

HEALTH + BULLETIN

Nov 30th, 2013 - Volume:1, Issue: 6

IN THIS BULLETIN

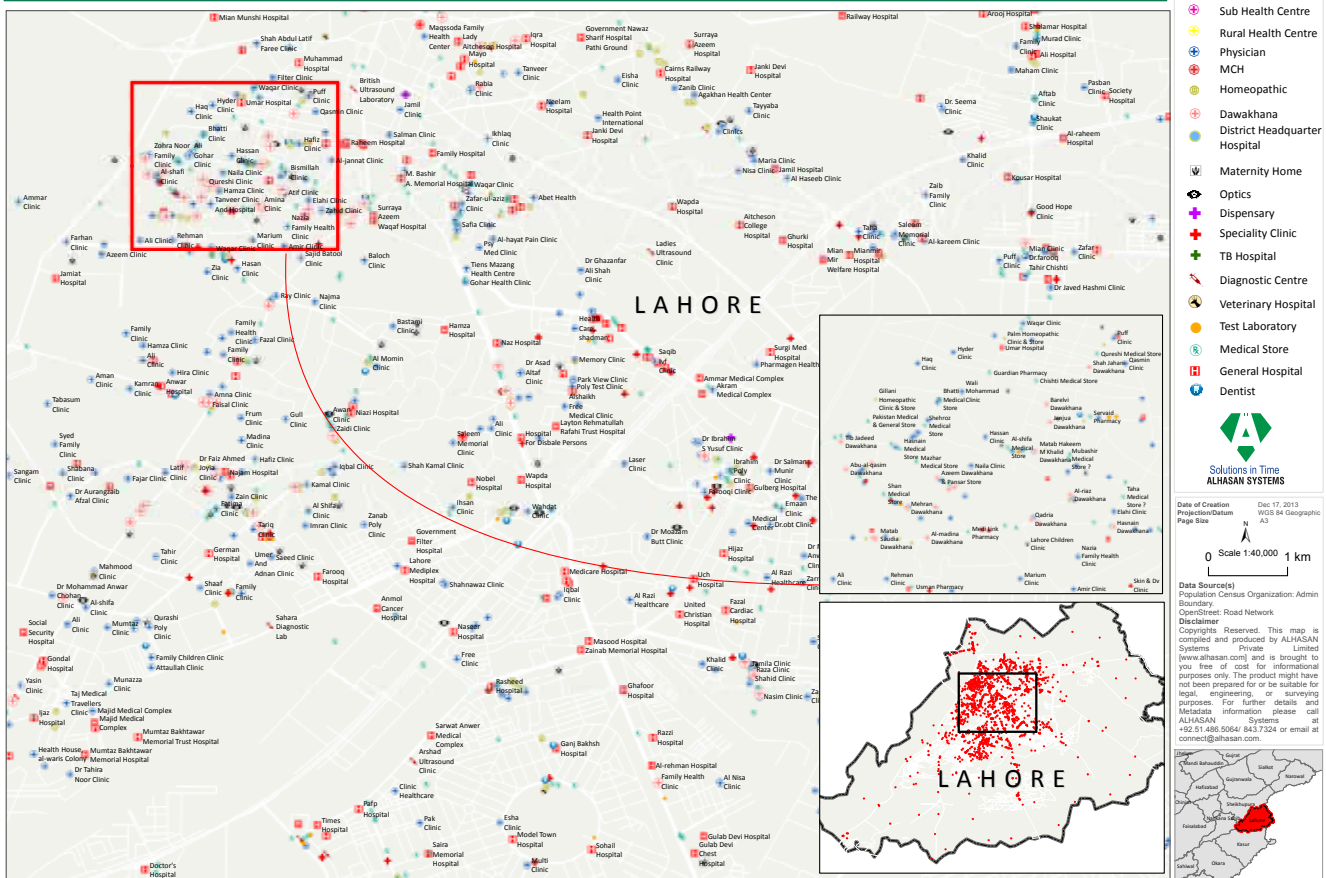
Health News	1-9	Polio cases in Pakistan pass 2012 total
Humanitarian Organizations' Interventions in Health Sector	10	No debate on dengue deaths
Health Profile Lahore	12	Anti-polio drive begins in twin cities today'
Articles	16	Militants free teachers after questioning
Health Maps	13,15,17,19	DCO warns of polio virus carriers from tribal areas
Urdu News	21-23	Sindh dengue deaths reach 30
Health Directory	25-37	Mardan at high-risk as parents refuse to vaccinate children
		Moot on health innovations starts tomorrow
		Dengue patients keep pouring in
		Public health: All set for Dengue Day
		9 out of 10 injections administered in Pakistan are unnecessary
		Polio virus strain found in Syria confirmed as originating from Pakistan: WHO
		Polio campaign: 2,755 teams to vaccinate 1.18m children in Faisalabad
		WHO-Report: WHO rejects NIH report on polio virus in Multan
		Health dept and WHO all set for vaccination drive
		15 percent hike in medicine prices withdrawn
		Maternal mortality rate in Pakistan highest in region
		Three districts to be listed as high-risk for dengue
		KP to unveil new health policy next week

MAPS

- HEALTH FACILITY - LAHORE
- PERSONS WITH DISABILITIES (PWDs) STATISTICS 2012 - PUNJAB

- LAHORE TOWN WISE DISTRIBUTION OF DRUG USERS - 2011
- ACUTE RESPIRATORY INFECTION - 2012

HEALTH FACILITY - LAHORE



Legend

- Basic Health Unit
- Sub Health Centre
- Rural Health Centre
- Physician
- MCH
- MCH
- Dawakhana
- District Headquarter Hospital
- Maternity Home
- Optics
- Dispensary
- Speciality Clinic
- TB Hospital
- Diagnostic Centre
- Veterinary Hospital
- Test Laboratory
- Medical Store
- General Hospital
- Dentist



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IMMAP

Because Information Matters
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Making Case for Electronic Voting System in Pakistan

Page 6



Why Millions of Children are out of School ..

Page 14



Energy Profile Islamabad Capital Territory

Page 30

MAPS

Inside

- PAKISTAN GENERAL ELECTION 2013 - OPERATIONAL STATISTICS
- BROADBAND COVERAGE MAP PAKISTAN
- PROVINCE WISE STATUS OF MDG-2 (ACHIEVING UNIVERSAL PRIMARY EDUCATION)-PAKISTAN
- TOTAL PER CAPITA HEALTH EXPENDITURE-PAKISTAN AND INDIA
- RENEWABLE INTERNAL FRESHWATER RESOURCES PER CAPITA (CUBIC METERS)
- PAKISTAN LINGUISTIC MAP
- COMMUNITY MAP (SAIDPUR VILLAGE) ISLAMABAD

METADATA

- Monthly Price Indices for October, 2013
- Monthly Advance releases on Foreign Trade Statistics for September, 2013

Both reports are available at <http://pbs.gov.pk>

INFOGRAPH

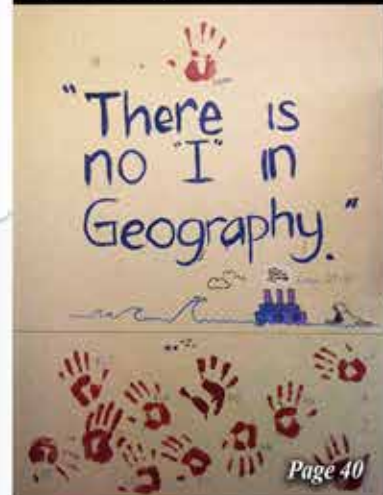
Page 30

- Energy Infograph Islamabad Capital Territory

APPLIED RESEARCH

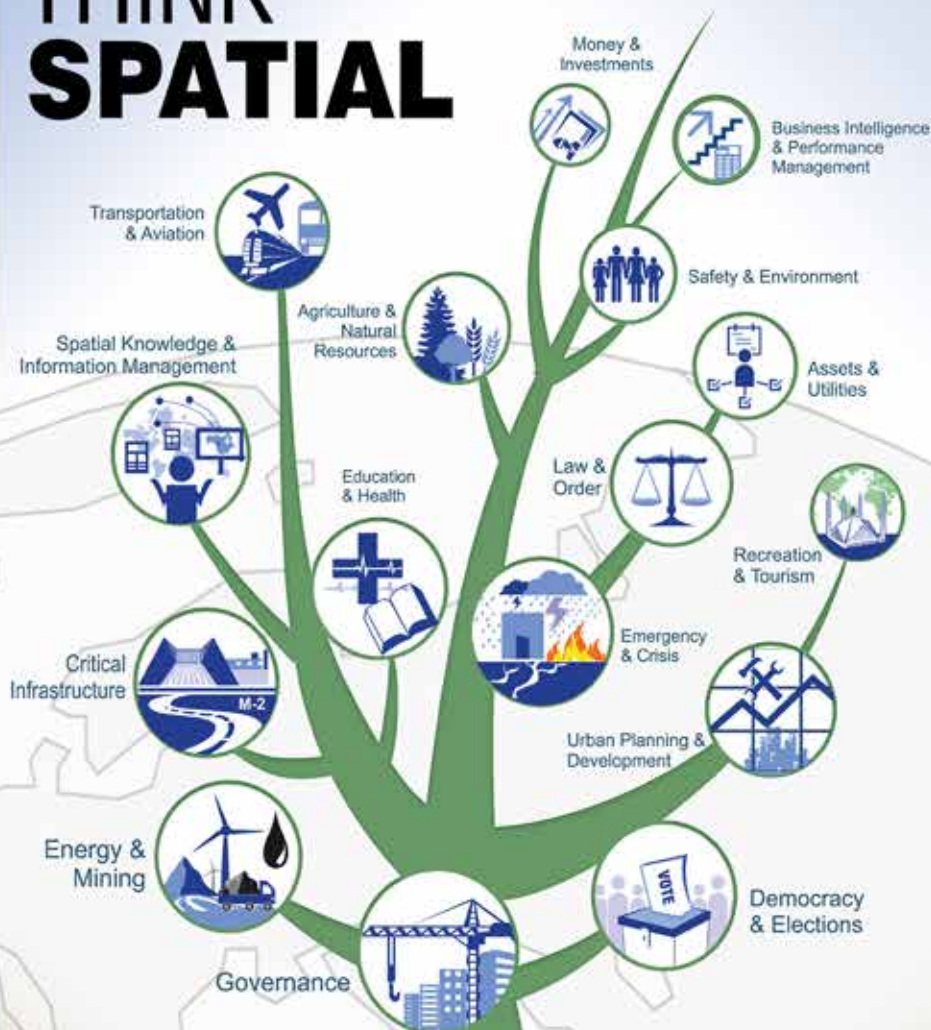
- Language policy, multilingualism and language vitality in Pakistan *Page 34*
- Word Disaster Report *Page 42*

INFOTAINMENT



Page 40

THINK SPATIAL



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NEWS HEADLINES

Polio cases in Pakistan pass 2012 total

Express Tribune, November 13 2013.

No debate on dengue deaths

The Nation, November 12th, 2013.

Anti-polio drive begins in twin cities today

Dawn November 24 2013

DETAILS

ISLAMABAD: Polio is on the rise in Pakistan, health officials said Wednesday, as the number of infections in 2013 passed the total for the whole of 2012. Pakistan is one of only three countries in the world where the highly infectious disease which cripples limbs remains endemic. Opposition from militant groups has hampered efforts to vaccinate children against polio in Pakistan and officials said violence was part of the reason for the increase in cases.

"Last year there were a total of 58 cases, but 62 fresh victims of polio have already been reported in 2013," a senior government official, who works with international donors working to eradicate polio, told AFP. Six cases were in Punjab, four in Sindh and nine in Khyber Pakhtunkhwa, but by far the bulk of the infections – 43 – were in the tribal areas along the Afghan border. The Pakistani Taliban banned polio vaccinations in the tribal region of Waziristan last year, alleging the campaign was a cover for espionage. "The main reason for the outbreak is militancy in the northwest. Vaccination teams are unable to reach the tribal areas because of risks to their lives," the official said.

Polio cases reached a low of 28 in 2005 but have risen since, reaching a peak of 198 in 2011. In August health officials warned of a serious polio outbreak in the northwest, saying more than 240,000 children had missed vaccination because of the Taliban ban. Elsewhere in the country, health workers giving out polio drops have been attacked and killed, including in Karachi. On Monday the World Health Organization linked an outbreak of polio in Syria that has paralysed 13 children to a strain of the virus from Pakistan.

LAHORE: Another life lost to dengue in the provincial capital on Monday. Sheri, 20, passed away at Ittefaq Hospital. Adding to that 57 more were tested dengue positive, bringing the number of confirmed cases in the province to 1,564.

Out of 57 new cases, 19 were reported from Holy Family Hospital, 11 from DHQ and one from Benazir Bhutto Hospital in Rawalpindi, six each from Jinnah Hospital and Lahore General Hospital, four each from Sir Ganga Ram Hospital and Shalamar Hospital, three from Ittefaq Hospital and one from Surgimed Hospital in Lahore and two from Allied Hospital Faisalabad. Sindh is the worst hit by dengue, where so far 26 deaths have been reported. Out of 26, 24 died in the Sindh capital while two in Hyderabad. The Lahore Combined Military Hospital reported a dengue death to the Dengue Control Programme director on October 27, a day after the Punjab Health Secretary Hassan Iqbal told a cabinet committee that no "dengue death was reported during the current year in the province". On the call of Punjab government, lawmakers and babus led rallies and held special sittings to mark Anti-dengue Day on November 3, calling for adopting precautionary measures. Government offices, medical colleges, hospitals and schools remained opened and the officials participated in cleaning, fogging and spray on respective premises. Medical universities and colleges and public sector hospitals arranged events like seminars and walks.

Meanwhile, the healthcare commission arranged a seminar on 'Latest Guidelines on Dengue for Family Physicians' with the collaboration of Pakistan Academy of Family Physicians at a local hotel on Monday. Commissioner PHC Dr Amjad Saqib, Chief Operating Officer PHC Dr Ajmal Khan, President PAFP Aftab Iqbal Sheikh and Additional Director General Dengue Cell Punjab Dr. Jaffer Ilyas attended the seminar. Renowned experts Prof Javed Akram and Dr Ali Jawa briefed the participants about handling of dengue patients.

RAWALPINDI: The anti-polio campaign, which could not be launched due to the Ashura violence and curfew in Rawalpindi last week, will start in the twin cities on Monday. The district health department Rawalpindi had completed the campaign in Murree, Gujar Khan, Taxila, Kotli Sattian, Kalar Syedan and Kahuta.

"After the curfew, it was not possible for the health department to start the anti-polio campaign in the city areas," said Executive District Officer Health Dr Zafar Iqbal Gondal. He said 675 teams had been formed for the anti-polio vaccination. "Due to the effective campaign, no polio virus was found during the environment sampling in the city in October," he said and added that the campaign would continue in the 12 sensitive union councils. It may be mentioned that a polio virus was found in the sewerage of Rawalpindi for the third consecutive month in September. WHO had expressed resentment over the presence of the polio virus in the city and asked the district administration to do more to save over 700,000 children from the crippling disease.

District Health Officer Islamabad Dr Mohammad Azhar Khan said over 120,000 children, under the age of five years, would be vaccinated during the three-day campaign and a catch-up activity would be carried out on the fourth day. "As many as 327 house-to-house teams, 27 transit points and 31 fixed points have been established for the vaccination," he said. A polio free status has been given to Islamabad as not a single case has been recorded in the federal capital since 2008. Even in 2008, the child who had polio belonged to Mansehra, he said. Dr Khan said the police had assured the department security for the volunteers. At least one official will be moving along with the polio team

Militants free teachers after questioning

Dawn, November 25, 2013

and in sensitive areas the number will be doubled, he said.

It may be noted that in July 2012, in the Johda village of Golra a man not only refused to get his children vaccinated but also broke the nose of a volunteer. In December 2012, a 21-year-old polio team worker was threatened by an unidentified man in the Jhangi Syedan village in the jurisdiction of the Tarnol police.

LANDI KOTAL- The Bara-based outlawed group Lashkar-i-Islam released on Monday all the abducted teachers of a private school after questioning them for four days regarding their involvement in polio vaccination.

Hira Public School principal Mohammad Qasim, who was among the seven abducted teachers, told Dawn by telephone that he along with his colleagues was set free by Lashkar-i-Islam. He said that they reached their homes. Lashkar-i-Islam did not claim responsibility for abduction of the teachers but it was an open secret for all and sundry in Bara including the local political administration, sources said.

Mr Qasim also disputed the media reports about their abduction and insisted that they were only 'called' by the council of Lashkar-i-Islam to explain their role in polio vaccination campaign in Bara. Security forces and khasadars entered my school without permission and without any prior notice about administering polio vaccines to the children in the school, he said about their role in the vaccination drive. He alleged that security forces herded the teaching staff to a corner of the school and ordered the health workers to administer polio drops to the children under the age of five. Mr Qasim said that he along with the residents of Speen Qabar and adjoining localities in Bara was opposed to polio vaccination and had not allowed polio vaccination in the past. He said Parents send their children to my school for learning as it is a school and not a health centre or an army base, and warned that he would permanently close down his school if security forces ever tried to force him to help them in the polio vaccination. During his nearly two minutes of conversation, Mr Qasim repeatedly said that they were not kidnapped by anyone and but only 'called' to explain as to why his institution was used for polio vaccination. However, despite Mr Qasim's repeated assertions that he along with his 'missing' colleagues was back home, the local political administration didn't confirm their release.

