Distribution	Total Number of Households	Average Household Size	Total Individual Beneficiaries – Approx. (Men, Women, Children)	Total Weight of Food Items (Tons)
Jelham	3/8/2023	57	7	399	0.3
Rwp/ISB	10/8/2023	8	7	56	0.2
Daman Hazro	10/8/2023	35	7	245	1
Rwp/ISB	7/9/2023	9	7	63	0.2
Jelham	7/9/2023	31	7	217	1.5
<b>Total</b>		<b>140</b>		<b>980</b>	<b>3.2</b>

### Food Package (Items & Quantity)

S. No	Items	Description	Unit (kg/Ltr)	Qty	Total Quantity Distributed
1	Wheat Flour	Brown	kg	20	37.5 X Total Packages kgs/ ton
2	Cooking oil	Dalda	Ltr	4	
3	Rice	Basmati Super	kg	4	
4	Sugar	White	kg	4	
5	Channa	White	kg	1	
6	Daal	Channa	kg	1.5	
7	Masoor	Washed	kg	1	
8	Black Tea		kg	1	
9	Salt		kg	1	
			<b>Total</b>	<b>37.5 kgs</b>	

## 2.2. BREAST CANCER AWARENESS CAMPAIGN

The Pink Lady Breast Cancer Awareness Campaign was launched by Shifa Foundation in 2019 in order to educate the masses about the importance of prevention, early detection, and timely treatment of Breast Cancer. Pink Lady Awareness Campaign highlights the miseries of those who, at any stage of life, have battled against Breast Cancer. Shifa Foundation strongly believes and advocates that early detection can save thousands of precious lives.



Shifa Foundation believes that early detection of breast cancer can save thousands of precious lives. Pink Lady Breast Cancer Awareness Campaign is celebrated each year in October to educate the masses about the importance of prevention, early detection, and timely treatment of Breast Cancer. During the Pink Lady Awareness Campaign, Shifa Foundation conducts a large number of cancer awareness sessions in





educational institutions and the corporate sector alongside raising awareness in the public through social and conventional media.

Shifa Foundation sensitizes and engages various stakeholders in the Pink Lady Campaign to encourage multi-lateral collaboration and joint efforts for prevention as well as to reduce the annual ratio of deaths caused by Breast Cancer.

Shifa Foundation also aims to provide Breast Cancer Self Detection services in hospitals, women's universities, and girl's colleges to ensure early



detection of Breast Cancer and to establish a referral mechanism for the treatment of underprivileged females.



### 3. PARTNERSHIP DEVELOPMENT

Shifa Foundation gives key importance to maintaining and enhancing coordination with its stakeholders. During the reporting months, Shifa Foundation engaged multiple education institutions, and corporate companies for future collaboration. The meeting was attended by the management of both organizations. It was decided during the meeting that an MOU will be signed between WWF and Shifa Foundation in the near future and both organizations will work together for better delivery of services. Another major work of the COPCS department is to coordinate with different Consultants inside Shifa International Hospital to take them on onboard in the facilitation of deserving patients. During the second quarter, an MOU was signed with Cardiology associates to assist deserving patients through Shifa Foundation I-9 Panel in a better way. Several MOUs were renewed as well.

Apart from Corporate sectors, Shifa Foundation maintains its relationship with individual donors as well. During the reporting quarter, the COPCS department sent a sensitization email to previous donors to acknowledge their generous contributions and encourage future contributions.

#### 4. Two-Day Health Expo Organized by RCCI:

The RCCI successfully arranged a two-day Health Expo on 16-17 August 2023 that brought together a diverse array of participants including pharmaceutical companies, hospitals, Universities, software houses working on AI for diagnosis, and corporate organizations.

The event provided a unique platform for organizations dedicated to healthcare and well-being, including Shifa Foundation, to present our mission and initiatives to a diverse audience. This expo was a remarkable opportunity to showcase our commitment to bettering the health of our community and beyond.

Shifa Foundation has utilized the platform to its best and presented the Shifa Foundation's services to the underprivileged communities, and sensitized the general public and the VIPs including the President Republic of Pakistan Dr. Arif Alvi, Ambassadors, High commissions, Union Delegations, and President of JCCI while their visit to Shifa Foundation stall. RCCI presented an award for participation in the Health Expo.

#### 5. Breast Feeding Month:

Breastfeeding is a journey that builds strong bonds between mothers and their babies while laying the foundation for a healthier future.

Shifa Foundation has organized awareness sessions in the corporate and educational sectors for the whole month of August. The purpose of the activity was to create awareness among the general public through active participation and as well as media coverage of the activity. The workshop consisted of an hour-long session / talk on the importance of breastfeeding, its benefits and risks, etc.

##### Objectives:

- To raise awareness about the importance of breastfeeding among the general public.
- To raise funds through sponsorships/individuals for the underprivileged/deserving mothers and children by providing them with nutrients.
- To increase awareness of Shifa Foundation's causes, build image, and expand its reach.

#### 6. IMAGE BUILDING AND VISIBILITY THROUGH SOCIAL MEDIA

Social Media plays an important role in reaching out to stakeholders and potential donors. Shifa Foundation's social media team updates its website and different social media platforms daily to keep stakeholders informed about the activities performed by the Shifa Foundation team in different areas. During the previous three months posts related to different activities that include the Feed the Poor campaign, breast cancer awareness, flood relief campaign and posts related to health services were shared. Shifa Foundation's social media team reached out to 918989 individuals through different platforms. Detailed insight is given in the below-mentioned table;

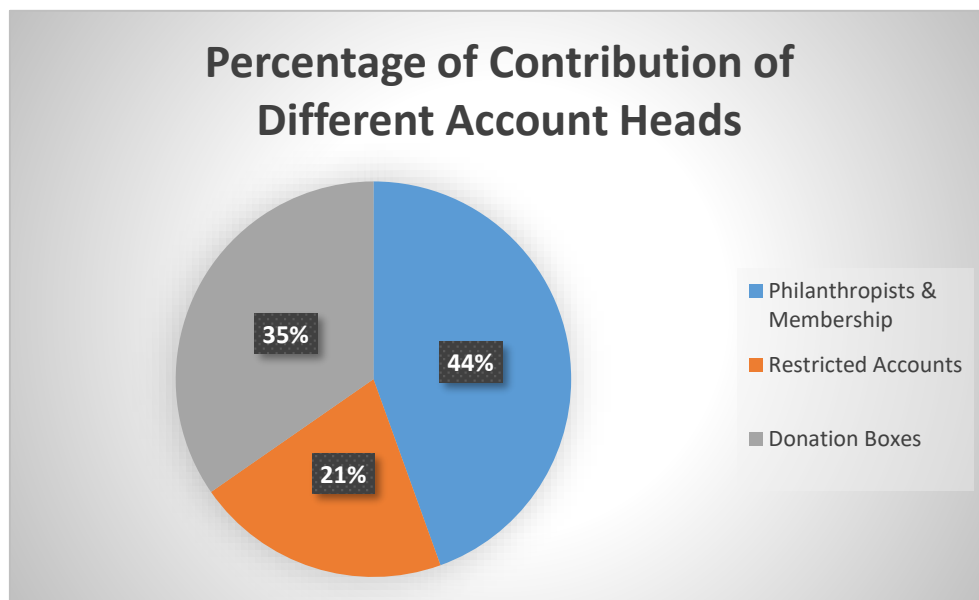
Facebook		Instagram		Twitter		LinkedIn	
Posts	77	Posts	77	Posts	77	Posts	77
Likes	4,134	Likes	151	Likes	36	Likes	1210
Reached	570,016	Reached	318,235	Reached	5,697	Reached	25,041

## FUNDRAISING/ DONATION COLLECTION

During the reporting quarter (July, August, September), in total, a donation of **Rs. 4,080,342/-** was received under different heads. Detailed insight into the contribution of different account heads is given in the table.

The below-mentioned pie chart shows the percentage of contribution of different account heads during the previous three months.

S. No	Description	Donation Received (PKR)
1	Philanthropists	1,815,562
2	Membership	
3	Restricted Accounts	850,500
4	Donation Boxes	1,414,280
	<b>Grand Total</b>	<b>4,080,342</b>







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## OVERVIEW

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Shifa Centre of Professional Excellence (SCOPE) was established under the umbrella of Shifa Foundation. The fundamental goal of SCOPE is to strive for excellence in medical teaching, professional learning and encouraging research ventures.

Shifa Center of Professional Excellence (SCOPE), an integral part of Shifa Foundation, established with the mission to be the nation's state-of-the-art learning and training facility in education, innovation and research.

To accomplish this mission, we integrate evidence and best practices from scientific education and implement to develop and assess activities that tend to enhance skills, strategy, and performance, ultimately resulting in better health outcomes.

