Medical colleges to be annually categorized on quality by PMDC

MN Report
ISLAMABAD - Pakistan Medical and Dental Council (PMDC) has decided to initiate annual categorization of all public and private medical and dental colleges of Pakistan, based on quality. According to an official of PMDC, all medical and dental colleges will be ranked into five categories from A to D on the basis of their performance indicators, facilities and faculty, to help students in making the right choice along with improving the quality of the colleges. The ranking will clearly speak of the college’s functionality and performance, along with pinpointing the flaws in the overall system.

To kick off the first phase, the council has decided to scrutinise all the existing public and private medical and dental colleges; this would be the largest inspection that has ever taken place in the country. All 167 colleges will be examined and new frameworks will be decided for the coming year. The PMDC official said that the inspection system was developed to facilitate a transparent and open merit-based system, adding that these will be carried out on a periodical basis—an annual or three-year basis. He added that a new organogram of the organization was also developed, which had setup the needed departments, with each department being headed by a Head of Department. This head will be supervising different sections of the department and will ensure the best possible implementation of industry-related governance practices. The official said that the council had also developed a policy to impose a revalidation requirement upon doctors in line with the international practices instead of renewing their licences after a specific period of time. This step will help doctors to keep themselves updated on the modern medical developments.

Continued on Page 12

PNB

Punjab Health Minister meets PMA Delegation

MN Report
MULTAN - A delegation of the Pakistan Medical Association (PMA), led by Prof Dr Masood Rauf Hiraq, met the Punjab Health Minister, Dr Yasmin Rashid, and apprised her of the problems afflicting medical education and the profession. The delegation expressed concerns over the Medical Teaching Institution Reforms Act and shared some proposals for introducing a positive change in it.

The delegation called for the making of a Hepatitis Filter Clinic, Infant Unit, and Cath Lab at the Cardiology Ward functional at the Nishtar Hospital. The members asked the Minister to order the installation of an air-conditioning system at the outdoor department to facilitate patients and their attendants.

The delegation demanded that the Dental Medical College should be affiliated with the Nishtar Medical University and hospital’s emergency and cardiology wards should be expanded. They said that the FCPS doctors should be promoted to Senior Registrars, and promotions should also be given to dental doctors. All vacant posts of doctors should be filled as early as possible, they demanded.

Minister Dr Yasmin assured the delegation that their demands would be heeded. Dr Rana Khawar, Dr Zulqarnain Haider, Dr Zafar Iqbal, Dr Farhan, Dr Amjad Bari, and Dr Sheikh Abdul Khalique were present.
Latest Healthcare Techniques showcased in Primary Care Conference in Abu Dhabi

**MN Report**

**ABU DHABI** - The 2nd Primary Care Conference, in collaboration with the Department of Health, Abu Dhabi (DoH), was recently held at the St Regis Hotel Corniche, with more than 150 physicians, nurses, pharmacists, and specialists in primary care and family medicine in attendance. The United Eastern Medical Services organized the conference (UEMedical), represented by Danat Al Emarat Hospital for Women & Children, HealthPlus Network of Specialty Centers, and Moorfields Eye Hospital Abu Dhabi, and supported by Abu Dhabi Health Data Services (Malaffi).

Mohamed Hamad Al Hameli, Undersecretary of Department of Health (DoH), emphasized the importance of primary care services, which are considered the main entry towards healthcare services. Primary care plays a vital role in the healthcare delivery system, dealing with the majority of cases before the need for specialized care. Mohammed Ali Al Shorafa Al Hammadi, CEO and Managing Director of UEMedical in Abu Dhabi, said that the primary care centers could deal with 70 to 80% of the cases. This shows the importance of these centers in the healthcare sector, which helps in decreasing the pressure on hospitals and specialized clinics. “In line with DoH’s vision and our group’s vision, we have placed special focus on primary care with the opening of a network of primary care centers in Abu Dhabi under the name of HealthPlus Family Health Centers, and we managed to get our different facilities licensed as primary care centers,” Hammadi said. Patients that require specialized treatments would be referred to specialized centers within our group and Danat Al Emarat Hospital for Women & Children in Abu Dhabi,” said Al Shorafa Al Hammadi.

