

HEALTH BULLETIN

Oct 31st, 2013 - Volume:1, Issue: 5

IN THIS BULLETIN

Health News	1-12	Pakistan among the worst countries to grow old in: UN Another outbreak?: Congo virus threatens lives, warn doctors Health dept inquiry finds over 3,500 'ghost doctors' Pakistan polio outbreak puts global eradication at risk Balochistan doctors threaten en masse resignation Dengue cases surge in Hyderabad amid official apathy Number of dengue patients in Punjab jumps to 346 Public health: 'Salt iodisation should be strengthened' Public health: Liver diseases on the rise, says expert Learning about health: Clean habits can lower child mortality, say paediatrics Politicization of health issues to damage image of Pakistan Two die in blast outside Pakistan health clinic Dengue fever spread on the rise Three-day anti-polio drive starts in KP Another 27 tested dengue positive LHC directs doctor to pay blood money Exhibition on Polio Day Awareness Walk on Thursday to mark World Polio Day Health peril of pesticides PIMS young doctors call off strike after demands met Citizens advised not to eat too much of red meat Colorectal disease: Surgeons converge at JPMC to train with Polish expert
Articles	13	
Balochistan EQ Health Situation Report	15	
Humanitarian Organizations' Interventions in Health Sector	16	
Health Profile Islamabad	17-18	
Urdu News	19-24	
Health Maps	25-27	
Health Directory	29-41	

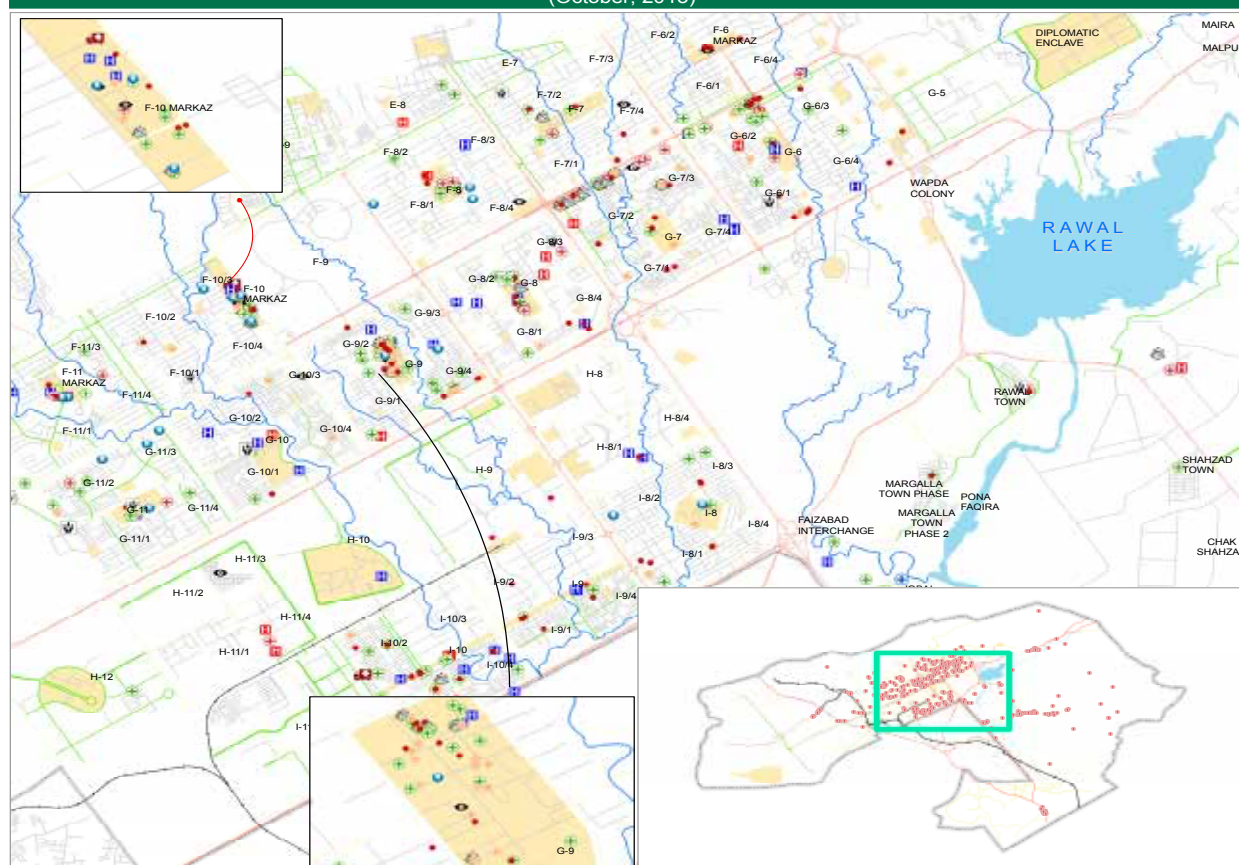
MAPS

- ISLAMABAD HEALTH FACILITIES MAP
- INFANT MORTALITY STATISTICS IN PAKISTAN - 2011

- CANCER STATISTICS IN PAKISTAN - 2013

ISLAMABAD HEALTH FACILITIES MAP

(October, 2013)



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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

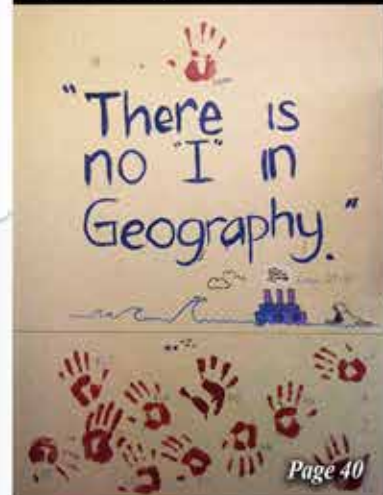
Page 30

- Energy Infograph Islamabad Capital Territory

APPLIED RESEARCH

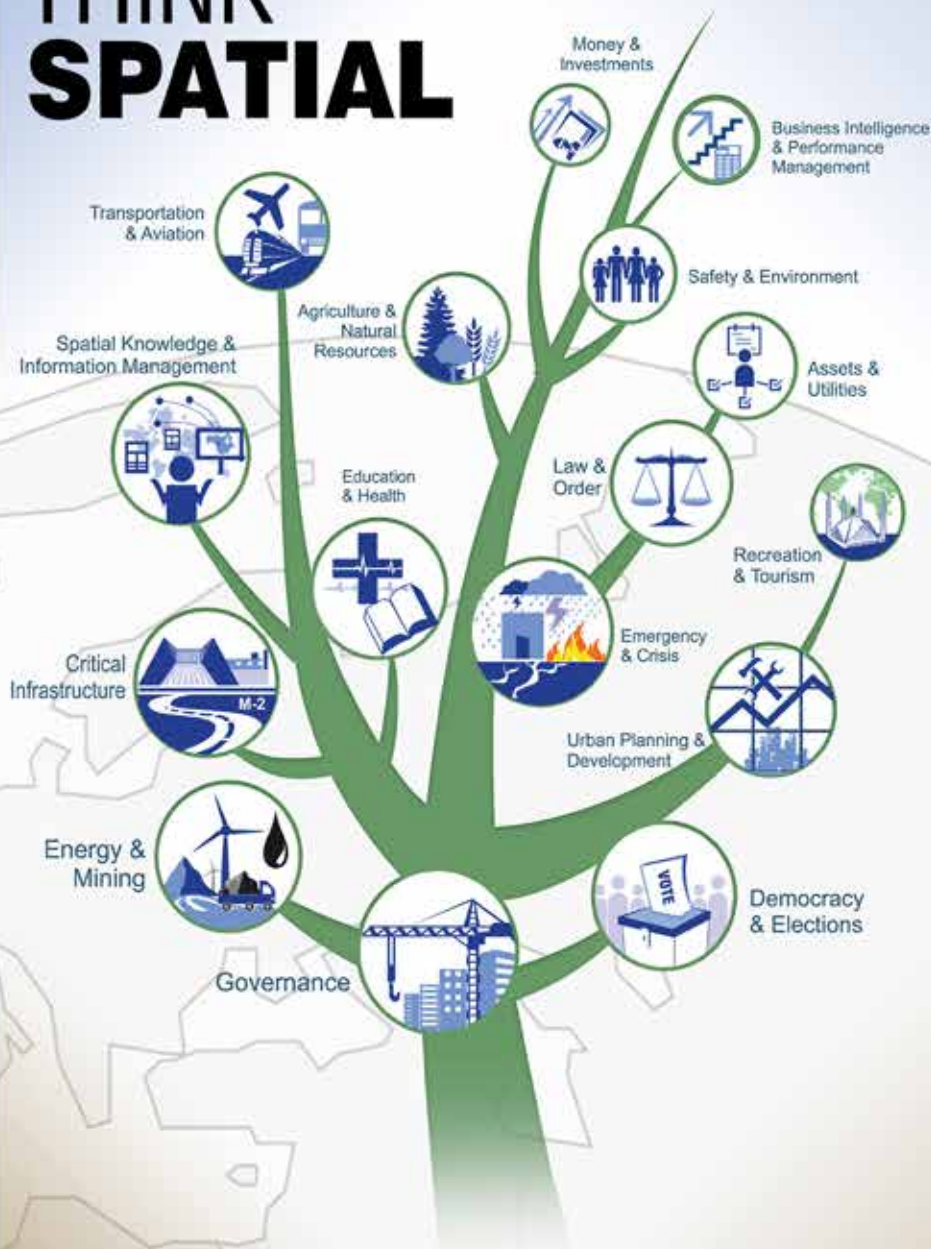
- Language policy, multilingualism and language vitality in Pakistan *Page 34*
- Word Disaster Report *Page 42*

INFOTAINMENT



Page 40

THINK SPATIAL



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News Headlines

Pakistan among the worst countries to grow old in: UN

The Express Tribune, October 2 2013.

Another outbreak?: Congo virus threatens lives, warn doctors

The Express Tribune, October 7th, 2013.

English News

GENEVA: Pakistan has been ranked among the three worst countries to grow old in, while Sweden came in as best, according to a new UN-backed study released on Tuesday that warns many countries are ill-prepared to deal with the old-age time bomb.

The report, which looked at 13 different indicators for the four key domains of income security, health status, education and employment, and enabling environment to capture the multidimensional nature of the quality of life and well being of the older people.

With 6.5 per cent of population of the country over 60-years of age, Pakistan has been ranked 89 out of the 91 countries included in the Global Age Watch Index.

Among the subcontinent countries including India, Nepal and Sri Lanka, Pakistan has the lowest overall score.

In the enabling environment domain, it is ranked lowest on the Index. Only 41% of those over 50 years of age feel safe walking alone at night and 31% of people over 50 are satisfied with the freedom of choice in their life.

On a positive note, Pakistan ranks highest within its sub-region in the education and employment domain at 67, with 55.3% of people aged between 55 and 64 being employed.

In a rapidly greying world, the Global Age Watch Index – the first of its kind – found that Sweden, known for its generous welfare state, followed by Norway and Germany were best equipped to deal with the challenges of an ageing population.

How countries care for their senior citizens will become increasingly important as the number of people over the age of 60 is set to soar from some 809 million today to more than two billion by 2050 – when they will account for more than one in five people on the planet, the report said.

“The 21st century is seeing an unprecedented global demographic transition, with population ageing at its heart,” the authors of the study said.

The survey ranked many African and South Asian countries as the worst places to be retired.

The index was compiled by the Help Age International advocacy group and the UN Population Fund in a bid to provide much-needed data on ageing populations worldwide.

It ranked the social and economic wellbeing of the elderly in 91 countries, by comparing data from the World Health Organisation and other global agencies on older people's incomes, health, education, employment and their environments.

While the world's richest countries – including Western European nations, the US and Japan – predictably ranked highly, the report somewhat surprisingly found that a number of lower-income countries had put in place policies that significantly improved the quality of life for their elderly.

Bolivia, which offers free healthcare to its older citizens despite being one of the poorest surveyed countries, and Sri Lanka, with its long-term investments in health and education, were among those singled out for praise.

HelpAge's chief executive Silvia Stefanoni said a lack of urgency in the debate about older people's wellbeing “is one of the biggest obstacles to meeting the needs of the world's ageing population”.

“By giving us a better understanding of the quality of life of women and men as they age, this new index can help us focus our attention on where things are going well and where we have to make improvements,” she said in a statement.

The study also noted that some of the top-ranking countries had introduced successful policies to care for the elderly at a time when they were still emerging economies.

Sweden for instance put in place its universal pension system a century ago, while Norway introduced its system in 1937, it said.

“Limited resources need not be a barrier to countries providing for their older citizens,” the report said.

ISLAMABAD: Amid the paralysing spread of polio in Fata and Khyber- Pakhtunkhwa (K-P), the Congo virus may be the next epidemic to hit the country. The virus may be a serious threat to human lives if timely precautionary measures are not taken, warned Dr Muhammad Najeeb Khan Durrani, the senior Surveillance Coordinator Communicable Diseases, Islamabad.

People in areas of Punjab, K-P and Balochistan have been exposed to the deadly virus, Dr Durrani, who is also member of the Global Outbreak Alert Response Network, told The Express Tribune. People think that because of the name, Congo virus cannot be found in Pakistan, which is an ignorant assumption, he said. “Congo virus is a reality in the country.”

The virus causes Crimean- Congo hemorrhagic fever (CCHF) – a widespread tickborne viral disease in domestic and wild animals that affects humans. Domestic animals brought from Afghanistan to Pakistan through the border at Chaman carry the infectiousticks.

The disease spreads among the animals through the ticks. In humans, it is spread by close contact with the blood, secretions, organs or other bodily fluids of infected animals or persons. The virus was initially found in Loralai in 2006 where some butchers and livestock buyers died because of the disease, revealed Dr Durrani. Authorities took immediate precautionary measures then and it was made mandatory for Afghan sheep to cross a pond filled with virus-killing medicine. This precautionary practice continued for some time that helped in the Congo virus prevention.

However, the practice has not continued for a few years due to negligence.

The recent outbreak of virus was reported on September 7 in Haripur when four butchers lost their lives after they slaughtered and touched the meat of a sheep. Sohrab Ahmed, president of the Butchers' Association of Haripur, while narrating the death of the four butchers, told The Express Tribune that the sheep were bought from the animal's market in Hazro, Attock. Ahmed said it is a known fact that the animals sold at the Hazro market are being brought over from Afghanistan.

The district administration of Haripur immediately imposed a ban on the slaughtering of animals for seven days and arranged for a vaccine spray in the meat shops and houses of butchers. The butchers have also been provided with safety kits that include masks, hand gloves and aprons that they still used.

Generally, sheep, cow and other animals are exported to Afghanistan from Pakistan via the Torkham border but a large number of lambs are also brought for grazing in the mountainous areas of Balochistan from the eastern neighboring country.

After the Afghan lambs are two to three years old, they are sold to local businessmen and cattle traders in Pakistan. "It is most of the Afghan sheep that carry the infectious tick, which spreads the Congo virus in Balochistan, Punjab and K-P," said Dr Durrani.

CONGO VIRUS FACTS

- Outbreaks have a case fatality rate of up to 40%
- Human transmission occurs from close contact with blood, secretions, organs infected animal/human
- It is endemic in Africa, the Balkans, the Middle East and Asia
- There is no vaccine available for either people or animals

SOURCE: WHO

SYMPTOMS

Onset of symptoms is sudden, with fever, myalgia, (muscle ache), dizziness, neck pain and stiffness, backache, headache, sore eyes and photophobia (sensitivity to light). There may be nausea, vomiting, diarrhoea, abdominal pain and sore throat early on, followed by sharp mood swings and confusion.

SOURCE: WHO

KARACHI: The Sindh health department pays more than Rs15 million to thousands of doctors deputed at public health facilities across the province but they show up just to draw their salaries once a month, it emerged on Friday.

Health department officials said that at least a quarter of over 15,000 doctors employed with the department remained absent from duty at government hospitals, dispensaries and other health facilities. The estimates of the 'ghost doctors' had surfaced after an internal investigation into the matter. The investigation had been launched after senior officials received complaints about prolonged absence of doctors in several districts including some in Karachi also, said the officials, but they did not elaborate.

The internal investigation had been conducted by a team of senior officials who lately informed the government that the health department had become a sinecure for a number of such individuals who had been employed as doctors. "The number of such doctors is in thousands; in fact they form around a quarter of all the government doctors," said an official.

He added that the government paid more than Rs15 million to the 'ghost doctors' every month. Recent reports suggested about a campaign against the ghost doctors though some senior officials had their doubts to cast.

"We have such an investigation report on our tables and in files, but an action against any such individual is not in my knowledge," an official said, while reacting to reports that some 40 absentee doctors had been subjected to departmental action.

Health dept inquiry finds over 3,500 'ghost doctors'

Dawn Octoberr 21, 2013

Pakistan polio outbreak puts global eradication at risk

Reuters, October 18, 2013

The officials admitted that because of little checks and balance the performance of government health facilities had attracted far little to the masses than it should be forcing them to spend out of their pockets to seek help of expensive private sector facilities.

"Absentees in the department had never been something that shocks us, yet we take it with trivial sensitivity than it should have been," an official admitted.

He said the government was responsible to swell private sector health care business by making its own facilities shabbily unresponsive and massively inefficient.

A recent report said out of pocket (OOP) expenditure in the health sector stood largest in Pakistan among the regional countries while general public in Punjab and Sindh had the highest ratio among the provinces to pay from their own pockets for health facilities.

Pakistan spends 2.6 per cent of GDP on health, which is the lowest in South Asian countries, with comparative spending of 7.4 per cent in Afghanistan, 4.2 per cent in India, four per cent in Sri Lanka and 5.6 per cent in China.

Households in Sindh annually spend 53 per cent of the OOP on purchase of medicines and 43 per cent on doctor's fee and hospitalisation.

A survey conducted by the health department on maternal, newborn and child health (MNCH) in rural Sindh shows high OOP for a range of services with Rs300 to Rs600 for antenatal care, Rs1,350 to Rs2,000 for delivery, Rs12,500 to Rs13,500 for C-section and Rs150 to Rs400 on outpatient visit for child illness.

LONDON, Oct 18 (Reuters) - A Taliban ban on vaccination is exacerbating a serious polio outbreak in Pakistan, threatening to derail dramatic progress made this year towards wiping out the disease worldwide, health officials say. Health teams in Pakistan have been attacked repeatedly since the Taliban denounced vaccines as a Western plot to sterilise Muslims and imposed bans on inoculation in June 2012.

In North Waziristan, a region near the Afghan border that has been cordoned off by the Taliban, dozens of children, many under the age of two, have been crippled by the viral disease in the past six months. And there is evidence in tests conducted on sewage samples in some of the country's major cities that the polio virus is starting to spread beyond these isolated pockets and could soon spark fresh polio outbreaks in more densely populated areas.

"We have entered a phase that we were all worried about and were afraid might happen," Elias Durry, head of the Global Polio Eradication Initiative (GPEI) in Pakistan, told Reuters in a telephone interview.