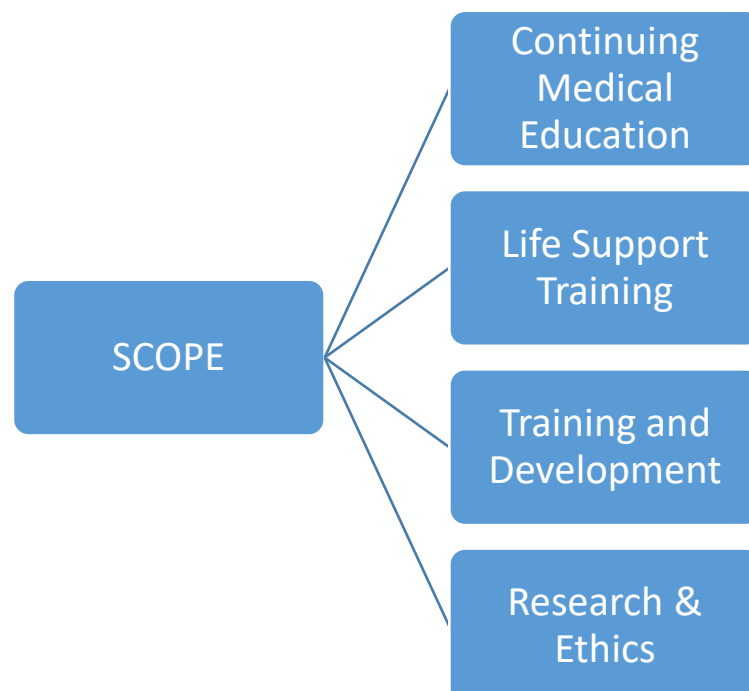
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### *Operational Programs:*

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SCOPE's functional operations programs are;

- Continuing Medical Education with the ultimate responsibility to update knowledge, skills and practices of healthcare teams.
- Life Support Training with the ultimate responsibility to provide the complete suite of Emergency Cardiovascular and Cardio-Pulmonary Resuscitation trainings.
- Training and Development with the ultimate responsibility to bridge knowledge gaps by providing capacity building services and innovative solutions.
- Research & Ethics with the ultimate responsibility to develop proposals and promote the research activities.



# Program Report

## Continuing Medical Education



## Overview of Continuing Medical Education

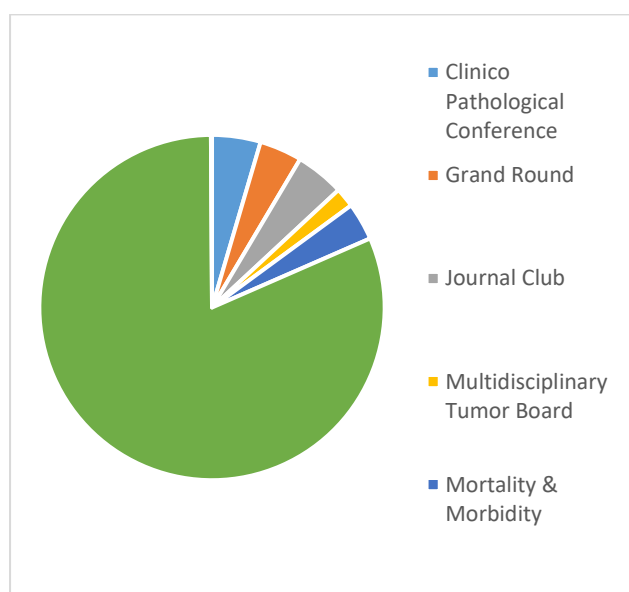


Keeping in view the growing need of CME in physicians and healthcare professionals, established under the umbrella of SCOPE, the Continuing Medical Education Program was envisioned to create healthcare teams for change through CME.

### Regularly Scheduled Series:

RSS is a CME category offering live knowledge/skill sessions for Shifa International Hospitals' internal medical staff. Activities include Grand Rounds, Tumor Boards, and Morbidity & Mortality, promoting continuous learning and patient care excellence.

Categories	July	August	September	Total
Clinico Pathological Conference	30	30	29	89
Grand Round	27	27	24	78
Journal Club	30	30	29	89
Multidisciplinary Tumor Board	12	12	12	36
Mortality & Morbidity	23	23	23	69
Departmental Classes	528	528	538	1594
Moderate Sedation Session	1	1	0	2



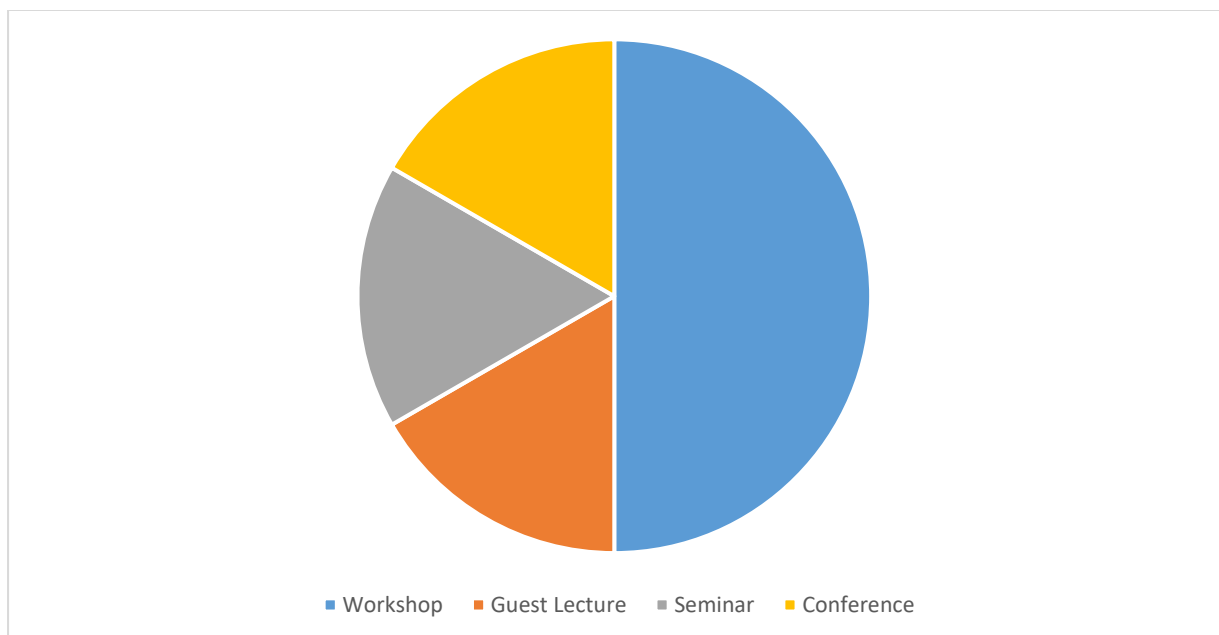
**Total RSS Events:**  
**1957**

**Total Participants:**  
**7119**

## Mega Events:

Mega Events involves the Conference, Master class, Seminar, Workshop and Course which are one time activity and offered to external audience other than Shifa International Hospitals Ltd, Islamabad.

Categories	July	August	September	Total
Workshop	1	2		03
Guest Lecture			1	01
Seminar			1	01
Conference		1		01



**Total Mega Events:**

**06**

**Total Participants:**

**376**





## ***Ultrasound Guided Head & Neck Blocks for Pain Management & Regional Anesthesia***

Shifa center of professional Excellence (SCOPE) organized "Ultrasound Guided Head and neck blocks Pain Management and Regional Anesthesia" workshop. The basic purpose of the workshop was to train these healthcare professionals in the use of ultrasound-guided techniques for pain management and regional anesthesia in the head and neck region. The workshop comprised of presentations, hands on practice, Interactive and Q&A sessions.

During the workshop, the participants were introduced to the fundamentals of knobology, significance of nerve blocks in awake craniotomy procedures and essential techniques for alleviating pain in the neck and temporal regions.

Overall, the workshop served as an essential platform for fostering professional growth, exchanging ideas, and building a vigorous community of practitioners committed to advancing medical care in the field. Altogether, the workshop achieved its aim of equipping medical practitioners with the knowledge and practical skills necessary to integrate ultrasound-guided techniques into their clinical practice, ultimately leading to better patient care and outcomes in the field of head and neck pain management and regional anesthesia.

Total  
Participants: 23





The "Subfertility Awareness and IUI Workshop" was organized on 11th August 2023 at C-0 Auditorium Islamabad. The main purpose of this workshop was to enhance the knowledge and skills of healthcare professionals and participants in understanding and addressing subfertility issues. Distinguished experts in the pertinent field including Prof. Dr. Rashid Latif, Dr. Shazia Fakhra, Dr. Haroon Latif Khan, Dr. Rohina Gul and Mr. Kouser Siddique, were invited to impart their insights and provide comprehensive overviews to the attendees regarding subfertility matters.

The agenda of the workshop encompassed various crucial topics, including female workup in subfertility and stimulation protocols for IUI, as well as evaluating and treating male subfertility. The appropriate indications for mild, moderate, and high-dose ovarian stimulation regimens based on patient characteristics were also discussed. Participants also learned about evidence-based treatment options for male subfertility, including lifestyle modifications, medical therapies, and assisted reproductive techniques. Additionally, the workshop provided attendees with a practical element with hands-on simulators for IUI and semen preparation in IUI, allowing participants to gain valuable experience and confidence in performing these procedures.

The workshop successfully achieved its goal of enhancing participants' comprehension of subfertility matters. Through engaging sessions, hands-on sessions, and expert insights, attendees gained valuable knowledge and skills to address these challenges effectively. The

Total  
Participants: 62









The Pre-Conference Workshop at the 16th Annual Neurological Research Day (ANRD) in 2023, themed around "Empowering Biomedical Research and Writing in Pakistan," effectively addressed challenges and opportunities in Pakistan's academic biomedical research landscape. Led by Dr. Farooq Azam Rathore, the workshop engaged participants in identifying solutions, highlighting challenges, and exploring opportunities. It left attendees feeling empowered and motivated to establish collaborations, enhancing the prospects of biomedical research in Pakistan.

Total Participants:  
35





The 16th Annual Neurological Research Day (ANRD) was a highly successful conference organized by SCOPE in collaboration with the Neurology Department. It aimed to promote academic neurology and research-oriented attitudes, featuring visionary leadership, a captivating keynote presentation on the neuroscience of psychotherapy, interactive sessions, and recognition for outstanding contributions. The event received support from influential figures and emphasized collaboration and dedication, signifying a brighter future for neurological research. Organizers expressed gratitude to all participants for making it a remarkable success.

Total  
Participants: 80





The Neonatal Resuscitation Program (NRP) consisted of four workshops in September, each with 35-40 participants. Dr. Ayesha Munir serves as the focal person for the workshops.