The one-day conference included 12 different presentations on the latest technologies in primary care and treatment using telemedicine in this sector. Neil Clark, Acting Director, Investment and Capacity Management Division at Department of Health, Abu Dhabi, talked about Abu Dhabi’s journey to establish a strategy for primary care, in which he showcased primary care services in Abu Dhabi. He also clarified that there’s a specialized committee for primary care in the city which consists of members of several hospitals and family medicine physicians, who work continuously to improve strategies for primary care.

Dr Samina Ahmed, Chairperson of the Conference, Family Medicine Consultant and Medical Director at HealthPlus Family Centers, presented a lecture about the primary care model in Abu Dhabi. She informed that international studies show that 75 to 85% of the cases can be treated in primary care centers, and commitment towards this will limit the pressure on the emergency departments and specialized clinics in hospitals. This could be achieved by organizing awareness programs and educating the public.

Continued on Page 13

---

Punjab bans plastic bags

**MN Report**

**LAHORE** - Environment Protection Department (EPD) Secretary, Salman Ijaz, recently chaired a meeting in the EPD office discussing the of ban the use of plastic bags.

Director General, EPA, Tanveer Jabbar, UET Professor, Dr Yasar Gill, In-charge, Polymer Labs, PCSIR, Dr Sara Taj, representatives from WWF, Plastic Bags Manufacturers Association, and other officials concerned from the Industry Department, Housing and Urban Development, Law Department and members of civil society also attended the meeting.

Speaking on occasion, Salman Ijaz stated that the use of plastic bags comes at a very high cost to the environment and negatively affects human health.

Countries around the world have started banning the use of plastic bags while some have enforced restricted laws against the use of them because of the adverse effects of their usage, he added.

He said that the use of plastic bags is one of the major causes of environmental pollution. Keeping this in mind, the government has decided to ban the use of plastic bags in the Federal Capital territory from August 14th, 2019.

Likewise, the Punjab government is also considering the same but in a phased manner. He also directed to constitute three committees, i.e., legislative committee, technical committee, and committee to look after the social and economic impacts of the use of plastic bags.

These committees will present their recommendations in order to ban the use of plastic bags.

He emphasized that the sole purpose behind these measures was to prevent environmental pollution and not to hurt the people attached to this industry.

Yasmin Rashid demands HIV/AIDS screening for inmates

**MN Report**

**LAHORE** - Punjab Health Minister, Dr Yasmeen Rashid, directed the concerned officials to screen every inmate in 41 prisons across the province for HIV/AIDS. She issued these instructions while chairing a recent meeting at the Chief Minister’s House.

Special Secretary, Mudasar Waheed, and Saleem, briefed the minister regarding the eradication of HIV/AIDS.

The minister stated that rehabilitation centers should be established in all prisons across the province. “Inmates with HIV/AIDS must be facilitated in separate barracks,” she said, adding that vacancies at prison hospitals must be fulfilled soon. Strict action against quacks must be ensured in all districts, said Rashid adding that a comprehensive awareness campaign should be launched in all educational institutions.

She maintained that the Health Department is arranging awareness walks and poster competitions at educational institutes and training health professionals. Barbers and beauty parlors across the province are also being registered, she said.

During the meeting, it was revealed that the Punjab AIDS Control Program is running 18 treatment centers in Punjab.
SIUT concludes annual student summer volunteer program

MN Report
KARACHI - The Sindh Institute of Urology and Transplantation (SIUT) organized two batches of the student volunteer program during the current summer vacation of educational institutions in which students participated in voluntary community service at the SIUT. The first summer batch, i.e. Batch 52 was held from 17th to 22nd June and the second from 24th to 29th June respectively. The certificate awarding ceremony of the 53rd batch was held at the SIUT. The SIUT has been organizing these programs since the past 13 years to initiate and motivate the young generation of our country. The program is directed towards getting an insight into the realities of life faced by our underprivileged population at large and also the measures on how one can contribute their part in alleviating these issues. Director, SIUT, Prof Adib Rizvi, said that he is delighted that students have well recognized this program, parents, and teachers, and has received a tremendous response, which is realized every year by the exceeded number of applicants than the available seats. The program inculcates and infuses in them the motivation and inspiration to tackle these issues confronted by our society ranging from poverty, lack of education, and inadequate healthcare.