Seven teachers of Hira Public School in Sipah area of Bara went missing on November 21 after a polio team just vaccinated children in the school. The news about their missing was leaked to media on November 23 as the political administration was trying to conceal the incident. It was only after repeated queries by some reporters that a junior official said that a jirga had been assigned the task to secure the release of the missing teachers.

DCO warns of polio virus carriers from tribal areas

Dawn November 18, 2013

BAHAWALPUR: The district coordination officer (DCO) has warned local officials of the clandestine threat of spread of polio virus in the district from the carrier of the virus coming from tribal areas. DCO Imran Sikandar Baloch, inaugurating a five-day anti-polio campaign on Monday, said the chances of re-occurrence of polio virus in the district could not be ruled out because of the arrival of tribal people in the district. He said the people migrated from the tribal areas to the Punjab plains in winter. He said government officials would have to be on alert in anti-polio drives. For the first time, a five-day drive has been launched in the district which will target over 500,000 children of less than five years of age. The DCO said in the first three days of the drive, teams would visit door to door to administer drops to children while in the last two days, the mobile teams would locate the children at places like bus stands, railway stations, toll plaza, markets and bazaars to administer anti-polio drops to the children accompanying their parents.

DEMO: A large number of students and teachers of seminaries brought out a rally and staged a sit-in in protest at sectarian riots of Rawalpindi, Chishtian and Haroonabad. The students marched from Fowara Chowk to DIG Chowk where Shafqatur Rehman, Rao Javed Iqbal and Sohaib delivered inflammatory speeches and criticised the government. They demanded release of the people arrested in Rawalpindi, Haroonabad and Chishtian. The blocking of DIG Chowk created a traffic mess on city roads. Some protesters hurled threats on reporters and also wrote hate graffiti on walls, which was erased by municipality employees. Also, the District Peace Committee expressed satisfaction over the peaceful passage of Ashura in the district. The meeting was addressed by ulema, the DCO, District Police Officer Sohail Habib Tajik and traders. The committee demanded review of the ulema on gagging and Fourth Schedule list, detained and banned from entering the district.

Sindh dengue deaths reach 30

Dawn November 26, 2013

Mardan at high-risk as parents refuse to vaccinate children

The Express Tribune, November 27 2013

KARACHI:The Provincial Dengue Surveillance Cell of Sindh Health Department confirmed death of another dengue patient in Thatta, taking the toll to 30 in the province. Another 10 dengue cases have also been reported in Karachi during the last 48 hours, taking the total number of cases to 4,236. In Punjab, 27 more were tested positive for the deadly virus on Monday, taking the number of confirmed cases in the province to 2,245. Out of 27 new cases, 19 were reported from Lahore and 8 from Rawalpindi.

Condemning the incident of torture on Prof Aslam at Lahore General Hospital, Pakistan Medical association has demanded adequate security arrangements at public sector hospitals to avoid such incidents in future. Some unknown armed men stormed into Gynae ward of LGH on Monday and manhandled Prof Aslam and his staff. At an emergency meeting at PMA House on Monday, office bearer of PMA demanded the government to come forward with a clear security policy for public hospitals, otherwise it would be impossible for the community to offer services. The office bearers also demanded arrest of culprits responsible for torture on Prof Aslam at LGH.

Meanwhile, the Punjab Healthcare Commission launched its toll free Helpline for providing patients, healthcare service providers, healthcare establishments and the public at large an easy access to acquire information regarding the working of the Commission especially related to licensing and complaints management. Patients and healthcare service providers will be able to file their complaints and healthcare establishments can also acquire information about the registration and licensing processes by calling on this toll free number. The Helpline will remain active from 9 am to 5 pm from Monday to Saturday.

PESHAWAR: Mardan is becoming a major threat in terms of polio eradication efforts as parents of 8,495 children refused to administer polio vaccination in November's immunisation campaign in the district. Data revealed by the Khyber-Pakhtunkhwa (K-P) health department shows 28,731 refusals from the province in the November campaign. A list from the provincial control room's data for November recorded the number of refusals based on a three-day drive conducted from November 18 to November 20. According to the district lists, Peshawar emerged as the second district where 3,856 refusals were recorded. Similarly Nowshera had 3,499 refusals, Bannu 3,460, Abbottabad 490, Battagram 47, Buner 18, Charsadda 1,006, two each in Chitral and Upper Dir, DI Khan 648 refusals, Lower Dir 26, Hangu 204, Karak 1,432, Kohat 1,269, five in Kohistan, Lakki Marwat 2,820, Manshera 706 refusals, Swat 217, nine in Tank while 141 refusals were reported from Torghar district. The data showed no refusals in Haripur, Malakand, Shangla and Swabi.

Mardan DHO Dr Qasim told The Express Tribune three rounds of polio vaccinations had been conducted since he took charge four months ago. He claimed they had been successful in reducing the number of refusal cases from 10,000 after the district administration chalked out a strategy to eliminate the number of refusals in hotspot areas including Mohib Banda, Rustam and some areas of Shergarh. Dr Qasim added they held awareness and social mobilisation meetings with elders of these areas in collaboration with the local religious clerics. Responding to a query, he said due to misconceptions about polio drives, residents were frustrated with the regular vaccination campaigns and often refused. Dr Qasim stressed the immunisation strategy needed to be altered as people were fed up with repeated campaigns. He further added the district administration had issued warrants against some people in troubled spots and this had decreased the ratio of refusals. According to Qasim the target in the last immunisation drive was 160,000 children and he termed the refusals recorded as acceptable, adding covering more areas will help get rid of the refusals. He shared the coverage ratio was 85% in the district before he took charge and now it had increased to 91%.

According to official figures, out of the 63 polio cases recorded across the country this year, nine are from K-P. The highest number of cases, 43, has been reported from the Federally Administered Tribal Areas, six from Punjab and five from Sindh. The last reported polio case was from Sahiwal, Punjab on November 12. Since more than 119,580 children are at risk in K-P, the provincial health department and World Health Organisation (WHO) are set to strengthen Union Councils Polio Eradication Committees at district levels in 2014.

According to Dr Kalimullah Khan, communication officer of the Expanded Programme on Immunisation (EPI), central regions, including Mardan, Nowshera, Charsadda and Peshawar, fall under the high-risk districts category followed by Lakki Marwat in southern K-P. "We are training communication staff before launching vaccination drives to dispel misconceptions in order to alleviate the increasing trend of refusals," he said. While Khan agreed with Mardan DHO's point of view about polio drive fatigue, he said the authorities had no other options to control the disease in these areas. He added the nature of refusals was driven by a number of factors and they will be thoroughly checked in order to control the dangerous trend of parents refusing to vaccinate children.

Moot on health innovations starts tomorrow

The Express Tribune November 28, 2013

Dengue patients keep pouring in

The Nation, November 27 2013

Public health: All set for Dengue Day

Pakistan Observer November 2, 2013

ISLAMABAD: The Society of Surgeons of Pakistan, the National University of Science and Technology (NUST) and the Higher Education Commission (HEC) are jointly organising a two-day conference – on November 29 and 30 – on 'New Innovations for Health through Research and Development'. The conference is being organised as part of the International Surgical Week, held from November 25 to 30, in Islamabad at the NUST Centre for International Peace and Stability (CIPS). NUST Rector Engineer Muhammad Asghar will inaugurate the conference tomorrow (Friday). Rawalpindi Medical College Department of Surgery Head and Society of Surgeons of Pakistan Rawalpindi-Islamabad Chapter. President Dr Asif Zafar Malik will present the review report on the ongoing International Surgical Week.

LAHORE: Another 51 were tested positive for dengue on Tuesday, taking the number of confirmed cases in the province to 2,296. Out of 51 new cases, 48 were reported from Lahore and 3 from Rawalpindi. Out of 48 cases in Lahore, 10 were reported from Cantonment, 8 from Data Gunj Bakhsh Town, 6 each from Ravi Town, Gulberg Town, Nishter Town and Shalamar Town, 2 each from Iqbal Town and Samanabad Town and 1 each from Aziz Bhatti Town and Wahga Town.

Clinical waste disposal plan – The Punjab Health Department is evolving a centralised system for incinerating hazardous clinical waste with the cooperation of Lahore Waste Management Company. For this purpose two latest incinerators will be installed at Lakhu Dair for the disposal of clinical waste of 232 public sector and private hospitals. This was informed at a meeting chaired by Advisor to Chief Minister Punjab on Health Kh Salman Rafiq on Tuesday. The meeting discussed in detail the planning of hospital waste management system. Besides special secretary Health Babar Hayyat Tarrar, Secretary Environment Anwar Rasheed Ch, MD LWMC Wasim Ajmal Ch, Addl Secretary Health Technical Dr Anwar Janjua, Medical Director Children Hospital Prof Ahsan Waheed Rathore, Principal Allam Iqbal Medical College/ Jinnah Hospital Prof Mehmood Shaukat and other concerned officers attended the meeting.

MD LWMC gave briefing on hospitals waste management project. It was informed that at present 232 public and private hospitals of the city were producing 10569 kg waste. He informed that two incinerators would be installed in Lakhu Dair, each plant has a capacity of burning 500kg waste per hour. He informed that there would be a central point in each town for collection of clinical waste from where it would be shifted to Lakhu Dair for incineration. He informed that Environment Department was also cooperating in this programme. He disclosed that 20 per cent of total hospital waste was injurious for human health. He said that in future power generation would also be started from these incinerators by using plasma technology. Kh Salman Rafiq said that after success of Lahore hospital waste management project, it would be replicated in other big cities of the province.

LAHORE: Law Minister Rana Sanaullah Khan said on Friday that the government had inspected of 34,329 sites for dengue larvae. He said indoors sprays and fogging would be carried out at high-risk union councils on the recommendations of the Technical Advisory Committee. He was presiding over the Central Emergency Response Committee for Dengue. Ministers Khalil Tahir Sindhu, Rana Mashhood Ahmed and Bilal Yasin also attended the meeting. Sanaullah said the number of high-risk union councils had declined from 24 to 19. He said pamphlets and brochures would be distributed at homes to raise awareness about the disease. He said arrangements for a Dengue Day on November 3 had been completed.

Meanwhile, the DCO visited several parts of the city to inspect the anti-dengue campaign. The DCO visited Union Council 72, Urdu Bazaar and Bhatti Gate localities to inspect arrangements regarding the public campaign. He went door-to-door and asked the residents to keep their localities clean and to remove standing water. He also registration of an FIR against the owner of Malik Theatre located at Bhatti Gate where dengue larvae were found. Talking to newsmen, he said an awareness seminar and walk would be held at LDA Model Girls High School in Johar Town on Saturday (today) in connection with the anti-dengue campaign.

EPD registers 8 FIRs. Environment Protection Department (EPD) squads on Friday inspected 293 places in the city and registered eight FIRs against owners of buildings where dengue larvae were found. The EPD also issued 19 notices in this regard. EPD Secretary Anwar Rasheed led the inspection at Kashmiri Marble Workshop in Makkah Colony where dengue larvae were found. He directed the Environment Director Younas Zahid to remove the larvae and register an FIR against the workshop owner. Other squads inspected various places and registered eight FIRs against Almadina Milk Shop, Mian Plastic Bottle Warehouse, Zain Plastic Traders, Data Plastic Factory, Mashallah Plastic Traders, Farooq Plastic Company in Misri Shah, and Zaroon Khan Scrapyard on Shah Kamal Road. Talking to newsmen, Rasheed said the government had issued several warnings to people to keep their localities clean. He said the EPD had also issued dengue prevention guidelines in this regard. He said the government had launched a huge public awareness campaign and taken action against those who did not comply with the guidelines. Rasheed said negligence by EPD officials would not be tolerated. He said the department would continue the inspections until the

9 out of 10 injections administered in Pakistan are unnecessary

Pakistan Observer, November 29 2013

threat of dengue fever was completely eradicated.

LAHORE: Till the use, reuse and misuse of syringes continues, health experts do not see the government winning the battle against the spread of hepatitis C virus in Pakistan.

In a public awareness seminar on hepatitis C, held here at the University of Health Sciences (UHS) on Thursday, Pakistan's leading liver and gastroenterology physician and Principal Gujranwala Medical College Gujranwala, Prof Aftab Moshin said that out of country's 200 million, an estimated 16 to 148 million are infected with various forms of hepatitis viruses. "Pakistan has the highest number of patients with chronic liver disease in the world", said Prof Aftab Moshin who is also the former national programme manager of the Prime Minister's Programme for Prevention and Control of Hepatitis (which has now been devolved to the provinces). He said that all evidence for the spread of hepatitis C virus (HCV) points to the use of non-sterile syringes in Pakistan. "Annually, an estimated 16 billion therapeutic injections are administered the world over out of which 800 to 900 million are administered in Pakistan only", Prof Aftab said adding that nine out of 10 injections administered in the country are unnecessary. He said that doctors particularly those practising in small towns and rural areas do oblige patients when they demand infusion drips and injections. "It's not just quacks, I hold qualified dentists and medical practitioners responsible for unsafe practices of administering unnecessary injections, and using non-sterile syringes or needles", said Moshin. He further said that unfortunately there is no legislation in place to ban reuse and misuse of syringes as there is no law to date that prohibits quacks from practising.

Prof Arif M. Siddiqui, President Pakistan Society of Gastroenterology and professor of medicine at Allama Iqbal Medical College, Lahore, said that coupled with poverty and illiteracy, other reasons for the spread of what is known as a silent epidemic (as the symptoms do not show until 15 to 20 years later), are use of non-sterilized razors and dental instruments by roadside barbers and dentists and contaminated blood transfusions. He added that the risk of infection could be reduced by taking precautionary measures and creating awareness among masses. UHS acting vice chancellor Prof Mohammad Tahir said that around 66 per cent population of Pakistan is living in rural areas and they are ignorant about the transmission of viral infections.

UHS Director of Centre for Innovation in Learning and Teaching and noted liver surgeon Dr Arif Rashid Khawaja stressed the need of combine efforts to combat the menace of hepatitis C.

Polio virus strain found in Syria confirmed as originating from Pakistan: WHO

Express Tribune November 11, 2013

GENEVA: Polio, that has crippled at least 13 children in Syria, has been confirmed as being caused by a strain of the virus that originated in Pakistan and is now spreading across the Middle East, the World Health Organisation said on Monday.

Genetic sequencing shows the strain found in Syrian children in Deir al-Zor, where an outbreak was detected last month, is linked to the strain of Pakistani origin found in sewage in Egypt, Israel and Palestinian territories in the past year. "Genetic sequencing indicates that the isolated viruses are most closely linked to virus detected in environmental samples in Egypt in December 2012 (which in turn had been linked to wild poliovirus circulating in Pakistan)," the United Nations agency said in a statement on Monday. Closely-related strains of the wild poliovirus of Pakistani origin have also been detected in sewage samples in Israel, the West Bank and Gaza Strip since February 2013, it said. Polio virus has been confirmed in 13 of 22 children who became paralysed in the northern Syrian province of Deir al-Zor. Investigations continue into the other nine cases. It is Syria's first polio outbreak since 1999. No children in Egypt, Israel or the Palestinian territories have been hit by polio thanks to high immunisation rates and a strong response to the alert, WHO spokesperson Sona Bari said. Polio virus is endemic in Pakistan, Afghanistan and Nigeria despite a 25-year-old campaign to eradicate the disease, which can paralyse a child in hours.

Militants from countries including Pakistan are believed to be among groups battling to oust President Bashar al-Assad, leading to speculation that they brought the virus into the country. The WHO says it is unlikely that adults, who generally have higher immunity, carried the virus into Syria and that its mode of transmission will probably never be known. Syria's immunisation rates have plummeted from more than 90 per cent before the conflict to around 68 per cent. Polio mainly affects children under five and cannot be cured, only prevented. "All the children (paralysed) are under two years old, so they were all born after immunisation services fell apart," Bari told Reuters. "No doubt the outbreak will be large."

Children living in unsanitary conditions are especially vulnerable to the virus, which spreads via faecal-oral transmission and contaminated food and water. More than 20 million children, including 1.6 million in Syria, are to be vaccinated in Syria and neighbouring countries over the next six months, UN agencies said last week.

Polio campaign: 2,755 teams to vaccinate 1.18m

FAISALABAD / BAHAWALPUR: The Faisalabad district administration has constituted 2,755 teams for a polio vaccination drive that will begin in the district on November 18. Out of these, 2,240 teams will go door-to-door and 145 will be stationed. The teams aim to administer vaccine to 1.18 million children in the district

children in Faisalabad

Express Tribune November 11, 2013

in three days.

District Coordination Officer Noorul Amin Mengal on Sunday held a meeting to review the arrangements. The meeting was told that 458 area-in-charges and 289 union council monitoring officers would supervise the campaign. The DCO stressed the need for launching an effective awareness campaign to persuade parents of the target children. It was decided that announcements would be made in this regard from neighbourhood mosques. Banners and streamers would be displayed at prominent places, including gates of all schools. The DCO directed the officials concerned to organise declamation contests at schools to highlight the issue. He said telecom companies would be asked to send text messages to subscribers to create awareness and generate interest in the drive. He directed the education executive district officer to convey directions to all schools to ensure that parents were asked to produce their children's vaccination cards at the time of admission. The union council secretaries were asked not to register birth of a child without seeing its vaccination card. The DCO also directed Health Department officials to use computers to store data of all children in the district. He said this would help them get to children for the next drive and reduce chances of missing any children. He said he would not tolerate carelessness or irresponsibility from the staff.