Dr. Shahid Nazir, a Consultant Pediatrician, delivered a concise talk during the workshop on the "Foundation of Neonatal Resuscitation." He stressed the importance of neonatal resuscitation, highlighting the need for immediate intervention to combat newborn mortality, especially in Pakistan.

Dr. Yasser Masood, a Consultant Neonatologist, discussed the importance of airway management in neonatal resuscitation during the workshop, covering initial steps, ventilation techniques, and when to consider intubation.

Dr. Masooma Fatima, Associate Consultant Pediatrician, addressed chest compressions, medications, and resuscitation guidelines, emphasizing monitoring heart rate and volume expanders.

Dr. Salman Bashir Wani, Consultant Pediatrics & Neonates explained the NRP Algorithm, focusing on team coordination and interventions based on heart rate, with an option to discontinue resuscitation after 10-20 minutes.

Dr. Shehla Chaudhry discussed preterm baby resuscitation, including resource needs, temperature control, ventilation, oxygen management, brain injury prevention, and parental counseling before extremely preterm births.

The workshops achieved their goal of enhancing understanding of neonatal care and resuscitation matters, fostering knowledge exchange, and collaboration among healthcare professionals.

<b>Total Participants:</b> 40
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## **PURPOSE, PROCEDURE AND COMPLICATIONS OF SENGSTAKEN BLAKEMORE TUBE - WORKSHOP**

**Date: Tuesday, September 12, 2023 | Venue: D-0, Gastroenterology  
Time: 08:00 am – 09:00 am | Conference Room**

An insightful and in-depth exploration of the Sengstaken-Blakemore (SB) tube—a critical medical instrument. With a primary focus on enhancing the expertise of healthcare professionals, the workshop was orchestrated to achieve a comprehensive set of learning objectives.

Under the astute leadership of Activity Director Dr. M. Salih, Consultant and Head of the Hepatology Department at SIH, and Activity Co-Director Dr. Muslim Atiq, Consultant and Head of the Gastroenterology Department at SIH.

The learning objectives encapsulated a broad spectrum of knowledge and skills essential in the realm of SB tube usage. These objectives encompassed defining the SB tube and its purpose, recognizing its clinical indications, understanding equipment and preparation requirements, mastering aftercare procedures, learning removal techniques, and identifying potential complications.

The Workshop served as a dynamic forum for interdisciplinary learning and knowledge exchange among healthcare professionals. Driven by the collective pursuit of excellence in gastroenterology and hepatology, the event facilitated not only the acquisition of essential clinical skills but also the fostering of a collaborative community.

As healthcare providers continually strive to enhance patient care, this workshop played a pivotal role in advancing their proficiency and competence, ultimately resulting in safer, more effective medical practices within these specialized fields.

**Total Participants:**  
**16**



The Department of Surgery, Shifa International Hospital Islamabad hosted the Monthly Clinical Meeting of Society of Surgeons of Pakistan ISB/ RWP Chapter in collaboration with the American College of Surgeons, Pakistan Chapter.

The event's highlight was the presentation of a rare and complex case, "BURSTING HEART SYNDROME," by Dr. Talha Kareem and Dr. Omer Ehsan, detailing the successful management of a challenging case. In another study titled "Comparison of Laparoscopic vs Open Colorectal Surgery," Dr. Hadi Khan, Dr. Sibgha Aimon, and Dr. Hania Iqbal presented their retrospective research comparing surgical approaches and outcomes. Additionally, a compelling case presentation by Dr. Ushna Khan highlighted the intricate surgical intervention and post-operative management of a patient who ingested a toxic substance. These presentations showcased the hospital's commitment to knowledge sharing and excellence in medical practice, addressing complex cases, and advancing surgical techniques.

In conclusion, this event showcased the hospital's commitment to medical excellence, collaboration, and advancing surgical knowledge. By delving into complex cases and innovative approaches, it elevated surgical standards and emphasized the importance of continuous learning in healthcare. Shifa International Hospital Islamabad remains dedicated to improving patient outcomes and nurturing future medical leaders.

**Total Participants:**

**79**







## Guest Lecture

# Cardiac Anesthesia

In-Person | Presentation | Q & A Session

Date: Tuesday, September 26, 2023  
Time : 09:00 am - 10:00 am  
venue: E-4 Conference Room, SIH

A noteworthy event that brought together healthcare professionals, educators, and researchers to explore two significant topics. The first topic, "Role of Gender in Cardiovascular Outcomes," was presented by Dr. Robina Matyal, Professor of Anesthesiology. Dr. Matyal delved deep into the intersection of gender and cardiovascular health, shedding light on the nuanced factors that contribute to diverse outcomes among patients.

Simultaneously, attendees had the privilege of gaining insights from Dr. Feroze-ud-Din Mahmood, also a Professor of Anesthesiology, who presented "New Insights into Graduate Medical Education." Dr. Mahmood's presentation introduced attendees to cutting-edge advancements in medical education, emphasizing the importance of a multi-modality approach. He also explored the concept of desynchrony in education, highlighting the need for aligning teaching methodologies with the evolving needs of modern healthcare practice.

Throughout the lecture, participants actively engaged with the material and had the opportunity to interact with the speakers during a stimulating Q&A session. The event was designed to achieve a range of learning objectives, including helping attendees define the significance of a multi-modality approach to medical education, appreciate the concept of desynchrony in educational contexts, understand the role of gender in patient outcomes, and ultimately, underscore the value of a dynamic and flexible model of education and training in the ever-evolving healthcare landscape.

The Guest Lecture proved to be an enriching experience, providing attendees with valuable knowledge, thought-provoking insights, and the opportunity to network and collaborate with peers and experts in the field. It was a testament to the commitment of the healthcare community to staying at the forefront of medical education and research.

Total Participants:  
41





# Program Report

## Life Support Training



American Heart Association

*Re-Accredits*

**SHIFA LIFE SUPPORT  
TRAINING CENTER**

**TO OFFER BLS & ACLS COURSES**



The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.





American  
Heart  
Association.

# Shifa Life Support Training Center

Islamabad, Pakistan

Is hereby officially recognized as an

## American Heart Association International Training Center

For the period from Sep 20, 2023 to Sep 20, 2026

Chris D'Esposito  
Senior Vice President, International Business  
National Center  
American Heart Association  
Dallas, Texas, USA

Rami Khattar  
Regional General Manager  
Middle East & North Africa  
American Heart Association  
Dubai, United Arab Emirates

*To be a relentless force for a world of longer, healthier lives.*

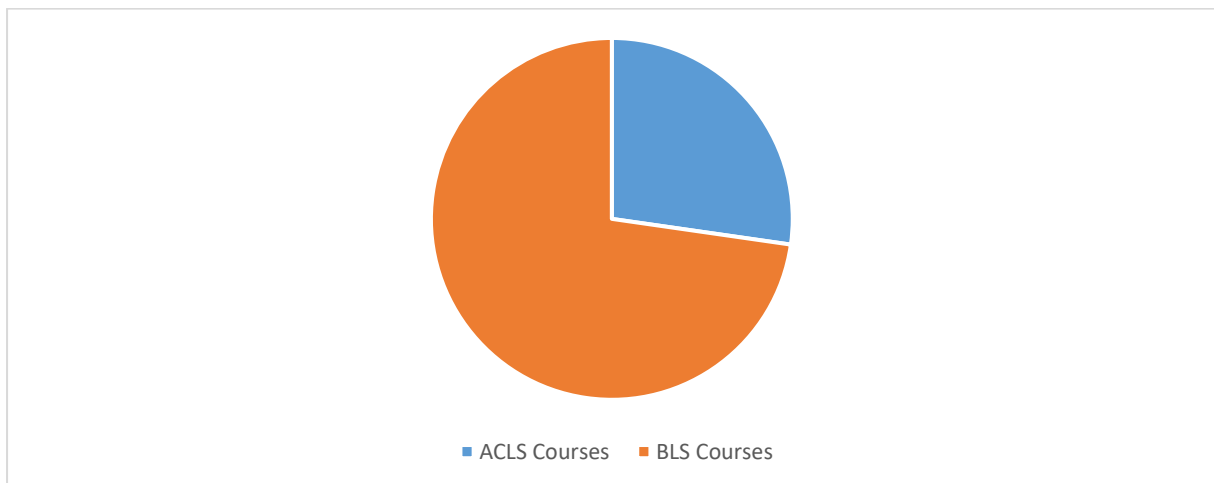


## Overview of Life Support Trainings (LiST)

To improve patient care by providing high-quality life support training and education to enable healthcare providers to perform vital Emergency Cardiovascular Care (ECC) and Cardio Pulmonary Resuscitation (CPR).

### Summary

Categories	July	August	September	Total
ACLS Courses	03	03	03	09
BLS Courses	06	08	08	24





## Overview of the BLS Courses

Shifa LiST Center (AHA Accredited International Training Center), organize BLS Courses. These courses are attended by the healthcare providers (doctors and nurses).

### Summary of BLS Participants

Categories	July	Aug	Sep	Total
<b>Total Appeared</b>	<b>104</b>	<b>142</b>	<b>141</b>	<b>387</b>
<b>Appeared Doctor</b>	<b>37</b>	<b>32</b>	<b>85</b>	<b>154</b>
<b>Appeared Nurses</b>	<b>67</b>	<b>110</b>	<b>56</b>	<b>233</b>
<b>Total Passed</b>	<b>92</b>	<b>135</b>	<b>129</b>	<b>356</b>
<b>Total Doctors Passed PGs,M/O's,H/O's</b>	<b>37</b>	<b>28</b>	<b>27</b>	<b>92</b>
<b>Total Consultant Passed</b>		<b>18</b>	<b>57</b>	<b>75</b>
<b>Total nurses passed</b>	<b>55</b>	<b>89</b>	<b>45</b>	<b>189</b>
<b>Total Doctors Failed</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total Nurses Failed</b>	<b>0</b>	<b>3</b>	<b>1</b>	<b>4</b>
<b>Total Nurses Absent</b>	<b>3</b>	<b>2</b>	<b>0</b>	<b>5</b>
<b>Total Doctors Absent (Consultants)</b>	<b>1</b>	<b>0</b>	<b>3</b>	<b>4</b>
<b>Incomplete BLS-Doctors</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>
<b>Incomplete BLS-Nurses</b>	<b>12</b>	<b>4</b>	<b>10</b>	<b>26</b>

Total BLS Courses:  
24



## Overview of the ACLS Courses

Shifa LiST Center (AHA Accredited International Training Center), organize ACLS Courses. These courses are attended by the healthcare providers (doctors and nurses).