He pointed out that our future is in the hands of the young generation, and we should understand our responsibility to help them understand the societal values. He further stressed that the basic principle of every community service is based on empathy, compassion, and commitment. Prof Anwar Naqvi made out a presentation for the audience to outlining the entire activities in the program. He said that this comprehensive program is based on a six days (30 hours) well-structured schedule in which students visited and spent time in various departments including OPDs, Dialysis, Transplantation, Lithotripsy, Radiology, Clinical Laboratory, Clinical Skills Lab, Basic Nursing Skills, Cancer, Hepato-gastroenterology, and Medical and Surgical Sciences. The students were encouraged to interactively communicate and engage themselves with the admitted patients as well as the outpatients, particularly the children patients. A representative of the Pakistan Red Crescent Society conducted a hands-on interactive session on “Basic First Aid Measures & Cardiopulmonary Resuscitation,” which proved to be a very beneficial session for the enthusiastic participants. In a jam-packed certificate awarding ceremony, the large number of participants included parents, teachers, students, and staff members, including medical professionals. The event entailed speech presentations by the volunteers, parents sharing their views, performances by SIUT Patients & Volunteers, and Experience sharing by SIUT’s transplant and dialysis patients. The crowd burst into applause when Ms Zainab Imran (SIUT Volunteer), sang the song of SIUT “Aao Milkar Baantain Dukh.”

---

Integrated Solutions - Reliable Services

**TEG®5000**
- The new standard of care in hemostasis management.
- The TEG System helps you keep hemostasis in balance.
- Improving patient outcomes while reducing cost of care.

**Cell Saver®Elite+**
- Fast, reliable, and intuitive.
- Integrated SmartSuction technology to reduce hemolysis.
- High-Quality Red Blood Cells.

**MCS+®**
- Leading choice for therapeutic plasma exchange.
- Yields high quality platelets.
- Easy to use & easy to move.

**Haemonetics Blood filters**
- Platelet recovery greater than 90%.
- Minimal filter hold-up volume.
- Delivers low leukocyte residuals.

Marketed by: [HSC](http://www.hsc.com.pk)
HOSPITAL SUPPLY CORPORATION

---

MEDICAL NEWS / July 1-14, 2019 03
Man dies at high-cost private hospital due to alleged negligence

MN Report
RAWALPINDI - Death of a 35-year-old patient in a private hospital sparked massive protest by the parents and relatives of the deceased at Golra Mor on Peshawar Road. The deceased was identified as Baz, son of Gul Ahmad Khan from Mardan, KP. The protestors marched within the hospital premises and later on road by carrying the body on hospital-bed and were chanting slogans against chief executive officer and doctors of the hospital for showing negligence and plundering the family of theailing man in the name of treatment. They demanded Prime Minister Imran Khan and Inspector General of Police (IGP) Islamabad Amir Zulfiqar to take action against the management of the hospital. Sensing sensitivity of the issue, the management of the private hospital called police to maintain the law and order situation. Assistant Commissioner Saddar Zone also reached at the spot and negotiated with the protestors. The protestors on Peshawar Road had caused a traffic jam. Rasees Khan, nephew of the deceased, told the media that his uncle Baz was suffering from intestine infection and was taken to emergency department of Quaid-e-Azam International Hospital at Golra Mor where doctors had admitted him for surgery. "The doctors demanded Rs400,000 from the family of the patient as fee for surgery of the patient that was paid accordingly," he said, adding that the condition of the patient started deteriorating after first surgery and he did not recover. He said that the doctors later carried out six more surgeries on the patient and charged the family with Rs3.7 million for surgeries. "My uncle did not recover and died but the doctors put him on ventilator instead of declaring him dead," he alleged. The motive behind such exercise is to just mint more money from family in pretext of ventilator charges, he said. He said that the victim family had tabled a written complaint with IGP Islamabad against management of QAIH for registration of criminal case against the doctors. He also said that the family would approach Pakistan Medical and Dental Council (PMDC) for cancellation of licenses of the involved doctors. On the other hand, AC Saddar Circle Islamabad along with heavy contingent of police tried to control the angry mob. He negotiated with the protestors and assured them that necessary action would be taken against the responsible doctors after an inquiry. He said that it was alarming that a hospital was charging Rs3.7 million from a patient suffering with intestine infection.
CEO QAIH Dr Shaukat Bagash, however, when contacted for his comments simply replied with "Nothing is true". DC Islamabad and IGP could not be contacted for their comments.