"The risk is that as long as the virus is still circulating, and as long as we have no means of reaching these children and immunising them to interrupt virus transmission, it could jeopardise everything that has been done so far - not only in Pakistan, but also in the region and around the globe."

CORNERING THE VIRUS

Polio is a highly infectious disease that invades the nervous system and can cause irreversible paralysis in a matter of hours. A \$5.5 billion global eradication plan was launched in April with the aim of vaccinating 250 million children multiple times each year to stop the virus finding new footholds, and stepping up surveillance in more than 70 countries.

The virus has been cornered to just a handful of areas in Nigeria, Afghanistan and Pakistan, the three countries where polio is endemic. Global cases have dropped by more than 99.9 percent in less than three decades, from 350,000 in 1985 to just 223 last year, according to the GPEI.

But so far in 2013, there have already been 296 cases worldwide. Forty-three were in Pakistan, the vast majority in children in the semi-autonomous Pashtun lands along the Afghan border known as the Federally Administered Tribal Areas (FATA), which include North Waziristan.

Accusations that immunisation campaigns are cover for spies were given credence when it emerged that the United States had used a Pakistani vaccination team to gather intelligence about al Qaeda leader Osama bin Laden, who was found and killed by U.S. special forces in Pakistan in 2011.

The Taliban ban, and associated security threats, mean the polio virus could easily escape and spread back into previously cleared areas.

Tariq Bhutta of the Pakistan Paediatric Association said there was little prospect that the militant Islamist group would change its stance. He said attacks on health teams attempting to reach children to immunise them were becoming both more frequent and more violent.

"The vaccination teams are still going out, but at risk to their lives," he told Reuters. "People can come up on motorbikes and shoot them, and they've also started attacking the police put

Balochistan doctors threaten en masse resignation

Dawn October 22, 2013

Dengue cases surge in Hyderabad amid official apathy

Dawn October 22, 2013

there to protect the vaccination teams."

A Taliban bomb that exploded earlier this month near a polio vaccination team in the northwestern city of Peshawar killed two people and appeared to target police assigned to protect the health workers.

"This will only be solved if the polio teams can get access to those children - either inside FATA, or when the children move out into other areas," Bhutta said. "Without that I don't see how things can improve. Rather I think things might get more serious when the polio virus gets out into settled areas."

The GPEI says the FATA is the area with the largest number of children being paralysed by wild poliovirus in all of Asia.

Four polio cases in children in Pakistan were reported in the last week. Because the virus spreads from person to person, the World Health Organization says as long as any child remains infected, children everywhere are at risk.

QUETTA: The Chairman of the Core Committee of Pakistan Medical Association, Balochistan chapter, Dr Haqdad Tareen, said on Monday that 84 doctors had moved to other cities from the province because of threats to their lives and property. Addressing a press conference at the hunger strikers' camp at the Civil Hospital, he threatened that doctors serving in various hospitals would resign en masse if protection was not provided to them.

He said that so far 26 doctors, including cardiologist Dr Munaf Tareen, had been kidnapped and 18 others died in targeted attacks. "We are unsafe and the government is least concerned in providing us protection or freeing Dr Tareen who was kidnapped on September 17. Keeping in view the lukewarm attitude of the administration and police, we have decided to form a private force for security," he added.

Dr Haqdad said that today (Monday) Dr Luqman Hakim, Dr Asmatullah Kakar, Prof Luqman Butt, Dr Behram Khan Achakzai, Dr Kaleemullah Kakar, Prof Nusrat Riaz and Prof Shafiur Rehman had observed token hunger strike from morning till afternoon in protest against the continued incidents of kidnapping of doctors and attacks on them. Slamming the law-enforcement agencies for allegedly advising doctors to make a deal with abductors for the release of their kidnapped colleagues, Dr Haqdad said the government knew who the culprits were yet it was helpless to take action against them. "Hence it has no right to govern," he added.

"We are not satisfied with security measures taken by the government as 34 days have passed and there seems to be no progress in efforts for the recovery of Dr Munaf," he said. Dr Haqdad appealed to political groups, welfare organisations and the general public to raise their voice against the kidnapping for ransom menace which has made the lives of doctors, engineers, businessmen and other people miserable.

HYDERABAD: The district health officer here has stated that there has been a surge in cases of dengue fever in the district but the Sindh malaria control programme division is not doing its job.

Hyderabad DHO Dr Ghulam Mustafa Abbasi was speaking at a press conference in his office on Monday. The district officer for health, Dr Ahmed Hyder, was also present.

Dr Abbasi said in all 3,077 patients with complaints of a high-grade fever reported to four government facilities in Hyderabad for dengue tests and 409 of them were confirmed till Sunday.

According to a breakdown, he said, 376 and 33 cases were, respectively, found positive in laboratories of the Liaquat University Hospital (LUH) and the Bhitai hospital in Latifabad. Likewise, he said, 2,844 patients had reported for tests to the LUH city branch, 203 to the Bhitai hospital, 10 to the Paretabad hospital and 20 to the Qasimabad taluka hospital.

He said an area-wise breakdown showed that 348 of the 409 patients reported to different hospitals for treatment. Of them, he said, 270 belonged to City taluka, 52 to Latifabad, eight to Qasimabad, one to Hyderabad (rural) taluka and 17 to the Cantonment area, whereas 121 patients sought consultation in the outpatient department of various hospitals.

The remaining 61 cases did not report to any government health facility, he said.

He linked the surge in dengue cases to insanitation. He said so far the health department had carried out fumigation twice in the city.

At a recent meeting Sindh information minister Sharjeel Inam Memon had called for a crash programme against dengue fever in the district for which he talked to the Sindh chief secretary for the release of Rs5 million.

"The amount will be hopefully released soon," said the DHO.

He said dengue mosquito became active before sunset and sunrise and that were the

Number of dengue patients in Punjab jumps to 346

The frontier Post, October 9 2013

Public health: 'Salt iodisation should be strengthened'

The Express Tribune October 20, 2013

Public health: Liver diseases on the rise, says expert

The Express Tribune October 9, 2013

moments when anti-mosquito sprays could be effective.

He said 10 teams had been formed to fumigate certain areas. "Around 30 machines will be provided with trained staff by the DHO," he added.

He said technical assistance was always provided to the municipal authorities for fumigation and his office also provided the required chemical and staff for technical soundness.

"We get chemical from the malaria control programme of Sindh which is accordingly given to the municipal authorities of the city," he said.

District officer Dr Ahmed Hyder said that as per the Sindh Local Government Act 2012 fumigation was the municipal corporations' responsibility.

"The civic bodies conducted the first spray from Sept 9 to 15 and the second was to begin on Oct 7," he said.

He said people should cover their overhead and underground water tanks. Similarly, the district officer said, they should be careful in watering gardens or washing vehicles.

He added that another spray was done in July after the health authorities provided them with the chemical for spray and said that figures were being obtained from government hospital laboratories where dengue patients were being tested through rapid dengue test kits.

LAHORE (INP): Number of dengue patients continues to increase in the Punjab province.

According to reports, in Lahore alone 226 cases of dengue patients have been reported while the toll of people affected by the disease has jumped to 346 across the province.

Meanwhile, seven new patients of dengue were admitted to Services Hospital and Mayo Hospital in Lahore

MULTAN : The results of a health evaluation drive revealed on Saturday that iodine deficiency disorder had been mostly controlled in Sahiwal. According to the results, Layyah had the worst indicators.

The survey was taken in 16 districts of south Punjab. The evaluation and review drive was headed by Health Services Director Muhammad Jameel Chaudhary. Executive district health officers and focal persons of the districts attended the session. Chaudhary said the Universal Salt Iodisation (USI) programme should be strengthened to reduce iodine deficiency disorders. He said the USI programme had shown success in combating iodine deficiency disorders.

"There is a need to strengthen the monitoring framework to improve the quality of salt iodisation and achievement of sustainable results," he said. He stressed the Health Department should also expand the scope of the USI programme.

Multan Health Services Director Muhammad Rafi said there was a lot to be done to improve health practices in the region. He said it was encouraging that several districts in the USI programme had shown positive indicators.

Micronutrient Initiative (MI) Programme Manager Khawaja Masood Ahmad said in the National Nutrition Survey 2011 had showed that 79 per cent people in the province were consuming iodised salt, compared to only 17 per cent in 2001.

USI Programme Manager Munawar Hussain said Pakistan was among the few countries where iodine deficiency disorder was still a public health problem.

He said clinical research had shown that iodine deficiency was the major cause of mental impairment, brain damage and 13-15 per cent low IQ in children.

He said pregnant faced several problems women due to iodine deficiency.

He said making iodised salt available for households was an easy and cost-effective strategy to eliminate iodine deficiency disorder globally.

Ambreen Zahra and Waheed Akhtar from the World Food Programme and the USI field officers from Micronutrient Initiative also attended the meeting.

The participants of the meeting reiterated their commitment to continue district-level monitoring and implementation of strategies so that adequate salt iodisation level were ensured.

The federal government had set a target of 2015 for ending iodine deficiency disorders in Pakistan.

LAHORE: One in nine Pakistanis suffer from a liver disease," Amir Latif, a liver transplant expert, said on Saturday.

He said the number of patients with liver problems was on the rise. He said there were 300,000 patients in the country in need of a new liver.

Talking to newsmen, he said 80 to 90 per cent liver disease patients suffered from hepatitis.

He said some patients had Wilson's disease and others had alcohol-related problems.

Latif said constant lethargy, darkening complexion, fever, vomiting blood and accumulation of

Learning about health: Clean habits can lower child mortality, say paediatrics

*Pakistan Observer October 9,
2013*

Politicization of health issues to damage image of Pakistan

Express Tribune, October 19 2013

Two die in blast outside Pakistan health clinic

*The Sydney Morning Herald
October 7, 2013*

fluid in the abdominal cavity were frequent symptoms of liver disease.

He said the survival rate of a patient suffering from a liver disease varied.

He said if a liver disease remained untreated, the patient could expire in six years.

He said seven liver transplantations had been performed in the Liver Transplant Unit at Shaikh Zayed Hospital.

KARACHI: To lower child mortality rates, paediatrics recommended adopting clean habits.

Dr Sohail Salaat, a consultant and head of neonatology at Aga Khan University Hospital, said that personal hygiene, public health measures, including access to clean drinking water and proper sanitation, good nutrition, frequent health checkups and immunisation are preventive strategies to minimise child mortality.

More than 250 healthcare professionals in the fields of paediatrics gathered in Karachi at the session, titled 'All 4 Kidz' Learning Programme was organised by Abbott. According to estimates published in the Lancet, Pakistan with a total of 424,377 under-five deaths in 2010, was third among five countries that accounted for almost half of the deaths in children under five worldwide, and contributed to half the deaths from infections.

Karachi—Politicization of old health issues specially spread of polio virus which are linked with Taliban attacks on health visitors tantamount to damage Pakistan's image at global front

The report originated by an international news agency and carried by some leading newspapers in the middle east and the west have made it headlines that Taliban ban on vaccination is exacerbating a serious polio outbreak in Pakistan, threatening to derail dramatic progress made this year towards wiping out the disease worldwide, health officials said.

Health teams in Pakistan have been attacked repeatedly since the Taliban denounced vaccines as a Western plot to sterilise Muslims and imposed bans on inoculation in June 2012. the report said that In North Waziristan, a region near the Afghan border that has been cordoned off by the Taliban, dozens of children, many under the age of two, have been crippled by the viral disease in the past six months. And there is evidence in tests conducted on sewage samples in some of the country's major cities that the polio virus is starting to spread beyond these isolated pockets and could soon spark fresh polio outbreaks in more densely populated areas.

Polio is a highly infectious disease that invades the nervous system and can cause irreversible paralysis in a matter of hours. A \$5.5 billion global eradication plan was launched in April with the aim of vaccinating 250 million children multiple times each year to stop the virus finding new footholds, and stepping up surveillance in more than 70 countries.

The virus has been cornered to just a handful of areas in Nigeria, Afghanistan and Pakistan, the three countries where polio is endemic. Global cases have dropped by more than 99.9 per cent in less than three decades, from 350,000 in 1985 to just 223 last year.

In 2013, there have already been 296 cases worldwide. Forty-three were in Pakistan, the vast majority in children in the semi-autonomous Pashtun lands along the Afghan border known as the Federally Administered Tribal Areas (FATA), which include North Waziristan.

PAKISTAN: A bomb hit a police van protecting a polio vaccination team in north-western Pakistan on Monday, killing two people, including a policeman, and wounding 12 others, police say.

The attack took place on the third and last day of a United Nations-backed vaccination campaign in the Peshawar suburb of Badaber, police said.

Pakistan is one of only three countries in the world where polio is still endemic, but efforts to stamp out the crippling disease have been hit by repeated attacks on health workers.

Militant groups have rejected vaccination as a Western plot against Muslims and banned teams from giving out polio drops in some areas.

Advertisement

"It was an IED [improvised explosive device] blast and the target was policemen," Najeebur Rehman, a senior police official said.

The bomb went off just as officers reached Badaber to provide security to polio teams, he said.

Nasir Durrani, the police chief for north-western Khyber Pakhtunkhwa province, of which Peshawar is the capital, confirmed the death toll.

"Most of those wounded were policemen," Mr Durrani said.

Raheel Shah, another police official, said the health workers were not injured in the attack as they were inside a health clinic.

Authorities said bomb disposal experts defused a second device close to the site of the first blast and had halted polio vaccination in Badaber.

"A second bomb weighing five kilograms of explosive has been defused. We have suspended

Dengue fever spread on the rise

The News October 19, 2013

the campaign for time being," Zahurul Islam, a senior government official in Peshawar said.

Mr Islam said 54 polio workers, including 24 women, were inside the clinic at the time of the blast.

Rawalpindi :The spread of dengue fever is continuously on the rise in the district and the number of dengue fever patients being registered here at the three teaching hospitals in town is increasing consistently while the infection claimed a life at Holy Family Hospital in last 24 hours.

Within last one week only, the number of confirmed patients of dengue fever registered here at the allied hospitals doubled taking the tally to 213. The total number of cases tested positive at the three allied hospital in town was 105 till October 10.

The HFH received as many as 481 patients of the infection so far of which 175 have been tested positive, said Focal Person for Infectious Diseases at Rawalpindi Medical College and allied hospitals Dr. Javed Hayat while talking to 'The News' on Friday.

He added that a confirmed dengue fever patient died of the infection here at the HFH in last 24 hours though the patient was from Khyber-Pakhtunkhwa.

He said that the HFH admitted 13 new suspected patients of dengue fever during Eid holidays. Currently 45 patients of the infection including 25 confirmed patients have been undergoing treatment at the hospital, said Dr. Javed and added that results in 11 cases are yet not finalised at the HFH.

To date, Benazir Bhutto Hospital received a total of 97 suspects of dengue fever of which 11 have been tested positive while 62 negative, said the BBH chief Dr. Asif Qadir Mir while talking to 'The News' on Friday. He added that the hospital received 10 patients of the infection in last one week.

He said that at present, a total of 18 patients of the infection are admitted at the hospital including one confirmed patient while result in nine cases are yet not finalised.

The District Headquarters Hospital registered a total of 55 suspected patients of dengue fever of which 26 have been tested positive and 25 negative while result in four cases is yet to be finalised, DHQ Hospital chief Dr. Nasir informed 'The News' on Friday.

He added that at present, five patients including one confirmed patient of the infection are undergoing treatment at the hospital.

It is important that Rawalpindi region is facing peak season for dengue fever transmission and the existing weather conditions are the most suitable for mosquitoes' breeding and growth of larvae of 'aedes aegypti', the vector that causes dengue fever.

Health experts believe that the spread of the infection would continue to rise for at least another week if the existing weather pattern persists and it is high time for individuals to take preventive measures more religiously.

Three-day anti-polio drive starts in KP

The News October 23, 2013

PESHAWAR: A three-day special anti-polio campaign Wednesday started in six districts of the Khyber Pakhtunkhwa under which 1.5 million children under five years of age would be given an Oral Polio Vaccine (OPV).

Dr Jan Baz Khan Afridi, Deputy Director EPI Programme Khyber Pakhtunkhwa told APP hat the campaign has been started in Bannu, D I Khan, Kohat, Lakki Marwat, Peshawar and Tank districts and will continue till Friday.

He said 4343 teams including 404 fixed, 3678 mobile and 261 transits teams have been formed to administer door-to-door anti-polio vaccine to children.

The teams would be assisted by volunteers, lady health workers and officials of national building departments. The Deputy Commissioners have been asked to monitor the campaigns in their respective districts. He said 1.5 million children would be vaccinated in these districts.

Dr Janbaz Afridi said polio cases has started significant reduction in Khyber Pakhtunkhwa due to holding of vigorous immunization and advocacy campaigns as only seven cases reported this year against 27 reported last year from the province.

In 2012, a total of 58 cases had been reported from the country while only 46 polio cases reported this year. The officials said two cases were reported from Punjab, seven from KP, three from Sindh and 34 from Fata this year. Two cases were reported from Peshawar, two from Mardan and one each from Bannu, Kohat and Malakand this year

LAHORE - As many as 27 people were tested positive for dengue at various hospitals on Tuesday, taking the number of confirmed cases in the province to 585.

Out of 27 new cases, 16 were reported from Holy Family Hospital Rawalpindi, 10 from different hospitals in Lahore and one from Victoria Hospital Bahawalpur.

So far 275 confirmed cases have been reported from Lahore, 200 from Rawalpindi, 59 from Sheikhpura, 11 from Faisalabad, 08 from Bahawalpur, 05 from Multan, two each from

Another 27 tested dengue positive

The News, October 23, 2013

LHC directs doctor to pay blood money

The Nation, October 23 2013

Exhibition on Polio Day

The Nation October 23, 2013

Awareness Walk on Thursday to mark World Polio Day

Business Recorder October 23, 2013

Health peril of pesticides

The Nation October 23 2013

Hafizabad, Mandi Bahauddin, Pakpattan, Rahim Yar Khan, Toba Tek Singh and Vehari and one each from Attock, Bahawalnagar, Chakwal, Chiniot, D G Khan, Gujrat, Kasur, Lodhran, Muzaffar Garh, Nankana Sahib, Okara, Sahiwal, Sargodha and Sialkot.

Meanwhile, Principal Post Graduate Medical Institute and Lahore General Hospital Prof Anjum Habib Vohra has said that dengue can be eradicated by keeping high standard of cleanliness.

Chairing a meeting held here on Tuesday to review arrangements against dengue, he resolved to continue the drive till complete eradication of the menace. Prof Agha Shibir Ali, Dr Amjad Shahzad, Dr Waqar Nabi Bajwa, Dr Junaid Mirza, Dr Arif Shahzad Bhatti, In-charge blood bank, nursing staff and other senior doctors attended the meeting.

Prof Vohra said that lethargy or negligence regarding treatment of dengue patients would never be tolerated. He urged the nursing staff to keep patients up to date. He also directed the Lab In-charge to be careful in preparing the diagnostic reports of various diseases including dengue. He said that the ratio of dengue patients was very low during current year and medical experts even from Sri Lanka and Thailand have also commended the steps taken by the Punjab Government.

He said that seminars, special lectures and training workshops regarding dengue would continue throughout the year.