### Summary of ACLS Participants

Categories	July	Aug	Sep	Total
<b>Total Appeared</b>	<b>17</b>	<b>17</b>	<b>18</b>	<b>52</b>
<b>Appeared Doctor</b>	<b>13</b>	<b>13</b>	<b>18</b>	<b>44</b>
<b>Appeared Nurses</b>	<b>4</b>	<b>4</b>	<b>0</b>	<b>8</b>
<b>Total Passed</b>	<b>13</b>	<b>16</b>	<b>18</b>	<b>47</b>
<b>Total Doctors Passed</b>	<b>12</b>	<b>11</b>	<b>13</b>	<b>36</b>
<b>Total Consultant</b>		<b>2</b>	<b>5</b>	<b>7</b>
<b>Total nurses passed</b>	<b>1</b>	<b>3</b>	<b>0</b>	<b>4</b>
<b>Total Nurses Absent</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total Doctors Absent</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>
<b>Incomplete ACLS-Doctors</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>1</b>
<b>Incomplete ACLS-Nurses</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>4</b>

Total ACLS  
Courses: 09



# Program Report

## Research and Ethics



## Overview of Research and Ethics

Established under the umbrella of SCOPE, the Research & Ethics department was envisioned provide a wide range of opportunities to engage with expert researchers and enhance partnerships with the institutes.

## Overview of the Activities

### *Steps of Research Methodology: A Beginners Guide*

SCOPE in collaboration with SCRC has developed the course with the title of “Steps of Research Methodology: A Beginners Guide” to enhance the competency of the learners in research methodologies.

Activities Names	July	August	September	Total
Plan your Data Analysis	20	20	20	60
Sample size and sampling Techniques	25	25	25	75
Quantitative Research Sample Selection	19	19	19	57
Analysis and Result	22	22	22	66

## Upcoming Event:

The banner features a background image of a stethoscope resting on a surface with a line graph overlay. At the top left, the logos for Shifa International Hospitals Ltd. and a gold medal are displayed. At the top right, the logos for SCOPE (Shifa Center of Professional Excellence) and Shifa Foundation (making an effort) are shown. The main text, 'PREMIER OF BIOSTATISTICS FOR HEALTHCARE PROVIDERS USING SPSS', is written in large, bold, white capital letters across the center.



<b>Ongoing Trials (AUG 1, 2023 - AUG 31, 2023)</b>			
<b>Clinical Trials Name</b>	<b>Principal Investigator (PI)</b>	<b>Brief Summary</b>	<b>Current Update</b>
<b>SEQIRUS INFLUENZA VACCINE TRIAL</b>	Dr. Ejaz Khan, CO-PI: Dr. Sabeen Khan	Flu vaccine- Paeds	Recruitment ended, Follow up until October 2023
<b>ALVOEYE</b>	Dr. Amer Awan CO-PI: Dr. Farooq Afzal	ARMD intravitreal injection	2 Patient Screened
<b>MELANOMA (BioCad)</b>	Dr. Saud Ghazi	BCD-201 and Keytruda	Closed Soon
<b>HIP-ATTACK2</b>	Dr. Amer Nabi Nur, CO-PI: TBD	Orthopedic- a standard of care vs accelerated care	1 patient is recruited/ Actively Recruiting
<b>SCORPIO/ACTIV-2D</b>	Dr. Ejaz Khan, CO-PI: Dr. Naveed, Dr. Farah. Dr. Aftab	Covid treatment	3 Patient Recruited
<b>GATES MRI-301</b>	Dr. Munir Malik	Bi-26	Actively Recruiting.

<b>MONTHLY UPDATE OF CLINICAL TRIALS IN SCRC</b>			
<b>Ongoing Trials (JULY 1, 2023 - JULY 31, 2023)</b>			
<b>Clinical Trials Name</b>	<b>Principal Investigator (PI)</b>	<b>Brief Summary</b>	<b>Current Update</b>
<b>SEQIRUS INFLUENZA VACCINE TRIAL</b>	Dr. Ejaz Khan, CO-PI: Dr. Sabeen Khan	Flu vaccine- Paeds	Recruitment ended, Follow up until October 2023
<b>COP-AF</b>	Dr. M. Amir CO-PI: Dr.Asghar Nawaz	Recruiting currently. 25 subjects recruited	CLOSED OUT (April 2021- June 2023)
<b>ALVOEYE</b>	Dr. Amer Awan CO-PI: Dr. Farooq Afzal	ARMD intravitreal injection	In the Screening Phase/ Actively Recruiting. 1 Patient Screened
<b>MELANOMA (BioCad)</b>	Dr. Saud Ghazi	BCD-201 and Keytruda	Recruitment ended.
<b>HIP-ATTACK2</b>	Dr. Amer Nabi Nur, CO-PI: TBD	Orthopedic- a standard of care vs accelerated care	1 patient is recruited/ Actively Recruiting
<b>SCORPIO/ACTIV-2D</b>	Dr. Ejaz Khan, CO-PI: Dr. Naveed, Dr. Farah. Dr. Aftab	Covid treatment	Actively Recruiting.
<b>GATES MRI-301</b>	Dr. Munir Malik	Bi-26	Actively Recruiting.

## MONTHLY UPDATE OF CLINICAL TRIALS IN SCRC

### Ongoing Trials (SEP 1, 2023 - SEP 30, 2023)

Clinical Trials Name	Principal Investigator (PI)	Brief Summary	Current Update
<b>SEQIRUS INFLUENZA VACCINE TRIAL</b>	Dr. Ejaz Khan, CO-PI: Dr. Sabeen Khan	Flu vaccine- Paeds	Close-Out Phase
<b>ALVOEYE</b>	Dr. Amer Awan CO-PI: Dr. Farooq Afzal	ARMD intravitreal injection	01 Patient Randomized
<b>MELANOMA (BioCad)</b>	Dr. Saud Ghazi	BCD-201 and Keytruda	Closed-Out
<b>HIP-ATTACK2</b>	Dr. Amer Nabi Nur, CO-PI: TBD	Orthopedic- a standard of care vs accelerated care	02 patient is recruited/ Actively Recruiting
<b>SCORPIO/ACTIV-2D</b>	Dr. Ejaz Khan, CO-PI: Dr. Naveed, Dr. Farah. Dr. Aftab	Covid treatment	4 Patient Recruited
<b>GATES MRI-301</b>	Dr. Munir Malik	Bi-26	Actively Recruiting.

### Upcoming Trials

Clinical Trials Name	Principal Investigator (PI)	Brief Summary	Current Update
<b>DEPOSITION</b>	Dr. Asghar Nawaz	Cardiac surgery-trans amine	DRAP Approval pending
<b>ASPIRE-AF</b>	Dr. Saeedullah CO-PI: Dr. Asad Akbar Khan	Stroke after gen-surgery	DRAP Approved. SIV Done
<b>BREAST CA/BCD-178</b>	Dr. Azhar Shafi	BCD-178 (Biosimilar of pertuzumab) for Breast CA	DRAP Approved.
<b>IM WOMAN</b>	Dr. Shehnaz Nawaz	IM/IV Tranexamic acid for postpartum hemorrhage	DRAP Approval pending
<b>CHRONIC MYELOID LEUKEMIA (CML)</b>	Dr. Ayaz Mir	PF-114 vs Imatinib in CML patients	DRAP Approval pending
<b>THE SHIPPS STUDY</b>	Dr AttaUllah Khan	Stress Hydrocortisone in Pediatric Septic Shock	CTAC , NBC & DRAP Approval pending

# Training and Development



## Overview of Training and Development

To enhance management professional's skill sets and productivity by providing customized capacity building training.

### Overview of the Activities

Activities	Participants
Beside Nursing	60
IAB Catheter Insertion & Telefex	35
Arthritis & Effect of Low Impact Therapeutic Exercises in Early Treatment of Arthritis	35
Integrated Care, Continuum of Care - Self-Employment of Women in the Private Health Sector	14
<b>Total: 04 Activities</b>	<b>144</b>

On August 30th, 2023, SCOPE and Prof. Dr. Muhammad Zameer Rajpoot of Shifa International Hospitals presented a groundbreaking demonstration of the DVD Pump by Arjo. Medical professionals, including Medical Officers and Nurses, attended, and Mr. Ahmad Shaqir, our guest speaker, shared valuable insights. This event fostered connections and collaboration opportunities in healthcare.

- Bedside Nursing Event





On August 31st, 2023, SCOPE, led by Dr. Khalid Rashed, Head of Cardiac Surgery at Shifa International Hospitals Ltd, hosted a presentation on "IAB CATHETER INSERTION AND DEMONSTRATION OF TELEFLEX AC3 OPTIMUS." The event drew a diverse audience, including medical professionals, and featured Ms. Jasmine Loke, a Teleflex expert, as the keynote speaker. It served as a platform for professionals to connect and explore synergies in healthcare.