Karachi continues to combat XDR typhoid

MN Report
KARACHI - The Sindh Health Department has registered 7109 Extensively Drug Resistant (XDR) typhoid fever cases across the Sindh province from November 2016 to May 2019 out of which 69% cases were reported from Karachi alone.

The Provincial Disease Surveillance and Response Unit (PDSRU) has recorded 7109 XDR typhoid fever cases out of which 4937 were reported from Karachi, 1772 from Hyderabad, and 364 from other districts. The XDR typhoid cases are now being reported from Malir, North Karachi, Gulshan, and other parts of the city.
The XDR typhoid fever is a severe water-borne infection caused by the bacterium Salmonella Typhi that spreads through contaminated food and water. High-grade fever, weakness, stomach pain, nausea, vomiting, headache, cough, and loss of appetite are some of the common presenting symptoms of the ailment. The circulating strain of XDR Salmonella Enterica serovar Typhi, which is resistant to antibiotics,

Continued on Page 13

Karachi faces acute shortage of lady MLOs

MN Report
KARACHI - Karachi, Pakistan's most populous city with a high crime ratio, is facing a severe shortage of female medico-legal officers as only three MLOs are currently operating in the entire city.
Three major public hospitals of Karachi including the Jinnah Postgraduate Medical Centre (JPMC), the Dr Ruth Pfau Civil Hospital Karachi (CHK), and the Abbasi Shaheed Hospital (ASH) are facing an acute shortage of female medico-legal officers (MLOs), therefore, female victims and their attendants have to wait several days to get examined from female attendants.
Karachi Police Surgeon, Dr Qarar Abbasi, informed that only three women medico-legal officers are available in the major hospitals out of which one is on leave while only two are working. He reported that there are nine sanction posts of female MLOs in Karachi out of which only three are available while six posts are lying vacant since

Continued on Page 13
Drinking coffee may stimulate fat-fighting defences

MN Report
KARACHI - According to the results of a study, drinking coffee may boost the body’s fat-fighting defences, which could be the key to tackling obesity and diabetes. The study, published in the journal, Scientific Reports, is one of the first to be carried out in humans to find components which could have a direct effect on "brown fat" functions, which plays a crucial role in how quickly we can burn calories as energy.

Brown adipose tissue (BAT), also known as brown fat, is one of two types of fat found in humans and other mammals, said researchers from the University of Nottingham in the UK. Initially only attributed to babies and hibernating mammals, it was discovered in recent years that adults could have brown fat too.

Its primary function is to generate body heat by burning calories, as opposed to white fat, which is a result of storing excess calories. People with a lower body mass index (BMI) therefore have a higher amount of brown fat.

"Brown fat works differently to other fat in your body and produces heat by burning sugar and fat, often in response to cold," said Professor Michael Symonds, from the University of Nottingham.

"Increasing its activity improves blood sugar control as well as improving blood lipid levels, and the extra calories burnt help with weight loss. However, until now, no one has found an acceptable way to stimulate its activity in humans," said Symonds.

"This is the first study in humans to show that something like a cup of coffee can have a direct effect on our brown fat functions. The potential implications of our results are pretty big, as obesity is a major health concern for society and we also have a growing diabetes epidemic and brown fat could potentially be part of the solution in tackling them," he said.

The team started with a series of stem cell studies to see if caffeine would stimulate brown fat. Once they had found the right dose, they then moved on to humans to see if the results were similar. The team used a thermal imaging technique, which they had previously pioneered, to trace the body's brown fat reserves. The non-invasive technique helps the team to locate brown fat and assess its capacity to produce heat.

"From our previous work, we knew that brown fat is mainly located in the neck region, so we were able to image someone straight after they had a drink to see if the brown fat got hotter," said Symonds.

"The results were positive, and we now need to ascertain that caffeine as one of the ingredients in the coffee is acting as the stimulus or if there’s another component helping with the activation of brown fat. We are currently looking at caffeine supplements to test whether the effect is similar.

"Once we have confirmed which component is responsible for this, it could potentially be used as part of a weight management regime or as part of glucose regulation program to help prevent diabetes," he said.