Earlier, Health EDO Waqar Sadiq and District Officer Liaquat Ali gave a briefing about the plan for the campaign. They said polio workers had been trained for the drive.

Five-day campaign in Bahawalpur

The campaign will last for five days in Bahawalpur. As many as 545,198 children will be given vaccine, District Coordination Officer Imran Sikandar Baloch told a meeting on Sunday. The DCO directed health officials to remain vigilant. The meeting was told that 1,284 teams would take part in the campaign. Out of these, 1,019 teams will make door-to-door visits and 145 will be deployed at schools, hospitals, bus stands and markets. As many as 226 area-in-charges, six tehsil supervisors and 65 lady health supervisors would supervise the campaign. The DCO directed the agriculture and community development EDOs, the Bahawal Victoria Hospital medical superintendent, the Auqaf Department administrator, the Bahawalpur DPO, the Motorway and traffic police SPs and the additional district collector to cooperate with the district government for the campaign. The DCO said he would personally monitor the campaign.

WHO-Report: WHO rejects NIH report on polio virus in Multan

The Express Tribune November 9, 2013

MULTAN: A report of World Health Organisation (WHO) has categorically rejected the National Institute of Health report about presence of polio virus in sewage of certain areas of the city, Executive District Officer (Health) Iftikhar Qureshi said on Friday. He was briefing a meeting headed by District Coordination Officer Zahid Saleem Gondal. The meeting was held to review arrangements of polio campaign that would commence on November 18.

The NIH had reported the presence of deadly virus in sample of sewage water collected from Ali Town and Kotla Abdul Fatey in September. The EDO said the WHO report received from Geneva had refuted NIH claims. Quoting from the WHO report, the EDO said the virus present in the sewage was harmless. He said they were waiting for the report of Kotla Abdul Fatey. He said the report of Suraj Miani disposal had also proved wrong. The EDO told the meeting that the Health Department was sending samples of three disposal stations in these areas for analysis every month. He said after the NIH report, the department had dispatched the samples to Geneva for tests of virus genetics.

Additional District Commissioner Ali Akbar Bhatti, City Assistant Commissioner Sadia Mehr, Operations SSP Naeem Khan Babar and WHO representatives Dr Shahid Bokhari and Dr Abid Hussain were also present.

Health dept and WHO all set for vaccination drive

The News, November 21, 2013

PESHAWAR: As more than a quarter of a million mothers and fathers turned polio vaccinators away in Khyber-Pakhtunkhwa (K-P) last month, the World Health Organisation (WHO) and provincial health department decided to sit down and figure out their next move.

According to official figures, nine of the 63 polio cases from across the country were from Khyber-Pakhtunkhwa (K-P). The highest number of cases, 43, were reported from the Federally Administered Tribal Areas, six from Punjab and five from Sindh. The last reported polio case was from Sahiwal, Punjab on November 12. Since more than 119,580 children are at risk in K-P, the health department and WHO decided they would strengthen Union Councils Polio Eradication Committees at district levels in 2014.

According to Dr Kalimullah Khan, the Expanded Programme on Immunization's (EPI) communication officer, they will set up committees to keep an eye on everything at the grass-root level. "The monitoring committees will make sure no child under the age of five remains unvaccinated especially in high-risk areas of the province," he said. "Peshawar district is a risky area but we have trained doctors and administrative

15 percent hike in medicine prices withdrawn

Business Recorder, November 30 2013

officials. The three-day polio campaign is scheduled to start soon." Khan added they had trained 44 union council (UC) doctors and administration officials who would participate in the next polio vaccination campaign. While talking to The Express Tribune about who had the authority to make the UC polio committees, Khan said the decision lay with the DCO. "He also gets to decide about tehsil polio eradication committees and supervise the anti-polio campaign," he said. "During the three-day polio campaign, daily progress reports will be viewed at the end of each day." An anti-polio control room will be up and running at the DCO's office, fully equipped with a supervision plan and details of the staff on duty. Khan explained how the council's polio committee would work. Every committee will have a medical officer, commissioner, EPI technical officer, lady health supervisor, school principal, mosque cleric and an SHO. They will be answering to the District Polio Eradication Committee which will have DCOs and other EPI officials. "If the UC polio committee faces any trouble during the polio campaign, they will contact the district committee," Khan said. "If their problem has not been resolved, they can get in touch with the EPI department." He added that these committees played a vital role in eradicating polio.

Primary school teachers and members of the All Primary Teachers Association refused to participate in anti-polio drives across K-P as they felt it was not a part of their job description. This was decided when they met at a convention held at Balambat Educational Complex in Lower Dir on Wednesday. According to the association's president Malik Khalid Khan, they will not participate in future polio drives and put their lives in danger. "More than 75,000 of our teachers take part in these campaigns," he said. "They became teachers to educate the nation, not vaccinate them." Bacha Muhammad, the general secretary, said it was impractical for the teachers to carry vaccines and travel for hours to remote areas. He claimed it would be better if the teachers went there to teach instead. "The health department has doctors, nurses and other technical staff to do these things," he said. "So why should the health department's duties be assigned to the education department." He did, however, add if the executive district officers, professors, college and university principals participated in the vaccination drives, the primary school teachers would also happily join. The association's Lower Dir president Ali Rehman claimed that when a police officer was killed in one of the polio drives his family received a Shuhada package, but the same was not true for the teachers who lost their lives in the campaign. With additional reporting by Amjid Ali Shah from lower dir.

ISLAMABAD - The Ministry of National Health Services, Regulation and Co-ordination on Friday withdrew 15 percent hike in medicine prices after intervention of Prime Minister Nawaz Sharif, it is learnt. The Federal Ministry on Thursday (November 28) issued a notification increasing prices of about 40 percent of the medicines by 15 percent with immediate effect; except prices of 22 lifesaving drugs-medications for hepatitis, ulcer, cancer, blood pressure, diabetes, asthma, kidney, heart related ailments and antibiotics. Price of any medicine, subject to a court order was also exempted from the increase. Taking strict notice of the increase in the medicine prices, the Prime Minister said increase in medicine prices would not be accepted, and directed the concerned authorities to bring the medicine prices back to the previous level, a senior official of the Ministry revealed.

After the intervention of PM, an emergency meeting was called at the Ministry where it was decided to reverse the increase in medicine prices and issued a notification in this regard, a copy of which is available with Business Recorder. According to the notification; in exercise of the powers conferred by section 12 of Drugs Act, 1976 (XXXI of 1976), read with clause (a) of section 7 of the Drug Regulatory Authority of Pakistan Act, 2012 (XXI of 2012), the federal government is pleased to withdraw its notification No. S.R.O.1002 (1)/2013 dated November 27, 2013 ab initio and with immediate effect. However, an anecdotal survey conducted by this scribe revealed that manufacturers and wholesalers increased medicine prices several days before the expected hike while an artificial shortage of some medicines was created in the market. The price of Centaurus used for Hepatitis C was increased from Rs 3100 to 3400, Calpol syrup's price increased from Rs 25 to Rs 42, Selanzar and Pepzine used by stomach patients increased from Rs 180 to 189 and Rs 219 to Rs 230 respectively, and aero cast used for asthma increased from Rs 255 to Rs 270. Qalsan having calcium in great quantity has high demand nowadays and currently is short in market, traders and wholesalers revealed.

Taking to Business Recorder, Khawaja Javed Akbar, Secretary General, Pakistan Pharmaceutical Manufacturers Association (PPMA), said the cancellation of the SRO would have negative effect and might lead to severe consequences as regards non-availability of life saving medicines and commonly used drugs.

According to a letter of PPMA wrote to PM Nawaz Sharif, the retail prices of drugs have not been increased since 2001. As per ECC approved formula the cost impact from 2001 to 2013 is 94 percent and on top of it US dollar exchange rate was Rs 58, which is now Rs 110/per US dollar. More than 90 percent of the raw material used in production of drugs is imported. The letter further maintained that DRAP had initially

Maternal mortality rate in Pakistan highest in region

The Observer November 25, 2013

proposed an increase of 18 percent in its fourth policy board meeting whereas PPMA had asked an increase of 50 percent in prices. After a lot of meetings and deliberation it was decided that an interim increase of 15 percent will be made in prices. This increase is applicable to only 40 percent of medicines, and life-saving drugs have been "excluded", while no price increase has been given on the most commonly used medicines. PPMA urged the PM not to cancel the SRO for increasing medicine prices.

LAHORE -The prevailing rate of infant and maternal mortality rate in Pakistan continues to be among the highest in the region. This was revealed during a seminar organized at a local hotel here to highlight the importance of the role Community Midwives (CMW) playing in bringing down the Infant and Maternal Mortality rates in the country. The CMW initiative is the backbone of the Maternal, Neonatal & Child Health (MNCH) Programme.

Present at the event was the Health Minister, Mr. Shaukat Yousafzai, Secretary Health, Ghulam Qadir, DG Health Services, Muhammad Zafar, number of senior policy makers from the MNCH Programme and Department of Health, Khyber Pukhtunkhwa, MPAs, representatives of international development partners, NGOs, academia as well as representatives from the Pakistan Nursing Council (PNC) and Community Midwives from over 9 districts. The CMWs spoke passionately about certain cases in which they were able to make a vital difference to their communities and were able to save lives because of their specialised training. They indicated that adequate support from the district and provincial governments would be crucial to improve their performance further and retention in the health system.

Global experiences indicate that one way of bringing about an improvement in maternal and child health is a proficient front line of Skilled Midwives, along with supportive supervision and strong linkages with the referral system. The Government of Pakistan launched the MNCH Programme in 2007 to accelerate progress towards Millennium Development Goals (MDGs) 4 & 5. This was to be achieved primarily through providing emergency obstetric and new-born care services, training and deployment of a new cadre of community midwives and institutional strengthening. The overall vision of the Programme has been to improve quality and coverage of MNCH services, especially at primary and secondary levels of the health system, coupled with community outreach services through integrated system-wide approaches. The MNCH Programme has been implemented in 134 districts across 4 provinces, Azad Jammu and Kashmir, Northern Areas, Federally Administered Northern Areas and Federally Administered Tribal Areas. Currently, in Khyber Pukhtunkhwa province 981 CMWs have been deployed while 574 are awaiting deployment. The role of CMWs was highly appreciated by all senior policy makers and managers. The Health Minister ensured his full support to the CMWs and made a public commitment to increase their stipend from Rs. 2000 to Rs. 6000. He further said that the existing strength of the CMWs will be increased by 600 and hoped that "there would be one CMW in each union council".

Three districts to be listed as high-risk for dengue

Daily Times November 23, 2013

LAHORE: At least 13 new cases of dengue were confirmed in different cities of the province on Sunday, while a meeting of Dengue Experts Advisory Group (DEAG) and Dengue Technical Advisory Committee (DTAC) decided to mark Bhawalpur, Faisalabad, Gujranwala as the high-risk districts in the next year's dengue control list. The total number of dengue-positive cases has risen to over 2400 across the province, out of them over 1500 are reported from the provincial capital alone.

According to the Provincial Health Department, between Sunday and Saturday 13 patients of dengue fever were reported across the province. Seven new patients were brought in city government and private hospitals, four in Rawalpindi hospitals, one patient each admitted in Narowal and Kasur Hospital. The total number of dengue fever patients has increased at 2398 across the province from January to November, 2013.

On the other hand, Adviser to Chief Minister Punjab for Health, Khawaja Salman Raffique has said that dengue epidemic in Punjab was visibly on the decline however, dengue surveillance activities should continue till no dengue patient is reported for seven consecutive days. He stated this while presiding over a joint meeting of DEAG and Dengue DTAC on Sunday. Special Secretary Health Babar Hayat Tarar, DG Health Punjab Dr Zahid Pervaiz, Addl. Secretary Health (Tech) Dr Anwar Janjua, Professor of Medicines Dr Muhammad Ali from SIMS, Dean IPH Prof. Dr Moaz Ahmad, Epidemiologist IPH Prof. Farkhanda Kokab, Chief Entomologist Prof. Dr Wasim Akram, Addl. DG Dengue Control Dr Jafar Ilyas and Officers of PITB attended the meeting.

It was informed that number of dengue patients was minimised and due to the cold weather the larvae breeding had been reduced. However, there is a need of constant vigilance of the situation. The participants of the meeting discussed in detail the strategy plan for next year. Khawaja Salman Raffique directed that during the off season of dengue, the dengue surveillance should be continued at low profile and in the meanwhile, experts should prepare action plan for next season by removing the

KP to unveil new health policy next week

DAWN November 12, 2013

weaknesses and loopholes of the system so that dengue should not be surfaced in next season.

It was decided that Gujranwala, Faisalabad and Bahawalpur should be included in the high-risk districts in the next year's dengue control list. Khawaja Salman directed that DEAG and IPH immediately chalk out a training programme for the doctors, nurses and other staff of Gujranwala, Faisalabad and Bahawalpur districts. He also directed that the requirements of human resource for these districts also be worked out so that arrangements could be made for the provision of additional staff for those districts.

On this occasion, Chief Entomologist Prof. Dr Wasim Akram urged that since the intensity of dengue epidemic was minimised, fogging and indoor spray should only be carried out in the houses of the targeted area from where the dengue patients were being reported. He said we have to change our life style and people should rid of the habit of throwing solid waste in the open plots, grounds and drains for effective control of the dengue.

Prof. Muhammad Ali, Member DEAG, stressed the need of strengthening the Disease Early Warning System and Vector Warning System for improving the clinical management of dengue patients as well as dengue control. He requested that the authorities concerned should ask the private and trusty hospitals to send their senior doctors specially consultants for training of clinical management of dengue.

KARACHI-PESHAWAR: Khyber Pakhtunkhwa Minister for Health Shaukat Yousafzai on Monday said a new health policy would be announced in the next week in Khyber Pakhtunkhwa through which free medical facilities and emergency services would be provided at periphery healthcare centre at all districts of the province. He also announced free medical treatment at government hospitals in the province for journalists suffering from hepatitis, cancer, heart problems and other chronic diseases. The minister was speaking during a Peshawar Press Club function organised for distribution of life insurance policies and awards to journalists. PPC President Nasir Hussain, Khyber Union of Journalists President Nisar Mehmood and PPC General Secretary Yousuf Ali also spoke on the occasion. Mr Yousufzai said the government was taking proactive steps for provision for better healthcare facilities to everyone in the province. "For this purpose, a strong new health policy will be introduced from next week under which free emergency services will be provided at periphery health facilities in the entire province. The people will see a change after the introduction of the policy. Free health services will be extended to underprivileged districts of the province like Kohistan, Chitral and DI Khan," he said. He also announced free medical treatment for journalists suffering from chronic diseases like hepatitis, cancer and heart problems, etc. The health minister said the government was facing host of challenges in the health sector, but it was fully tackling with all those issues, by imposition of better policies and practical steps. He said more than 500 new doctors, 675 nurses and 300 to 400 medical technicians had been inducted at public sector health hospitals and tertiary healthcare units in the province. "The process of recruitments of medical and technical staffs will complete within a week," he said. Mr Yousafzai said the directives were being issued to commissioners of all districts, to establish a monitoring cell for the government's health facilities. He said free medicines would be provided at basic health units, rural health centre, and districts headquarters level hospitals.

HUMANITARIAN ORGANIZATIONS' INTERVENTIONS IN HEALTH SECTOR

News and Interventions in the Month of November

ACTED -

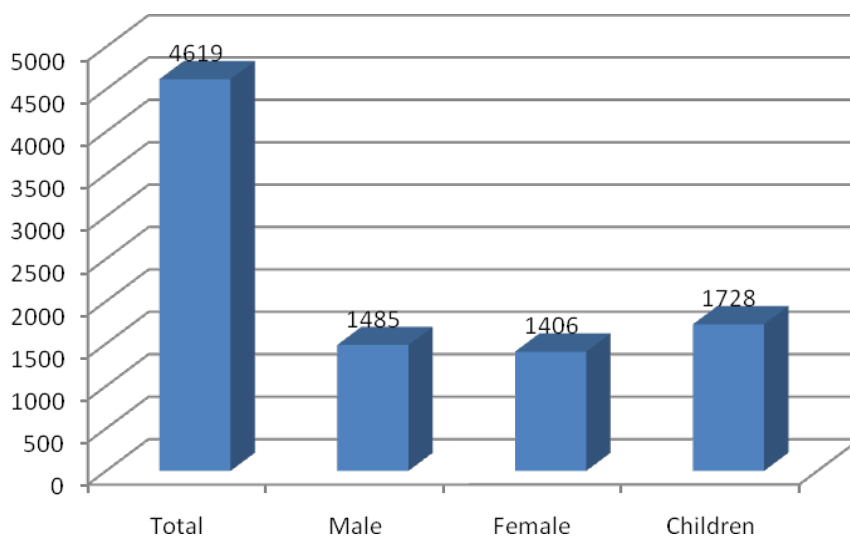
Relief Activities in Balochistan Earthquake Affected Areas

PRCS Health Response from 27 Sep – 7th November 2013

ACTED will provide 2,202 Water, Sanitation and Hygiene (WASH) kits and 734 emergency latrines to meet the immediate WASH needs of the affected, with the support of UNOCHA's Emergency Relief Fund. At the same time, ACTED will also provide 3,500 non-food item kits donated by Alliance2015 partner Welthungerhilfe to support the families in district Awaran. The distribution of aid items will be carried out by local NGO HANDS.