- IAB Catheter Insertion & Teleflex AC3 Optimus Demo



The special online webinar held on September 8, 2023, in celebration of World Physiotherapy Day featured Ms. Humna Awan, a distinguished Physiotherapist, as the keynote speaker. The event centered around the theme of "Arthritis & the Effect of Low Impact Therapeutic Exercises in Early Treatment of Arthritis." Participants gained valuable insights into arthritis's global impact, the importance of early screening, and the role of physical therapy interventions and low-impact exercises in managing this common joint condition. Ms. Awan's expertise shed light on the significance of rehabilitation in both preventing and effectively managing arthritis, making this webinar an informative and engaging experience for all attendees.

Total Participants:  
34

On September 11, 2023, an ambitious project aimed at enhancing healthcare access at the bottom-up level, with a particular focus on the regions of Punjab and Khyber Pakhtunkhwa, was diligently developed and set into motion. This event, hosted by the collaborative efforts of various stakeholders, marked a significant milestone in healthcare access and women's economic empowerment in the regions of Punjab and Khyber Pakhtunkhwa.

**Date:** Sep 11, 2023 – Sep 21, 2023  
**Time:** 09:00 am – 05:00 pm

**Venue:**  
Shifa International  
Hospitals Ltd., Islamabad  
Address: Sector H-8/4,  
Pitras Bukhari Road,  
Islamabad.

## Self-Employment of Women in the Private Health Sector

### Introduction of Key Figures:

The event was graced by the presence of distinguished experts in health and social protection, including Dr. Masuma M. Zaidi and Dr. Zafar Khan. Dr. Shazia Fakhar, Consultant and HOD of OB/Gyne, and Dr. Farah Naz Ansari, Consultant Family Physician, were also instrumental in shaping the event's success. Additionally, as the Activity Course Directors, they played crucial roles in guiding the participants.

### Participants and Training:

A total of 14 dedicated participants from various sectors in KPK and Punjab were actively involved in this training initiative. The training program spanned 10 days and featured a comprehensive curriculum designed to equip the participants with the necessary knowledge and skills.

### Daily Training Modules:

Each day of the training comprised seven main sessions:

- 1. Didactic Session:** This initial session featured presentations and educational videos.
- 2. Clinical Drill on Mannequins:** Participants engaged in hands-on clinical drills.
- 3. Clinical Rotation:** Participants were divided into three groups and rotated through the Labor Room, Ward/OR, and OPD, gaining practical experience in each area.
- 4. Feedback and Q/A Session:** Following the clinical rotation, participants engaged in discussions and received feedback.
- 5. Virtual Session:** Dr. Farah Naz Ansari conducted a virtual session with the support of her focal person, Dr. Sara Naveed.
- 6. Role Play:** Participants engaged in role-playing exercises, simulating scenarios involving patients and healthcare providers.
- 7. Feedback and Q/A Session:** The day concluded with a feedback and Q/A session.



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## Day-wise Course Details:

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**Day 1:** September 11, 2023: On the first day, all participants gathered at the c-o Auditorium after the registration process. A pre-test was conducted, followed by a welcome note by Dr. Shazia Fakhar. Dr. Zafar introduced himself and his project. Tania Noreen provided a brief orientation of SCOPE. The didactic session commenced with Dr. Shazia Fakhar's talk on gestational diabetes and Shoulder Dystocia accompanied

by educational videos.

**Presenter: Dr. Darakshan Shaikh (Senior Fellow - OBGYN)**

**Facilitator: Dr. Shazia Fakhar (Head of Department - OBGYN)**

### Topic: Gestational Diabetes

#### **Outline of Presentation:**

- Definition of Gestational Diabetes
- Incidence
- Impact of GDM on Maternal and Fetal Outcome
- Screening/Diagnosis
- Management Options
- Antenatal Care Plan
- Intrapartum Monitoring
- Postpartum Follow-Up
- Factors Associated with Gestational Diabetes

Note: The presentation included statistics on the prevalence of diabetes in different regions and details on screening methods and management options.



### Topic: Shoulder Dystocia

#### **Definition of Shoulder Dystocia:**

Shoulder dystocia is defined as a vaginal cephalic delivery that requires additional obstetric maneuvers to deliver the fetus after the head has delivered and gentle traction has failed.

#### **Incidence:**

Incidence of Shoulder Dystocia: 0.58-0.7%

Primary Postpartum Hemorrhage: 11%

Brachial Plexus Injury: 2.3-1.8%

Perineal Tears: 3-4%

#### **Factors Associated with Shoulder Dystocia:**

Shoulder dystocia is dealt with using the "HELPER MNEMONIC."







**Presenter: Dr. Abdul Wahab Hassan, FACHE,** serves as the Director of Quality and JCI Lead for Shifa International Hospitals Ltd. and eShifa Home Healthcare Services.

### **Topic: Patient Safety**

In his presentation, he highlights the critical issue of medical errors, which result in a significant number of preventable deaths each year. He emphasizes that medical errors are the third leading cause of death in the United States, underscoring the urgency of addressing this problem. Dr. Hassan discusses the factors contributing to mistakes, distinguishing between system and human errors. He also touches upon the common types of medical errors, such as diagnostic errors and treatment errors. Additionally, he emphasizes the importance of patient safety and discusses initiatives to improve patient safety, including the identification of patients, minimizing communication errors, and enhancing the safety of high-alert medications. Dr. Hassan's presentation underscores the need for a culture of safety in healthcare to prevent harm and enhance the quality of care.







## **Day 2:**

September 12, 2023: On the second day, all participants gathered at the E-4 Conference Room.

After attendance process Dr. Sara Kiani gave her talk on the topic "Contraception, SRH, Family Planning".

**Presenter: Dr. Sara Kiani (SR OBG)**

**Facilitator: Dr. Huma Tasleem (AP OBG )**

## **Topic: Contraception, SRH, Family Planning**

In a comprehensive presentation led by Dr. Sara Kiani, a Senior Resident in Obstetrics and Gynecology, and facilitated by Dr. Huma Tasleem, an Associate Professor in Obstetrics and Gynecology, critical aspects of contraception, sexual and reproductive health (SRH), and family planning were discussed. The presentation covered the historical context of contraception and its role in pre-pregnancy care.

Detailed insights were provided into the mechanisms and suitability of each method, with explanations of how they work and who they are best suited for.



In summary, the presentation comprehensively addressed various aspects of contraception and family planning. It covered the contraindications and non-contraceptive health benefits of combined hormonal contraception, including improvements in acne and reduced menstrual bleeding. The presentation also discussed the flexibility in starting combined oral contraceptives, emphasized the importance of additional contraception during the first seven days, and highlighted the potential need for emergency contraception in case of missed pills. Additionally, it introduced intrauterine devices (IUDs) and implants as long-term reversible contraception options, explaining their variations and advantages.

Overall, the primary goal of the presentation was to empower individuals and couples to make informed decisions regarding contraception, family planning, and their sexual and reproductive health. It provided a detailed overview of the advantages of various contraceptive methods, underlining their suitability for different situations. The presentation also touched on contraceptive implants like Implanon, elucidating their mechanisms, benefits, timing of insertion and removal, and contraindications for their use. In doing so, it contributed significantly to promoting sexual and reproductive health and enhancing overall well-being.



**Presenter: Dr. Farah Naz Ansari**, presented a comprehensive talk on various communication and personal development skills via Zoom.

Following her presentation, she conducted an interactive scenario-based role play, allowing participants to apply the concepts learned during the session practically. Her engaging approach made the session informative and engaging for all attendees.



### **Topic: Communication Skills**

In her insightful presentation, Dr. Farah Naz Ansari embarked on a journey through the intricate world of effective communication and personal development. She began by framing communication as a multifaceted process that engages various senses, emphasizing the interactive nature of this exchange and underscoring the profound impact of nonverbal cues. By invoking the wisdom of experts like Dr. Albert Mehrabian, Dr. Farah

illuminated the diverse communication objectives, ranging from influencing behavioral change and persuasion to fostering understanding.

The discourse expanded to explore the rich tapestry of communication types, considering the complexities of organizational relationships, flow, and expression. This encompassed formal and informal channels, along with vertical, crosswise, horizontal, oral, written, and gestural modes. Dr. Farah thoughtfully unpacked the challenges posed by semantic, emotional/psychological, organizational, and personal communication barriers, offering practical insights and strategies to surmount these obstacles.

Furthermore, Dr. Farah delved into the profound significance of body language, dissecting elements like posture, eye contact, and attire to elucidate their pivotal roles in conveying messages effectively. The presentation also encompassed the nuances of email and telephone etiquette, as well as the essential principles of impactful presentation skills, including the art of tailoring content to suit the audience and encouraging active engagement.

Dr. Farah's comprehensive approach extended beyond the realm of communication skills. She underscored the vital role of teamwork, emphasizing diversity as a key driver of success. She provided valuable strategies for managing challenging situations, empowering participants to navigate complexities with confidence. Furthermore, Dr. Farah stressed the importance of stress management and self-care as cornerstones of personal development, encouraging attendees to prioritize their well-being.

By the conclusion of her session, participants were not only armed with a deep understanding of various communication challenges and solutions but also equipped with a holistic toolkit to enhance their overall personal and professional well-being. Dr. Farah's presentation left a lasting impact, inspiring individuals to embark on a journey of continuous self-improvement and effective communication.







### **Day 3:**

On the third day, September 13, 2023, all participants convened in the Quality Conference Room. Following the attendance procedure, Dr. Irram Asghar presented her discussion on the subject of 'Hypertensive Disorders in Pregnancy.'