LAHORE - The Lahore High Court on Monday directed a doctor to pay Rs one million as blood money to heirs of a patient who died due to negligence of the doctor during an operation.

Justice Mazahar Ali Akbar Naqvi passed these orders while hearing an application moved by Ehsanul Allah, heir of deceased patient Sher Ali who was resident of Jalalpur Bhattian.

The accused doctor had also filed a bail application before the court.

As hearing started, the applicant's counsel told the court that Sher Ali had died during operation when Dr Haroon over dosed the patient with anesthesia.

He pointed out that the accused doctor had been declared guilty during an inquiry and in the police investigations.

He requested the court to dismiss the bail application of the accused.

The accused counsel rejected the allegations by saying that the cause of Sher Ali's death was natural.

He requested the court to grant bail the petitioner doctor. The court, after hearing arguments, disposed of the petitions and directed the doctor to pay Rs one million to the heirs of deceased patients.

LAHORE - Punjab Directorate General Health Services and development partner Unicef will arrange a photography and painting exhibition tomorrow (Thursday) at Nairang Art Gallery to mark the World Polio Day.

The purpose of the exhibition is to spread the message of polio and routine immunisation in a light way. Arts students of NCA, Lahore College for Women University, Kinnaid College and Home Economics College will showcase their paintings at the event.

The DGHS has invited people to participate in the inaugural session as their participation will be of high value in expressing a strong commitment and ownership of the government regarding polio awareness campaigns.

HYDERABAD: In connection with the World Polio Day, the district administration Hyderabad will take out an awareness walk on Thursday from District Health Office to Zoological Garden (Rani Bagh).

The District Focal Person for Polio Campaign Hyderabad, Dr. Syed Masood Jafri informed APP on Wednesday that the Deputy Commissioner Hyderabad will lead the walk to be participated by the people from all segments of life including medical officers, lady health workers and representatives of WHO, UNICEF and Rotary Club.

KARACHI - Pakistani scientists have warned the provincial governments, especially Sindh, Punjab and KPK that excessive use of pesticides for mosquito control can cause both acute and chronic health problems.

"Unnecessary use of pesticides can also damage ecosystem, as pyrethroids – one of pesticides – that are made of chemical or biological substances are highly toxic to fish, crustaceans, and bees," they said talking to The Nation on Tuesday.

Well known chemical scientist Prof Dr Iqbal Chaudhary of Karachi University said that misuse of pesticides can be hazardous not only for the public health but also for our ecosystem because ecosystem-friendly insects are killed due to unplanned spray, as insecticides are

PIMS young doctors call off strike after demands met

The Nation October 22, 2013

Citizens advised not to eat too much of red meat

The Nation October 22 2013

Colorectal disease: Surgeons converge at

made of chemical or biological substances used to kill or repel targeted organisms.

He said that during these days the provincial governments of especially three provinces use pesticides in various parts of the country to kill mosquitoes causing dengue fever and malaria; if the use of these chemicals could not be scientific, the public and our ecosystem might face deadly effects of the pesticides.

"If pesticides are used in less quantity against the insects, then these organisms can be emerged stronger," Prof Iqbal held. He urged the government to take assistance of the scientists while having fumigation drive in any part of the country.

Jinnah University for Women Pro Chancellor Prof Dr Shahana Kazmi said pesticides could cause many health effects, such as dizziness and nausea, headaches, skin and eye irritations, difficulty breathing, weakness and others. She advised the fumigation conducting authorities to must inform the residents before spraying pesticides in the affected areas.

According to a report, prepared by American Citizens Campaign for the Environment (CCE) and Citizens Environmental Research Institute (CERI), "Health effects of pesticides can cause both acute and chronic problems. Acute health effects appear shortly after exposure to these pesticides and can include: skin and eye irritations, headaches, dizziness and nausea, weakness, difficulty breathing, mental confusion and disorientation, seizures, coma, and death. Chronic health effects may not be apparent until months or years after exposure. Such health ailments include nervous, reproductive, and immune system disorders, and cancer. Children can be particularly sensitive to exposure to chemicals due to their small body size, immature immune systems and rapid growth cycles. Although everyone is at risk from exposure, the most vulnerable groups are children, pregnant women, the elderly, patients undergoing chemotherapy, and people with compromised immune systems. All pesticides are associated with some risk of harm to human health and the environment."

Provincial Focal Person Dengue Surveillance Cell Sindh Dr M Shakeel Aamir Mullick said that the fumigation drive being conducted in the targeted areas, where the cases of dengue fever were being reported.

Answering a query, he said that Anvil, Permethrin and Malathion are largely use to kill mosquitoes. Talking about the cases of dengue fever reported in the province as well as in Karachi, he said that as many as 2,583 total cases of dengue have been reported in the province, out of them 2,249 are reported only in Karachi

ISLAMABAD - The young doctors of Pakistan Institute of Medical Sciences (Pims) postponed their plan to hold a strike after the hospital administration met their demands of establishing permanent police check post and an alarm system at the hospital for the security of doctors and paramedical staff.

The demands were put forward after October 13 incident in which a 60-year-old woman, was brought to the Pims after being injured in a road accident, had died and her relatives alleging that the patient passed away due to negligence of the doctors had beaten up the two doctors.

In protest, the doctors at the emergency department went on a strike but after an hour closure of the emergency they had resumed their duties. Since then the health officials have been demanding stringent security measures for the hospital staff. The young doctors held a meeting with Deputy Executive Director Dr. Ayesha Essani on Monday regarding the security of doctors and paramedical staff. It was discussed to install an alarm system to gather the security staff at the place of incident immediately.

KARACHI - Health experts have warned the citizens, especially lovers of red meat, not to eat too much of red meat of sacrificial animals, slaughtered on the eve of Eid Ul Azha, as the excessive consumption of red meat can cause indigestion, nausea, diarrhoea, high blood pressure, vomiting and excess uric acid in the body.

They advised the citizens to take balanced diet, containing meat and vegetable both; so that the chances of contracting illness could be reduced; during and after Eid Ul Azha people rush to hospitals and clinics with complains of indigestion, nausea, diarrhoea, high blood pressure and vomiting.

Talking to The Nation, Dr. Qutbuddin of Dow University of Health Sciences said that the citizens must use plenty of water during and after the Eid holidays, as excessive use of water helps functioning of stomach system of human body.

"Various public and private health facilities receive scores of cases of various stomach-related illnesses after Eid Ul Azha; hence the lovers of red meat are required to avoid using too much of meat to be fit and healthy," he said. Dr. Usman Malik of Jinnah Postgraduate Medical Centre said that meat should properly be cleaned with fresh water because the properly-cleaned meat does not harm as much as unhygienic does.

KARACHI: Surgeons from across Pakistan have been in Karachi for three days to watch a Polish colorectal surgery expert, Prof. Dr Adam Dziki of Medical University, Lodz, perform

JPMC to train with Polish expert

The Express Tribune October 2 2013

some of the difficult and complex procedures that they face.

Colorectal diseases include some of the most embarrassing conditions that can afflict the human body. They can range from the mildly irritating to the life-threatening. The more commonly known ones are haemorrhoids, colorectal cancer, ulcerative colitis, Crohn's Disease, Irritable Bowel Syndrome, anal fissures and bowel incontinence.

Dr Dziki was invited as a trainer for the eighth annual colorectal week, organised by Associate Prof. Shamim Qureshi of Jinnah Postgraduate Medical Centre from September 30 to October 3. So far, the sessions have brought four trainers from the UK, one from the US, one from Greece and one from India. The event attracts surgeons from across Pakistan.

Colorectal disease afflicts a large portion of our population. Dr Qureshi gave an example by saying that his ward at JPMC sees 20 patients a month alone. They come with haemorrhoids, colorectal cancer, bowel disease and fistula, something that also affects men, contrary to common perception.

"The main symptom is bleeding," said Dr Qureshi, adding that because it affected the private parts people are reluctant to go see a doctor immediately. "It is neglected for a long time and they come to the surgeon late." General practitioners also fail to examine patients properly because of the embarrassing nature of the symptoms.

"There is a lot more that should be done," Dr Dziki said. "Colorectal cancer is the second highest after the breast in women and lung in men. The media needs to create more awareness." When asked what was the general profile of patient type who got colorectal diseases, he said that he recommended that if you were over 50 years, you should get a colonoscopy to check for polyps or growths on your intestines. "But we are seeing it in the younger population too," he warned.

Dr Dziki demonstrated, among others, how to perform surgery for ulcerative colitis, an inflammation of the lining of the large bowel which, if left untreated, can lead to cancer. The surgery is notoriously difficult and few people in Pakistan can do it well. It involves removing the entire large intestine and connecting the small intestine to the rectum. He also did surgery for rectal prolapse in which the rectum becomes stretched out and protrudes out of the body.

The surgeons who attended the training, at least 70 in number, came from all over the country, Sukkur, Multan, Quetta, Haripur, Rawalpindi. Dr Durre Shahwar, an associate professor of general surgery at Pak International Medical College in Peshawar, for example, said that she had decided to come to Karachi to meet senior surgeons and discover what was new in the field. She said there weren't enough women specialising in this area, where they were needed. "Women in Peshawar do not want to see a male surgeon for this kind of thing," she explained.

Dr Dziki was surprised with the level of expertise he encountered on his first visit to Pakistan. "What they are doing surprises, such modern medicine in such difficult conditions," he said. "There are top notch diagnostic tools available too." He added, however, that he felt two areas where Pakistani surgeons could improve are hygiene and better patient management.

Senior surgeons stressed specialising; gone are the days of 'general' surgery. The law of numbers apply here; the more of a particular procedure you do, the better you get. Former JPMC professor, Dr Mumtaz Maher, recommended that younger and older surgeons learn to refer cases to the experts if they are out of their depth because they do them only, say once a year. If, for example, a surgeon gets a child with a rectal prolapse, they would be wise to refer it to a paediatric surgeon who may have done more cases.

ISLAMABAD: A nationwide breast cancer campaign aimed at raising awareness about the killer disease among young women was launched in the country on Tuesday.

The launching ceremony of Pinktober 2013, a one-month drive, was held at the National Press Club and is part of global efforts in which every year in October, a month designated for this cause, massive campaigns are held to sensitise the public about the prevention and treatment of breast cancer. People don pink ribbons to show solidarity with patients suffering from the disease.

"In Pakistan, recent trends have shown that breast cancer is increasing at an alarming rate among women aged 18 to 22," said Pink Ribbon Campaign CEO Omer Aftab. While talking to The Express Tribune, Aftab said that according to three-year data collected from the Free National Breast Screening Programme in 12 cities across the country in collaboration with 14 Pakistan Atomic Energy Commission cancer hospitals, a 50 per cent increase in the number of breast cancer cases among young women has been witnessed.

On the national scale, the percentage could be twice as much as there are many young girls who do not go to a doctor due to fear or unawareness, Aftab stated. A number of women, especially older than 40, also suffer as they do not visit doctors to check for the disease and miss a chance to stem it before it's too late, he added. "It is shocking that there are rural women who after finding a lump in their breasts go to a quack or a hairdresser to cut it out as

Breast cancer awareness: Month-long drive to educate women

The Express Tribune, October 2 2013

Growing polio cases: KP Governor fears travel ban on Pakistanis

Dawn, 25 October 2013

they consider it a pox.”

Aftab said Pakistan has the highest rate of breast cancer in Asia and its prevalence in the country is highest among all the cancers in the country — a staggering 38 per cent. 1 out of 9 women in the country are at risk of contracting the disease and 40,000 die of it every year. “It is unfortunate that despite these alarming numbers, not much is done to spread awareness about the disease.”

While sharing the challenges in combatting breast cancer, he said Pakistan has to overcome countless barriers such as illiteracy, misconceptions, social stigma and lack of medical and infrastructure facility.

“It is the right of every woman to know about fatal diseases and society should support their cause rather than considering the issue a social taboo,” he added.

PESHAWAR: Khyber Pakhtunkhwa Governor Shaukatullah Khan on Thursday feared that Pakistanis could face travel restrictions over the growing polio cases in the country.

“If the situation (high polio incidence) is not handled on war footing, there could be a ban on Pakistanis wanting to travel to Saudi Arabia for Haj and Umrah as well as workers,” he said during a World Polio Day function at the Governor’s House.

He said increase in polio cases in various parts of Fata was a matter of grave concern but the government was committed to meeting the challenge effectively.

The governor said 37 polio cases had been reported in Fata in 2013, which was 75 per cent of the total nationwide cases of the year.

He said the areas worst hit by polio were North Waziristan and Khyber agencies, where vaccinators faced resistance to give polio drops to children.

Mr Shaukatullah said there was a need to increase public awareness of threats to the children’s health in case they’re not vaccinated.

He said the country would have to decide if it wanted a disabled future for children or wanted to save them from becoming a socioeconomic burden for it.

The governor praised vaccinators for fighting polio by endangering their lives in the restive parts of Fata.

He pushed youths to take a lead role in the polio eradication campaign and help protect tribal children from a permanent physical disability.

Fata Secretary (Social Sector) Dr Aftab Akbar Durrani, who was also in attendance, said polio had been eradicated from the world due to consistent efforts but it was endemic in Afghanistan, Pakistan and Nigeria.

He said there was a dire need to create public awareness of the incapacitating disease to ensure that polio drops are administered to every child.

Dr Sarfraz Afridi of WHO gave a detailed presentation on the current polio situation in tribal areas and said regular monitoring of health workers in Fata would be conducted.

He said anyone found with lethargic attitude towards polio eradication would be dealt with strictly.

Also in the day, a walk was held in Mohmand Agency Headquarters, Ghalanai, to mark World Polio Day to create public awareness of polio vaccination.

Political Agent of Mohmand Khushal Khan, Assistant Political Agent Zeeshan Mehsud, Agency Surgeon Dr Mohammad Tahir, Agency Education Officer Said Mohammad, schoolteachers and students also participated in the walk, which began from the Government Higher Secondary and ended at the local administration’s offices.

Speaking on the occasion, the political agent said in Asia, Pakistan and Afghanistan had yet to eradicate polio, while African states, where the polio virus existed, were Egypt, Niger and Nigeria.

He appealed to the parents to get every child vaccinated against polio. “Some people think that a child should be vaccinated only once. We want to tell parents that every child should be vaccinated during every campaign,” he said.

The assistant political agent said there was no room for complacency on polio eradication but the situation appeared to be well within control for the time being.

He urged health department officials to involve other partners and sectors in the fight against polio.

A similar walk was held in Ekkaghound.

APA Naeemullah led the walk, where schoolteachers and students were in attendance.

Participants urged parents to ensure that their every child is vaccinated against polio during

Case coincides with World Polio Day

Dawn 24 October 2013

Dengue continues to haunt Punjab, Khyber Pakhtunkhwa

The News 26 October 2013

every immunisation campaign.

Rallies and seminars marked the World Polio Day in Bajaur Agency on Thursday.

A seminar was organised by the local health department in collaboration with the United Nations Children's Fund (Unicef) at Agency Headquarters Hospital, where speakers called for better public awareness for polio elimination.

Elders, religious scholars, health experts, WHO and Unicef representatives, and senior officials of the local administration and health department participated in the seminar.

The speakers, including Additional Political Agent Imran Hameed Sheikh, Agency Surgeon Dr Zakir Hussain, ex-MNA Syed Akhunzada Chattan and Unicef representative Rafiq Ahmad, expressed concern over the increasing vaccination refusal cases and low coverage of far-flung areas during the immunisation campaigns.

They called for corrective measures without delay.

LAHORE: At a time when the Punjab government is making arrangements to observe the World Polio Day, a 13-month-old baby was paralysed after he was tested positive for the disease near Muridke on Wednesday.

The report was issued by the National Institute of Health, Islamabad, which confirmed the presence of polio virus.

Like other parts of the country, the World Polio Day will be observed here on Thursday (today).

Punjab Expanded Programme on Immunization Director Dr Munir Ahmad told Dawn that Asad Ali was the youngest among his four brothers.

It was utter surprise to the health department experts that the affected baby was not vaccinated and the routine EPI coverage in Union Council 21 where the polio case surfaced was not up to the mark, he said.

Dr Munir said a team of public health experts visited the locality for case investigation and would submit its report within a couple of days.

According to the initial report, he said, baby's father Fida Husain, a labourer, was a permanent resident of the UC-21 adjoining Muridke.

The EPI director said the baby could not get anti-poliovirus as he was sick at the time when the teams took last rounds of the area in July and April.

LAHORE/PESHAWAR: One more patient died of dengue fever at a local hospital in Rawalpindi, Geo News reported. It was second death from dengue virus in Punjab. While the total number of dengue affected people has jumped to 6,687 in the province.

Health Department said Asif, 23, resident of Rawal Town, breathed his last at Holly Family Hospital where, he was being treated.

Similarly, the 9,000 people were diagnosed positive for the deadly disease in Swat and Shangla districts of Khyber Pakhtunkhwa as 31 and 21 more people fell prey to dangerous mosquito.

Unethical practices of doctors

Editorial Published in Express Tribune : October 6, 2013

Ethics is apparently not a strong point of doctors in Pakistan, with a report that some have been promoting infant formulas in exchange for financial commissions from manufacturing companies. This unethical practice needs to be monitored, but more so because of its impact on families — especially those who are barely able to afford the formula. In one case, a mother used a larger ratio of water to formula, causing her five-month-old infant to land up in hospital with severe diarrhoea and weakening health — which, at that age, can be fatal. In order to prevent poor health for babies, a government body should be set up to oversee and ensure ethical practices.

The popularity of recommending infant formula — as to 84 per cent of mothers included in a recent survey — might be blamed for the prevalence of malnourishment and stunted children in Pakistan, because uninformed mothers alter the preparation ratio to use less formula without realising its potential

consequences. Along with the Breastfeeding Ordinance of 2002, which discourages pharmacies from selling baby formula, Pakistan needs a law for ethical practices by doctors and manufacturing companies. Baby formula should still be sold to mothers who are unable to breastfeed but companies must not be allowed to pay doctors to promote their products. Healthcare professionals should instead promote breastfeeding, as its benefits are numerous and universally acknowledged. Once in the field, many doctors are more about practice, profit and fame than keeping up with ethics and research.

In Pakistan, we have yet to develop a system wherein doctors are forced to act ethically because their careers depend on it. It is urgent that the government make an ethics course for healthcare professionals mandatory and simultaneously create a check and balance system so that helpless infants' lives are not jeopardised by greedy doctors, uninformed mothers and manufacturing companies that buy off doctors in order to promote their products.

Pakistan polio outbreak puts global eradication at risk

By Kate Kelland, Health and Science Correspondent
Reuters: 18 October 2013

A Taliban ban on vaccination is exacerbating a serious polio outbreak in Pakistan, threatening to derail dramatic progress made this year towards wiping out the disease worldwide, health officials say. Health teams in Pakistan have been attacked repeatedly since the Taliban denounced vaccines as a Western plot to sterilize Muslims and imposed bans on inoculation in June 2012. In North Waziristan, a region near the Afghan border that has been cordoned off by the Taliban, dozens of children, many under the age of two, have been crippled by the viral disease in the past six months. And there is evidence in tests conducted on sewage samples in some of the country's major cities that the polio virus is starting to spread beyond these isolated pockets and could soon spark fresh polio outbreaks in more densely populated areas.