During a six-week period between 27 September and 7 November, PRC health teams have provided emergency health services – including dispensing of essential medicines – to 4,619 persons in the Union Councils of Awaran, Teertaj and Gishkor in Awaran District.

The graph below illustrates the number of health service provided to the people of Awaran by PRC.



Conference on Improving Maternal Health in Pakistan 25 – 26 November 2013 organized by Helping Hand

A two day conference on Improving Maternal Health in Pakistan was held by Helping Hand, the Conference reflected on the following Issues:

- Family Planning in Pakistan: Applying What We Have Learned
- Availability of health services in the participating hospitals of Pakistan in the WHO Multicountry survey 2011 and its association with maternal and newborn health
- HHRD - Contributions to Improving Maternal Health & the lessons learnt
- Engaging Young Married Couples in Adoption of Family Planning for Birth Spacing: Opportunities and Challenges
- National Fistula Program of Pakistan
- Frequency of contraceptive use and its association with couple's education and income status in Rawalpindi, Islamabad (Pakistan)
- Knowledge Attitude And Practice Regarding Folic Acid Deficiency: A Hidden Hunger
- Antenatal Mental Health and Predictors of Stillbirth and Intrauterine deaths: A cohort study in rural Pakistan Running Title: Predictors of stillbirths and intrauterine deaths in rural Pakistan by
- Prevalence of Hepatitis B infection in married women of child bearing age in District Islamabad

Polio Cases Recorded in Pakistan till 30-11-2013

Confirmed Polio Cases in Pakistan District/ Area Wise. (2013)		
Province/ Region	District/ Area	Total Cases
Khyber Pakhtunkhwa	6	9
FATA	4	43
Punjab	5	6
Sind	4	5
Balochistan	0	0
Gilgit Baltistan	-	-
Total	19	63

Source:

EPI

DISTRICT LAHORE HEALTH PROFILE

WHO Health Facilities Standards

	WHO Standard per 10,000 Population
Beds	25
Health Facilities	2
Health workforce	23

Source: WHO

Health Indicators of Lahore

The table below illustrates the Health Indicators of Lahore:

Indicators	
Infant Mortality rate	50/1000 live births
Under 5 Mortality Rate	68/1000
Maternal Mortality Ratio	236/1000
Malnutrition (women and Children)	Male 27%, Female 25% Total = 26%
Life Expectancy	63 years approximately
Immunized against measles	92%

Source: EDO Health Lahore

LahorePublic Health Facilities

Facility Type	Name of Facility	Bed Strength	No. of Functional Beds	Remarks
DHQ Hospital	Government Mian Munshi Hospital- DHQ-I	150	150	DHQ Hospitals required to be up - graded
	Government Kot Khawaja Saeed Hospital- DHQ-II	149	149	
THQ Hospital	Said Mutha Hospital -THQ-I	50	50	
	Mozang Hospital-THQ-II	20	20	
RHCs	6 RHC'S	120	120	----
BHUs	37	74	74	-----
MCH Centers	23	---	---	-----
Sub Health Centers	2	---	---	-----
TB Clinics	Government infectious diseases hospital			
Health houses	1856	---	----	-----

Data source: DHIS/EDOH office

Legend

- Basic Health Unit
- Sub Health Centre
- Rural Health Centre
- Physician
- MCH
- Homeopathic
- Dawkhana
- District Headquarter Hospital
- Maternity Home
- Optics
- Dispensary
- Speciality Clinic
- TB Hospital
- Diagnostic Centre
- Veterinary Hospital
- Test Laboratory
- Medical Store
- General Hospital
- Dentist

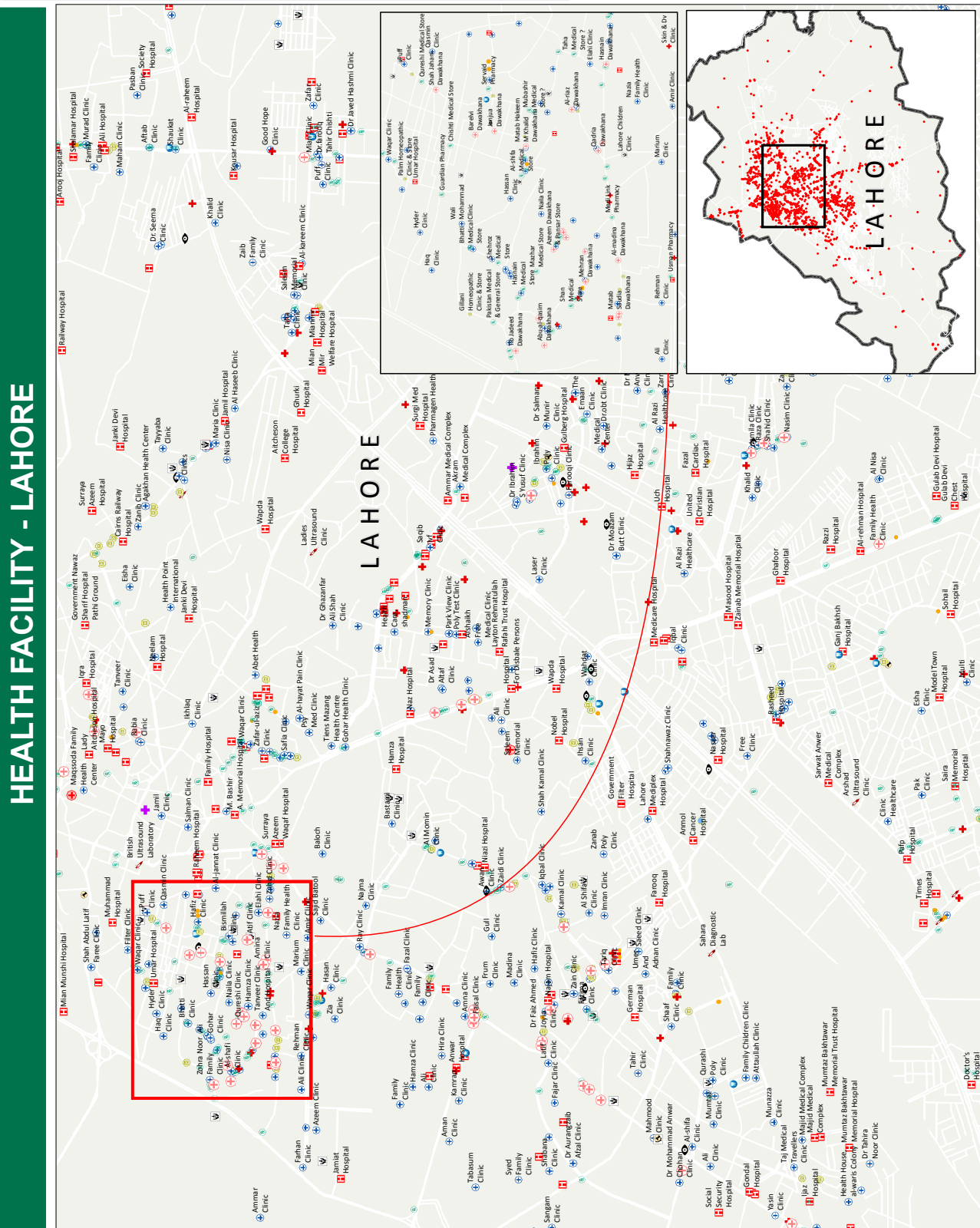
Solutions in Time
ALHASAN SYSTEMS

Date of Creation: Dec 17, 2013
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0 Scale 1:40,000 1 km

Data Source(s): Population Census Organization; Admin
OpenStreet: Road Network

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Lahore Public and Private Health Facilities

According to the data collected by ALHASAN Systems (Pvt) Ltd in the year 2013, The table below illustrates the total number of Health Facilities in Lahore.

Category	BHU	Clinic	DHQ	MCH	Medical Facilities	Medical Services	RHC	SHC	Total
BASIC HEALTH UNIT	34								34
CHILDREN HOSPITAL					32				32
CLINICAL LABORATORIES						11			11
DAWAKHANA		99							99
DENTAL		29							29
DIAGNOSTIC CENTRE						11			11
DISPENSARY					7				7
DISTRICT HEADQUARTER HOSPITAL			1						1
GENERAL HOSPITALS					304				304
HOMEOPATHIC		112							112
MATERNITY HOME						51			51
MEDICAL STORES						369			369
MUNICIPAL CORPORATION HOSPITAL				3					3
OPTICS						23			23
PHYSICIAN		579							579
ROUTINE TEST LABORATORIES						21			21
RURAL HEALTH CENTER	1						5		6
SPECIALTY		99							99
SUB HEALTH CENTER								3	3
TB					1				1
VETERINARY		8							8

Source: ALHASAN Systems (Pvt) Ltd

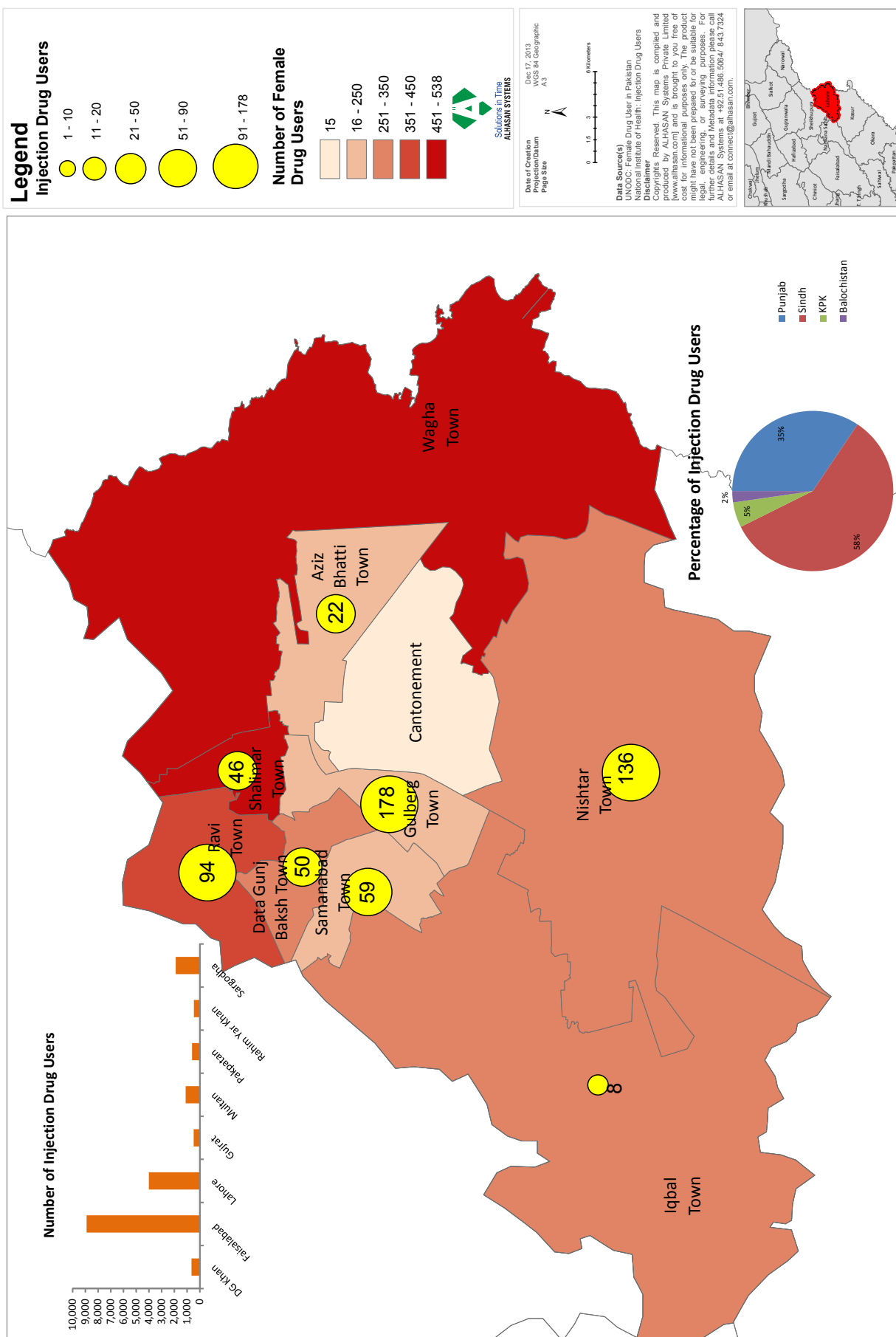
Immunization

According to PSLM Survey 2010- 2011, the table below illustrates the immunization Coverage of children aged 12- 23 months in the Urban and rural areas of Lahore .

Vaccines	BCG	DPT1	DPT2	DPT3	Polio1	Polio2	Polio 3	Measles
Urban	80	80	80	79	79	79	78	70
Rural	62	62	62	62	62	62	62	57

Source:PSLM Survey 2010-11

LAHORE TOWN WISE DISTRIBUTION OF DRUG USERS - 2011



Pneumonia kills nearly 92,000 children in Pakistan every year

The News November 12, 2013
 Editor: Muhammad Qasim

Every 30 seconds, a child somewhere in the world, dies of pneumonia, making it number one global cause of childhood mortality. In Pakistan, an estimated seven million cases of pneumonia occur every year and out of these, as many as 92,000 children die before their fifth birthday due to the infection. At least 85 out of 1,000 children die under the age of five in Pakistan and it is alarming that most of these deaths are unfortunately due to vaccine preventable diseases including pneumonia.

Pneumonia is a form of acute respiratory infection that affects the lungs. It is caused by viruses, bacteria or fungi (germs). The viruses and bacteria that are commonly found in a child's nose or throat can infect the lungs if they are inhaled. They may also spread via air-borne drops from a cough or sneeze.

Children whose immune systems are compromised are at higher risk of developing pneumonia. Infants and children below two years of age are at higher risk of contracting pneumonia as their immune systems are still developing, said Head of Community Medicine at CMH Lahore Medical College Professor Dr. Muhammad Ashraf Chaudhry while talking to 'The News' in connection with World Pneumonia Day being observed on November 12 (today). He said that World Pneumonia Day is observed to raise awareness of pneumonia as a public health issue and help prevent millions of avoidable deaths from the infection that occur each year. "The theme of this year is: 'Innovation' highlighting innovative solutions to end childhood pneumonia while at the same time emphasising that there are existing simple interventions that need to reach the most vulnerable children."

Dr. Ashraf said that pneumonia is preventable and treatable with host of proven interventions, including exclusive breastfeeding infants in their first six months of life, ensuring an environment free of indoor air pollution and promoting frequent hand washing, immunising against leading causes, and ensuring access to medical care and antibiotics when cases do emerge. He said that appropriately treating underlying causes such as malnutrition, and exclusively breastfeeding children for the first six months of their life can decrease the risk of pneumonia.

He believes that a child's immune system may be weakened by malnutrition or under nourishment, especially in infants who are not exclusively breastfed for the first six months of their life.

He said that more than 50 per cent children under five years of age are malnourished in Pakistan. HIV infections and measles also increase child's risk of contracting pneumonia. Environmental factors such as indoor air pollution caused by cooking fires and heating with biomass fuels such as wood or dung, a coal, living in crowded homes and parental smoking

also increase a child's susceptibility to pneumonia, he said.

He pointed out that alarmingly Pakistan has the lowest breastfeeding rates in South Asia, 37 per cent. He added that ignoring early signs of pneumonia can be death sentence. The symptoms of pneumonia include: rapid or fast breathing, cough, fever, chills, loss of appetite, wheezing, lower chest wall in drawing; very severely ill infants may be unable to feed or drink and may also experience convulsions, he explained.

Talking of remedies, he said that limiting exposure to smoke from cigarettes or indoor cook stoves and fires can help limit the risk of pneumonia. "Research has shown that hand washing with soap and water can reduce the number of pneumonia-related infections in children under the age of five by more than 50 percent." Dr. Ashraf added that immunising against pneumococcus, measles and whooping cough is the most effective way to prevent pneumonia. Parents should not be hesitant about taking their children to the nearest health facility for the administration of vaccines that are available free of cost.

To a query, he said that by managing cases of pneumonia in children with antibiotics at community level, pneumonia-related child deaths can be reduced by 70 percent. Lady Health Workers can be trained to assess signs of pneumonia, determine appropriate treatment and guide parents, administer antibiotics and provide home care. They can also refer sick children to a health facility if complications arise, said Dr. Ashraf.

He added that government should also utilize Lady Health Workers to educate mothers to recognize the signs and symptoms of pneumonia. It must also prioritise routine immunisation coverage. When children suffering from pneumonia can be treated promptly and effectively with antibiotics, their chances of survival increase significantly, he said.