**Presenter: Dr. Irram Asghar**

**Facilitator: Dr. Ameena Shah**

### **Topic: Hypertensive Disorders in Pregnancy**

Dr. Irram Asghar's presentation on Hypertensive Disorders in Pregnancy, facilitated by Dr. Ameena Shah, was a comprehensive exploration of critical topics. The agenda covered types of hypertension, postpartum care, pregnancy care, managing hypertensive emergencies, and an Eclampsia Drill. Dr. Asghar discussed various hypertensive disorders during pregnancy, including chronic hypertension, gestational hypertension, pre-eclampsia, and HELLP syndrome. She emphasized the importance of managing hypertension severity, pre-pregnancy care, antenatal care, and intrapartum care.

The presentation also delved into fetal monitoring, emphasizing regular BP check-ups, urine analysis for proteinuria, and educating patients about pre-eclampsia symptoms. Dr. Asghar discussed antihypertensive medications and highlighted the significance of timing birth according to fetal and maternal indications. Postpartum care, including choice of anti-hypertensives, breastfeeding encouragement, and contraception options, was addressed comprehensively.

The presentation concluded with guidance on the criteria for critical care levels, antihypertensives used in pregnancy (such as Magnesium Sulphate), and the timing of birth in pre-eclampsia. Dr. Asghar provided valuable insights into managing hypertensive disorders in pregnancy, leaving participants well-informed about these critical medical aspects.





**Dr. Farah Naz Ansari**, delivered an extensive presentation via Zoom session on communication and personal development skills. In addition to her talk, she organized an interactive role-play scenario that encouraged participants to put the session's concepts into practice. Her engaging teaching style ensured that the session was both informative and captivating for all participants.

### **Topic: Innovations in Patient Referral**

The "Innovation in Health Care" presentation was an engaging and informative session focused on the concept of innovation in healthcare. Participants were guided to understand innovation's meaning, its components, and how to think critically about healthcare innovation.

The session encouraged participants to brainstorm innovative ideas for their daily healthcare practices and emphasized thinking beyond obstacles. It stressed the importance of embracing change and innovation, as reflected in the Chinese proverb, "When winds of change blow, some build walls, and others build windmills."

Innovation was defined as a combination of invention, adoption, and diffusion, and participants explored various types of healthcare innovations, including novel ideas, new products, and innovative service or care pathways.

The Dragon's Den exercise highlighted key factors for successful innovation, including usefulness, feasibility, cost-effectiveness, scalability, measurability, and time-bound objectives.

The Innovation Lifecycle guided participants through identifying problems, generating ideas, evaluating feasibility, conducting research, creating business plans, piloting innovations, and continuously improving them.

Key areas for potential innovation in healthcare, such as supervision systems, referral systems, drug supply management, infection control, patient safety, governance, medical records, and quality improvement, were also discussed.

In summary, the session empowered participants to understand, appreciate, and actively engage in healthcare innovation, fostering a mindset of problem-solving and positive change in the healthcare field.







#### **Day 4:**

On September 14, 2023, the fourth day of the event, all attendees gathered in the C-0 Auditorium for a session that featured two crucial topics. After completing the attendance process, Dr. Rehana Bhattani commenced her presentation on the topic of "Intrauterine Growth Restriction," providing valuable insights into this critical medical condition. Following her informative talk, Dr. Ayesha Munir then delivered a presentation on "Neonatal Resuscitation," offering essential knowledge on this vital

aspect of newborn care.

**Presenter: Dr. Rehana Bhattani**

**Facilitator: Dr. Farzana Noor**

#### **Topic: Intrauterine Growth Restriction**

In Dr. Rehana's informative talk on Intrauterine Growth Restriction (IUGR), attendees were immersed in a thorough exploration of this significant medical issue. Dr. Rehana elucidated IUGR's implications, emphasizing that it arises when the fetus fails to attain its biologically programmed growth potential due to underlying pathological factors. She drew a clear distinction between IUGR and Small for Gestational Age (SGA), underlining that the former denotes a restriction in genetic growth potential, while the latter relies on percentile measures.

The talk also brought to light startling statistics, highlighting IUGR's substantial contribution to perinatal mortality and its alarming link to intrapartum asphyxia. Delving deeper into the subject, Dr. Rehana dissected the multitude of factors contributing to IUGR, spanning maternal, fetal, and placental causes, fostering a holistic comprehension of its intricate etiology. Furthermore, she offered invaluable guidance on risk assessment and antenatal surveillance, underscoring the significance of early detection and appropriate management to mitigate perinatal risks. By emphasizing the pivotal role of Doppler studies, biophysical profiles, and other surveillance modalities, the talk armed healthcare professionals with essential tools to effectively monitor and address IUGR cases, ultimately championing better outcomes for both expecting mothers and their infants.



**Presenter: Dr. Ayesha Munir**

**Facilitator: Dr. Shahid Nazir**

### **Topic: Neonatal Resuscitation**

The Neonatal Resuscitation Program presentation offered valuable insights into the fundamentals of neonatal resuscitation. The speaker disclosed no financial interests and focused on essential topics, including the physiology of newborn transition, assessment at birth, and resuscitation techniques. We learned that about 10% of newborns may require resuscitation, with the majority of neonatal deaths worldwide being preventable. Understanding the causes of neonatal mortality, the process of transition, and the factors triggering a newborn's first breath were highlighted. We also explored circulation changes, thermoregulation, and practical steps to minimize heat loss. This knowledge will undoubtedly enhance neonatal care and reduce preventable newborn deaths.

The presentation underscored the critical importance of neonatal resuscitation, especially in regions like Pakistan, where the neonatal mortality rate remains a significant concern. It was noted that the neonatal mortality rate in Pakistan has gradually decreased over the years, but it still contributes substantially to child mortality. The statistics emphasize the urgency of improving neonatal care practices. The insights gained from this presentation will not only empower healthcare professionals to save more lives but also drive efforts to further reduce neonatal mortality rates globally.



**Dr. Farah Naz Ansari**, delivered a Zoom presentation on communication and personal development skills. She also conducted an engaging role-play activity to help participants practice the session's concepts, making it both informative and captivating.



### **Topic: Standardized Consent Taking**

The presentation on "Consent Taking" covered a range of critical aspects related to obtaining informed consent in healthcare. Consent, as defined during the session, is a voluntary declaration of a person's willingness to undergo a medical procedure, treatment, investigation, or intervention. It serves as both an ethical instrument, upholding a patient's right to control their healthcare, and a demonstration of a physician's ethical duty to involve the patient in their care. The conditions for valid consent were highlighted as being voluntary, informed, and capable.



The presentation discussed various types of consent, including verbal, implied, and written, emphasizing the importance of understanding the seven principles of consent. These principles underscored the right of all patients to be involved in decisions about their treatment and care, emphasizing meaningful dialogue and the exchange of relevant information specific to each individual patient. Additionally, the presentation stressed the significance of listening to patients, understanding their values, and providing information about the benefits and risks of proposed options.

A key takeaway was the presumption that adult patients possess the capacity to make decisions about their treatment and care unless otherwise assessed according to legal requirements. For patients lacking capacity, decisions should be made in their overall best interest and in consultation with those close to them or advocating for them. Furthermore, the presentation covered scenarios for consent, including various medical procedures such as hysterectomy, blood tests, genetic testing, and more.

In conclusion, the presentation on consent-taking reinforced the importance of respecting patients' autonomy, ensuring informed decision-making, and following ethical guidelines in healthcare. It provided valuable insights and practical guidance for healthcare professionals to uphold patients' rights and ethical obligations.





### **Day 5:**

On September 15, 2023, which marked the fifth day of the event, all participants convened in the Quality Conference Room. Following the completion of attendance formalities, Dr. Rehana Bhattani initiated her presentation, delving into the crucial topic of "Cardiac Disorder and Anemia in Pregnancy."

**Presenter: Dr. Rehana Bhattani**

**Facilitator: Dr. Shahnaz Nawaz**

### **Topic: Cardiac Disorder and Anemia in Pregnancy**

Dr. Rehana Bhattani's presentation delved into the critical issue of anemia during pregnancy, with a particular focus on the prevalence and impact in Pakistan, where it affects a substantial percentage of expectant mothers, often reaching rates as high as 60%. Anemia in pregnancy is characterized by reduced hemoglobin levels, and it presents significant health risks for both mothers and infants.

One key point emphasized in the presentation was the potential complications associated with anemia during pregnancy, including gestational hypertension, pre-eclampsia, preterm birth, and even maternal mortality. These risks underscore the importance of timely and effective intervention.

The presentation highlighted the necessity of early diagnosis and proper management of anemia during pregnancy. Diagnosis involves a comprehensive assessment, including laboratory tests to differentiate iron deficiency anemia from other types. Management strategies encompass dietary improvements, treatment of infections, and iron supplementation. In severe cases, when oral or parenteral therapies prove ineffective, parenteral iron therapy may be considered as a rapid means of increasing hemoglobin levels.



Moreover, the presentation underscored the significance of regular prenatal care and monitoring to detect and address complications related to anemia during pregnancy and childbirth. Timely intervention is crucial to ensure the well-being of both the mother and the developing fetus.

In conclusion, Dr. Rehana Bhattani's presentation provided a comprehensive overview of the issue of anemia in pregnancy. It not only shed light on the prevalence and risks but also stressed the importance of early diagnosis, effective management, and proper prenatal care to safeguard the health and well-being of expectant mothers and their infants.







**Dr. Farah Naz Ansari**, conducted a Zoom presentation on communication and personal development skills. She enhanced the session's impact with an interactive role-play activity, ensuring an engaging and informative experience.

### **Topic: Consultation Skills**

Dr. Farah, discussed the importance of consultation models in healthcare during her presentation. Her key objectives included explaining the components of consultation models, exploring patient-centered approaches, and highlighting essential elements of effective consultations. Practical demonstrations using clinical consultation models were conducted to illustrate their practical application.

Consultation models provide a structured framework for the complex interactions between healthcare providers and patients. They emphasize information input, processing, and generating meaningful results. Following these models helps clinicians ensure shared understanding with patients and develop comprehensive management plans, ultimately enhancing healthcare quality.