"We have entered a phase that we were all worried about and were afraid might happen," Elias Durry, head of the Global Polio Eradication Initiative (GPEI) in Pakistan, told Reuters in a telephone interview. "The risk is that as long as the virus is still circulating, and as long as we have no means of reaching these children and immunizing them to interrupt virus transmission, it could jeopardize everything that has been done so far - not only in Pakistan, but also in the region and around the globe."

CORNERING THE VIRUS

Polio is a highly infectious disease that invades the nervous system and can cause irreversible paralysis in a matter of hours. A \$5.5 billion global eradication plan was launched in April with the aim of vaccinating 250 million children multiple times each year to stop the virus finding new footholds, and stepping up surveillance in more than 70 countries.

The virus has been cornered to just a handful of areas in Nigeria, Afghanistan and Pakistan, the three countries where polio is endemic. Global cases have dropped by

more than 99.9 percent in less than three decades, from 350,000 in 1985 to just 223 last year, according to the GPEI. But so far in 2013, there have already been 296 cases worldwide. Forty-three were in Pakistan, the vast majority in children in the semi-autonomous Pashtun lands along the Afghan border known as the Federally Administered Tribal Areas (FATA), which include North Waziristan.

Accusations that immunization campaigns are cover for spies were given credence when it emerged that the United States had used a Pakistani vaccination team to gather intelligence about al Qaeda leader Osama bin Laden, who was found and killed by U.S. special forces in Pakistan in 2011. The Taliban ban, and associated security threats, mean the polio virus could easily escape and spread back into previously cleared areas. Tariq Bhutta of the Pakistan Pediatric Association said there was little prospect that the militant Islamist group would change its stance. He said attacks on health teams attempting to reach children to immunize them were becoming both more frequent and more violent.

"The vaccination teams are still going out, but at risk to their lives," he told Reuters. "People can come up on motorbikes and shoot them, and they've also started attacking the police put there to protect the vaccination teams." A Taliban bomb that exploded earlier this month near a polio vaccination team in the northwestern city of Peshawar killed two people and appeared to target police assigned to protect the health workers.

"This will only be solved if the polio teams can get access to those children - either inside FATA, or when the children move out into other areas," Bhutta said. "Without that I don't see how things can improve. Rather I think things might get more serious when the polio virus gets out into settled areas."

The GPEI says the FATA is the area with the largest number of children being paralyzed by wild poliovirus in all of Asia.

Four polio cases in children in Pakistan were reported in the last week. Because the virus spreads from person to person, the World Health Organization says as long as any child remains infected, children everywhere are at risk.

Crimean-Congo hemorrhagic fever Cases(CCHF) Recorded from 2012 till 5 October 2013

Crimean-Congo hemorrhagic fever records Province/ District Wise.						
		2012			2013	
Province/ Region		Suspected	Lab Confirmed	Deaths	Suspected	Deaths
AJ&K		-	-	-	1	-
Balochistan	Afghanistan*	5	5	3	11	2
	Balochistan	33	18	4	49	6
ICT		-	-	-	2	-
KPK		9	6	5	6	4
Punjab		8	5	3	6	2
Sindh		7	7	3	2	1
Total		62	41	18	77	15

(Courtesy WHO – Weekly Epidemiological Bulletin)

Polio Cases Recorded in Pakistan till 31-10-2013

Confirmed Polio Cases in Pakistan District/ Area Wise. (2013)				
Province/ Region	District/ Area	Type of Wild Poliovirus	No. of Cases	Total Cases
Khyber Pakhtunkhwa	Bannu	NSL1	1	7
	Mardan	NSL1	2	
	Peshawar	NSL1	2	
	Kohat	NSL1	1	
	Malakand	NSL1	1	
FATA	FR Bannu	NSL1	5	34
	North Waziristan	NSL1	14	
	FR DI Khan	NSL1	1	
	Khyber Agency	NSL1	14	
Punjab	Mandi Bahudin	NSL1	1	2
	Mianwali	NSL1	1	
Sindh	Dadu	NSL1	1	3
	Gaddab, Karachi	NSL1	1	
	Bin Qasim	NSL1	1	
Total			46	46

Source: EPI

BALUCHISTAN EARTHQUAKE HEALTH SITUATION REPORT OCTOBER 3-10-2013

Disease wise number of consultations per district

Disease	Awaran	Death	U.C Danadar	Death	Total
Acute Respiratory Inf.	5233	-	353	-	5586
Bloody Diarrhea	43	-	6	-	49
Acute Diarrhea	4026	-	215	-	4241
Suspected Malaria	3081	-	282	-	3363
Skin Disease	1225	-	21	-	1246
Urinary Tract Infection	290	-	0	-	290
Injuries	450	-	178	-	628
Other Misc	10037	-	1398	-	11435
Total	24,385	-	2453	-	26,838

Source: PDMA Balochistan

Immunization Coverage (3-10-2013)

Tehsil	OPV	Measles	Vit:A <06M	Vit:A>06M	Deworm
Awaran DHQ Hosp.	368	417	40	314	314
Awaran Town	105	156	21	118	118
U.C Teertaij	750	825	117	703	703
U.C Gishkor	617	725	102	550	550
Malar	412	464	35	403	403
Tehsil Mashkey	741	817	114	713	713
Nokjo	671	784	102	647	647
Total	3664	4188	531	3448	3448

Source: PDMA Balochistan

Health Facilities Damaged in District Awaran

Health Facility	Status
DHQ Hospital (01)	Partially Damaged
RHC Mashkey (01)	Completely Damaged
BHU Gishkor, Nokjo and Malar. (03)	Completely Damaged
BHU Bazded & Nodara (02)	Partially Damaged
CD: Jibree, Parwar, Mangoli, Chilli Malar,	-
Gushank, Kaharzelig, Duaski, Pirandar.	Completely Damaged

Source: PDMA Balochistan

Humanitarian Organizations' Interventions in Health Sector

WHO *Weekly Epidemiological Bulletin (issue 40) – October 9, 2013*

Sindh

838 health facilities from 23 districts in Sindh province reported to DEWS (Disease Early Warning System) with a total of 289,486 patient consultations in week 40, 2013. A total of 23 alerts were received and appropriate measures were taken.

Altogether 8 alerts for Dengue fever; 7 alerts for Leishmaniasis; 6 each for NNT; while 1 each for AWD and Measles.

The overall proportion of Acute Disease for the province is showing decrease from last 4 weeks, but in this season 17 AWD outbreaks identified and responded, and the situation need continuous attention in the province.

Punjab

628 health facilities from 13 districts in province Punjab reported to DEWS (Disease Early Warning System) with a total of 313,064 patients consultations in week 40, 2013.

Total 30 alerts were received and appropriate measures were taken. Altogether 6 alerts each were for Dengue fever and Typhoid; 4 each for AJS, ARI and Diphtheria; 2 each for Measles and Scabies; while 1 each for Acute diarrhoea and MERS-CoV responded in Punjab.

The weekly trend of AD in Punjab showing decrease as compared with last week, but required vigilant monitoring of the situation

Balochistan

221 health facilities from 10 districts in province Balochistan reported to DEWS (Disease Early Warning System) with a total of 33,329 patients consultations in week 40, 2013. Total 11 alerts were reported and appropriate measures were taken in week 40, 2013.

Altogether 3 alerts for Measles; 2 each for Leishmaniasis and Pertussis; while 1 for Bloody diarrhoea, NNT, Scabies and Typhoid.

KPK

257 health facilities from 11 districts of Khyber Pakhtunkhwa sent reports to DEWS (Disease Early Warning System) with a total of 79,894 patients consultations reported in week 40, 2013.

A total of 32 alerts, 26 for Measles; 3 for AWD; 2 for Diphtheria; while 1 for AJS were received and appropriate measures were taken.

The weekly trend of Acute diarrhoea is showing decrease as compared with last week in KP, but 5 Cholera confirmed cases reported from KP in last six weeks, and the situation need continuous attention in the province. Dengue fever outbreak in district Swat and Mardan being responded jointly.

FATA

38 health facilities from 3 agencies in FATA reported to DEWS (Disease Early Warning System) with a total of 11,171 patients consultations in week 40, 2013.

8 alerts, 3 alerts each for Measles and NNT; while 2 for Leishmaniasis were reported and appropriate measures were taken.

AJ&K

68 health facilities from 8 districts in AJ&K reported to DEWS (Disease Early Warning System) with a total of 13,189 patients consultations in week 40, 2013.

5 alerts, 4 for Measles; and 1 for Dengue fever were reported in week 40, 2013 and appropriate measures were taken.

Islamabad

8 health facilities reported to DEWS (Disease Early Warning System) on time with a total of 2,117 patients consultations in week 40, 2013.

No alert received for any disease in week 40, 2013.

HEALTH PROFILE ISLAMABAD

WHO HEALTH FACILITIES STANDARDS

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

Source: WHO

HEALTH INDICATORS OF ISLAMABAD

The table below illustrates the Health Indicators of Islamabad as of the year 2009:

Indicators	2009
Population Coverage by LHWs	44%
Person per family ratio	6.8
Families using tap water	47%
%age of Woman given TT Vaccine	90.20%
%age of women registered for Antenatal care at FLCF	90.19%
%age of Children Fully Immunized	95.10%
Infant Mortality rate per 1,000 live births	37.49
Maternal Mortality ratio per 100,000 live births	31.91
Contraceptive Prevalence rate	48.26

Source: <http://www.ictadministration.gov.pk/csd.htm>

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 Islamabad . The Total number of immunization coverage is given in the graph below.

Vaccines	BCG	DPT1	DPT2	DPT3	Polio1	Polio2	Polio 3	Measles
Urban	88	88	88	88	86	86	86	75
Rural	83	83	83	81	83	83	81	70

Source:PSLM Survey 2010-11

According to Demography and Health Survey Pakistan 2012-13 the table below illustrates the percentage of Children age 12-23 months who received Vaccination.

Vaccines	BCG	DPT		Polio				Hepatitis B			Measles	
Islamabad	96.5	95.1	93.2	91.2	90.9	97	89.4	85.6	74.4	68.9	66.8	85.2

Source: Demography and Health Survey of Pakistan 2012-2013

The above mentioned table clearly indicate that the immunization coverage of Islamabad has increased in the present year. As there is almost 90% of immunization Coverage in ICT.

HEALTH FACILITIES IN ISLAMABAD

According to CDA (Capital Development Authority) and ICTA (Islamabad Capital Territory Administration) the number of Health facilities recorded in Islamabad are as follow:

District	Private Hospitals	Govt Hospitals	RHC	B.H Units
Islamabad	14	7	3	12

Source: ICTA, CDA

ISLAMABAD 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 Islamabad.

CATEGORY	BHU	Government Sector	Private Sector	RHC	Grand Total
CLINIC		2	218		220
DAWAKHANA			34		34
HOMEOPATHIC			56		56
HOSPITAL	10	39	62	1	112
MEDICAL SERVICES			203		203
Grand Total	10	41	573	1	625

Source: ALHASAN Systems (Pvt) Ltd

اردو کی خبریں

منظرف گڑھ: 4 سالہ بچے میں پولیو وائرس کی تصدیق

آج ٹی وی نیوز 28 اکتوبر 2013

منظرف گڑھ: مظفر گڑھ میں چار سالہ بچے میں پولیو وائرس کی تصدیق ہوئی ہے، متاثرہ بچے کی ایک ٹانگہ مکمل طور پر ناکارہ ہو چکی ہے۔ شاہ جمال کے نواحی موضع بیٹ میٹلاستی اتر کے رہائشی غلام یسین کے چار سالہ بیٹے محمد اسد کو پانچ روز قبل دو ٹانگوں میں درد شروع ہوا اور پھر بائیں ٹانگہ مڑنا شروع ہو گئی۔ چار روز کے دوران متاثرہ بچے کی بائیں ٹانگہ دیکھتے ہی دیکھتے مکمل طور پر ناکارہ ہو گئی جبکہ دائیں ٹانگہ بھی مڑنا شروع ہو چکی ہے۔ متاثرہ بچے کو اس کے اہل خانہ آراستہ اسپتال شاہ جمال لے گئے جہاں ڈاکٹر نے بچے میں پولیو وائرس کی تصدیق کر دی لیکن اسے اسپتال میں داخل نہیں کیا۔ متاثرہ بچے کے والدین اس کے علاج کے لیے درد کی ٹھوکریں کھانے پر مجبور ہیں لیکن ابھی تک کوئی میڈیکل ٹیم متاثرہ بچے کے گھر نہیں پہنچ سکی۔

پاکستان میں فالج سے روزانہ چار سو اموات

فالج سے بچاؤ کا عالمی دن منگل کو پاکستان سمیت دنیا بھر میں منایا

چار ماہ

ٹی بی سی اردو 28 اکتوبر 2013

پاکستان میں سٹروک سوسائٹی کے فراہم کردہ اعداد و شمار کے مطابق ملک میں فالج سے روزانہ کم از کم چار سو افراد کی موت واقع ہو جاتی ہے۔ پاکستان سٹروک سوسائٹی نے صرف ہسپتالوں سے حاصل کردہ معلومات کی بنیاد پر یہ اعداد و شمار مرتب کیے ہیں۔ پاکستان سٹروک سوسائٹی کے سابق صدر اور آغا خان میڈیکل یونیورسٹی میں پروفیسر ڈاکٹر محمد واسع نے مرض کی تفصیل بی بی سی کو بتاتے ہوئے کہا کہ شریانیوں میں خون کا لو تھڑا جم جانے سے جب خون کا دباؤ بڑھتا ہے تو مریض پر فالج کا حملہ ہوتا ہے اور ایک صحت مند انسان فوری طور پر مفلوج ہو کر بستر سے لگ جاتا ہے۔ اس مرض کے ماہرین کہتے ہیں کہ دنیا اور خصوصاً پاکستان میں معذور افراد میں سب سے زیادہ تعداد فالج سے متاثرہ افراد کی ہے جبکہ دنیا بھر میں ہر دس سینکڑوں میں ایک فرد اس کا مریض کا شکار ہوتا ہے۔ نامہ نگار محمود جان بابر کے مطابق اس مرض اور اس سے منسلک مسائل پر کام کرنے والی پاکستان سٹروک سوسائٹی کے مطابق اس بیماری کا شکار ہونے کے بعد فوری موت سے بچ جانے والے افراد میں سے تقریباً تین سے چالیس فی صد کی تین ماہ کے دوران موت واقع ہو جاتی ہے۔ حیرانی کی بات تو یہ ہے کہ عوام تو ایک طرف پاکستان میں بہت سارے ڈاکٹر بھی اس بیماری کے بارے میں پوری طرح آگاہ نہیں اور جب وہ خود آگاہ نہیں ہوں گے تو وہ کیسے اس کا اچھا علاج کر سکیں گے۔ پروفیسر محمد واسع کا کہنا ہے کہ پاکستان میں اس بیماری کی بڑی وجوہات میں بلند فشار خون یعنی ہائی بلڈ پریشر، مرغن خوراک، سگریٹ نوشی اور تمباکو سے تیار کردہ مواد خصوصاً گٹکا شامل ہے۔

مشینی دور میں جسمانی مشقت نہ کرنے والے لوگ جب ورزش نہیں کرتے اور ایک جامد قسم کی زندگی گزارتے ہیں تو یہ فالج کے لیے آسان ہدف ثابت ہوتے ہیں۔ اس کے علاوہ لوگ ڈالڈ آگھی کا استعمال بھی کرتے ہیں جو اس بیماری کی وجوہات میں شامل ہیں۔ انہوں نے مزید بتایا حیرانی کی بات تو یہ ہے کہ عوام تو ایک طرف پاکستان میں بہت سارے ڈاکٹر بھی اس بیماری کے بارے میں پوری طرح آگاہ نہیں اور جب وہ خود آگاہ نہیں ہوں گے تو وہ کیسے اس کا اچھا علاج کر سکیں گے۔ ماہرین صحت کہتے ہیں کہ نمک، سگریٹ نوشی اور جامد طرز زندگی کو ترک کر کے اور ورزش کی عادت سے اس مرض سے بچا جاسکتا ہے۔ ڈاکٹر محمد واسع کا کہنا ہے کہ ان کی سوسائٹی ملک کے بیس شہروں میں ایک ہزار ڈاکٹروں کو اگلے سال تربیت دیں گے تاکہ اس بیماری کا منظم مقابلہ کیا جاسکے۔ ان کا کہنا تھا کہ یہ مسئلہ بڑے شہروں میں بھی پوری شدت کے ساتھ موجود ہے اور صرف کراچی میں روزانہ فالج سے متاثرہ تین سے چار سو مریض ہسپتالوں میں لائے جاتے ہیں۔ اسلام آباد کے ایک نجی ہسپتال شفا انٹرنیشنل کے شعبہ اعصابی امراض کے سربراہ ڈاکٹر ارسلان احمد کہتے ہیں کہ زیادہ تر بڑے شہروں کے لوگ ہی ہسپتالوں میں پہنچ پاتے ہیں اور چھوٹے شہروں کے لوگ فالج ہونے پر دیسی دوا خانوں اور دیسی ٹونکوں کا سہارا لیتے ہیں۔

لاہور: ڈینگی سے خاتون جاں بحق، پنجاب میں ہلاکتوں کی

تعداد 3 ہو گئی

سائیز 27 اکتوبر 2013

لاہور: لاہور کے علاقے شاد باغ میں ڈینگی سے متاثرہ خاتون موت کی آغوش میں چلی گئی، پنجاب میں رواں سال ڈینگی سے انتقال کرنے والوں کی تعداد 3 ہو گئی۔ پنجاب میں ڈینگی کا مرض شدت اختیار کرتا جا رہا ہے، خاتون سمیت جاں بحق افراد کی تعداد 3 ہو گئی جبکہ سیکڑوں متاثرہ افراد اسپتالوں میں داخل ہیں۔ لاہور کے علاقے شاد باغ کی رہائشی عروج چند دن قبل ڈینگی بخار کا شکار ہو کر اسپتال پہنچی تاہم 2 روز کے اندر ہی اس کے پلینٹی لیٹس کی تعداد کم ہوتے ہوتے صرف 8 ہزار رہ گئی اور یوں اس کی جان بچانے کی ہر کوشش بے سود ثابت ہوئی، خاتون ایک بچے کی ماں تھی۔ ذرائع کے مطابق عروج کی بیماری کا ایک سبب شاد باغ

کے علاقے میں درختوں کی بہتات اور اسپرے کا نہ ہونا بھی بتایا جاتا ہے، جبکہ اہل خاندان کا کہنا ہے کہ موسم کے آغاز پر ہی انہوں نے حکومت کی جانب سے بتائے جانے والے حفاظتی اقدامات مکمل کر لئے تھے۔ لاہور کے اس علاقے میں دو سال قبل بھی ڈینگی سے ڈیڑھ ہزار سے زائد افراد متاثر ہوئے تھے۔