Second-hand drinking just as damaging as second-hand smoke

MN Report
KARACHI - According to the results of a study, second-hand drinking is just as damaging as second-hand smoking. Similar to second-hand smoking, society needs to combat the second-hand effects of drinking, as millions of people are suffering alcohol's harm because of someone else's drinking.

An analysis of US national survey data showed that some 21% of women and 23% of men - an estimated 53 million adults - experienced harm because of someone else's drinking in the last 12 months.

These harms could be threats or harassment, ruined property or vandalism, physical aggression, and damages related to driving or financial or family problems. Additional factors, including age and the person's own drinking, were also important. People younger than age 25 had a higher risk of experiencing harm from someone else's drinking.

"Control policies, such as alcohol pricing, taxation, reduced availability, and restricting advertising, might be the most effective ways to reduce not only alcohol consumption but also alcohol's harm to persons other than the drinker," said Nayak.

Upcoming Events 2019

NATIONAL
August 30-31
Pak Central Asia Health Expo at Pak Central Asia Health Expo

October 19-21
International Conference on Medical Education 2019. Theme: 21st Century challenges in the Health Professionals Education Has Workshops and Lectures. at Riphah Academy of Research and Education (RARE) Riphah International University, Al-Mizan Campus, 274-Peshawer Road, Rawalpindi, Pakistan.

October 28-29
International Conference on Medical & Health Science at Pearl Continental Hotel, Rawalpindi, Pakistan.

October 10-13
13th SAARCAC Sea 2019 at PC, Lahore

December 6-8

INTERNATIONAL
July 9-13
Global Conference on Health and Lifestyle at Loma Linda University, Loma Linda, USA

2019 HEALTH DAYS CALENDAR

JUNE
1 World Milk Day
5 World Environment Day
14 World Blood Donor Day
19 World Sickle Cell Day
23 National Day Against Drug Abuse and Illicit Traffic

JULY
11 World Population Day
24 World Hepatitis Day

AUGUST
1-7 World Breastfeeding Week
29 World Breast Feeding Day

SEPTEMBER
9 International Fetal Alcohol Syndrome Day
21 World Alzheimer’s Day
23 World Polio Day
26 World Retina Day
29 World Heart Day

OCTOBER
1 World No Tobacco Day
8 World Sight Day
10 World Mental Health Day
12 World Arthritis Day
14 World Breast Cancer Day
15 World Handwashing Day
16 World Food Day
17 World Spinal
27 World Trauma Day
30 World Osteoporosis Day
24 World Polio Day
29 World Stroke Day

NOVEMBER
1 World Diabetes Day
8 World Diabetes Day
12 World Diabetes Day
14 World Diabetes Day
20 World Diabetes Day
26 World Diabetes Day

DECEMBER
1 World AIDS Day
1 World AIDS Day
2 World AIDS Day
5 World Patient Safety Day
Lyari petitions for a drug-free society

**MN Report**

**KARACHI** - The movement for a drug-free society has been relaunched in Lyari, as a walk was recently organized on the eve of the International Day against Drug Abuse and Illicit Trafficking.

Save the Life Organization (STLO), a Lyari based NGO, organized a walk in Lyari to create mass awareness against the hazards of drug abuse and illicit trafficking. Many area people, as well as political and social activists, attended the march.

The participants were chanting slogans of a drug-free society for the safeguards of the new generation while carrying banners and placards. While addressing the participants, Member Sindh Assembly, Syed Abdul Rashid, said that around 8 million people started taking drugs in one year adding that 40000 people have lost their lives owing to the use of drugs in the last year alone. President, STLO, Saeed Bahmri, and Secretary Rashied Baloch, while expressing their views by stating that drug addiction is like a disease and the lawmakers must initiate for the rehabilitation of such sufferers.

Drug addiction, also called substance abuse disorder, is a disease that affects a person’s brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication. Substances such as alcohol, marijuana, and nicotine also are considered drugs. When you are addicted, you may continue using the drug despite the harm it causes. The organization has launched a massive campaign to curb drug abuse, and several NGOs are striving for the establishment of a Drug-Free Society.

Many drug demand reduction/awareness activities including walks, games/sports competitions, speech/debate competitions, lectures, seminars, and workshops have been planned to mark the day with the highest zeal and fervor.