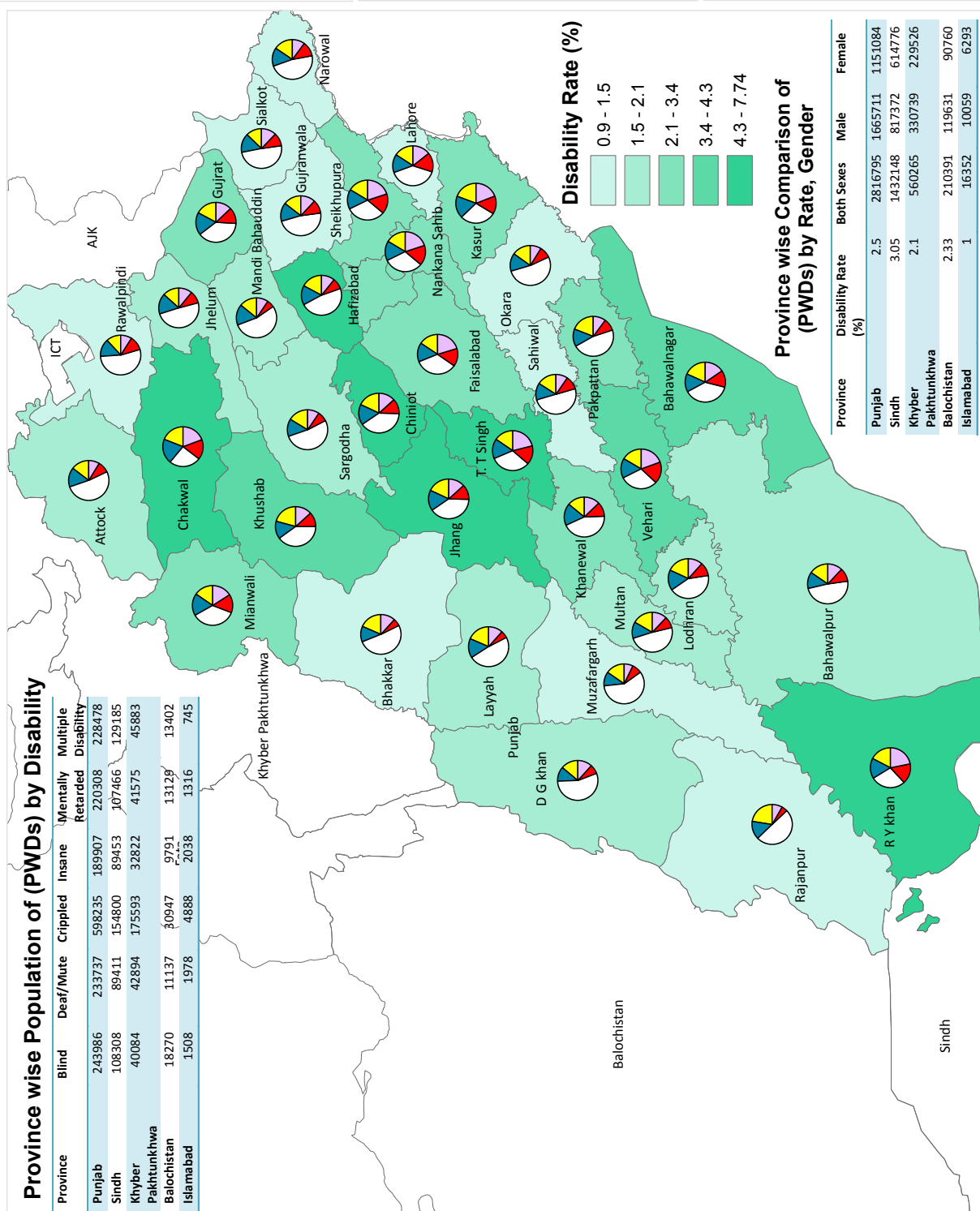
He, however, added that overuse of antibiotics should be prevented in order to curb microbial resistance and children with upper respiratory infections mainly cough and colds should not be prescribed unnecessary antibiotics. He suggested that indiscriminate use of cough medicines should be reduced.

Pneumonia control and other child health interventions must be accelerated to meet Millennium Development Goal 4 that is reducing under-five mortality by two-thirds by 2015, concluded Dr. Ashraf.

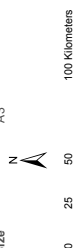
PERSONS WITH DISABILITIES (PWDs) STATISTICS 2012 - PUNJAB

Province wise Population of (PWDs) by Disability

Province	Blind	Deaf/Mute	Crippled	Insane	Mentally Retarded	Multiple Disability
Punjab	243986	233737	598235	189907	220308	228478
Sindh	108308	89411	154800	89453	107466	129185
Khyber Pakhtunkhwa	40084	42894	175593	32822	41575	45883
Balochistan	18270	11137	30947	9791	13129	13402
Islamabad	1508	1978	4888	2038	1316	745

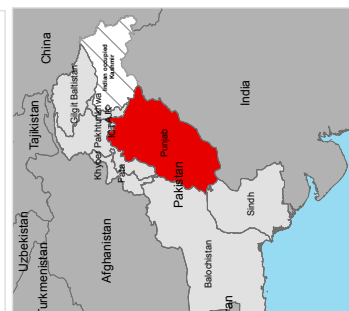


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Page Size: A3



Data Source(s): Population Census
Boundaries: Census Organization: Admin
Helping Hand: Persons with Disability (PWDs)
Statistics 2012

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ADHD: Why can't you sit still kid?

November 28, 2013:

Editorial Published in Express Tribune

While growing up, in school, did you ever notice that distracted, uninterested class mate, who would just not sit still, was annoyingly talkative and almost always failed in studies? Did you follow up as to what he managed to do later in his life?

From my experience, most of these students either leave school at an early age to do something else or are sent abroad to study and work. Though some of them do very well later in life, a majority of them have problems in their social and financial matters soon after.

Most of us are so busy in the race of securing our careers, making our parents and teachers happy that we do not even think about what is wrong with these individuals and why are they the way they are. They were irresponsible, careless and just did not want to study. They were the "bad" guys our parents did not want us hanging out with.

Mental health in children is an ignored subject, globally. Even in a developed country like the United States, only one fourth of the 30,000 child psychiatrists provide services professionally, whereas in Pakistan they can be counted on ones finger tips. There are no institutions and no professional services where doctors can assess, diagnose and treat children with mental health problems.

Some of the most common mental health problems being reported in children are Attention Deficit Hyperactive Disorder (ADHD), Autism Spectrum Disorder (ASD), Conduct Disorder, and Oppositional Defiant Disorder (ODD). There are some mental health problems associated with adults, which can be seen in children as well, like depression, anxiety, schizophrenia, anorexia nervosa and substance misuse in adolescents.

ADHD generally presents itself with a variety of symptoms, broadly categorised in the domains of hyperactivity, inattentiveness and impulsivity. These children often face difficulty in concentrating and sitting still, possess weak memory, lack patience and are extremely talkative. Hence, they start lagging behind in academics.

Frustration often arises due to social pressure when the desired results are not achieved. They often become argumentative, disruptive and start lying or cheating in order to get parents and teachers to let them be. This behaviour causes further problems for these individuals at work, home, school and even in relationships.

According to the Centre for Disease Control and Prevention (CDC), approximately five% kids are diagnosed with this relatively common disorder. Often children with ADHD have co-occurring conduct disorder and oppositional defiant disorder. This makes them even more socially unacceptable as they start to defy rules, become argumentative, aggressive and shortly afterwards become involved in drug addiction and crimes. There is no blood test or X-ray that can be done to diagnose kids with ADHD. The diagnosis

mostly depends on parents or teachers, who notice behavioural changes and symptom patterns in kids.

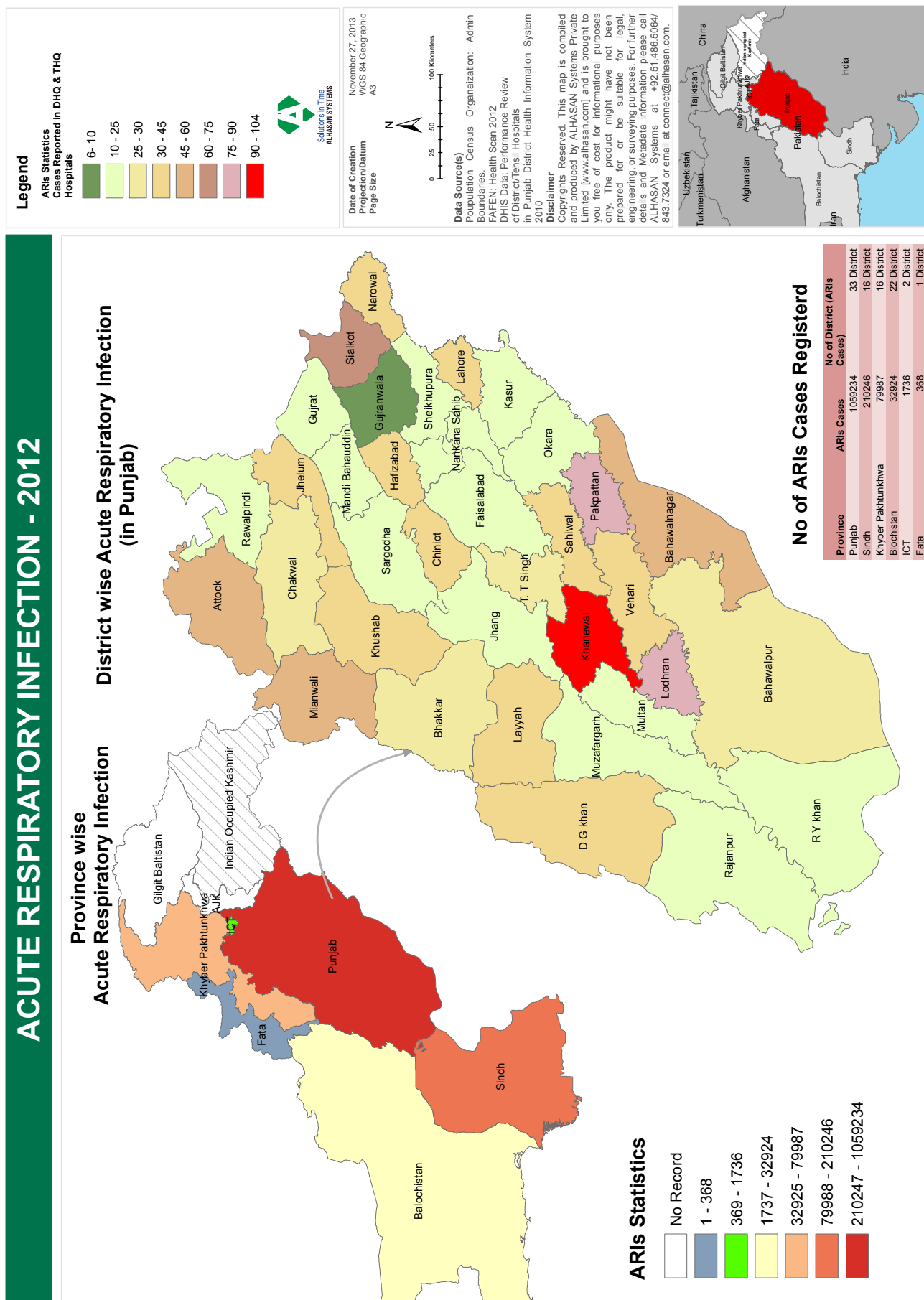
Once diagnosed with ADHD, children can be prescribed with medications that can aid their symptoms and enhance the abilities they lack. Even though the safety of such medication has long been established, they come with their own side effects. Hence it is important to follow up very closely with a specialist who can monitor the progress of these medications and the occurrence of any problematic side effects.

Educating the parents about the relevant prescriptions and the behaviour patterns they should expect to notice, is a crucial part of the treatment and is often ignored. Parents have to be open to altering their methods of supervision as the consistency in disciplining is also a key principle of the management that will be required of them.

Most kids show a very good response to the medication and the behavioural modification techniques. Their productivity increases and they gradually start making progress. Some of them grow out of this illness with age, whereas with others this continues to be a problem even in adulthood.

In a developing country such as Pakistan, where many children don't even go to schools, it is even harder to prepare a well-structured frame work for treating these kids. Some of the prescribed medication available in Pakistan can be useful and can be used for kids diagnosed with ADHD.

I am reminded, even today, that I was one of the 'distracted' kids in my class. This could have been much easier for me, and those around me, if someone had taken notice of my affliction earlier and done something about it in my early years. I hope this can help someone who needs to be noticed right now.



Pakistan: The challenge of giving birth and staying

Reuters: 20 November 2013
 By MSF

They are poor, destitute refugees or have been displaced by fighting in their region of origin. They are secretaries, doctors or nurses. Patients and team members of Médecins Sans Frontières (MSF) in Peshawar and Hangu describe the challenge of childbirth in Pakistan, which has one of the highest maternal mortality rates in the world.

"I'm a gynaecologist at the Peshawar Women's Hospital set up by MSF. Here, we specialise in emergency obstetrics to provide the most vulnerable women a safe place to give birth to their baby," says Dr Kanako Ishii. The Women's Hospital opened its doors in 2011. Peshawar is the capital of the province of Khyber Pakhtunkwa (KPK) in the northwest of the country. More than three million people live here and Peshawar is far from being a medical desert. Clinics, hospitals, pharmacies and caregivers are expected to meet the medical needs of the entire population. Yet many women are deprived of maternal care.

"I started coming here six months ago. My baby was born the day before yesterday" said a patient, native to the tribal areas. "In fact, I first went to another hospital because of my bleeding, but the doctor told me that I needed two injections to prevent the baby from being born with disorders. When I told him I did not have the money to pay for this, he gave me the address of this hospital. My baby was born by caesarean section and I'm lucky to hold a healthy child in my arms today."

"A caesarean costs about 10,000 rupees in a public hospital and up to 60,000 in a private clinic. Even a normal delivery costs 5,000 rupees in a public hospital and 20,000 in a private clinic. It is very expensive for the poorest women" laments Dr Nageen Naseer, MSF doctor in Peshawar. Too expensive, too far, these treatments are inaccessible to the most vulnerable, particularly to those families displaced by fighting and violence in the border areas with neighboring Afghanistan. "Displaced people and refugees represent approximately 10% of our patients and it is increasing" said Salma, responsible for the reception and registration of patients upon arrival at the hospital.

But cost is not the only obstacle to accessing maternal health care. Very rooted in family traditions, home birth by natural means is seen as the only honorable way for a mother to give birth, regardless of the consequences for her or the newborn. Thus, women face particularly strong resistance from their husbands or their stepmothers before being allowed to go to the hospital. "If this decision to break the traditional rule" is taken, it is not only because the relatives of the mother are ready to do so, but also because the health center is accessible and has some acknowledgment from the community," says Mathilde Berthelot, head of MSF programmes in Pakistan. As illustrated by this testimony of a patient hospitalised in Peshawar hospital's intensive care unit: "I asked the taxi driver to lead me to the 'women's hospital' and he brought me here. All the women in my village come

here when they are pregnant because we know that the doctors are doing everything to avoid caesarean section."

Seeking treatment or work in a health care facility operated by a foreign organization like MSF is another challenge for patients and employees. "At first my family was worried about security issues. They thought that by working with foreigners I could be attacked or kidnapped," recalls Dr Naseer who joined MSF in November 2012, "but I feel completely safe here and I have no problem taking the night shift." Salma's family was afraid that her behaviour might change because she was working with foreigners, "but I have not changed at all. I still wear the same clothes and do shopping with my family as always. I think they understand now."

Beyond the choice to give birth at home or in a hospital run by foreigners, the willingness to give birth very quickly is a specific request in Pakistan that often causes rapid deterioration of the status of mothers and babies. "Here women and their families want a fast induced delivery. Several times a day, I am asked to accelerate labour while natural contractions are already strong, regular and efficient. If we do not administer this medication because it does not meet appropriate therapeutic needs, patients leave and come back a few hours later having ingested high doses of stimulants. They then show up in a very critical condition, with severe bleeding, uterine rupture, blocked labour and sometimes foetal death," says Jessica Holden, gynaecologist working in Hangu.

Isolation, insecurity, poverty and traditional beliefs are obstacles to be overcome by Pakistani women in order to receive high-quality maternal care and give birth without risking their lives and those of their children.