لندن: وزیر اعلیٰ پنجاب شہباز شریف نے کہا ہے کہ ڈینگی کو پہلے بھی شکست دی، اب بھی شکست دیں گے، ایک ایک جان عزیز ہے، ڈینگی سے نمٹنے کیلئے اقدامات پر کوئی غفلت برداشت نہیں کی جائیگی۔ لندن سے ویڈیو کانفرنس کے ذریعے لاہور میں اجلاس سے خطاب کرتے ہوئے شہباز شریف کا کہنا تھا کہ ڈینگی کے مرض سے نمٹنے کیلئے تمام وسائل بروئے کار لائے جائیں، متعلقہ محکمے اور منتخب نمائندے قومی ذمہ داری سمجھتے ہوئے انسداد ڈینگی کیلئے شب و روز ایک کر دیں، بھرپور آگاہی مہم چلائی جائے، اسپتالوں میں ڈینگی کے مرض میں مبتلا مریضوں کو علاج معالجے کی سہولیات ترجیحی بنیادوں پر فراہم کی جائیں۔ وزیر اعلیٰ پنجاب نے صوبائی وزیر رانا ثناء اللہ کی سربراہی میں کمیٹی تشکیل دیتے ہوئے ہدایت کی کہ کمیٹی روزانہ صبح آٹھ بجے صوبے میں ڈینگی کے مرض کی صورتحال کا جائزہ لے، اور اسکے تدارک کیلئے اقدامات اٹھانے کیلئے اجلاس منعقد کرے۔ انہوں نے کہا کہ خاتون کے ڈینگی وائرس کے باعث جال سخت ہونے کا دلی دکھ ہوا ہے، انہوں نے اس واقعہ کی تحقیقات کا حکم دیدیا ہے۔

کراچی (سٹاف رپورٹر): صوبے کے تمام صحت کے مراکز، مریضوں اور محکمہ صحت کے ملازمین سے باخبر رہنے کیلئے محکمہ صحت نے ہیلتھ مینجمنٹ انفارمیشن سسٹم (ایچ ایم آئی ایس) کے قیام پر کام شروع کر دیا ہے۔ منصوبہ 2 برس میں تقریباً ڈھائی ارب روپے کی لاگت سے مکمل ہوگا۔ اس سلسلے میں ڈی جی ہیلتھ ڈاکٹر اشفاق میمن نے 21 اکتوبر کو مختلف آئی ٹی ماہرین کے ساتھ ایک خصوصی ملاقات بھی کی۔ ڈی جی ہیلتھ نے بتایا کہ اس سسٹم کے تحت ہم پورے صوبے کے ہیلتھ سسٹم سے باآسانی باخبر رہ سکیں گے۔ انہوں نے بتایا کہ اس وقت صوبے میں ڈسٹرکٹ ہیلتھ انفارمیشن سسٹم کام کر رہا ہے تاہم وہ اتنا سرگرم نہیں جتنا کہ ہونا چاہئے۔ اس سسٹم کے تحت اس وقت تمام صوبے کے پرائمری اور سیکنڈری ہیلتھ سینٹرز سے مریضوں کا ڈیٹا اکٹھا کر کے ہر ماہ اس کا تجزیہ کر کے رپورٹ بنائی جاتی ہے۔ جس کا مقصد آنے والے امراض سے باخبر رہ کر دواؤں کا ذخیرہ کرنا اور امراض سے متعلق پلاننگ کرنا اور پالیسیاں بنانا ہے تاہم کیونکہ یہ سسٹم اپنا کام درست طریقے سے اپنا کام انجام نہیں دے رہا ہے اس لئے اس سے وہ نتائج حاصل نہیں ہو رہے جو ہونے چاہئے تھے۔ اب ہم نے اسی منصوبے کو مزید توسیع دینے کا فیصلہ کیا ہے اور اس کا نام ہیلتھ مینجمنٹ انفارمیشن سسٹم رکھنے کا فیصلہ کیا ہے۔ ڈی جی ہیلتھ نے بتایا کہ وہ اس سلسلے میں 10 روز میں ورکنگ پیپر تیار کر کے حکومت کو پیش کر دیں گے جس میں حکومت سے ڈھائی ارب جاری کرنے کی درخواست بھی کی جائے گی۔ انہوں نے بتایا کہ یہ سسٹم جو تقریباً 2 برس میں مکمل ہوگا، کے ذریعے ہم اپنے تمام ملازمین کا نہ صرف ڈیٹا بناسکیں گے بلکہ انٹر لنک کے ذریعے ہم اس بات سے بھی واقف ہو سکیں گے کہ فلاں اسپتال میں کون سا ڈاکٹر، کون سا پیرامیڈیکل اسٹاف ڈیوٹی پر حاضر ہے یا نہیں، کس جگہ اسامی کتنے عرصے سے خالی ہے۔ دواؤں کے اسٹور سے دوا کب اور کیوں نکالی گئی اور کہاں پہنچائی گئی۔ اس سسٹم کے تحت سرکاری اسپتالوں میں علاج کے لئے آنے والے مریضوں کو ایک میڈیکل کارڈ جاری کیا جائے گا جس میں میڈیکل رجسٹریشن نمبر ہوگا۔ اس کارڈ کے ذریعے مریض صوبے کے کسی بھی شہر میں علاج کیلئے جائے گا تو کمپیوٹر پر مریض کی پوری ہسٹری ڈاکٹر کے سامنے آجائے گی۔ ڈاکٹر اشفاق میمن کے تمام اس سسٹم کے رائج ہونے کے بعد صوبائی محکمہ صحت میں انقلابی تبدیلی آئے گی۔ انہوں نے بتایا کہ اس سسٹم کے حوالے سے صوبے بھر کے ڈاکٹر، طبی عملے کو آئی ٹی کی تربیت اس سسٹم کے تحت قائم ٹریننگ سینٹرز میں دی جائے گی۔ انہوں نے امید ظاہر کی کہ حکومت سسٹم کے قیام کیلئے فنڈ کی جلد منظوری دے دے گی۔

کراچی (سٹاف رپورٹر): قومی ادارہ برائے ذیابیطس اور اینڈوکرائینولوجی، ڈاکٹر یونیورسٹی آف ہیلتھ سائنسز پاکستان میں پہلی بار رمضان المبارک اور انسانی صحت کے موضوع پر دو روزہ بین الاقوامی سمپوزیم جمعہ 25 اکتوبر کو ڈاکٹر یونیورسٹی او جھانکےس میں شروع ہوگی جس میں ڈاکٹر یونیورسٹی کے وائس چانسلر پروفیسر مسعود حمید خان، قومی ادارہ برائے ذیابیطس اور اینڈوکرائینولوجی کے سابق صدر پروفیسر زمان شیخ سمیت دیگر ملکی اور غیر ملکی ماہرین رمضان اور انسانی صحت پر خصوصی مقالے پیش کریں گے۔ سمپوزیم میں پہلی بار شوگر کے مریضوں کو رمضان المبارک میں انسولین لگانے کے طریقوں سے آگاہ کیا جائے گا۔ سمپوزیم میں ملکی اور غیر ملکی طبی ماہرین رمضان کے حوالے سے دنیا بھر میں کی جانے والی تحقیقی رپورٹ پیش کریں گے، جس میں ذیابیطس، بلند فشار خون، کولیسٹرول، موٹاپا، حمل کے دوران پیچیدگیاں اور صحت کے حوالے سے غلط فہمی کو دور کریں گے۔ رمضان میں شوگر کی

ڈینگی کو پہلے بھی شکست دی، اب بھی دیں گے، شہباز شریف

آج ٹی وی نیوز 28 اکتوبر 2013

سندھ میں صحت کے حوالے سے اطلاعاتی نظام کا منصوبہ

تیار، ڈھائی ارب روپے لاگت آئے گی

روزنامہ جنگ 22 اکتوبر 2013

رمضان اور انسانی صحت پر عالمی سمپوزیم جمعہ سے شروع

ہوگا

روزنامہ جنگ 21 اکتوبر 2013

دواؤں کے حوالے سے خصوصی مقالے بھی پیش کیے جائینگے۔ اس کے علاوہ تمباکو نوشی، نسوار، گھاس کے نقصانات سے شرکاء کو آگاہ کیا جائے گا۔ ڈائریکٹوریٹ پاکستان میں پہلی بار اس سیمینار کا انعقاد کر رہی ہیں۔

سکھر (ہیورورپورٹ) شیڈولڈ کسٹومرز ایسوسی ایشن کے صدر معین خان نے کہا ہے کہ صحت مند معاشرے کی تشکیل کیلئے ضروری ہے کہ صفائی ستھرائی کا خاص خیال رکھا جائے، صفائی نصف ایمان ہے، صفائی کی عادت اپنا کر ہی بچوں کو مختلف بیماریوں سے بچایا جاسکتا ہے۔ وہ مختلف اسکولوں میں طلبہ و طالبات کو صفائی ستھرائی کے حوالے شعور دینے کیلئے منعقدہ تقریب سے خطاب کر رہے تھے۔

پیر جو گوٹھ (نامہ نگار) صحت مرکز پیر جو گوٹھ کو قائم ہوئے 40 سال ہو گئے ہیں، مرکز کا قیام 1970ء کی دہائی میں ہوا تھا، اس وقت پیر جو گوٹھ اور نواحی علاقوں کی آبادی حالیہ آبادی کے تناسب سے کم تھی۔ اس وقت صحت مرکز میں دواؤں کی کمی معمول کا حصہ ہے۔ اسپتال میں مختلف امراض کی تشخیص کے لئے لیبارٹری قائم ہے لیکن جب مریض کا ٹیسٹ کیا جاتا ہے تو موجودہ لیب میں پیسے وصول کئے جاتے ہیں، اس بات کی تصدیق خود میڈیکل سپرنٹنڈنٹ ڈاکٹر ذوالفقار نے ”جنگ“ کے رابطہ کرنے پر بتائی۔ صحت مرکز پیر جو گوٹھ کی حالت زار موجودہ ایم ایس سے قبل بھی مایوس کن اور انتہائی تشویشناک تھی لیکن ان کی تقرری کے بعد جو کچھ باقی تھا وہ بھی تباہ ہو گیا۔ اسپتال میں آپریشن تھیٹر اور اس کا سامان بھی موجود ہے لیکن آپریشن تھیٹر کو کئی برس سے تالا لگا ہوا ہے۔ اس سلسلے میں جب بھی معلومات کی جاتی ہیں تو بتایا جاتا ہے کہ نہ تو کوئی سرجن ہے اور نہ ہی آپریشن کے وقت بیہوش کرنے والا ڈاکٹر ہے۔ اسپتال کے لئے مختلف امراض کے ڈاکٹروں کی اسمبلیاں موجود ہیں لیکن ان پر تقرر کئے گئے ڈاکٹر دیگر اسپتالوں میں عارضی تقرری پر کام کرتے ہیں لیکن تنخواہیں صحت مرکز پیر جو گوٹھ سے حاصل کرتے ہیں۔ انتہائی قابل افسوس بات یہ ہے کہ اسپتال میں 4 سال سے جدید ترین ڈیجیٹل ایکسرے مشین موجود ہے لیکن وہ جب سے نصب ہوئی ہے اسے چلانے کے لئے کوئی آپریٹر مقرر نہیں کیا گیا جبکہ پرانی ایکسرے مشین کو صفائی کے لئے مقرر خاکروب چلاتا ہے۔ اسپتال میں علاقے کے لوگوں کو گردوں اور دل کے امراض کی تشخیص اور علاج فراہم کرنے کے لئے ڈائریکٹر اور سی سی یو مشینیں بھی 4 سال سے موجود ہیں لیکن انہیں استعمال کرنے کے لئے کوئی عملہ وغیرہ مقرر نہیں ہوا۔ تعلقہ نگر پیر جو گوٹھ کے قیام کو بھی تقریباً 20 سال گزرے ہیں لیکن صحت مرکز کو تعلقہ اسپتال کا درجہ دینے کے لئے بھی کوئی پیش رفت نہیں ہوئی ہے۔ سندھ حکومت کے ارباب اقتدار اور محکمہ صحت نے کبھی یہ احساس نہیں کیا کہ صحت مرکز کو اسپتال کا درجہ دیا جائے تاکہ یہاں کی آبادی کا فائدہ ہو سکے۔ صحت مرکز کی حالت زار کے پیش نظر وزیر اعلیٰ سندھ اور محکمہ صحت کے ذمہ داروں کو خصوصی توجہ اور اسے تعلقہ اسپتال کا درجہ دے کر لوگوں کو سہولتیں دی جائیں۔

کراچی (اسٹاف رپورٹر) پیپلز پیرامیڈیکل اسٹاف پاکستان کے قائم مقام صدر عبدالرحمن ساگی نے کہا ہے کہ سندھ حکومت محکمہ صحت میں نئی تہیوں کے حوالے سے ناجائز عمل طے کرے اور بلا امتیاز روزگار کے مواقع فراہم کرے۔ یہ بات انہوں نے سول اسپتال کراچی میں پیپلز پیرامیڈیکل اسٹاف کے سینئر رہنماؤں کے اہم اجلاس سے خطاب کرتے ہوئے کہی۔ اجلاس میں مرتضیٰ حیدری، منیر شاہ، شفیق بلوچ، امام الدین جمالی، عبدالرزاق اور محمد یوسف سمیت پیرامیڈیکل اسٹاف کی کثیر تعداد نے شرکت کی۔ عبدالرحمن ساگی نے کہا کہ محکمہ صحت میں منوثر منصوبہ بندی نہ ہونے کی وجہ سے سرکاری اسپتالوں کو طبی عملے کی کمی کا سامنا ہے، روز بروز کراچی سمیت سندھ بھر کی آبادی میں اضافہ ہوتا جا رہا ہے اور صحت کی بنیادی سہولتوں کی ضرورت بھی بڑھتی جا رہی ہے اس صورتحال کے پیش نظر طبی عملے کی تعداد میں اضافہ ناگزیر ہو چکا ہے۔ انہوں نے کہا کہ پیپلز پیرامیڈیکل اسٹاف روزگار کے بلا امتیاز مواقع پر یقین رکھتی ہے، اس وقت کراچی سمیت سندھ بھر میں ڈاکٹرز، پیرامیڈیکل اسٹاف، سپورٹ اسٹاف اور نرسز سمیت دیگر اسٹاف کی کمی شدت سے محسوس کی جا رہی ہے اس لئے ضروری ہے کہ وزیر اعلیٰ فوری طور پر کراچی سمیت سندھ بھر کے اسپتالوں میں دستیاب اسامیوں کی فہرست متعلقہ حکام کو تیار کرنے کا حکم دیں اور نئی اسامیوں سمیت دستیاب اسامیوں پر بھرتیوں کا اعلان کریں۔ انہوں نے مزید کہا کہ محکمہ صحت کے بجٹ کو مزید بڑھایا جائے تاکہ اس شعبے سے وابستہ افراد لوگوں کی خدمت مزید جذبے کے ساتھ کریں۔

کراچی (رپورٹ افضل ندیم ڈوگر) غیر قانونی واٹر ہائیڈرنٹ قائم کر کے ریڈ زون سمیت شہر کے پوش علاقوں میں پینے کا مضر صحت پانی پلائی کیا جا رہا ہے۔ غیر قانونی کاروبار سندھ ہائی کورٹ کی ڈویژن جج کے واضح احکامات کے برخلاف سرعام کیا جا رہا

صحت مند معاشرے کیلئے صفائی ضروری ہے، معین خان

روزنامہ جنگ 21 اکتوبر 2013

صحت مرکز پیر جو گوٹھ میں دواؤں اور طبی سہولتوں میں

کمی سے مریض پریشان

روزنامہ جنگ 19 اکتوبر 2013

حکومت محکمہ صحت میں روزگار کے بلا امتیاز مواقع فراہم کرے

روزنامہ جنگ 21 اکتوبر 2013

سلطان آباد کے قریب غیر قانونی ہائیڈرنٹ قائم، ریڈ زون سمیت پوش علاقوں میں مضر صحت پانی کی فراہم

ہے اور اس لگاتار سے واٹر بورڈ، کرائم برانچ اور پولیس سمیت متعلقہ ادارے بھی ہاتھ دھو رہے ہیں۔ تفصیلات کے مطابق کراچی ساؤتھ کے میٹھا در تھانے کی حدود میں کوئٹہ روڈ پر پی آئی ڈی سی پل اور سلطان آباد کے قریب دو بنگلوں میں چند ماہ پہلے تک انسداد دہشت گردی کی خصوصی عدالتیں قائم تھیں۔ جہاں سے ایک عرصے سے دہشت گردی کے سیکڑوں مقدمات پر متاثرین کو انصاف فراہم کیا گیا۔ چند ماہ قبل سکیورٹی خدشات کی بناء پر انسداد دہشت گردی کی خصوصی عدالتیں یہاں سے سندھ ہائی کورٹ سے متصل بیرکس میں منتقل کر دی گئیں۔ جس کے بعد خالی ہونے والے ان بنگلوں کو سمار کرنے کے بعد سالیانہ شخص نے غیر قانونی واٹر ہائیڈرنٹ قائم کر لیا۔ ہائیڈرنٹ کے مرکزی گیٹ پر معراج ٹریڈرز کی جانب سے سب سونل واٹر ہائیڈرنٹ کا بورڈ آویزاں ہے جس پر واٹر بورڈ کی جانب سے 24 اکتوبر 2012ء کے جاری کردہ ایک مہینہ اجازت نامے کا لیٹر نمبر MD/KW&SB/2012/910L درج ہے۔

حالانکہ کراچی واٹر اینڈ سیوریج بورڈ کا زمینی پانی بیچنے کے کاروبار سے کئی تعلق ہی نہیں۔ کچھ عرصہ قبل تک یہ کام محکمہ صحت کے دائرہ کار میں تھا مگر سندھ ہائی کورٹ کی ڈویژن بنچ نے 30 ستمبر 2010 کو ایک پٹیشن پر فیصلہ دیتے ہوئے زمینی پانی کو کمرشل بنیادوں پر سپلائی پر پابندی عائد کر دی تھی جس کے بعد سے محکمہ صحت کا بھی اس کاروبار سے تعلق نہیں۔ اس ہائیڈرنٹ کی دیواروں اور ٹینک پر جگہ جگہ تحریر ہے کہ ”یہ پانی پینے کا نہیں، صرف عام استعمال کے لیے ہے“ لیکن اس کے باوجود یہاں سے سلطان آباد، ہجرت کالونی، سول لائن، شہر کے ریڈ زون، کلفٹن، ڈیفنس، ہاتھ آئی لینڈ اور دیگر رہائشی عمارتوں کو اسی مقام سے دن رات پانی ٹینکروں کے ذریعے منگے داموں سپلائی کیا جا رہا ہے۔ واٹر اینڈ سیوریج بورڈ کے ذرائع کے مطابق ہائیڈریٹ کے مالکان کا موقف ہے کہ یہاں سے کنوئیں کا پانی سپلائی کیا جا رہا ہے لیکن یومیہ لاکھوں گیلن پانی کنوئیں سے کیسے نکالا جاسکتا ہے۔ ہائیڈرنٹ کی وجہ سے کوئٹہ روڈ اور اطراف کی سڑکیں پانی کے باعث ٹوٹ پھوٹ کا شکار ہو رہی ہیں۔ اس بارے میں معلومات کرنے کے لیے ہائیڈرنٹ کے مالک سالیانہ رابطہ کیا گیا تو انہوں نے تمام معاملہ واٹر بورڈ پر ڈال دیا اور کہا کہ جو معلومات حاصل کرنی ہے وہ واٹر بورڈ سے ہی حاصل کریں۔ چند روز قبل جب صوبائی وزیر بلدیات اویس مظفر نے پانی چوروں کے خلاف خصوصی مہم شروع کی تو دو دن تک اس واٹر ہائیڈرنٹ کو بند رکھا گیا۔ تاہم بعد ازاں اسے دوبارہ کھول دیا گیا ہے۔ اس بارے میں رابطہ کرنے پر ڈپٹی ایم ڈی واٹر بورڈ نجم عالم صدیقی نے متعلقہ خط کو جعلی قرار دیا ہے