It is pertinent to mention here that, some renowned political and social activists in Lyari had launched a Movement Against Drugs in the old town of the city to eradicate drug abuse through devotion and dedication. The attainment of the ultimate goal of a “Drug-Free Society” will be the only acceptable end-game in the war against drug abuse.

Divisional commissioners urge to launch drive against stray-dogs

**MN Report**

**KARACHI** - Director General, Health Services Sindh, urged the all divisional commissioners of the Sindh province to launch a reliable and effective campaign against stray dogs to decrease the caseload burden on the health facilities of the division.

Director General, Health Services Sindh, Dr Masood Ahmed Solangi, instructed the all divisional commissioners including Commissioner Karachi, Commissioner Hyderabad, Commissioner Larkana, Commissioner Shaheed Benazirabad, Commissioner Mirpurkhas, and Commissioner Sukkur.

According to the letter sent to the Commissioner Karachi, it was observed that 320 cases of dog-bite had been reported in the Primary and Secondary Health Facilities of the Karachi Division. The number of cases is higher in Malir and Korangi. It is pertinent to mention here that that the health department and partners are trying to make an anti-rabies vaccine available in sufficient quantity to the health facilities of Sindh.

Therefore, it is requested that an efficient and robust campaign for killing stray dogs must be commenced in the division to decrease the burden on the hospitals of the division.

The cases presented in the Jinnah Postgraduate Medical Centre, Dr Ruth Pfau Civil Hospital Karachi, Indus Hospital Karachi, and other hospitals were not included. Approximately 84,773 dog-bite cases have been reported across the Sindh province so far out of which 69,453 were reported interior Sindh while 15,320 from Karachi. So far, eleven deaths have been reported due to rabies-related complications this year.

Pediatric Psychology Ward established at Children’s Hospital

**MN Report**

**KARACHI** - The Sindh Government Children’s Hospital in North Nazimabad, Karachi run by the Poverty Eradication Initiative established a Psychiatry Ward and introduced its OPD to tackle child psychiatric problems and associated disorders.

The SGCH has now become the first public sector hospital in the province of Sindh that started the facility both outdoors and indoors to address mental health disorders. 30% of the country’s entire population comprises of youths that are 18 years of age and younger. 7 to 10% of children under the age of 12 have been known to harbour some sort of mental health disorder. Mental illness does not have apparent implications as a physical illness does; therefore, it is significantly less resourced.

The Poverty Eradication Initiative has opened the department to treat the children with mental health disorders in this hospital, keeping this perspective in mind. At present, the facility is equipped with four indoor beds. Children with mental health disorders require psychotherapy for treatment, along with medication. Usually, less than 2% of children with mental disorders require hospital admission. The number of beds might be increased in future if need be.

For the management of such patients, the Poverty Eradication Initiative has hired psychologists as well as full-time consultants who have specialized in psychiatry.
How much exercise is recommended for kids? Study answers

MN Report

KARACHI - The importance of keeping ourselves physically active cannot be undermined; many adults exercise to keep themselves healthy and fit. However, when it comes to children, we overlook the role exercise plays for their health and wellbeing. According to the US Department of Health and Human Services guidelines, children aged six and older need physical activity of at least an hour a day. The exercise should include either moderate or vigorous aerobic activity, with time devoted to strong activity at least three days a week. Besides, the children should also do muscle and bone strengthening at least thrice in seven days. To enhance the growth and development of children, the department also recommended that children between three to five be physically active throughout the day. Parents should keep a tab on their kids’ physical activities and motivate them to participate in active play that includes a variety of activities. Exercise offers a host of benefits including improved aerobic fitness, muscle strength, and endurance for six to 17 year old kids. Another study presented at ‘American Academy of Pediatrics 2018 National Conference & Exhibition’ last year, found that more than the United States half of children are not getting the recommended amount of weekly physical activity. Most of those who do meet the recommendations are exercising longer and for fewer days, risking burnout or repetitive injury risk. “Exercise should be used as a vital sign of health. There are numerous advantages of physical activity. Asking these questions can open the door for clinicians to have important conversations with families on how to ensure that children get these benefits,” said abstract presenter Julie Young, a research assistant in the Division of Pediatric Sports Medicine, Nationwide Children’s Hospital. The findings examined self-reported physical activity of 7,822 children over a three-year period. The children were seen at outpatient pediatric sports medicine clinics. Data indicates that only 5.2 per cent of children reported meeting the daily goals for physical activity. In addition, 49.6 per cent were insufficiently active, and 5 per cent were reported with no physical activity. The categories were based on the number of minutes per week in which children participated in physical activity based on the recommended 60 minutes per day or 420 minutes of activity per week. Researchers also noted that physical activity increased with age, with younger children reporting less exercise. Early childhood physical activity is vital to develop motor skills and physical literacy, which can impact physical activity behaviours throughout life.