تفصیلات

سرخیاں

شام میں موجود پاکستانی پولیو وائرس

یورپ کے لیے خطرہ

سہارہ اردوٹی وی

09 نومبر 2013

جرمن سائنسدانوں کا کہنا ہے کہ شام میں موجود پولیو وائرس یورپ کے لیے خطرے کی گھنٹی ہے۔ دوسری جانب شام میں تقریباً 10 لاکھ بچوں میں پولیو وائرس کی تصدیق کے بعد جمعہ کو اقوام متحدہ کے عالمی ادارہ صحت اور بچوں کے لیے کام کرنے والی تنظیم یونیسف نے اپنی رپورٹ میں کہا ہے کہ پولیو کا یہ وائرس پاکستان سے شام پہنچا ہے۔ بیان کے مطابق شام کے صوبے دیر الزور میں پولیو وائرس کی تصدیق ہوئی ہے۔ عالمی ادارہ صحت کے مطابق شام میں چودہ برس بعد پولیو وائرس کے تصدیق ہوئی ہے۔ اقوام متحدہ نے اعلان کیا ہے کہ شام میں پولیو وائرس کی تصدیق کے بعد وہ مشرق وسطیٰ میں پولیو مہم کا آغاز کر رہی ہے۔ اس مہم میں سات ممالک میں دو کروڑ بچوں کو پولیو کے خطرے سے بچانے جائیں گے۔ اس سے قبل شام کی وزیر برائے سماجی امور نے میڈیا سے بات کرتے ہوئے کہا تھا کہ شام میں پولیو وائرس کی تصدیق ہوئی ہے اور یہ وائرس شامی باغیوں کے ہمراہ لڑنے والے پاکستانی شدت پسندوں کی وجہ سے آیا ہے۔ یاد رہے کہ شام میں گزشتہ دو سال کے عرصہ سے بھی زیادہ سے دنیا بھر کے دہشت گرد خاص طور سے عرب ممالک اور پاکستان کے دہشت گرد بڑے پیمانے پر تشدد پھیلا رہے ہیں۔

اسلام آباد: ڈاکٹر شکیل آفریدی کے جعلی پولیو مہم کا ایک اور نقصان پاکستانیوں کے سر پر بین الاقوامی سفر کی پابندی یا مشروط پابندی کی صورت میں سامنے آنے کا خطرہ پیدا ہو گیا ہے۔ تفصیلات کے مطابق ڈاکٹر شکیل آفریدی کی جعل سازی کے باعث پاکستان میں پولیو کے خاتمے کے لیے شروع کی گئی پولیو ویکسین مہم جیسے نیک کام میں پیدا شدہ رکاوٹیں اس حد تک بڑھ چکی ہیں کہ اب صوبہ خیبر پختونخوا اور بالخصوص ایجنسی ایریا میں عام شہری پولیو کے ٹیکے لگوانے پر آمادہ نہیں اور پاکستان میں اس وقت تک رپورٹ کئے گئے پولیو کیسز کی تعداد 62 ہو چکی ہے، گزشتہ برس پورے 12 ماہ کے دوران 58 کیسز رپورٹ کئے گئے تھے، ڈبلیو ایچ او کے ذمہ داران نے حکومت پاکستان کو اس بابت آگاہ کر دیا ہے اور کہا کہ ایک اندازے کے مطابق سال 2013ء ختم ہونے تک یہ تعداد 70 تک پہنچ جائیگی، جو انتہائی خطرناک رجحان ہے، انھیں یہ بھی معلوم ہوا ہے کہ فنانس کے علاقے میں اس سال ماہ نومبر تک 43 بچے اپنا بچہ ہو چکے ہیں۔ ماہرین کے مطابق اگر پاکستان نے ڈاکٹر شکیل آفریدی کی جعل سازی کے منفی اثرات کے خاتمے کیلئے موثر مہم شروع کر کے پاکستان سے پولیو کے خاتمے کیلئے ہنگامی اقدامات اور کام نہ کیا تو امکان ہے کہ 2013ء کے اختتام پر پولیو کے بڑھتے ہوئے کیسوں کی رپورٹ سامنے آنے پر پاکستانیوں کے بیرون ملک سفر پر مکمل پابندی عائد کر دی جائیگی اور حکومت پاکستان نے کامیاب سفارتکاری کے ذریعے رعایت حاصل بھی کر لی تو یہ محض اتنی ہوگی کہ پاکستان سے باہر سفر کرنے والے ہر پاکستانی پاسپورٹ ہولڈر پاکستانی کوورلڈ ہیلتھ آرگنائزیشن کی جانب سے جاری کردہ تازہ ترین پولیو ویکسینیشن سرٹیفکیٹ اور این اوسی اپنے ہمراہ رکھنا پڑے گا۔

شکیل آفریدی کی جعل سازی سے سب سے زیادہ متاثر ہونے والا علاقہ بھی فانا ہے جہاں ورلڈ ہیلتھ آرگنائزیشن کو دستیاب اعداد و شمار کے مطابق فانا کے علاقہ میں حال ہی میں چلائی گئی پولیو مہم کے دوران 65 ہزار خاندانوں نے اپنے بچوں کو پولیو کے حفاظتی ٹیکے لگوانے سے انکار کیا ہے، پولیو کے باعث بچوں کے اپنا بچہ ہونے کے واقعات میں فانا (43)، خیبر پختونخوا (9)، پنجاب (6) اور سندھ سے 4 کیسز رپورٹ کئے گئے ہیں، جنوبی اور شمالی وزیرستان میں پہلے ہی امریکی ڈرون حملوں کیخلاف احتجاج کے طور پر دو سال قبل طالبان نے پولیو کے حفاظتی ٹیکے لگوانے پر پابندی لگا دی تھی۔

شہدادپور (نامہ نگار) پیر علی نواز ایڈووکیٹ میموریل سوسائٹی کی جانب سے شہدادپور انسٹیٹیوٹ آف میڈیکل سائنسز میں یکم دسمبر سے دو روزہ آنکھوں کا مفت طبی کیمپ لگایا جائے گا۔

کراچی (اسٹاف رپورٹر) ڈینگلی وائرس سے لڑا کا نہ 95 برس کا رہائشی انتقال کر گیا، صوبائی ڈینگلی سرویلنس سیل کی 29 نومبر کو موصول ہونے والی رپورٹ کے مطابق رواں برس ڈینگلی وائرس سے متاثر ہونے والوں کی تعداد 5021 تک پہنچ چکی ہے، جن میں کراچی کے 4378 افراد اور اندرون سندھ کے 643 افراد شامل ہیں۔

پولیو کیسز میں اضافہ، پاکستانیوں کے

بیرون ملک سفر پر پابندی کا خدشہ

باہر جانے والے ہر پاکستانی کو پولیو ویکسینیشن

کاسرٹیفکیٹ اور این اوسی لینا پڑے گا

روزنامہ الاخبار

15 نومبر 2013

آنکھوں کے علاج کا طبی کیمپ

روزنامہ جنگ

30 نومبر 2013

ڈینگلی وائرس سے ایک اور ہلاکت

روزنامہ جنگ

30 نومبر 2013

دماغی سرطان کے علاج کیلئے مزید اسپتال قائم کئے جائیں

روزنامہ جنگ

30 نومبر 2013

کراچی (اسٹاف رپورٹر) ماہرین طب نے کہا ہے کہ دماغی امراض اور کینسر کے علاج کے لئے مزید اسپتال قائم کئے جائیں، دماغی کینسر قابل علاج ہے لیکن اس مرض کی فوری تشخیص ضروری ہوتی ہے۔ یہ بات کراچی میں پاکستان نیوروسرجنر سوسائٹی کے تحت 2 روزہ بین الاقوامی کانفرنس کی افتتاحی تقریب سے مختلف ماہرین نے خطاب کرتے ہوئے کہی۔ اس موقع پر کانفرنس کے آرگنائزنگ کمیٹی کے چیئرمین پروفیسر ستار ہاشم سمیت دیگر ماہرین کی بڑی تعداد بھی موجود تھی۔ کانفرنس کا افتتاح کالج آف فزیشنز اینڈ سرجنز پاکستان کے صدر پروفیسر ظفر اللہ چوہدری نے کیا۔ انہوں نے کہا کہ کراچی میں نیوروسرجری کانفرنس میں زیر تربیت نیوروسرجنر کے لئے ایک تربیتی کانفرنس ہے۔ اس کانفرنس میں ملکی وغیر ملکی ماہرین دماغی امراض اور ان کے علاج پر ہونے والی جدید پیش رفت پر تبادلہ خیال اور ایک دوسرے کے تجربات سے استفادہ کر سکیں گے۔ انہوں نے کانفرنس کے انعقاد کو سراہا۔ کانفرنس سے چیئرمین آرگنائزنگ کمیٹی اور جناح اسپتال کے نیوروسرجری کے سربراہ پروفیسر ستار ہاشم نے کہا کہ دماغی کینسر، ٹیومر کے علاج کے لئے مزید مراکز قائم کئے جائیں۔ ان کا کہنا تھا کہ دماغی کینسر کی فوری تشخیص کر کے کامیاب علاج کیا جاسکتا ہے۔ انہوں نے کہا کہ گامانائف اسٹریوٹیکٹک کے ذریعے دماغی ٹیومر کا علاج موجود ہے۔

اسکولوں میں صاف پینے کی پانی کی فراہمی کیلئے اقدامات شروع

روزنامہ جنگ

29 نومبر 2013

لاہور (نمائندہ جنگ) پنجاب کے اسکولوں کے طالب علموں کو پینے کے صاف پانی کی فراہمی کے لیے اقدامات شروع کر دیئے ہیں۔ اس ضمن میں گزشتہ دنوں لاہور میں انٹرنیشنل ڈونرز کانفرنس کا انعقاد بھی کیا گیا تاکہ صوبے بھر کے اسکولوں میں جدید ٹیکنالوجی سے آراستہ الٹرا فلٹریشن ٹیکنالوجی پلانٹس لگائے جاسکے۔ اس ضمن پاک او ایس کے ترجمان کاظم برنی نے بتایا کہ یہ ایک نہایت ہی اہم منصوبہ ہے، جس کے تحت اسکولوں جانے والے بچوں کو اسکولوں میں محفوظ اور صاف پانی پینے کے لیے میسر ہو گا۔ انہوں نے کہا کہ پنجاب کے 3 اسکولوں میں جدید الٹرا فلٹریشن پلانٹ لگادیئے ہیں اور جلد ہی دیگر اسکولوں میں بھی یہ پلانٹ لگادیئے جائیں گے۔ انہوں نے کہا کہ ابتدا میں ایک لاکھ بچوں کو صاف پینے کا پانی فراہم کرنے کا منصوبہ بنایا گیا ہے جس میں آگے چل کر مزید وسعت دی جائے گی اور یہ دائرہ کار پنجاب سندھ سمیت ملک بھر میں پھیلا دیا جائے گا۔

ڈینگی مچھر اور لاروے کی قوت مدافعت چاٹنے کیلئے تحقیقی پروجیکٹ تیار، منظوری کیلئے سیکریٹری صحت کو بھیج دیا

روزنامہ جنگ

26 نومبر 2013

کراچی (اسٹاف رپورٹر) ڈینگی وائرس کے مچھر اور لاروے کی قوت مدافعت کو جانچنے کے لئے ایک سالہ تحقیقی پروجیکٹ تیار کر لیا گیا، سینئر ڈائریکٹر میڈیکل اینڈ ہیلتھ سروسز کے ایم سی نے اس ایک سالہ تحقیق کا پروجیکٹ منظوری کے لئے صوبائی سیکریٹری صحت، انعام اللہ دھارمبجو کو بھیج دیا ہے۔ پروجیکٹ ڈاکٹر شاہانہ عروج کاظمی (سینئر مانیٹر و بایولوجسٹ)، ڈاکٹر عارف راجپوت، کراچی یونیورسٹی شعبہ مانیٹر و بایولوجسٹ کے تعاون سے تیار کیا گیا ہے۔ پروجیکٹ میں 4 پی ایچ ڈی، 4 مانیٹر و بایولوجسٹ، 6 فیلڈ انسٹالو جسٹ کام کریں گے۔ پروجیکٹ کا تخمینہ 27 ملین رکھا گیا ہے۔ سینئر ڈائریکٹر میڈیکل اینڈ ہیلتھ سروسز ڈاکٹر محمد علی عباسی کے مطابق اس تحقیق میں ہم یہ معلوم کریں گے کہ ڈینگی کے مچھر میں ہمارے اسپرے (جو گیلٹہ میتھوپرین کیمیکل اور مٹی کے تیل پر مشتمل ہوتا ہے) کے خلاف قوت مدافعت تو پیدا نہیں ہو گئی ہے۔ انہوں نے کہا کہ اس ایک سالہ تحقیق میں نہ صرف مچھروں بلکہ ڈینگی مچھروں کے لاروں پر بھی تحقیق ہوگی۔ انہوں نے کہا کہ یہ تحقیق وقت کی اہم ضرورت ہے جو نہ صرف یہ ثابت کرے گی کہ ڈینگی وائرس کے خاتمے کے لئے کیا جانے والا اسپرے واقعی مفید ہے یا نہیں بلکہ یہ ڈینگی وائرس کے خاتمے کے لئے نئے لائحہ عمل کے لئے راہیں بھی کھولے گی۔

صحت عامہ کے حوالے سے غفلت برداشت نہیں کی جائے گی، طفیل بلوچ

روزنامہ جنگ

18 نومبر 2013

حب (نامہ نگار) ڈپٹی کمشنر گوادریل طفیل بلوچ نے کہا ہے کہ صحت عامہ کے سلسلے میں غفلت برداشت نہیں کی جائے گی۔ ڈاکٹر اپنی ڈیوٹی پابندی سے ادا کریں۔ ان خیالات کا اظہار انہوں نے دیہی صحت مرکز پسنی کے دورے کے موقع پر ڈاکٹروں اور عملے سے گفتگو کرتے ہوئے کیا۔ اس موقع پر انہوں نے صحت مرکز کے تمام شعبوں کا معائنہ کیا اور مسائل معلوم کئے۔ انہوں نے کہا کہ دوائوں اور دیگر ضرورتوں سمیت دیگر مسائل کے حل کے لئے آر سی ایچ پسنی کے لئے جلد 30 لاکھ روپے کی گرانٹ جاری کی جائے گی جبکہ دوماہ قبل بھی آر سی ایچ پسنی کے لئے 50 ہزار روپے کی دوائیں فراہم کی گئی ہیں۔ انہوں نے کہا کہ شعبہ حادثات کو مکمل طور پر فعال کیا جائے گا۔ انہوں نے کہا کہ ایمر جنسی کی صورت میں کسی بھی مریض کو بازار سے دوائیں خریدنے کی ضرورت نہیں ہوگی۔ سینٹر میں ڈسجیٹل ایکسرے مشین کے استعمال کے لئے اضافی کمرہ تعمیر کیا جائے گا اور بلڈ بینک کے حوالے سے بھی تمام ضروری سامان مہیا کیا جائے گا۔ اس موقع پر تحصیلدار پسنی عارف علیم بھی ان کے ہمراہ تھے۔

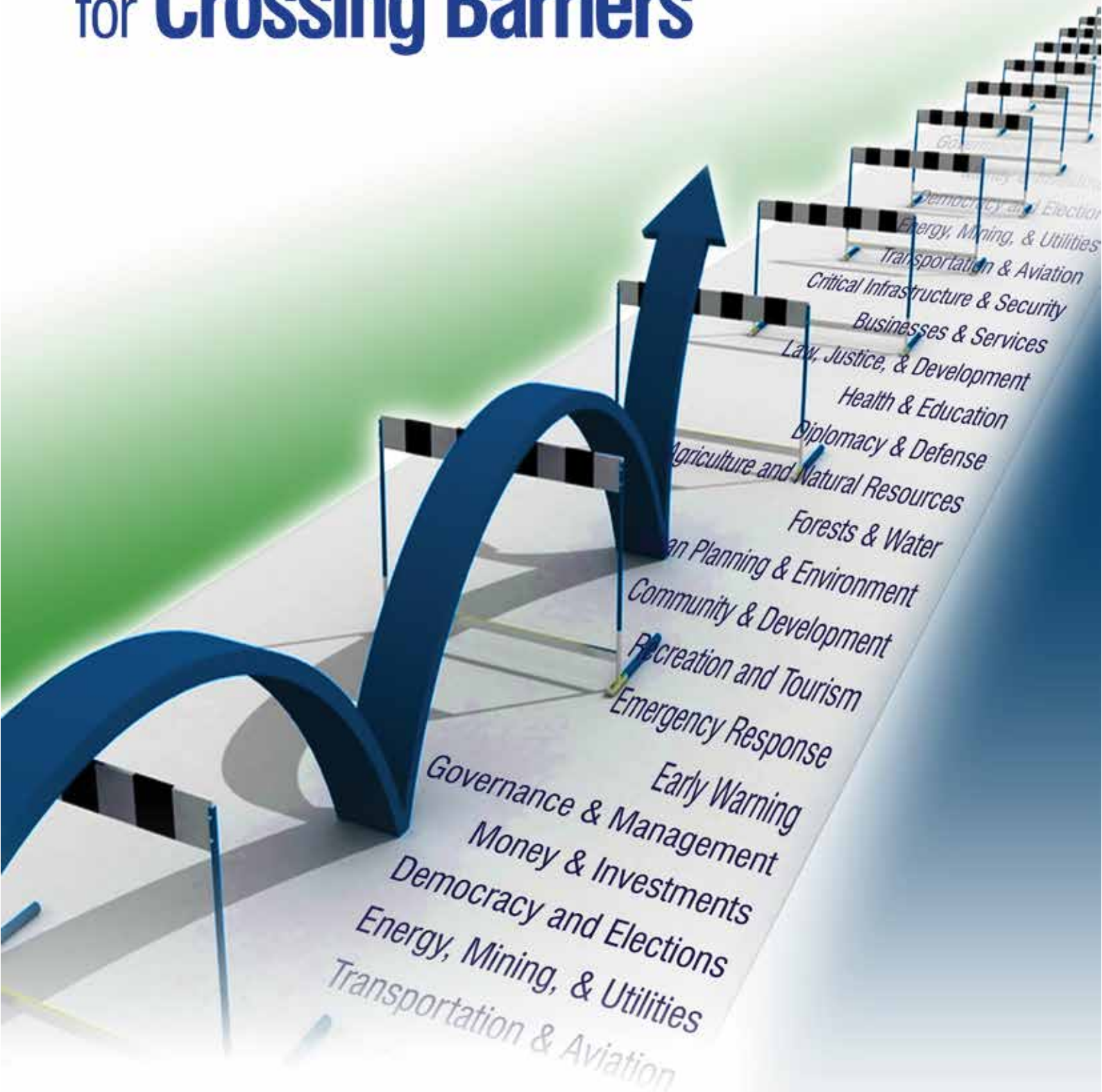
سرگودھا (اے پی پی) طبی ماہرین کے مطابق بازاری کھانوں سے بچوں میں فوڈ الرجی کا خطرہ ہوتا ہے فاسٹ فوڈ، ٹین، پلاسٹک یا گتے کی پکینگ کے جوس اور ڈرنکس بچوں کیلئے مضر صحت ہیں۔ بچوں کو فاسٹ فوڈ اور کوئلڈ ڈرنکس سے بچانے اور انہیں تازہ پھل سبزیوں اور دالوں کی طرف راغب کرنے کی اشد ضرورت ہے۔ غذایات کے ماہرین کا کہنا ہے کہ والدین کو اس امر پر نظر رکھنے کی ضرورت ہے کہ بچے من پسند ڈش کے باوجود کھانا کھانے سے کیوں کتراتے ہیں جبکہ زبردستی کھانا کھلانے کا عمل بھی بعض اوقات مفید نہیں ہوتا۔ ایک سال سے پانچ سال کے بچوں کیلئے گھریلو کھانوں میں دلچسپی پیدا کرنے میں ماؤں کا کردار خصوصی اہمیت کا حامل ہے انہیں غذاء اور صحت سے متعلق ماہرین کے ساتھ مشورے اور معلوماتی کتابوں سے استفادہ کرنا چاہیے۔ بازاری چیزوں میں بچوں کی جسمانی ضرورت سے زیادہ نمک اور میٹھا ہوتا ہے جو ان کی صحت کیلئے انتہائی مضر ہے۔