کراچی (سٹاف رپورٹر) سندھ ہائی کورٹ کے جسٹس ندیم اختر کی سربراہی میں دور کنی بنچ نے شہریوں کو آلودہ اور مضر صحت پانی کی فراہمی پر مینجنگ ڈائریکٹر واٹر اینڈ سیوریج بورڈ کی جانب سے جواب داخل نہ کرنے پر شدید برہمی کا اظہار کیا ہے اور کراچی میں آلودہ پانی کی فراہمی سے متعلق ایک ماہ میں تفصیلی رپورٹ طلب کر لی ہے۔ عدالت نے اپنی آئین شکنی میں کہا کہ یہ حقیقت ہے کہ شہری پینے کے صاف پانی سے محروم ہیں اور انہیں حفظان صحت کے اصولوں کے برعکس پانی فراہم کیا جا رہا ہے تاہم ڈائریکٹر جنرل پاکستان کو الٹی کنٹرول اتھارٹی باقاعدہ رپورٹ دیں کہ پانی پینے کے قابل ہے کہ نہیں۔ درخواست گزار سماجی کارکن رانا فیض الحسن نے چیف سیکریٹری سندھ، سیکریٹری انڈسٹریز، سیکریٹری زراعت، ڈائریکٹر جنرل پاکستان کو الٹی کنٹرول اتھارٹی، سیکریٹری بلدیات، کمشنر کراچی اور ایم ڈی واٹر بورڈ کو فریق بناتے ہوئے موقف اختیار کیا ہے کہ گزشتہ 10 سال کے عرصے سے کوٹری اور نوری آباد میں واقع صنعتوں کا خارج ہونے والا زیریلا پانی کینجھر جھیل میں چھوڑا جا رہا ہے جس سے انسانی جانوں کو شدید خطرات لاحق ہیں، گھارو، ٹھٹھہ کے رہائشیوں کے علاوہ کراچی کی بڑی آبادی کینجھر جھیل سے سپلائی ہونے والے پانی کو استعمال کرتی ہے جو کہ واٹر اینڈ سیوریج بورڈ کے ذریعے پہنچایا جاتا ہے۔ جبکہ زیریلا پانی شامل ہونے سے آبی حیات کی نسل کشی ہو رہی ہے اور دوسری جانب کینجھر جھیل سے کھیتوں تک جانے والے پانی سے فصلوں کو بھی نقصان پہنچ رہا ہے لیکن تحریری رپورٹ متعلقہ اداروں کو موصول ہونے کے باوجود زیریلا پانی کی آمیزش کو روکنے کے لیے کوئی اقدامات یا کارروائی نہیں کی گئی زیریلا پانی کی آمیزش سے ماحولیاتی آلودگی بھی بڑھ رہی ہے اور آبی حیات کی نسل کشی سے کم و بیش 50 ہزار مایہ گیروں کا روزگار بھی ختم ہو کر رہ گیا ہے تمام تر صورتحال کے باوجود کمشنر حیدر آباد اور ایم ڈی واٹر اینڈ سیوریج بورڈ کینجھر جھیل میں اس زیریلا پانی کے بہاؤ کو روکنے کے لیے کوئی ٹھوس اقدامات کرنے میں مکمل طور پر ناکام ہیں کہ وہ صنعتوں کو پابند کریں کہ فاضل مادے کے اخراج سے قبل واٹر ٹریٹمنٹ پلانٹ نصب کریں، درخواست گزار نے مزید کہا ہے کہ کراچی شہر کی ضرورت 65 کروڑ گیلن پانی ہے جبکہ صرف 25 کروڑ گیلن بغیر فلٹریشن کے فراہم کیا جا رہا ہے حالانکہ واٹر اینڈ سیوریج بورڈ ایکٹ 1996 کے تحت پابند ہے کہ وہ پانی کو فلٹریشن کے بعد شہریوں کو پینے کے لیے کلورین ملا پانی فراہم کرے کہ لہذا عدالت عالیہ سے استدعا ہے

شہریوں کو حفظان صحت کے مطابق پانی فراہم نہیں کیا جا رہا، ہائیکورٹ، آلودہ پانی سے متعلق تفصیلی رپورٹ طلب

روزنامہ جنگ 10 اکتوبر 2013

زہریلے اور آلودہ پانی کی فراہمی سے روکتے ہوئے مدعا علیہان کو احکامات جاری کیئے جائیں کہ وہ حفظان صحت کے اصولوں کو مد نظر رکھتے ہوئے شہریوں کو پینے کا صاف پانی فراہم کرے تاکہ شہریوں کو بنیاد حقوق متاثر نہ ہو سکیں۔

کراچی (تجویر + محمد اسلام) ایک حالیہ سائنسی تحقیق میں بتایا گیا ہے کہ لیٹنے اور بیٹھنے سے بہتر ہے انسان کھڑا رہے کیوں کہ کھڑے رہنے سے حرارے زیادہ جلتے ہیں۔ لیٹنے اور بیٹھنے سے حرارے نہیں جلتے اور انسان اس وجہ سے موٹا ہونے لگتا ہے۔ لیکن صاحب! اگر آپ دل ناداں رکھتے ہیں تو یہ نہ پوچھئے اسے ہوا کیا ہے۔ دل ناداں کو ان کا ہر انداز اچھا لگتا ہے۔

ہمارے معاشرے میں کھڑے رہنے کے مقابلے میں لیٹنے اور بیٹھنے کی روایت بڑی مستحکم ہے۔ حضرت داغ کے بارے میں مشہور ہے وہ جہاں بیٹھ گئے بس بیٹھ گئے۔ ادب میں یہ چلن نیا نہیں، خود غالب کا بھی یہی حال تھا۔ وہ نہ صرف بیٹھتے تھے بلکہ یہ سوال بھی کرتے تھے غیر ہمیں اٹھائے کیوں؟

دیر نہیں، حرم نہیں، در نہیں، آستان نہیں

بیٹھے ہیں رہ گزر پہ ہم، غیر ہمیں اٹھائے کیوں

میر کا معاملہ اس سے بھی کچھ سوا ہے۔ وہ لیٹتے ہی نہ تھے بلکہ لیٹنے لیٹے سو بھی جاتے تھے۔ اگرچہ بعد میں وہ پچھتاتے بھی تھے۔

کیا کہوں کیسا ستم غفلت سے مجھ پر ہو گیا

قافلہ جاتا رہا میں صبح ہوتے سو گیا

انسان خلوص دل سے کوشش کرے تو گوہر مقصود پابی لیتا ہے ورنہ ٹھو کریں اس کا مقدر بنتی ہے۔ یہی بات استاد فدا خاں صاحب کے یہاں ہمیں ملتی ہے۔

صاحبو! ادب ہو یا ادب سے باہر کی دنیا مذکورہ سائنسی تحقیق کا مقصد یہ ہے کہ انسان متحرک رہے بلکہ نچلا نہ بیٹھے متحرک رہنے کیلئے لیٹنا اور بیٹھنا مضر صحت ہے بس ثابت ہوا جو لوگ کھڑے رہتے ہیں ان کی صحت اچھی رہتی ہے۔ لوگ دفاتر میں 8 گھنٹے کرسی پر بیٹھے رہتے ہیں اس نئی تحقیق کی روشنی میں دفاتر سے کرسی کو باہر نکال دینا چاہئے۔ تاکہ ملازمین کی صحت اچھی ہو۔ پھر ایسی کمپنیاں اپنے اشتہارات میں واضح طور پر لکھ دیں۔ ”ہمارے دفاتر میں ملازم کھڑے ہو کر کام کرتے ہیں۔“ یا پھر ”ہمارے دفاتر میں ملازمین کی صحت کی خاطر کرسی کا استعمال ترک کر دیا گیا ہے۔ جن لوگوں کو اپنی صحت کا خیال لاحق رہتا ہے ہمیں امید ہے وہ صرف اور صرف ان ہی کمپنیوں میں کام کریں گے جہاں پر کام کھڑے ہو کر کیا جاتا ہے اور ان کمپنیوں میں ایسا کلچر پیدا ہو گا جہاں یہ نہیں کہا جائے گا کہ آئیے تشریف رکھئے۔ کیوں کہ یہ گئے وقتوں کی بات ہو جائے گی بلکہ یہ کہا جائے گا۔ ”آئیے کھڑے ہو جائیے۔“ اس طرح دفاتر میں کرسیوں کی مد میں ہونے والے اخراجات بھی بچانے میں مدد ملے گی۔ پھر مختلف ادارے اس رقم کو دہشت گردی سے نمٹنے کیلئے باآسانی استعمال کر سکیں گے۔ اگرچہ بیٹھے رہنا ہمارے معاشرے کا کلچر ہے۔ پان کی دکانیں، ہوٹل، گلیاں، پلایا، رہ گزر غرض ہر جگہ لوگ فارغ بیٹھ کر وقت کو اس طرح ضائع کرتے رہتے ہیں جیسے حکومت عوامی خزانے کو ضائع کرتی ہے بعض لوگوں کو لیٹنے کا بڑا شوق ہوتا ہے ایسے شوقین مزاج لوگوں کو کوئی کتنا ہی اٹھائے گردہ بھر لیٹ جاتے ہیں۔ یہ لاتوں کے بھوت ہوتے ہیں۔ اس لئے باتوں سے نہیں مانتے۔ اس مجموعی صورتحال کا اثر ہمارے اداروں پر بھی پڑ رہا ہے۔

ہمارے بہت سے قومی ادارے بری طرح بیٹھ گئے ہیں بعض سلیمانی ٹوپی پہن کر لیٹ گئے اور لوگ ان اداروں کے اپنے پانوں پر کھڑے ہونے کے منتظر ہیں شاید اس تحقیق کا اثر پاکستان میں انسانوں سے پہلے ہمارے قومی اداروں پر پڑا ہے۔ اسی لئے پی آئی اے، اسٹیل ملز اور ریلوے وغیرہ اچھی کارکردگی دکھانے کی بجائے بیٹھے ہی جا رہے ہیں۔ اسی طرح کی تحقیقی رپورٹیں آتی رہتی ہے مگر ہمیں تو ہمارے بڑوں نے پہلے ہی بتا دیا تھا، حرکت میں برکت ہے۔ اب ہم ہی حرکت نہ کرنا چاہیں تو کوئی کیا کر سکتا ہے۔

لاہور (رفیعہ ناہید اکرام) پاکستان سمیت دنیا بھر میں اکتوبر کا مہینہ بریٹ کینسر سے آگاہی اور بچاؤ کے مہینے کے طور پر منایا جا رہا ہے۔ بریٹ کینسر سے بچاؤ کی عالمی تنظیم پینک ربن کمیٹین کے زیر اہتمام منائے جانے والے 31 دنوں کا مقصد عوام الناس میں بریٹ کینسر کیخلاف آگاہی فراہم کرنا اور بچاؤ کی تدابیر اختیار کرنے کے حوالے سے شعور بیدار کرنا ہے۔ اس سلسلے میں دنیا بھر میں سینئرز، کانفرنسوں اور ریلیوں کے ذریعے خاندانوں، معاشرہ اور حکومتوں کی توجہ اس مہلک بیماری سے لڑنے اور بچاؤ کی جانب مبذول کروانا ہے۔ پاکستان میں ہر سال 40 ہزار سے زائد خواتین بریٹ کینسر کی وجہ سے اپنی زندگی سے ہاتھ دھو بیٹھتی ہیں جبکہ پاکستان کی ہر 9 ویں خاتون بریٹ کینسر کی شکار ہونے کے خطرے سے دوچار ہے، پاکستان میں کینسر کی یہ قسم بڑی عمر اور

بیٹھے اور لیٹے مت اچھی صحت کیلئے کھڑے رہنا بہتر ہے،
نئی تحقیق

روزنامہ جنگ 21 اکتوبر 2013

پاکستان کی ہر 9 ویں خاتون بریٹ کینسر کی شکار ہونے کے
خطرے سے دوچار ہے

روزنامہ نوائے وقت 23 اکتوبر 2013

شادی شدہ خواتین کے علاوہ نوجوان لڑکیوں میں بھی تیزی سے پھیل رہی ہے، حفظانِ صحت کے اصولوں پر عمل نہ کرنے اور معاشرتی رویوں کی وجہ سے خواتین کیلئے بیماری کا اظہار بھی مسائل کا پیش خیمہ بن جاتا ہے۔ دوسری جانب ماہرین صحت کا کہنا ہے کہ بریسٹ کینسر ایسا کینسر ہے کہ بروقت تشخیص سے اس سے بچاؤ کے 90 فیصد امکانات روشن ہو جاتے ہیں تاہم زیادہ چربی والی خوراک، موٹاپا، تمباکو نوشی، موروثیت، تابکاری اثرات، الکوحل کے زیادہ استعمال سے خواتین کے اس مرض میں مبتلا ہونے کے امکانات اور خطرات میں اضافہ ہو جاتا ہے۔ بریسٹ کینسر سے آگاہی کی تنظیم پینک ربن پاکستان کے نیشنل کوآرڈینیٹر عمر آفتاب نے نوائے وقت کو بتایا کہ پاکستان میں بریسٹ کینسر کی تشخیص اور علاج کے حوالے سے ہر سطح پر آگاہی پھیلانے کی ضرورت ہے۔ ڈاکٹر شمینہ کھوکھر نے کہا کہ ملک میں پائے جانے والی سرطان کی اقسام میں سے 83 فیصد خواتین کو بریسٹ کینسر متاثر کرتا ہے اور اب تو 20 سال سے کم عمر لڑکیوں میں بھی بریسٹ کینسر کے کیسز سامنے آرہے ہیں۔ 40 سال سے زائد عمر کی خواتین میں بریسٹ کینسر کے خطرات زیادہ پائے جاتے ہیں۔ بعض خواتین ڈاکٹر کی بجائے حکیموں کا رخ کرتی ہیں جس سے کینسر اس حد تک پہنچ جاتا ہے کہ اس سے بچنا ممکن نہیں رہتا۔ ڈاکٹر سفینہ سومرونے کہا کہ خواتین اپنی فیملی اور معاشرے کے ڈر سے اس بیماری کا نہیں بتاتیں جس کی وجہ سے کینسر آہستہ آہستہ بڑھتا جاتا ہے اور آخر کار ایک دن موت کا سبب بنتا ہے۔ انہوں نے کہا کہ فیملی ممبرز کو مریضہ کو احساس دلانا ہو گا کہ وہ اس بیماری میں اس کے ساتھ ہیں اور اسے ہمت ہارنے کی بالکل ضرورت نہیں ہے۔

کھپرو (نامہ نگار) کھپرو شہر میں شہریوں کو مضر صحت پینے کا پانی فراہم کیا جا رہا ہے جس کی وجہ سے شہر میں پیٹ کی مختلف بیماریوں میں اضافہ ہو رہا ہے۔ تعلقہ میونسپل کمیٹی کھپرو کی جانب سے شہریوں کو صاف پانی کی فراہمی کے لئے ماہانہ لاکھوں روپے کا بجٹ مختص کیا گیا ہے لیکن تعلقہ میونسپل کمیٹی کے اہلکاروں نے شہریوں کو بغیر فلٹر پانی وائر سپلائی کے ذریعے فراہم کیا جا رہا ہے جب کہ صاف پانی کی فراہمی کے لئے مختص کی گئی رقم مبینہ طور پر ہڑپ کر لی جاتی ہے۔ کھپرو کے شہریوں نے متعلقہ حکام بالاسے مطالبہ کیا ہے کہ کھپرو کے شہریوں کو پینے کا صاف پانی مہیا جائے۔