Water samples from 11 areas test positive for poliovirus

MN Report

KARACHI - The wild poliovirus has been detected from samples taken from all major areas of Karachi, confirmed an environmental survey carried out by the Emergency Operation Cell teams. The environmental survey done by the Emergency Operation Cell team revealed the presence of the wild poliovirus in 11 different parts of Karachi including Orangi, Landhi, Saddar, Gadap, Gulshan-e-Iqbal, Korangi, SITE, and Liaqatabad. These areas have been discovered to be severely affected by the presence of the poliovirus. According to health department sources, two polio cases have been confirmed from Karachi so far and one from Larkana. The total polio cases in Pakistan in 2019 has reached 21 till now. This was the first time that the presence of the wild poliovirus has been detected from samples at such a large scale in the country’s most populous city. The Prime Minister’s Focal Person on Polio Eradication, Babar Bin Ata, said that a massive campaign would start after Eid and they will ensure that no child is left unvaccinated during the drive. He urged parents to vaccinate their children in every anti-polio campaign so that they can save the future of their children and polio can be eradicated from Pakistan completely. According to the result shared by the National Emergency Operations Centre (NEOC), the presence of the virus was confirmed in sewage samples collected in March 2019 from the cities of Peshawar, Lahore, Karachi, Rawalpindi, Mardan, Bannu, Waziristan, Hyderabad, Kambar, and Sukkur.
Stakeholders discuss regulation of healthcare services prices

**MN Report**

**KARACHI** - A stakeholders’ meeting was recently held at the Commissioner Office in Karachi discussing the regulation of costs of healthcare service delivery. The representatives of Hospital and Clinics Association comprising of Dr S Junaid Ali Shah, President PHCA, Dr Farhan Essa Abdullah, Dr Sadia Rizvi, CEO, South City Hospital, Dr Sami, Nusrat Faheem, Administrator, A.O. Clinic, Karachi, Ghulam Murtaza Memon, emphasized on the need for price regulation for the common man.

CEO, SHCC, Dr Minhaj Oidwai, proposed to adopt some rational policy regarding healthcare service delivery so that these services can become affordable for all.

The representatives of the PHCA shared the challenges being faced by different groups. Dr Minhaj Oidwai recommended the formation of a pricing committee comprising of all stakeholders and categorization of hospitals, taking into account different variables.

The meeting concluded with the note that the PHCA would share their views within two weeks. The next meeting will be held in the last week of July to continue with the deliberations.

**KIHID increases service charges to combat financial crises**

**MN Report**

**KARACHI** - The management of the Karachi Institute of Heart Diseases (KIHID) has introduced new service charges for cardiac patients to generate more revenue in a bid to overcome the ongoing financial crises. The charges of angiography, ECHO, ETT, 24-Hour Holter Monitoring, Emergency, OPD, PPM, TPM, Thallium Scan, Percardial, ABG, X-Ray, Ward, CCU, ECG, 24-hour ABPM, and ventilators have been increased by 10 to 50%.

The new charges of angiography are Rs5000, angioplasty Rs40000, CABS Rs75000, Echo Rs500, ETT Rs500, Emergency Rs200, OPD Rs100, ward (one day) Rs100, CCU charges (one day) Rs500, ECG (one ECG) Rs100, and ventilator Rs1000.

Senior Director, Medical & Health Services Department, KMC, Dr Ihtisham Gennani, said that the new service charges had been introduced in all KMC hospitals to increase the revenue of health facilities. He noted that different rates were being applied in the hospitals.

He further informed that a committee comprising of medical experts had reviewed the charges of the Dow University of Health Sciences (DUHS), private and public sector hospitals and laboratories in detail before introducing new service charges in the KMC health facilities.

Gennani said that this step would help overcome financial crises, repair faulty equipment, and ensure the supply of life-saving drugs and manpower.