Dr. Farah presented a scenario involving a patient named Timothy Lee to illustrate the difference between the medical model and a patient-centered approach. The medical model primarily focuses on diagnosing and treating the main problem, often overlooking the patient's psycho-social context, emotions, and concerns. In contrast, patient-centered models, such as those by Pendleton and Neighbor, emphasize patient involvement, shared understanding, and addressing holistic needs.

Different consultation models were discussed, including Byrne and Long, Pendleton, Schofield, Tate, Havelock, and Neighbor. Each model had its pros and cons, highlighting the importance of selecting the most appropriate one based on the patient's needs and the clinical setting.

The presentation also touched upon modern-age consultations, including teleconsultations, and provided practical tips for healthcare providers to enhance their consultation skills, such as maintaining eye contact, effective communication, and closing consultations effectively. Overall, Dr. Farah's presentation emphasized the value of structured consultation models in delivering patient-centered and effective healthcare.





### **Day 6:**

On September 16, 2023, during the sixth day of the event, all participants assembled in the E-4 Conference Room. Dr. Irram Asghar then began her presentation on "Management of Antepartum & postpartum Hemorrhage."

**Presenter: Dr. Irram Asghar**

**Facilitator: Dr. Shazia Fakhar**

### **Topic: Management of Antepartum & postpartum Hemorrhage**

The presentation on the management of antepartum and postpartum hemorrhage was a crucial event that highlighted the critical importance of maternal and fetal well-being during pregnancy and childbirth. Antepartum hemorrhage, which occurs after 24 weeks of gestation, was discussed comprehensively, with an emphasis on recognizing various causes and categorizing blood loss into minor, major, and massive hemorrhage. The ABCD pathway for initial emergency management and a multidisciplinary approach were stressed, ensuring the patient's airway, breathing, circulation, and assessing the need for immediate delivery.

In the case of major or massive antepartum hemorrhage, rapid administration of blood and blood products was highlighted to stabilize the patient. Neonatal care considerations, prophylactic steroids, and anti-D immunoglobulin were also discussed to optimize outcomes. The presentation seamlessly transitioned to the management of postpartum hemorrhage, utilizing the "4 Ts" approach (Tone, Trauma, Tissue, Thrombus) to identify underlying causes and underscored the importance of prompt recognition and intervention.

In conclusion, the presentation provided a comprehensive framework for healthcare providers to manage antepartum and postpartum hemorrhage effectively. By prioritizing early recognition, timely referral, and a systematic approach, it aimed to ensure the safety of both mothers and babies during the critical stages of pregnancy and childbirth.





**Presenter: Ms. Arifa Khatoon**

**Topic: Infection Control and Prevention**

After an enlightening session on infection control and prevention, courtesy of Ms. Arifa Khatoon, Senior Manager of the Infection Control Department at Shifa International Hospital, participants left the event with a newfound understanding of the critical role infection control plays in healthcare settings. Ms. Arifa's presentation shed light on the significance of identifying and reducing the risk of infections spreading within healthcare facilities. Her insights underscored the importance of implementing infection prevention and control methods to safeguard both healthcare workers and patients.

One of the key takeaways from Ms. Arifa's presentation was the alarming prevalence and impact of Healthcare-Associated Infections (HAIs). These infections, acquired during treatment for other conditions, are responsible for a substantial number of fatalities in the United States. Moreover, the financial burden of HAIs is staggering, costing up to \$45 billion annually. The revelation that a significant portion of these infections is preventable emphasizes the urgency of robust infection control measures. Participants were also educated about the concept of Nosocomial Infections, which develop after 48 hours of a patient's admission to a healthcare facility. The statistics presented painted a concerning picture of the prevalence of these infections in both high-income and low- to middle-income countries. Understanding the risks associated with nosocomial infections is vital for healthcare professionals to ensure the safety and well-being of patients.

Ms. Arifa's presentation didn't merely highlight the challenges but also offered solutions. She emphasized the importance of Standard Precautions, which are fundamental infection prevention practices applicable to all patients. Hand hygiene, respiratory etiquette, personal protective equipment, and environmental cleaning were among the key elements discussed. With the knowledge gained from this event, healthcare workers are better equipped to implement these practices effectively, ultimately reducing the incidence of HAIs and nosocomial infections.





### **Day 7:**

On the seventh day of the event, which took place on September 18, 2023, all attendees gathered in the C-0 Auditorium. It was at this point that Dr. Darakshan Shaikh commenced her presentation, addressing the critical topic of "Pre-Pregnancy & Antenatal Care."

**Presenter: Dr. Darakshan Shaikh (Senior Fellow - OBGYN)**

**Facilitator: Dr. Shazia Fakhra (Head of Department - OBGYN)**

**Topic: Pre-Pregnancy & Antenatal Care**

The session was a great success, with Dr. Darakshan Shaikh delivering informative presentations on preconception care and antenatal care. Dr. Darakshan, along with Dr. Ameena Shah, emphasized the importance of preconception care in promoting women's health before pregnancy. The discussions covered general lifestyle advice, early detection of health issues, and managing existing conditions for a healthy pregnancy, especially for those with conditions like epilepsy, diabetes, and cardiac diseases.

Antenatal care was another critical topic. Dr. Darakshan and Dr. Ameena highlighted its aim to optimize pregnancy outcomes through regular monitoring and risk assessment. The schedule of antenatal appointments was explained, stressing their significance in ensuring the well-being of both mother and fetus. The event also addressed breech vaginal delivery, discussing its incidence and management.



Overall, the event provided valuable insights into women's health, from preconception to antenatal care and childbirth considerations. Dr. Darakshan Shaikh's expertise and Dr. Ameena Shah's guidance equipped attendees with knowledge to promote healthy pregnancies and childbirth, emphasizing the importance of early intervention and comprehensive care.



**Presenter: Dr. Farah Naz Ansari**

**Topic: Primary Care Hub Model**

The event featuring the introduction of the Primary Care Hub model showcased the remarkable progress achieved in healthcare. Dr. Farah Naz Ansari, the first Medical Director of eShifa, led this groundbreaking initiative, leveraging her extensive experience as a consultant and GP partner, as well as her academic achievements in the UK's medical field.

eShifa, South Asia's first JCI Accredited Home Health and Ambulatory Care Organization, is redefining healthcare delivery. As a private limited company under the Shifa Foundation, it aligns with the mission of Shifa International Hospital and STMU. This innovative healthcare model encompasses IT-driven solutions, home health services, and the establishment of primary care hubs.

The Primary Care Hub model comprises vital components, including advanced electronic medical records, teleconsultation capabilities, robust scheduling systems, billing solutions, and comprehensive diagnostic services. It addresses healthcare accessibility gaps by offering home health provisions, specialist consultations, and basic life support training. By making essential healthcare services available at the community level, it caters to patients of all age groups, from preventive care to specialized treatments.

Dr. Farah Naz Ansari, conducted a Zoom presentation on this revolutionary model. She enhanced the session's impact with an interactive role-play activity, ensuring an engaging and informative experience.



Despite challenges like the need for trained healthcare professionals and financial hurdles, the Primary Care Hub model presents a viable and profitable solution. It aims to reduce the burden on the healthcare system by emphasizing preventive medicine, reaching underserved populations, and creating job and education opportunities. This event underscores the model's potential to revolutionize healthcare delivery and make quality medical services more accessible to all segments of society.



### **Day 8:**

During the event's eighth day, held on September 19, 2023, all participants convened in the E-4 Conference Room. It was at this moment that Dr. Manahil Majeed initiated her presentation, delving into the crucial subject of "Intrapartum & Postpartum Care."

**Presenter: Dr. Manahil Majeed, Senior Registrar (OB/GYN)-SIH**

**Facilitator: Dr. Farzana Noor**

### **Topic: Intrapartum & Postpartum Care**

The event delving into the intricacies of labor and postpartum care provided a comprehensive overview of these critical aspects of maternal healthcare. Labor, defined as a physiological process involving a series of changes within the uterus and cervix culminating in childbirth, was examined in detail. The stages of labor, from admission criteria to physical examination techniques, were meticulously explained. The significance of procedures like the Leopold maneuver for assessing fetal position and monitoring maternal vital signs was underscored.

The session also shed light on pain management options during labor, ranging from local anesthesia methods to lumbar epidural injections. Fetal monitoring, an essential aspect of ensuring the well-being of both mother and baby, was explored, emphasizing the importance of a normal monitoring pattern.

Furthermore, the event extended its focus to the postpartum period, known as the puerperium, which typically lasts for six weeks. The aims of postnatal care, including supporting mothers and babies, early diagnosis and treatment of complications, and education on nutrition and contraception, were discussed. The critical role of immediate postpartum care, encompassing examinations of the cervix, vagina, breasts, and the overall well-being of both mother and baby, was highlighted.



In conclusion, this event deepened the understanding of labor and postpartum care, equipping attendees with valuable insights into these crucial phases of maternal healthcare.



**Presenter: Dr. Farah Naz Ansari**

### **Topic: Hub and Spoke Model in Healthcare**

The session on the "Hub and Spoke Model in Healthcare" led by Dr. Farah Naz Ansari, provided valuable insights into this innovative approach to healthcare organization. The session encompassed a comprehensive understanding of the hub

and spoke model, its pros and cons, when and how to use it effectively.

In essence, the hub and spoke model in healthcare involves the establishment of a central hub, which serves as the primary site for resource allocation and offers intensive medical services. This hub is complemented by satellite campuses or spokes, which extend healthcare services to a broader market but with a more limited range of services. The benefits of this model include uniformity, improved quality of care, increased efficiency, and broader market coverage. However, challenges like congestion at the hub, limited feasibility of patient movement between sites, and potential staff dissatisfaction need to be addressed.