کھپرو: مضر صحت پانی کی فراہمی، شہری مختلف بیماریوں میں مبتلا

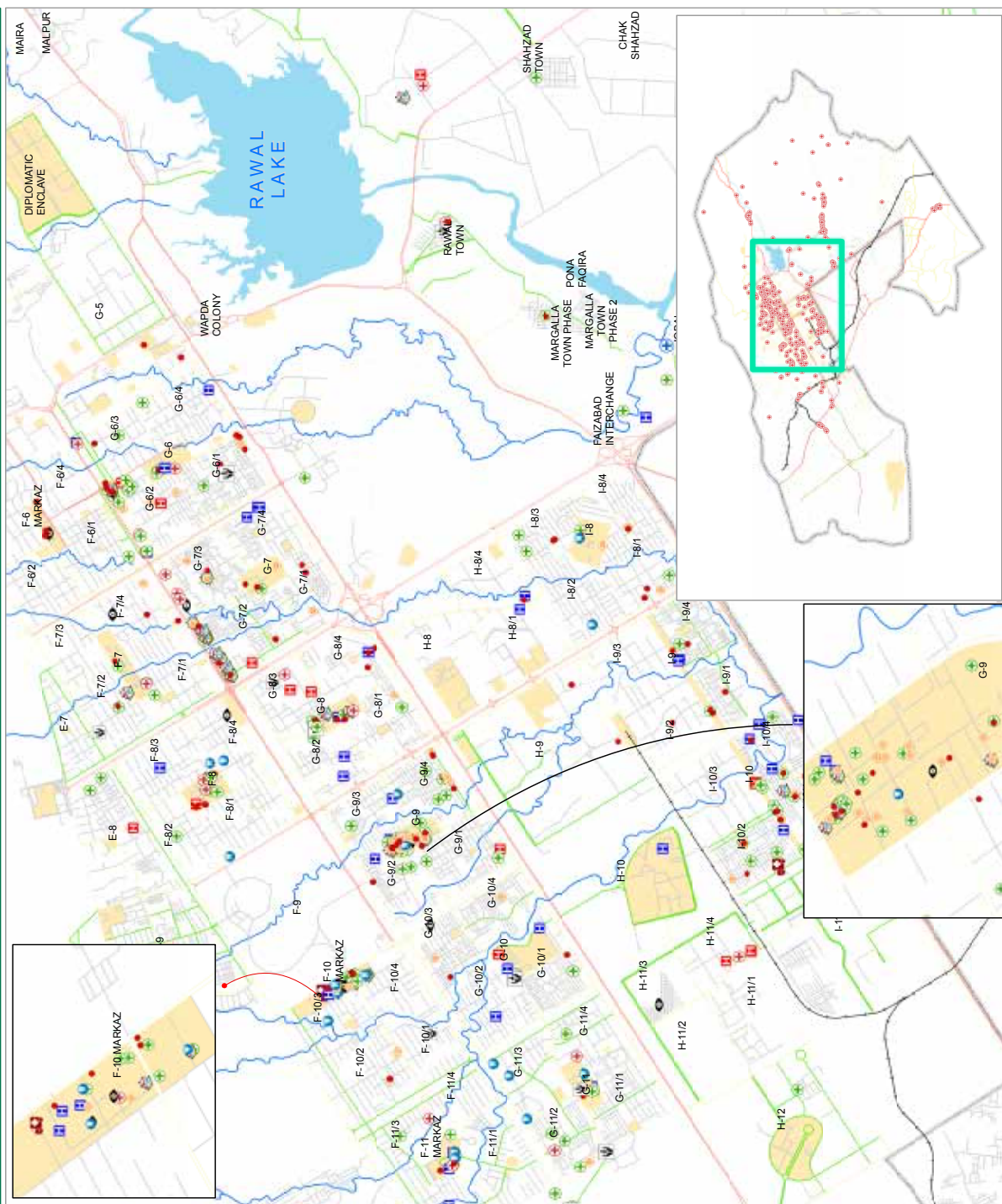
روزنامہ جنگ 10 اکتوبر 2013

لاہور (واقع نگار خصوصی) لاہور ہائی کورٹ نے قرار دیا ہے کہ انسانی جانوں کا تحفظ حکومت کی اولین ذمہ داری اور شہریوں کا بنیادی حق ہے۔ صحت کا خیال رکھنے والوں کی کوئی بھی کوتاہی مجرمانہ غفلت کے مترادف ہے اور ایسے لوگ قانون کے مجرم ہیں۔ فاضل عدالت نے یہ ریمارکس ڈینگی کی وبا کے دوران ناقص سپرے کے ذمہ داروں کے خلاف کارروائی کے لئے دائر درخواست کی سماعت کے دوران دیئے۔ چیف جسٹس لاہور ہائیکورٹ مسٹر جسٹس عمر عطاء بندیال نے ڈینگی کیس میں ناقص سپرے کی رپورٹ پر حکومت پنجاب اور محکمہ صحت سے جواب طلب کر لیا۔ سماعت 3 دسمبر تک ملتوی کر دی گئی۔ درخواست گزار محمد انظر صدیق ایڈووکیٹ نے عدالت کو بتایا کہ 31 اگست 2013ء کو جرنل منیجر گورنمنٹ میڈیکل سٹور ڈپو گلبرگ لاہور نے سیکرٹری محکمہ صحت کو لکھا کہ ڈینگی کیلئے استعمال ہونیوالی ادویات کے بیچ نمبر، تاریخ تیاری اور مدت ختم ہونے کی تاریخ میں تبدیلی کی گئی ہے انکی سیلیں توڑ دی گئی ہیں۔ اسی رپورٹ پر ڈائریکٹر جنرل ہیلتھ سروسز صوبہ پنجاب نے بھی سیکرٹری ہیلتھ کو 5 ستمبر کو خط لکھا کہ ڈینگی کے لئے خریدی گئی ادویات کی جب انسپکشن کی گئی تو پتہ لگا کہ اس میں جہاں سیلیں توڑیں گئی ہیں وہاں کچھ تبدیلیاں بھی کیں گئی ہیں یوں یہ خطرناک ثابت ہو سکتی ہے۔ فاضل چیف جسٹس عمر عطاء بندیال نے ایڈیشنل ایڈووکیٹ جنرل، محکمہ صحت کے وکیل اور سٹی ڈسٹرکٹ گورنمنٹ کے وکیل سے استفسار کیا کہ ڈینگی سے ایک موت ہو چکی ہے۔ پنجاب میں اس کو کنٹرول کر لیا گیا ہے مگر پھر بھی ایسا ہونا ایک اچھا عمل نہیں ہے۔ محکمہ صحت کے وکیل نے عدالت کو بتایا کہ اس بارے کارروائی ہو رہی ہے۔ ایڈیشنل ایڈووکیٹ جنرل نے عدالت کو بتایا کہ وزیر اعلیٰ پنجاب خود دلچسپی لے رہے ہیں اور خود ہسپتالوں میں جاتے ہیں۔ جسٹس عمر عطاء بندیال نے ریمارکس دیئے کہ آئندہ تاریخ پر عدالت کو مطمئن کیا جائے اور اس بابت اس تفصیلی رپورٹ داخل کی جائے کہ تاریخ سمیت دیگر چیزیں کیوں تبدیل کی گئیں۔ اسکے ذمہ داروں کے خلاف کیا کارروائی کی گئی۔

ڈینگی کیس، انسانی جانوں کا تحفظ حکومت کی اولین ذمہ داری ہے: لاہور ہائیکورٹ

روزنامہ نوائے وقت 24 اکتوبر 2013

ISLAMABAD HEALTH FACILITIES MAP (October, 2013)



Legend

Health Facility

- Government Hospital
- Private Hospital
- Rural Health Center
- Basic Health Unit
- Dental Clinic
- Physician Clinic
- Specialist Clinic
- Veterinary Clinic
- Homeopathic Clinic
- Children Hospital
- Pharmacy
- Ambulance Service
- Diagnostic Centre
- Optics Service

Infrastructure

- Motorway
- Highway
- Regional Highway
- Main Road
- Street
- Railway Track
- Water Feature
- Landuse
- River
- District Boundary

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Creation Date: October 25, 2013
Projection/Datum: WGS84
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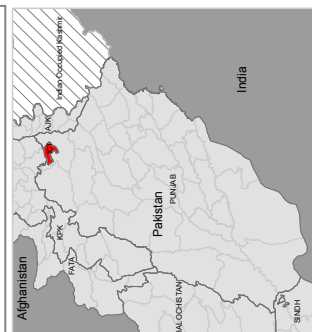


0 0.5 1 2
Kilometers

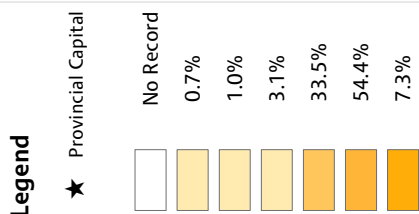
Map data source(s):
ALHASAN System Pvt. Ltd. : Admin boundaries and Road Network
ALHASAN Health Geospatial database : Health Facilities

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Legend

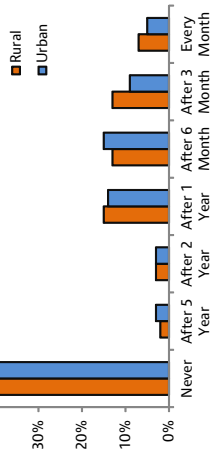
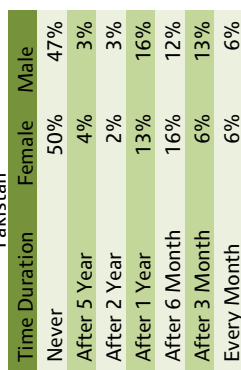
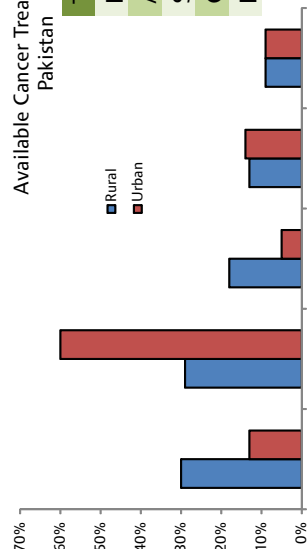
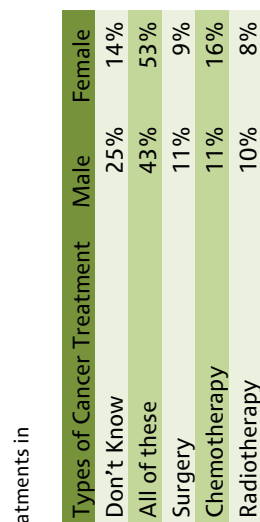


Date of Creation
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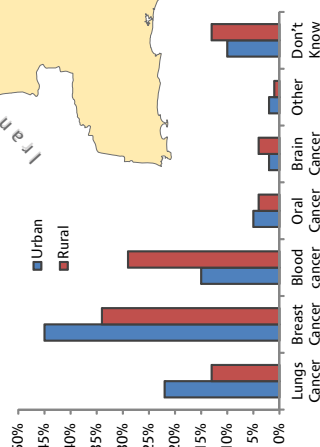
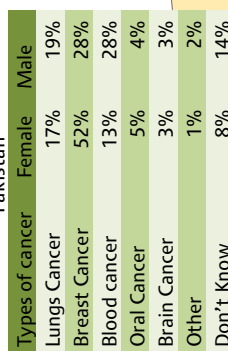
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60 120 240 Kilometers

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Most Prevalent Type of Cancer in Pakistan

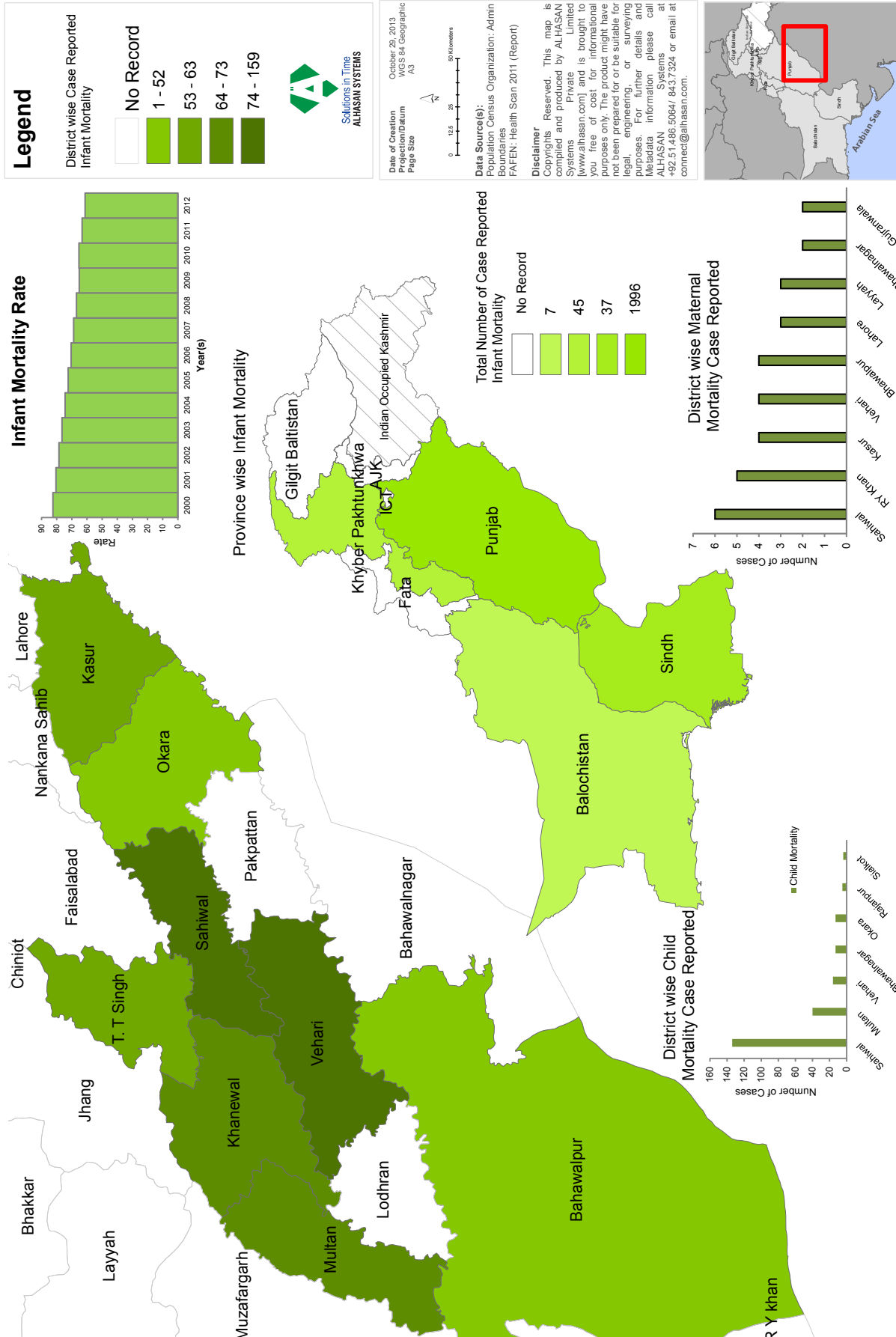


List of Major Cancer Hospital in Pakistan

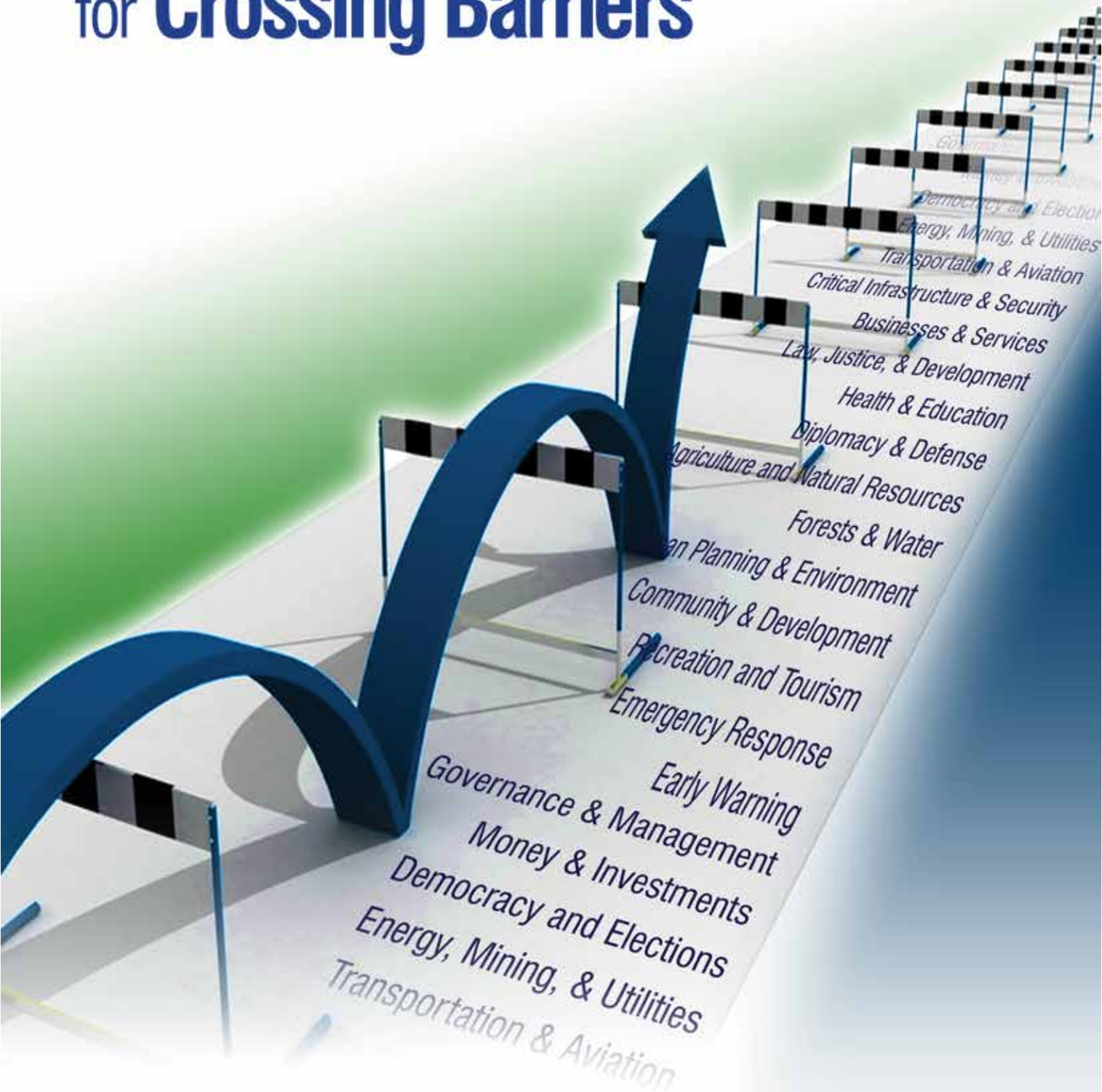
[illegible]

Data Source:
National Academy of Young Scientists (NAYS)
Awareness about Cancer in Pakistan - 2013

INFANT MORTALITY STATISTICS IN PAKISTAN - 2011



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<p>Health Department, Government of Sindh 0092-21-99211012 0092-21-99222837 shsindh@yahoo.com www.sindhhealth.gov.pk Secretary Health, Sindh Secretariate, Building No.1, 6Th Floor Karachi, Sindh</p>	<p>Health Services Academy 0092-51-9255590-6 0092-51-9255591 academy@hsa.edu.pk www.hsa.edu.pk Opposite National Institute of Health park read (NIH) Chak Shahzad, Islamabad</p>
<p>National AIDS Control Programme 0092-51-9255326 0092-51-9255173 info@nacp.gov.pk www.nacp.gov.pk Chak Shahzad, Islamabad</p>	<p>Punjab AIDS Control Program 0092-42-99201098 0092-42- 99203394 pd.pacp@yahoo.com www.health.punjab.gov.pk/?q=Punjab_ACP#contacts First Floor,5 Montgomery Road, Lahore</p>
<p>Punjab Health Sector Reforms Programme Punjab 0092-42-99231356 0092-42-99231359 pd.phsrp@punjab.gov.pk www.phsrp.punjab.gov.pk Punjab Health Sector Reforms Programme House # 120 - B, New Muslim Town, Lahore</p>	<p>Executive District Office Health Jacobabad, Sindh 0092-721-654662 0092-721-512796</p>
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<p>Executive District Office Health Khairpur, Sindh 0092-243-9280151-2 0092-243-9280151</p>	<p>Executive District Office Health Larkana, Sindh 0092-79410711 0092-79410709</p>
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<p>Executive District Office Health Mirpurkhas, Sindh 0092-231-9290097 0092-231-9290098</p>	<p>Executive District Office Health Badin, Sindh 0092-2978-61871 0092-2978-62333</p>