بازاری کھانوں سے بچوں میں فوڈ الرجی
پیدا ہونے کا خطرہ ہوتا ہے، فاسٹ فوڈ
بھی مضر صحت ہے، طبی ماہرین

روزنامہ جنگ

15 نومبر 2013

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Al- Ibrahim Eye Hospital 0092-21-34560867 0092-21-34560718 Al- Ibrahim Eye Hospital, Old Thana, Gadap Town, Malir. Karachi Sindh	Al Mustafa Medical Centre (Hospital) 0092-21-4820101 Al Mustafa Medical Centre, ST-1, Block No.13-C, Gulshan-E-Iqbal, University Road, Karachi, Sindh
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Burhani Hospital Karachi 0092-21-32214418	Butt Charitable Hospital 0092--21-2572237

0092-21-32623046 info@burhanihospital.org.pk www.burhanihospital.org.pk/ Burhani Hospital Karachi, Tayebjee Road, Gari Khata, Karachi Sindh	Butt Charitable Hospital, St. 30, Muhammadi Rd. Pl. Miie. B- C/48, Shershah, Karachi, Sindh
CANTONMENT GENERAL HOSPITAL 0092--51-9270914 Hospital Road, Saddar, Rawalpindi cantt, Punjab	Care Health Service (Hospital) 0092-300-2323801 Care Health Service, Suite No. 43, Street No. 5, Main Ghazali Road, Block-B, Manzoor Colony, Karachi, Sindh
Carvan of Life Trust (Hospital) 0092-21 3587 3946 info@caravanoflifetrust.org www.caravanoflifetrust.org/ Carvan of Life Trust (Hospital), Defence Area, Phase V, Karachi Sindh	CDA HOSPITAL Islamabad 0092-51-9221302 0092--51-9224377 webmaster.ch@cda.gov.pk www.cda.gov.pk/hospital St# 31 ,G-6/2, Islamabad
CHATTHA HOSPITAL Gujranwala 0092-55-3250077 Chatha Colony, Gujranwala 52250, Punjab	Children Cancer Foundation (Hospital) 0092-21-36359939 0092-21-36361895 info@ccfpakistan.org www.ccfpakistan.org Children Cancer Foundation (Hospital) ST-1/C, Block-10, Ayesha Manzil, Federal B Area, Karachi, Sindh
Children's Hospital, Quetta 0092-81 2823709-12 Quetta, Balochistan	Chinot General Hospital 0092-21- 35063443 0092-21- 35067673 cgh@cgh-k.com www.cgh-k.com/files/cgh.asp Chinot General Hospital, ST-1/3, Sector 41-B, Korangi Township, Karachi, Sindh
City General Hospital 0092-21 4510132 Malir, Kalaboard, Karachi, Sindh	Civil Hospital Badin 0092-300-3020856 Badin, Sindh
Civil Hospital Dadu 0092-25-9200092 Dadu, Sindh	Civil Hospital Jacobabad 0092-722-654989 Jacobabad, Sindh
Civil Hospital Kandhkot 0092-314-7320247 Kandhkot, Sindh	Civil Hospital Tando Muhammad Khan 0092-300-3020856 Tando Muhammad Khan, Sindh
Civil Hospital Karachi 0092-21 99215728 saeed.quraishy@chk.gov.pk www.chk.gov.pk Civil Hospital Karachi, Opp:Allawala Market, M.A.Jinnah Road, Karachi, Sindh	Civil Hospital Thatta 0092-301-2559675 Thatta, Sindh
Civil Hospital Khairpur 0092-301-3407598 Civil Hospital, Gajani Centre, Civil Hospital Road, Khairpur Sindh	Civil Hospital Umerkot 0092-238-571748 Umerkot, Sindh
Civil Hospital Sanghar 0092-302-3220304 Civil Hospital Sanghar Sanghar, Sindh	Civil Hospital, Quetta 0092-81 9202018 Quetta, Balochistan
Civil Hospital Sukkar 0092-71-9310132 Civil Hospital Sukkar, Sukkur, Dera Bugti, Rahim Yar Khan, Sindh Sukkar, Sindh	Creek City Hospital 0092-21 5347825 0092-21 5341862 Creek City Hospital, Bunglow #89, Street "P", Off Khayaban-e- Mahafiz, ,Ph-VII, D.H.A., Karachi, Sindh
Civil Hospital Tando Allahyar 0092-300-3077022 Civil Hospital Tando Allahyar, Tando Allahyar, Sindh	Creek City Medical Complex (Hospital) 0092-21- 35216396 contact@ccmc.pk www.ccmc.pk/concept.php Creek City Hospital Complex, Pakistan Defence Officers Housing, Authority, 2/B East Street, Phase I, DHA, Karachi, 75500, Sindh
Cumber Specialists Hospital 0092-21 2202669	Cumber Specialists Hospital 0092-21 2202669

Cumber Specialists Hospital, CK 2/2, Moosa Street, Kharadar #2, Karachi, Sindh	Cumber Specialists Hospital, CK 2/2, Moosa Street, Kharadar #2, Karachi, Karachi, Sindh
Dehli Medical Centre (Hospital) 0092--21-6953212 Dehli Medical Centre, Markaz-E-Khidmat-E-Khalq, Dehli House, Educational & Medical Trust, Nagan Chowrangi, Karachi, Sindh	District Head Quarter Hospital Hyderabad 0092-222-671698 District Head Quarter Hospital Hyderabad, Banglow No. B-81, Gulshan-e-Sehar, Near by pass Qasim Abad, Hyderabad, Sindh
DHQ Hospital Abbottabad 0092-992-9310198, 9310199 Link Road, Abbottabad KHYBER PAKHTUNKHWA	District Head Quarter Hospital Jamshoro 0092-22-3877020 District Head Quarter Hospital Jamshoro, Banglow No. 1, Wapda Colony, Near SDO Office, HWSO, Jamshoro Sindh
District Head Quarter Hospital Jacobabad 0092-722-654372 District Head Quarter Hospital Jacobabad, Opposite Grid Station, Stadium Road, Jacobabad, Sindh	District Head Quarter Hospital Kamber 0092-744-211190 District Head Quarter Hospital Kamber, Near Shell Petrol Pump, Bypass Bango Dero Road, Kamber, Sindh
District Head Quarter Hospital Badin 0092-279-861926 District Head Quarter Hospital Badin, Badin Army Cantt, Haider Town, Badin, Sindh	District Head Quarter Hospital Karachi East 0092-21-99238954 District Head Quarter Hospital Karachi East, C-35, Block A, Kazimabad, Model Colony, Near Jinnah Air Port, Karachi East Sindh
District Head Quarter Hospital Dadu 0092-254-711012 District Headquarter Hospital Dadu, H. No. 36/A, Housing Society, Near Bano Stop, Dadu, Sindh	District Head Quarter Hospital Karachi South 0092-21-34556162 District Head Quarter Hospital Karachi South, Z-175, Block 2, PECHS, Tariq Raod, Karachi South, Sindh
District Head Quarter Hospital Ghotki 0092-7236-81106 District Head Quarter Hospital Ghotki, Banglow No. 23, Dorri Road, Opposite Marvi Floor Mills, Bypass, Ghotki, Sindh	District Head Quarter Hospital Karachi West 0092-21-36649344 District Head Quarter Hospital Karachi West, D-64, Block B, North Nazim Abad, Karachi west, Sindh
District Head Quarter Hospital Kashmore 0092-722-570258 District Head Quarter Hospital Kashmore/Kandhkot, Gulshaer Mohallah Opposite Government High School, Kashmore Sindh	District Head Quarter Hospital Sanghar 0092-235-541451 District Head Quarter Hospital Sanghar, Opposite Civil Hospital, Sanghar, Sindh
District Head Quarter Hospital Khairpur 0092-243-9280160 District Head Quarter Hospital Khairpur, A-4-81/1, Latif Colony, Station Road, Khairpur, Sindh	District Head Quarter Hospital Shikarpur 0092-726-521387 District Head Quarter Hospital Shikarpur, Near Plaza Cenima, Shikarpur, Sindh
District Head Quarter Hospital Larkana 0092-74-9410233 District Head Quarter Hospital Larkana, Banglow No. A-32, Sachal Colony, Wagan Road, Larkana, Sindh	District Head Quarter Hospital Sukkar 0092-71-9310120 District Head Quarter Hospital Sukkar, H. No. C-114, Parsi Colony, Opposite District Accounts Officer Sukkar Sukkar, Sindh
District Head Quarter Hospital Matiari 0092-222-760015 District Head Quarter Hospital Matiari, First Floor, Syed Rukhuddin Shah Complex, Main Matiari, Bypass Road, Matiari Sindh	Head Quarter Hospital Tando Allahyar 0092-22-3892108 District Head Quarter Hospital Tando Allahyar, Banglow No. 14, Shahbaz Colony, Near Nasar Pur Van Stop, Tando Allahyar Sindh
District Head Quarter Hospital Mirpurkhas 0092-233-9290137 District Head Quarter Hospital Mirpurkhas, B-9, Sattelite Town, Block 4, Unit No. 3, Mirpurkhas, Sindh	District Head Quarter Hospital Tando Muhammad Khan 0092-223-342721 District Head Quarter Hospital Tando Muhammad Khan, H. No. 1, Somra Mohallah, Tando Muhammad Khan, Sindh
District Head Quarter Hospital Naushero Feroz 0092-242-448687 District Head Quarter Hospital Naushero Feroz, Farooq Town, Plot No. 43, National Highway Road, Naushero Feroz, Sindh	District Head Quarter Hospital Tharparkar 0092-23-2262102 District Head Quarter Hospital Tharparkar, Sodha House, Islam Kot Road, Mithi, Tharparkar, Sindh
District Head Quarter Hospital Nawabshah 0092-244-9370217 District Head Quarter Hospital Nawabshah, H. No. 31, Housing Society, Nawabshah, Sindh	District Head Quarter Hospital Thatta 0092-298-550691 District Head Quarter Hospital Thatta, National Highway, Near Main Branch NBP, City Bus Stop No. 1, Thatta, Sindh
District Head Quarter Hospital Umerkot 0092-238-571869 District Head Quarter Hospital Umerkot, Banglow No. 21, Ward No. 311, Near Bilal Masjid, Somra Mohallah, Umerkot, Sindh	Kunri Christian Hospital 0092-722-571837 Kunri Christian Hospital, Kunri69160, Taluka, Kunri, Umer Kot Sindh

<p>District Headquarter Hospital, Haripur 0092-992-380791, 503167 0092-992-381691 info@aimca.edu.pk www.aimca.edu.pk/teaching_hospital.php Abbottabad International Medical College P.O. Abbottabad Public School , Mansehra Road Abbottabad, KHYBER PAKHTUNKHWA</p>	<p>Kutiana Memon Hospital 0092-21 2315376-7 0092-21 2315148 Kutiana Memon Hospital, Aga Khan/G allana Road , Kharadar. Karachi, Sindh</p>
<p>Dow University Hospital 0092-21 99215690 Dow University Hospital, Baba-E-Urdu Road, Karachi 74200- Sindh</p>	<p>Lady Aitchison Hospital Lahore 0092-42-9211145-54 kemcol@Brain.net.pk www.kemu.edu.pk King Edward Medical University, Nelagumbad, Anarkali, Lahore, Punjab</p>
<p>Dr. Alidina's Kharadar Maternity Home (Hospital) 0092-21 2204627 Dr. Alidina's Kharadar Maternity Home, Paria Street,Kharadar, Karachi, Sindh</p>	<p>Lady Reading Hospital 0092-91-9211430- 49 0092-91-9211401 info@lrh.gov.pk www.lrh.gov.pk Lady Reading Hospital , khyber Bazar, Peshawar KHYBER PAKHTUNKHWA</p>
<p>Dr. Atique Orthopedic & Medical Centre (Hospital) 0092-21-4404535 0092-21-4505355 dr.atiqueanwar@gmail.com Dr. Atique Orthopedic & Medical Centre, A-18/423, Darakhshan Society, Kalaboard, Malir, Karachi, Sindh</p>	<p>Lady Willingdon Hospital Lahore 0092-42-9211145-54 kemcol@brain.net.pk www.kemu.edu.pk/lady-willingdon-hospital.html King Edward Medical University Nelagumbad, Anarkali . Lahore, Punjab</p>
<p>Dr. Ziauddin Hospital 0092-21- 35862937-9 0092-21- 35862940 zhc@ziauddinhospital.com www.ziauddinhospital.com/ziauddin-trust.htm Dr. Ziauddin Hospital, 4/B, Shahrah-e-Ghalib, Block 6, Clifton, Karachi, Sindh</p>	<p>Lahore General Hospital, Lahore 0092-42-5810891-2 Lahore General Hospital, Lahore Ferozpur Road Chungi Amarsiddhu, Lahore, Punjab</p>
<p>Faiz-E-Aam Hospital 0092-21-4558351 0092-21-4522406 Faiz-E-Aam Hospital, 2-Teachers C.H.Society, Shaheed-E- Millat Road, Karachi, Sindh</p>	<p>Layton Rahmatulla Benevolent Trust Eye Hospital 0092-21 35396600-5 0092-21- 35396606 lrbt@cyber.net.pk www.lrbt.org.pk/lrbt-a-beacon-of-hope Layton Rahmatulla Benevolent Trust Eye Hospital, 37-C, Sunset Lane No.4, Phase – II Extension, 24th Commercial Street, D.H.A, Karachi, Sindh</p>
<p>Fatemi Surgical Hospital 0092-21-278322 Fatemi Surgical Hospital, Cantonment Market, Lucky Star, Saddar, Karachi, Sindh</p>	<p>Leprosy Patients Welfare Trust (Hospital) 0092-21-32436210 0092-21-32420485 lpwt@super.net.pk www.leprosylpwt.org.pk/About.htm Leprosy Patients Welfare Trust, Room No.13, 3rd Floor, Waqar Center, Muhammad Feroze Street, Jodia Bazar, NearKhor Garden Masjid, P.O.Box No. 6818, Karachi, Sindh</p>
<p>Fatima Bai Hospital 0092-21-4124249 Fatima Bai Hospital, Plot #805, JR-32, Laypat Rai Rd.Jamshed Quarters, Karachi, Sindh</p>	<p>Liaquat National Hospital & Medical College 0092-21 3493 9612 0092- 21 3414 0014 admin@lnh.edu.pk www.lnh.edu.pk/ Liaquat National Hospital & Medical College, National Stadium Road, Karachi, Sindh</p>
<p>Fatmia Foundation (Hospital) 0092-21-2225284 0092-21-2256752 Fatmid Foundation (Hospital), 393-Britto Road, Garden East, Karachi 74800, Sindh</p>	<p>Lions Eye Hospital 0092-21-36990096 0092-21-36990096 info@lionseyehospital.org www.lionseyehospital.org/about.html Lions Eye Hospital, ST-21, Sector 5-B/3, Main Road, North Karachi Township, Karachi, Sindh</p>
<p>Fon General Hospital & Karachi Urology Center 0092-21-4989192 Fon General Hospital & Karachi Urology Center, C-130 Blk-9 G'Iqbal City, Karachi, Karachi, Sindh</p>	<p>Mamji Hospital Orthopaedic & General 0092-21-36804706 Mamji Hospital Orthopaedic & General C-19,Block- 17,F.B.Area,Near Water Pump, Karachi, Sindh</p>