The session delved into the design of services, clinical governance, clinical policies, information flow, patient safety, and various operational aspects of the hub and spoke model. It highlighted the importance of synchronized patient data transmission and efficient referral systems to ensure seamless healthcare delivery. Dr. Farah Naz Ansari's presentation on the hub and spoke model in healthcare during the session was not only informative but also offered practical insights into its implementation. Attendees left the session with a deeper understanding of how this model can revolutionize healthcare delivery, particularly in reaching underserved areas and optimizing resource allocation. Dr. Farah's expertise and guidance were instrumental in shedding light on the intricacies of designing, implementing, and managing such a system. This session served as a catalyst for healthcare professionals to explore innovative ways of improving healthcare access and quality, ultimately benefiting both patients and providers.

Overall, this event provided a comprehensive overview of the hub and spoke model in healthcare, equipping attendees with the knowledge and tools to implement this approach effectively in their healthcare organizations





### **Day 9:**

On the ninth day of the session, which took place on September 20, 2023, all attendees gathered in the Quality Conference Room. It was at this moment that Dr. Manahil Majeed commenced her presentation, addressing the vital topic of "Early Pregnancy Disorders: Cord Prolapse."

**Presenter: Dr. Manahil Majeed**

**Facilitator: Dr. Shazia Fakhar**

### **Topic: Early Pregnancy Disorders: Cord Prolapse**

During the session led by Dr. Manahil Majeed, attendees gained valuable insights into early pregnancy disorders, with a focus on Gestational Trophoblastic Disease (GTD). Dr. Majeed began by defining GTD as a diverse group of conditions originating from the trophoblastic epithelium of the placenta, characterized by elevated Bhcg levels, which distinguish them from maternal tissue. The session highlighted the rarity of GTD, with an incidence of 1 in 50,000 after live births and 1 in 20,000 after pregnancy termination. Additionally, Dr. Majeed discussed the recurrence rate, which stands at 1 in 80 after one molar pregnancy.

The session delved into the classification of GTD, distinguishing between complete moles and partial moles. Complete moles are diploid and androgenic in origin and lack fetal tissue, while partial moles are 90% triploid and 10% tetraploid, showing evidence of a fetus and fetal red blood cells. Dr. Majeed also covered the presenting symptoms of GTD, such as vaginal bleeding, hyperemesis, and uterine enlargement, emphasizing the importance of early diagnosis.

Moreover, the presentation touched upon ectopic pregnancies, which occur when a pregnancy implants outside the uterus. Attendees learned about the incidence, risk factors, common symptoms



like abdominal or pelvic pain and vaginal bleeding, and diagnostic methods, with a strong emphasis on transvaginal scans. The session also provided insights into the management of ectopic pregnancies, offering expectant, medical, and surgical options based on clinical stability.

Lastly, Dr. Majeed addressed miscarriages, defining them as pregnancy losses before viability, up to 24 weeks of gestation. The audience was informed about the incidence, risk factors, and various types of miscarriages. The session covered the initial

assessment, history and examination, and the importance of investigating recurrent miscarriages. Attendees gained knowledge about the diverse factors contributing to miscarriages, from genetic and embryonic factors to anatomical and endocrine factors. Dr. Majeed concluded the session by discussing different management approaches, including expectant, medical, and surgical options, depending on the patient's condition and preferences.



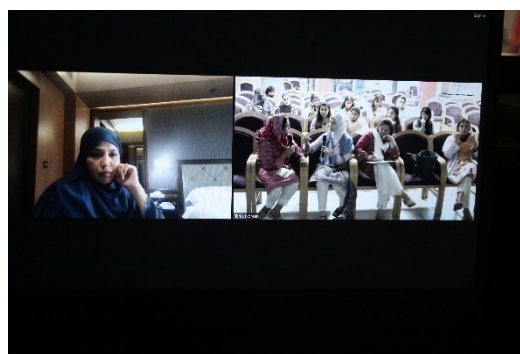
**Presenter: Dr. Farah Naz Ansari**

**Topic: Innovation in Health care and Hub & Spoke Model**

Dr. Farah Naz Ansari, delivered an engaging session on innovation in healthcare and the Hub & Spoke Model. She challenged attendees to envision innovations that could enhance daily medical practice, encouraging a forward-thinking approach in the face of obstacles. Dr. Farah emphasized the importance of embracing change and adapting to the evolving landscape of healthcare.



In her presentation, Dr. Farah defined innovation as the combination of invention, adoption, and diffusion. She highlighted three main types of innovations in healthcare: novel ideas, new products, and innovative service or care pathways. Drawing inspiration from the Chinese proverb, "When winds of change blow, some build walls and others build windmills," she underscored the need to harness change as an opportunity for growth.



The ingredients of successful innovation were outlined as being useful, doable, budget/profitable, scalable, measurable, and time-bound. Dr. Farah referred to the World Economic Forum's list of healthcare innovations, including artificial intelligence, 3D printing, CRISPR gene editing, virtual reality, and smart bandages. She encouraged attendees to think about areas of innovation

within healthcare, such as supervision systems, referral systems, drug supply and management, infection control, patient safety, governance, medical records, and quality/service improvement.

Overall, Dr. Farah's session inspired healthcare professionals to embrace innovation as a means of enhancing patient care and advancing the field of medicine. Her thought-provoking presentation left attendees with valuable insights and ideas to explore in their daily practices.



## **Day 10:**

On the day of the closing ceremony, all participants were administered a post-test to assess their understanding and knowledge gained during the 10-day training program. The attendance process was meticulously documented to ensure accurate records of the participants' engagement. Dr. Farah Naz Ansari, delivered her closing remarks, summarizing the key takeaways from the training and emphasizing the importance of continued learning and innovation in healthcare.

Following Dr. Farah's remarks, Mr. Usman Ahmed, Dr. Zafar, and Dr. Masuma Zaidi also shared their closing remarks, offering insights and perspectives on the training program's impact and the broader healthcare landscape.

Several participants had the opportunity to share their feedback on the 10-day training, highlighting their experiences, key learnings, and the value they gained from the program. As a token of appreciation, certificates were distributed to all the faculty members and participants in recognition of their dedication and active participation. Additionally, participants received a USB drive as a souvenir, containing all the educational materials and data covered during the training.



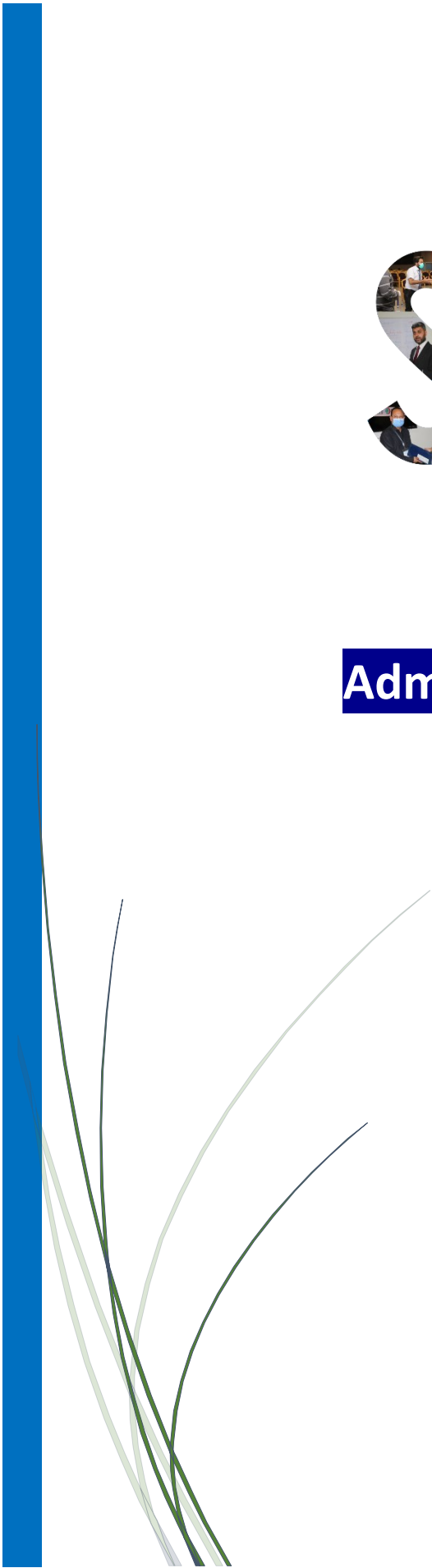








## Administrative Report – Social Media



## Total Number of Learners: 8336

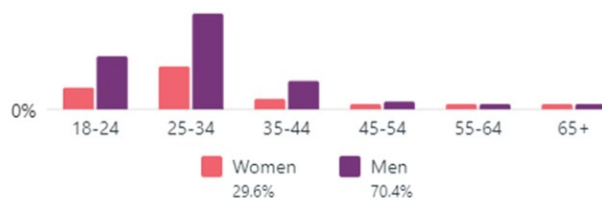
CME Activities	Research & Ethics Activities	Life Support Trainings	Training & Development
7495	258	439	144

### Audience ⓘ

Facebook Page followers ⓘ

6,774

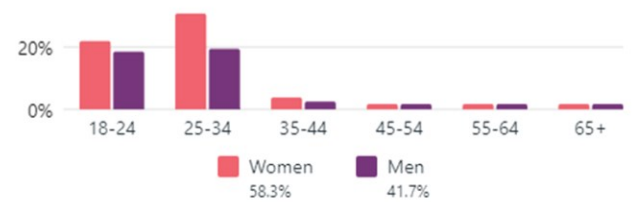
Age & gender ⓘ



Instagram followers ⓘ

392

Age & gender ⓘ



Facebook Page reach ⓘ

4,880 ↓ 95.5%



Instagram reach ⓘ

552 ↓ 84.3%



[See results report](#)