Executive District Office Health Jamshoro, Sindh 0092-22-3874987	Executive District Office Health Thatta, Sindh 0092-298-771353 0092-298-770153
Executive District Office Health Tharparkar, Sindh 0092-232-261253 0092-232-261379	Executive District Office Health Bannu, Khyber Pakhtunkhwa 0092-928-9270132
Executive District Office Health Abbottabad, Khyber Pakhtunkhwa 0092-992- 9310192	Executive District Office Health Batagram, Khyber Pakhtunkhwa 0092-997-310507
Executive District Office Health Buner, Khyber Pakhtunkhwa 0092-939-510044	Executive District Office Health Chitral, Khyber Pakhtunkhwa 0092-943-412734
Executive District Office Health D.I.Khan, Khyber Pakhtunkhwa 0092- 966-9280199	Executive District Office Health Hangu, Khyber Pakhtunkhwa 0092-925-623034
Executive District Office Health Haripur, Khyber Pakhtunkhwa 0092-995-610997	Executive District Office Health Karak, Khyber Pakhtunkhwa 0092-927-210837
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Executive District Office Health Lower Dir, Khyber Pakhtunkhwa 0092-945-9250098	Executive District Office Health Malakand(Batkheela), Khyber Pakhtunkhwa 0092-932-410399
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Executive District Office Health Swat, Khyber Pakhtunkhwa 0092-946-9240739	Executive District Office Health Tank, Khyber Pakhtunkhwa 0092-963-510755
Executive District Office Health Shangla(Alpuri), Khyber Pakhtunkhwa 0092-996-850653	Executive District Office Health Swabi, Khyber Pakhtunkhwa 0092-938-221606
Executive District Office Health Upper Dir, Khyber Pakhtunkhwa 0092-944-880516	

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Ayub Medical College Abbottabad Pakistan 92-992-382321 92-992-382321 jamc@ayubmed.edu.pk www.ayubmed.edu.pk Ayub Medical College, Abbottabad-22040, Pakistan	Baqai Medical University 0092-21-34410-427 to 430 info@baqai.edu.pk www.baqai.edu.pk Baqai Medical University 51, Deh Tor, Gadap Road, Near Toll Plaza, Super Highway P.O Box No 2407, Karachi
Center for Health and Population Studies 0092-42-3639303 yazdani@brain.net.pk www.chps.edu.pk 2-A/5 Chamba Lane, G.O.R-I, (Near Children Complex Library) Lahore-3	College of Physicians and Surgeons Pakistan 0092-21 - 111-606-606 administration@csp.edu.pk www.csp.edu.pk College of Physicians and Surgeons Pakistan 7th Central Street, Defence Housing Authority, Karachi
DOW University of Health Sciences 0092-21-32715441-466 32715441-466 cms@duhs.edu.pk www.duhs.edu.pk Baba-E-Urdu Road, Karachi	Farkhanda Institute of Nursing, Affiliated with Gandhara University, Peshawar 0092-91-5844432 0092-91 5844428 info@gandhara.edu.pk www.gandhara.edu.pk/fin Farkhanda Institute of Nursing 57 Gul Meher Lane, University Town, Peshawar
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<p>fmccollege@yahoo.com, fmc@fmc.edu.pk www.fmc.edu.pk Frontier Medical & Dental College, P.O. Public School, Mansehra Road, Abbotabad</p>	<p>0092-91 5844428 info@gandhara.edu.pk www.gandhara.edu.pk/GCP Gandhara College of Pharmacy Canal Road University Town, Peshawar</p>
<p>Gomal Medical College 0092966-9280339, 92-966-9280338 0092966-9280340 gmc@yahoo.com www.gomcdikhan.edu.pk North Circular Road, Gomal Medical College, Dera Ismail Khan.</p>	<p>Hamdard University Karachi 0092-21-36440041-42 admissions@hamdard.edu.pk www.hamdard.edu.pk Hamdard University, Sharae Madinat Al-Hikmah, Muhammad Bin Qasim Avenue, Karachi, 74600</p>
<p>Islamabad Medical & Dental College 0092-51-2232045 chairman@imdcollage.com www.imdcollage.com Islamabad Medical & Dental College Islamabad Pakistan Islamabad</p>	<p>Jinnah Medical College Peshawar 0092-300-5257559 0092-91-5602475 info@jmcp.edu.pk www.jmcp.edu.pk Jinnah Medical College Peshawar Warsak Road, Peshawar</p>
<p>Kabir Institute of Public Health, Affiliated with Gandhara University, Peshawar 0092-91 58444232 0092-91 5844428 info@gandhara.edu.pk www.gandhara.edu.pk/KIPH Kabir Institute of Public Health 57 Gul Meher Lane, University Town, Peshawar</p>	<p>Kabir Medical College Peshawar 0092-91 5844432 0092-91 5844428 info@gandhara.edu.pk www.kmc.edu.pk Canal Road University Town, Peshawar, khyber pakhtunkhwa Pakistan</p>
<p>Karachi Medical and Dental College 0092-21-99260301 0092-21-99260306 info@kmdc.edu.pk www.kmdc.edu.pk Abbasi Shaheed Hospital Block M, North Nazimabad, Karachi</p>	<p>College of Physical Education 0937-873115 National, 874115 National College of Physical Education Bank Road, Mardan</p>
<p>Khyber College of Dentistry 0092-91-9216217 0092-91-9218327 www.kcd.edu.pk Khyber College of Dentistry, 25000 Peshawar, Khyber Pakhtunkhwa Pakistan</p>	<p>National Institute Of Psychology 0092-51-2230704 0092-51-2230704 info@nip.edu.pk National Institute Of Psychology Centre Of Excellence Shahdara Road. Quaid-I-Azam University, Islamabad</p>
<p>Khyber Girls Medical College 0092-91-9217698 0092-91-9217702 info@kgmc.edu.pk www.kgmc.edu.pk Khyber Girls Medical College, PDA Building Block IV, Phase V , Hayatabad Peshawar</p>	<p>NIMS College of Medical Sciences 0092-992-392421, 0332-8910366 nims_dent@hotmail.com www.nimsmed.edu.pk NIMS College of Medical Sciences Link Murree Road Nawanshehr, Abbottabad</p>
<p>Khyber Medical University 0092-91-9217697, 9217699 0092-91-9217704 qec@kmu.edu.pk, directorqec@kmu.edu.pk www.kmu.edu.pk PDA Building, Near Shalman Park, Street No. 9, Sector F-1, Phase 6, Hayatabad, Peshawar, Khyber Pakhtunkhwa</p>	<p>Pakistan Association of Orthodontists 0092-333-4207669 amjadasim97@hotmail.com, afeefumarzia@gmail.com www.pao.org.pk D-138-A, Block 4, Clifton, Karachi</p>
<p>King Edward Medical University 0092-42-9211150 0092-42-7233746 kemcol@brain.net.pk www.kemu.edu.pk King Edward Medical University Nelagumbad, Anarkali, Lahore</p>	<p>Pakistan Institute of Medical Sciences 0092-51- 9260470 0092-51-9260724 www.pims.gov.pk Pakistan Institute of Medical Sciences H # F-10 PIMS Colony. Islamabad</p>
<p>Liaquat University of Medical & Health Sciences Jamshoro Sindh 0092-22.921.3306 0092-22.921.3306 registrar@lumhs.edu.pk, www.lumhs.edu.pk Jamshoro, Sindh - Pakistan.</p>	<p>Peoples University of Medical & Health Sciences for women, 0092-244- 9370249-5 web.admin@pumhs.edu.pk www.pumhs.edu.pk Nawabshah, District-Shaheed Benazirabad Sindh- Pakistan</p>

<p>Naseer Teaching Hospital Peshawar 0092-91 5844432 0092-91 5844428 info@gandhara.edu.pk www.gandhara.edu.pk Naseer Teaching Hospital Peshawar Nasir Bagh Road, Peshawar</p>	<p>Punjab Institute of Cardiology Lahore 0092-42 99203052-6 0092-42-99200028 www.pic.gop.pk Punjab Institute of Cardiology GHOU-UL-AZAM Jail Rd, Lahore</p>
<p>Rehman Medical College, Peshawar 0092-91-5838 333 0092-91-5838 333 info.rmc@rmi.edu.pk www.rmi.edu.pk Rehman Medical College, Peshawar 4/A-3, Phase-V, Peshawar KHYBER PAKHTUNKHWA</p>	<p>Saidu Medical College 0092-946-9240134 0092-946-9240135 smc.swat@yahoo.com www.smcswat.edu.pk Saidu Medical College Saidu Sharif, Swat KHYBER PAKHTUNKHWA</p>
<p>Sardar Begum Dental College Peshawar, Affiliated with Gandhara University, Peshawar 0092-91 5844432 0092-91 5844428 info@gandhara.edu.pk www.gandhara.edu.pk Sardar Begum Dental College Peshawar Canal Road University Town, Peshawar</p>	<p>Shahed Mohtarma Benazir Bhutto Medical University Larkana 0092-74-9410715 0092-74-4752760 admissions@smbbmdu.edu.pk www.smbbmdu.edu.pk Shahed Mohtarma Benazir Bhutto Medical University Larkana village Arija, Airport road, Larkana</p>
<p>Shifa College of Medicine 0092-51-8463759 0092-51-4435046 www.shifacollege.edu/scm Shifa College of Medicine Pitrus Bukhari Road, H-8/4, Islamabad</p>	<p>Shifa College of Nursing 0092-51-4435046, 92-51-4431056 0092-51-4435046, 92-51-4431056 studentaffairs.scn@shifacollage.edu www.shifacollege.edu Shifa College of Nursing Pitraus Bukhari Road, Sector H- 8/4, Islamabad</p>
<p>University of Health Science Lahore 0092-42-99230870 0092-42-99230870 info@uhs.edu.pk www.uhs.edu.pk University of health science Lahore Khayaban-e-Jamia Punjab, Lahore</p>	<p>University of Health Sciences 0092-42-99231263 0092-42-99230820 info@uhs.edu.pk www.uhs.edu.pk, webdeveloper@uhs.edu.pk Khayaban-e-Jamia-e-Punjab Lahore</p>
<p>University of Veterinary and Animal Sciences 0092-42-99211449 0092-42-99212846 helpline@uvas.edu.pk www.uvas.edu.pk Syed Abdul Qadir Jilani (Out Fall) Road, Lahore, Punjab</p>	<p>Women Institute of Medical Technology 0092-998-392334 info@wimt.edu.pk www.wimt.edu.pk Women Institute of Medical Technology, Women Medical College, Muree Road Nawan Shehr, Abbottabad KHYBER PAKHTUNKHWA</p>
<p>Women Medical College Abbottabad 0092-992-392334 0092-992-390221 wmcpc@doctor.com www.wmc.edu.pk Women Medical College Abbottabad Murree Road, Nawanshehr, Abbottabad KHYBER PAKHTUNKHWA</p>	<p>Yusra Medical and Dental College 0092-3215283849 0092-51-4492816 info@ymdc.edu.pk www.ymdc.edu.pk Yusra Medical and Dental College Main G.T Road, Kahuta Morr, PO Model Town, Humak, Islamabad</p>

HOSPITALS

<p>Advance Radiology Clinic (Hospital) 0092-213-2783536 0092-213-2788200 arc@cyber.net.pk www.advancedradiologyclinic.enic.pk Behind Hamdard University Hospital (Taj Medical Complex) Off:M.A.Jinnah Road, Karachi, Sindh</p>	<p>Aga Khan Maternal and Child Care Centre, Hyderabad 0092-221-614172-4, 0092-22-2660071-2 0092-221-612526, 0092-22-2660070 Aga Khan Maternal and Child Care Centre, Hyderabad, Sindh</p>
<p>Aga Khan Hospital for Women, Karimabad 0092-213-6822963-6 0092-213-6811804 Aga Khan Hospital for Women, St-6/D Blk-7 Sh-E-Pakistan</p>	<p>Aiwan-E-Tijarat-O-Sanat Hospital Trust 0092-21 6995874 Aiwan-E-Tijarat-O-Sanat Hospital Trust, ST 1/1,Sec.11C- 2,North Karachi, Karachi, Sindh</p>

FB Area, Karachi, Sindh	
Akhtar Eye Hospital 0092-21-34811908 0092-21-34813235 info@akhtareye.com.pk www.akhtareye.com.pk/about_aeh.html Akhtar Eye Hospital, FL-1 (4/C), Block 5, Rashid Minhas Road. Gulshan-e-Iqbal, Karachi, Sindh	Akram Hospital, Quetta 0092-81 2869236-5 Quetta, Balochistan
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
Al Nabi Hospital 0092-21-4963590 Al Nabi Hospital, B-15/1, Block No.4-A, Gulshan-E-Iqbal, Abdul Hasan Isaphani Road, Karachi, Sindh	Al-Ain Institute of Eye Diseases (Hospital) 0092-21-4556151 Al-Ain Institute of Eye Diseases, 241/3/A, Block-2, P.E.C.H.S. Shahrah-E-Quaideen, Karachi, Sindh
Al-Hamra Medical Centre 0092-21-4388723 0092-21-4543362 Al-Hamra Medical Centre, Tipu Sultan Road, Karachi, Sindh	Al-Mumtaz Medical Complex (Hospital) 0092-21-4510128 Al-Mumtaz Medical Complex, AL-MUMTAZ MEDICAL COMPLEX is in Karachi, Sindh, located in 25/423, Darakhshan Society Kala Board, Malir. Karachi, Sindh
Al-Noor Hospital Quetta 0092-81 2830395 Toghi Road, Quetta, Balochistan	Al-Razi Hospital 0092-21 5888888 Al-Razi Hospital, Mehmoodabad Gate, Karachi, Sindh
Alvi Dental Hospital 0092-21-4524371 0092--214313069 Alvi Dental Hospital, 23 B, Pechs, Smchs, Near Embassy in Hotel, Karachi, Sindh	Ankle Saria Hospital 0092-21-32720371 Ankle Saria Hospital, Garden Road, Near Makki Masjid. Karachi, Sindh
Asghar Hospital Quetta 0092-81 2827017 Alamdar Road, Quetta, Balochistan	Ashfaq Memorial Hospital 0092-21-4822261 Ashfaq Memorial Hospital, Sb-9 Blk-13/C G'Iqbal, U/Sty Road, Karachi, Sindh
Awan Hospital 0092-21 6666828 Awan Hospital, 1-D/36, Orangi Town, Karachi, Sindh	Ayub Teaching Hospital 0092-992-381907-14, 381846 0092-992-382321 main manshera Road, Abbottabad, KHYBER PAKHTUNKHWA
Aziz Medical Centre (Hospital) 0092-21 6700666 0092-21 6633442 Aziz Medical Centre, B-151, Blk.-W, Allama Iqbal Town, North Nazimabad, Karachi, Sindh	Babar Hospital 0092-21-4932181 Babar Hospital, Office 5 St-12 Habib Chamber BI-14 G'Iqbal Karachi, Sindh
Bait-ul-Sakoon Cancer Hospital 0092-21 3455 3834-6 0092--21 3455 3942 baitulsukoon@hotmail.com www.baitulsukoon.org/history Bait-ul-Sakoon Cancer Hospital, Plot No. S.N.P.A. 17-J, Block -3, K.C.H.S. Union, Karachi, Sindh	Bantva Anis Hospital 0092-21 4926814 Bantva Anis Hospital, Plot #52-53, DMCHS., Block #3, Behind Gulistan Club, Shaheed-E-Millat Road, Karachi, Sindh
Baqai Hospital Karachi 0092-21-36618396 baqaiot@yahoo.com www.baqai.edu.pk/hospitals/baqai_hospital_university2/index.aspx Baqai Hospital Karachi, 111-B, 1/8, Nazimabad no 3, Karachi Sindh	Behbood Association Medical (Hospital) 0092-21-5820663 Behbood Association Medical, Pl. St-9 Bl. I, Opposite Shireen Jinnah Colony Clifton, Karachi, Sindh
Bilal Foundation 0092-51-4456471- 8 0092-51-4456480 info@bilalhospita.com www.bilalhospita.com 38-A, Satellite Town, Sadiqabad Road, Rawalpindi, Punjab	Brain & Medical Institute (Hospital) 0092-21-5370359 Brain & Medical Institute, Pl. St-32/A, Blk-5, Clifton, Karachi Sindh
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 Cinema, 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 Sukhar 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, Kunri 69160, 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, NearKhorl 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
Gulab 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@rafiquihospital.com.pk www.rafiquihospital.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, Rafiqi 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

Aga Khan Health Service 0092-213-5361196-97 0092-213-35308140 akhsp@akhsp.org www.akdn.org/AKHS D-114, Block 5, Clifton, Karachi, Sindh	Association for Health, Education & Agriculture Development Sindh 0092-235-541767 ahead_sgr@yahoo.com www.aheadsanghar.page.tl Banglow No.105/082, Block No. 2, Sanghar, Sindh
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
Family Health International 0092-51-285-5993	Health Oriented Preventive Education 0092-21-34520464

0092-51-285-4528 info@fhpk.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
Frontier Primary Health Care 0092-937-863837 0092-937-861403 fphcpak@gmail.com www.frontierphc.com Frontier Primary Health Care Nisatta Road, Bijli Ghar, G.P.O. Box – 52, Mardan, KHYBER PAKHTUNKHWA	HealthNet TPO 0092-3038432419/ qadeered.hntpo@gmail.com www.healthnettpo.org House No. 461, Street 58, Sector I-8/3, Islamabad
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
Motto to Empower the Health, Education & Rights Balochistan 0092-83-8510220 0092-83-8510220 meher_jfd@hotmail.com www.meher.org.pk MEHER office, Dera Allah Yar, Jaffarabad, Balochistan	Integrated Health Services 0092-51-111 362 867 info@ihspakistan.com www.ihspakistan.com Islamabad
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Pakistan National Forum on Women's Health 0092-21-32231534 0092-2132231534 shershahsyed@hotmail.com www.pnfwf.org.pk PMA House, Aga Khan III Road, Karachi, Sindh	Society for Education, Health Awareness & Technology 0092-51-2827788 nfo@sehat.org.pk www.sehat.org.pk Society for Education, Health Awareness & Technology House 8, Street 39, G-6/2, Islamabad
Participatory Efforts for Health Environment 0092-22-2650987 0092-22-2650987 rafiqjunejo@pehesindh.org www.pehesindh.org Bangalow no. B-02, Prince Town Phase 2, Qasimabad Hyderabad, Sindh	Society for Health & Education Development 0092-21-32044126 0092-21-34661222 contact@shed.com.pk www.shed-pak.org House No. B-139 Block 1 Gulistan e Johar, Karachi, Sindh
Potohar Mental Health Association 0092-345 8540063 potoharmentalhealthassociation@gmail.com HO.No.521 Street # 66, G-11/, Islamabad	UM Health Care Trust 0092-51-210 6304 0092-51-926 6626 info @ umtrust . org www.umtrust.org H#510, Street 9, Sector F-10/2, Islamabad
Sindh Health & Education Development Society 0092-22-2633163 0092-22-2633163 sheds.org@gmail.com 3rd Floor Baitul Mall Building ,Doctors Colony ,Near Liaquat University OPD, Hyderabad, Sindh	Water, Health, Education, Environmental League Quetta 0092-81-2445212 0092-81-2445212 razayt@yahoo.com House No: 8-40/1479-2, Street no: 3, Ismail Colony, Sirki Road, Quetta, Balochistan
Women Welfare for Health & Education Services Pakistan 0092-321-9221984 zafri999@yahoo.com www.whaes.web.com Office No. 05, Jamia Masjid, Ruqqia Square, Block 14, Water Pump, F/B Area karachi. Sindh	World Health Organization 0092-051-9255184-5 0092-51-9255042 wr@pak.emro.who.int www.who.int Premises of National Institute of Health, Park Road, Chak Shahzad, Islamabad

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