Gondal Memon Association (Hospital) 0092-21-4857662 Gondal Memon Association, JM-172, Jeker Street, adj.Qudsi Masjid, Jamshed Rd, Karachi, Sindh	Marie Adelaide Leprosy Center (Hospital) 0092--21 35682706, 0092-21- 35683106 secretariat@malc.org.pk www.malc.org.pk/index.html Marie Adelaide Leprosy Centre, Mariam Manzil, A.M. 21,Off Shahrah-e-Liaquat,P.O. Box No. 8666,Saddar, Karachi, Sindh
GOVERNMENT CIVIL HOSPITAL HQ: Gujranwala 0092-55-9200109 Civil Lines, Gujranwala, Punjab	Mayo Hospital, Lahore 0092-42-99213666, Hospital Road, Lahore, Punjab
Gulaab Devi Hospital, Lahore 0092-42-9230247-50 0092-42-9230817 gulabdevi@hotmail.com www.gulabdevi.org Gulab Devi Chest Hospital Ferozpur Road, Lahore, Punjab	Mid East Hospital Quetta 0092-81-2821103-5 Al Gilani Road, Quetta, Balochistan
Gulshan General Hospital 0092-21-4992404 Gulshan General Hospital, C-51, Block No. 4-A, Gulshan-E-Iqbal, Abul Hasan saphani Road, Karachi, Sindh	Muhammad Hospital 0092--21-6800396 Muhammad Hospital, C-53, Block-17, F.B. Area, Karachi Sindh
Habib Medical Centre (Hospital) 0092-21-6341893 Habib Medical Centre, Bs-3 Blk-4 FB Area, Karachi Sindh	Murshid Hospital and Health Care Center (Hospital) 0092-346-8215214 0092-21 32811307 info@murshid.org www.murshid.org Murshid Hospital and Health Care Center, Hub River Road, Mujahidabad, Karachi, Sindh
Haji Rang Elahi Eye & General Hospital 0092-21-34967891 Haji Rang Elahi Eye & General Hospital, ST-4B,Block-4,Gulshan-e-Iqbal,Allama Shabbir A.Usm. Karachi, Sindh	Nadeem Medical Centre (Hospital) 0092-21-4984300 Nadeem Medical Centre, St-D-18, Block No.6, Gulshan-E-Iqbal, Karachi, Sindh
Hashmani Hospital 0092-21-32781339 0092-21-32787044 info@hashmanis.com.pk www.hashmanis.com.pk Hashmani Hospital, JM-75, Off M A Jinnah Road Karachi, Sindh	National Institute Of Cardiovascular Diseases (Hospital) 0092-21-9201215 0092-21-9201216 nicvdedo@khi.comsats.net.pk www.nicvd.edu.pk/AboutUs.htm National Institute Of Cardiovascular Diseases (Hospital), Rafiqui (H.J.) Shaheed Road, Karachi-75510,Sindh
Hayatabad Medical Complex 0092-91-9217188 0092-91-9217189 Hayat Abad, Peshawar, KHYBER PAKHTUNKHWA	National Institute of Children Health (Hospital) 0092-21-99201193 0092-2199205318 nfo@nich.edu.pk www.nich.edu.pk/Default.aspx National Institute of Children Health (Hospital), Rafiqui S.J Shaheed Road, Karachi, Sindh
Health Care Hospital 0092-21-5312320 0092-21-5801832 info@healthcarehospital.com.pk www.healthcarehospital.com.pk/aboutus.htm Health Care Hospital, Plot # 140, 17th East Street,Main Korangi Road, DHA,Phase-I, Karachi, Sindh	National Medical Centre (Hospital) 0092-21 35380000-3 0092-21 35805022 info@nmc.net.pk www.nmc.net.pk/ National Medical Centre, A-5/A, National Highway, Phase 1, Defence, Housing Authority,Near Kala Pul, Karachi, Sindh
Hill Park General Hospital 0092-21-4538563 Hill Park General Hospital, S.N.C.C. 3/4, Block #3 Main Shaheed-e-Millat Road, Karachi, Sindh	Nishtar Hospital Multan 0092-61 9200238, 0092-61 9200227 nishtarmed@gmail.com www.nmch.edu.pk Nishtar Road, Multan, Punjab
Holy Family Hospital, Rawalpindi 0092-51-4411377 0092- 51 9290519 Holy Family Hospital Asghar Mall, Satellite Town Saidpur Road. Rawalpindi, Punjab	NUCLEAR ONCOLOGY & RADIOTHERAPY INSTITUTE & HOSPITAL 0092--51-9260611-15, 51-9261313 0092--51-9260616 nori@isb.paknet.com.pk www.paec.gov.pk Hanna Road, Sector G-8/3, Islamabad
HOPE Rehabilitation Center for disabled, Lahore 0092-42 35177791 0092- 42 35177793 info@hope.org.pk,	Ojah Institute of Chest Diseases (Hospital) 0092-21-99261472-9 shahina.qayyum@duhs.edu.pk www.duhscme.com/TB/index.php?page=aboutus

www.hope.org.pk HOPE Rehabilitation Center for disabled 866-B, Faisal Town. Lahore, Punjab	Ojah Institute of Chest Diseases, Dow University of Health Sciences, Gulzar-e-Hijri, Suparco Road, KDA Scheme -33, Karachi, Sindh
Ibn-e-Seena Hospital 0092-21-34992706 Ibn-e-Seena Hospital ST-22 Block-6 Gulshan-e-Iqbal, University Road, Karachi, Sindh	Orthopaedic & Medical Institute (Hospital) 0092-21 32258075-79 0092-21 32251814 info@omihospital.com www.omihospital.com/Introduction.html Orthopaedic & Medical Institute, 89/1 Depot Lines, Karachi, Sindh
Imam Zainul Abidin Hospital 0092-21-6608991 0092-21-6622680 Imam Zainul Abidin Hospital, C-42 & 43, Rizvia Society, Nzd. Karachi, Sindh	P.E.C.H.S Trauma & General Hospital 0092-21 34310870-71-72 0092-21 34311341 info@pechstrauma.com www.pechstrauma.com/aboutus.html P.E.C.H.S Trauma & General Hospital, 1/4,258/1, Block 6, P.E.C.H.S, Karachi, Sindh
Indus Hospital 0092-21- 35112709-17 0092-21- 35112718 crd@indushospital.org.pk www.indushospital.org.pk/index.php Indus Hospital, Korangi Crossing, Karachi, Sindh	Pakistan Red Crescent Society (Hospital) 0092-21-5836275 Pakistan Red Crescent Society, Hilal-E-Ahmer House, Clifton, Karachi, Sindh
Institute of Orthopedics & Surgery (Hospital) 0092-21 34315407-11 0092-21- 34315415 info@iospak.com www.iospak.com/ Institute of Orthopedics & Surgery, 187-C, Block 2, P.E.C.H.S., Shahra-e-Quaideen, Karachi, Sindh	Patel Hospital 0092- 21 34968660-1 0092- 21 34985899 info@patel-hospital.org.pk www.patel-hospital.org.pk/index.html Patel Hospital ,ST-18, Block-4, Gulshan-e-Iqbal, Karachi, Sindh
Jinnah Hospital, Lahore 0092-42-9231400-23 0092-429231427 info@aimc.edu.pk www.aimc.edu.pk Jinnah Hospital, Lahore Allama Shabbir Ahmed Usmani Road. Lahore, Punjab	Progressive Surgicals Hospital 0092-21-2785931 0092-21-2789980 Progressive Surgicals Hospital, Shop No. 04-05, Cantonment Market, Block II, Lucky Star, Saddar, Karachi, Sindh
Jinnah Medical College Hospital 0092-21- 5071854-6-8 0092-21 5073161 jmch@jmc.edu.pk www.jmc.edu.pk/jmch/index.htm Jinnah Medical College Hospital, S. R-6, 7/A, Korangi Industrial Area, Karachi, Sindh	Psychiatric hospital Lahore 0092-42 37415762 info@lph.com.pk Psychiatric hospital Scheme Street, Near Wagon Stop Bastami Road, Sodiwal, Lahore, Punjab
JINNAH MEMORIAL HOSPITAL Gujranwala 0092-55-3253467 Gujranwala, Punjab	Qamarul Islam Hospital & Diagnostic Centre 0092-21-5379168 Qamarul Islam Hospital & Diagnostic Centre Punjab Colony, Khayaban-e-Jami Defence, Housing Authority, Karachi, Sindh.
Jinnah Postgraduate Medical Centre (Hospital) 0092-21 9201300 info@jpmc.com.pk Jinnah Postgraduate Medical Centre, Rafiqui (H.J.) Shaheed Road, Karachi, Sindh	Railway Cairns Hospital Lahore 0092-42 9201720-21 Garhi Shahu, Lahore, Punjab
Kamal Hospital 0092-21-5655341 Kamal Hospital, 226/A, El Lines, Dawood Pota Rd., Saddar, Karachi, Sindh	Railway Hospital, Quetta 0092-81 9211077 Railway Hospital, Quetta, Balochistan
Karachi Adventist Hospital 0092-21- 2258021- 0092-21- 2227010 kah@karachiadventisthospital.org www.karachiadventisthospital.org Karachi Adventist Hospital, 91, Depot Lines, M.A Jinnah Road, P.O.Box., Karachi, Sindh	Rajput General Hospital 0092-21-4979403 Rajput General Hospital, ZC-2, Block 4, Gulshan-E-Iqbal, Abul Hasan Isaphani Road, Karachi, Sindh
Karachi E.N.T. & Eye Hospital 0092-21-2720866 Karachi E.N.T. & Eye Hospital, Rimpa Plaza, M.A.Jinnah	Rawalpindi General Hospital Rawalpindi 0092-51 9290301-7 Murree Road, Rawalpindi, Punjab

Road, Karachi, Sindh	
Karachi Institute of Heart Diseases (Hospital) 0092-213-9246097 0092-213-9246061 Karachi Institute of Heart Diseases, ST-15, Block-16, Federal B. Area, Karachi, Sindh	Remidial Centre (Hospital) 0092- 21-36633834 - 5 - 6 0092-21-36638189 info@remedialcentre.com www.remedialcentre.com/a.html Remidial Centre (Hospital), D-9, Block-I, North Nazimabad, Karachi, Sindh
Karachi National Hospital 0092-21-32251587 0092-21-32230215 info@karachinational.com www.karachinational.com/aboutus.html Karachi National Hospital (Pvt.) Ltd. 239, J. M. Amil Colony, M. A. Jinnah Road, Opposite Mazar-e-Quaid, Karachi, Sindh	Rural Health Center Chachro (Hospital) 0092-2381-73014 Rural Health Center Chachro, Taluka Chachro, Tharparkar, Sindh
Kharadar General Hospital 0092-21-32510113 – 16 0092-21-32511984 info@kharadarhospital.org www.kharadarhospital.org Kharadar General Hospital, Aga Khan Road, Kharadar, Karachi Sindh	Rural Health Center Islamkot (Hospital) 0092-2342-63119 Rural Health Center Islamkot, Taluka Mithi, Tharparkar, Sindh
Khyber Teaching Hospital 0092-91-9216362 0092-91-9216364 CHIEFKTH@PSH.PAKNET.COM.PK www.khyber.4t.com/ University Town Peshawar, KHYBER PAKHTUNKHWA	Sahib-uz-Zaman Hospital Quetta 0092-81 2662104 Alamdard Road, Quetta, Balochistan
Kidney Center Hospital 0092-21-35661000 0092-21- 35661040/50 mail@kidneycentre.com www.kidneycentre.com/ Kidney Center Hospital, 197/9, Rafiqi Shaheed Road, Karachi, Sindh	Sahib-uz-Zaman Hospital Quetta 0092-81 2855751 Alamdard Road, Quetta, Balochistan
Kidney Foundation Hospital 0092-21-4532336 0092-21-4380842 Kidney Foundation Hospital, 5-Amber Towers, Sharae Faisal 22-A, Block-6, P.E.C.H.S., Karachi, Sindh	Saifee Hospital 0092-21-36789400 0092-21-36628206 info@saifeehospital.com.pk www.saifeehospital.com.pk/ Saifee Hospital, ST-1, Block-F, North Nazimabad, P.O. Box number 74700 Karachi, Sindh
Kiran Patients Welfare Society Hospital 0092- 21 5044037 0092- 21 5044306 ali.kpws@hotmail.com www.kpws.org/BreastCancer/Index.htm Kiran Patients Welfare Society (KPWS) Karachi Institute of Radiotherapy And Nuclear Medicine (KIRAN Hospital), Near Safura Goth, Scheme 33. Karachi, Sindh	Saleem Medical Complex Quetta 0092-81 2827104 Saleem Medical Complex Double Road, Quetta, Balochistan
Sardar Bahadur Khan TB Sanatorium, Quetta 0092-81 2855751 Quetta, Balochistan	Samdani Hospital 0092-21 34814946 Samdani Hospital, A-560, Block No.5, Gulshan-e-Iqbal, Karachi Sindh
Sarfaraz Rafiqi Shaheed Hospital 0092-21-475500721 info@rafiqihospital.com.pk www.rafiqihospital.com.pk Sarfaraz Rafiqi Shaheed Hospital Shorot Cantts Karachi, Sindh	Shaukat Omar Memorial Hospital (Fauji Foundation) Karachi 0092-21.99248701 Shaukat Omar Memorial Hospital (Fauji Foundation) , Shah Faisal Colony, Shahrah-e-Faisal, Karachi, Sindh
Services Hospital Lahore 0092-429202089 0092-42-9203426 Services Hospital Lahore Ghaus-ul-Azam (Jail) Road. Lahore, Punjab	Sheikh Zayed Hospital Lahore 0092-42-35865731 University Road, Block D, New Muslim Town, Lahore, Punjab
The Children's Hospital, Lahore	Sina Health, Education & Welfare Trust (Hospital)

0092-42-923 0901-10 The Children's Hospital Lahore Ferozepur Road. Lahore, Punjab	0092-21 3582 1076 info@sina.pk Sina Health, Education & Welfare Trust, F-7/1, Block 8, KDA Scheme 5, Kehkashan, Clifton, Karachi, Sindh
The Kidney Centre Post Graduate Training Institute 0092-21 35661000 (10 Lines) 0092-21 35661040/50 mail@kidneycentre.com www.kidneycentre.com 197/9, Rafiqui Shaheed Road, Karachi, Sindh	Sindh Institute of Urology and Transplantation (Hospital) 0092-21- 99215752 0092-21- 99215469 info@siut.org, resource@siut.org www.siut.org/about-siut/our-history Sindh Institute of Urology and Transplantation (Hospital), Civil Hospital. Karachi, Sindh
The Medical General Hospital 0092-21-6980149 The Medical General Hospital, ST. 16, Sec. 11-B, N/Kar, Karachi Sindh	Sindh Medical Centre (Hospital) 0092-74-4040330 0092-74-4055866 Sindh Medical Centre, VIP Road. Larkana, Sindh
Usman Memorial Hospital 0092-213-6316328 Usman Memorial Hospital, ST/12, Block-1, F.B. Area, Karachi, Sindh	Skin & Social Hygiene Centre (Hospital) 0092-213-2723952 Skin & Social Hygiene Centre, Behind Regal Cinema, Saddar, Karachi, Sindh
Zainab Punjwani Memorial Hospital 0092-21 32236251 zpmh@hotmail.com www.panjwani.org/ Zainab Punjwani Memorial Hospital, Mohammad ali Habib Road, Numaish, Karachi, Sindh	Sobhraj Maternity Home (Hospital) 0092-21 32636080 Sobhraj Maternity Home (Hospital), Urdu Bazar, Karachi, Sindh
Zubair Medical Center (Hospital) 0092-726-521004 Zubair Medical Center, Hathidar Road, Opp Fire brigade Hazaridar Shikarpur, Sindh	Zubeda Khaliq Memorial Hospital 0092-581 546 8165 0092- 581 546 8165 khansikandar@yahoo.com www.zkmfreehospital.org/index.html Zubeda Khaliq Memorial Trust, Sermik, Skardu, Gilgit

HUMANITARIAN ORGANIZATIONS

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Customs Health Care Society 0092-42 - 3784 7008 asifjah@welfareclinic.com.pk , yumna@welfareclinic.com.pk www.welfareclinic.com.pk 449-Jahanzeb Block, Allama Iqbal Town, Lahore, Punjab	Gender and Reproductive Health Organization 0092-81-2872129 0092-81-2842982 genderbltn@gmail.com www.grho.org.pk/contactus.html Head Office: House# 171/28-B, Near IT university Jinnah Town Quetta, Balochistan
Education Awareness & Community Health 0092-41-5504488 0092-41-2404488 each@nexlinx.net.pk www.each.org.pk Main Bazar Masoodabad, Near Sultan Chowk, samanabad, Faisalabad, Punjab	Health Education & Literacy Trust 0092-42 3 6663144 0092-42-5895453 heal@wol.net.pk , healtrust_pk@yahoo.com www.healtrust.org 53 - K, Gulberg 3 / 736-Z Phase III DHA / 157-E, Upper portion, New Super town, Ghazni Lane, Near Defence More. Lahore Cantt, Punjab
Education, Health, Social Awareness & Rehabilitation Foundation (EHSAR Foundation) 0092-91 585 3030 0092-91 570 3070 ehsarfoundation@gmail.com www.ehsar.org EHSAR Foundation 43 - B, S. Jamal ud Din Afghani Road, University town, Peshawar, KHYBER PAKHTUNKHWA	Health Education And Development Society, Pakistan 0092-346 2926572 hedsbaltistan@gmail.com www.hedsbaltistan.org House # 32 Askole , Skardu, Gilgit Baltistan
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0092-51-285-4528 info@fhipk.org Family Health International H#9 9th Avenue, F-8/1. Islamabad	agboat@hope-ngo.com www.hope-ngo.com 5, Amir Khusro Road, Mehvush, Overseas Cooperative Housing Society, Karachi, Sindh
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International Centre for Migration, Health and Development (41 22) 783 10 80 (41 22) 783 10 87 secretariat@icmhd.ch www.icmhd.ch Geneva (Main Office):11, Route du Nant d'Avril CH – 1214 Geneva Switzerland	Healthy Environment Creative Society 0092-242-526043 hecs.org@gmail.com www.hecs.webstarts.com HECS Office, 3rd Floor State Life Building, near warid Franchise, Main Road, Moro, Naushahro Feroze, Sindh
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