**HIV increases the risk of heart failure**

**MN Report**

**KARACHI** - According to a recent finding by researchers, people living with HIV are at an increased risk of developing cardiovascular diseases (CVD), particularly heart failure and stroke.

“Our findings reinforce the importance of primary prevention of cardiovascular disease through the control of risk factors such as high blood pressure or smoking in persons living with HIV,” said study lead author, Alvaro Alonso from Emory University, USA.

Published in the Journal of the American Heart Association, the study analyzed information from a large health insurance database. For the study, researchers analyzed information on 19798 people living with HIV and 59302 age- and sex-matched non-infected individuals who were followed for an average of 20 months. According to the researchers, people living with HIV had 3.2 times and 2.7 times higher risks of heart failure and stroke, respectively, when compared to non-infected persons.

According to the study, the association of HIV infection with cardiovascular disease was especially strong for people younger than 50 years of age and those without a prior history of CVD.

However, people living with HIV did not have an increased risk of peripheral artery disease and only moderately increased risk of heart attack or atrial fibrillation.

---

**Treatment gap for epilepsy is “unacceptably high” : WHO**

**GENEVA** - The World Health Organization (WHO) has released a 2019 report highlighting global concerns about epilepsy treatment. The report, Epilepsy, a public health imperative, was released on Thursday 20 June, calling for action to improve healthcare and reduce stigma and discrimination.

The findings of the report show risk of premature deaths in epilepsy is higher in low- and middle-income countries, compared to high-income countries. Reasons given by the report include a lack of access to healthcare, leading to problems with continuing seizures and resulting injuries. Dr Tarun Dua from the Department of Mental Health and Substance Abuse at WHO called the treatment gap for epilepsy “unacceptably high”.

Within the UK, Public Health England found a similar link between deprived areas and a higher risk of premature deaths in a 2018 report.

Stigma was also highlighted by the WHO report as a global issue in epilepsy. President of the International Bureau for Epilepsy, Prof Martin Brodie, said this is a factor in “preventing people from seeking treatment.

The report suggests that public information campaigns can help reduce stigma, and putting laws in place to protect people’s rights can decrease discrimination. To reduce treatment gaps, WHO suggests epilepsy treatment from primary care doctors, like family doctors and GPs, may improve access to healthcare and medicines in poorer areas.

Also covered in the report are strategies to reduce preventable cases of epilepsy.

Continued on Page 13
Global surgical guidelines drive cut in post-surgery deaths, study

The English National Health Service (NHS) reduced post-operative deaths by 37.2% following the introduction of globally recognised surgical guidelines - paving the way for life-saving action in low- and middle-income countries (LMICs), a new study reveals.

Researchers at the University of Birmingham have confirmed that the NHS achieved the reduction between 1998 and 2014, coinciding with the introduction of the World Health Organisation (WHO) Surgical Safety Checklist in 2008.

Investigation of data showed a consistent downward trend over the 16-year period, with the greatest reductions achieved in oesophago-gastric (68.8%) and breast (69.3%) surgery.

The researchers published their analysis on the reduction of postoperative mortality rates (POMR) in a research letter to British Journal of Surgery. Their findings echo the results of similar research into NHS Scotland for the period 2000 to 2014, which found that the WHO Checklist was a key driver in POMR by 39% [1]

Mr Aneel Bhangoo, Senior Lecturer at the University of Birmingham, commented: “Around the world 4.2 million people die every year within 30 days after surgery - with half of these deaths occurring in LMICs. Identification of strategies to reduce postoperative mortality is now a global research priority.

“IT is encouraging that despite having among the lowest baseline rates globally, both Scotland and England have achieved a greater than one-third reduction in overall POMR. Replicating these gains internationally could avoid thousands of postoperative deaths, with the greatest potential gains in LMICs.”

He added that the checklist was essential part of improving perioperative safety, although variable reductions in deaths across specialties suggested that procedure specific initiatives have made a major contribution to reducing overall POMR.

Researchers at the University's NIHR Global Health Research Unit on Global Surgery replicated the analysis of NHS Scotland performance using publicly available inpatient POMR data. They discovered a 37.2% relative reduction (1.21 to 0.76%) in overall inpatient POMR. The study followed the Unit's research, published earlier this year in The Lancet, which discovered the figure of 4.2 million deaths every year within 30 days after surgery.

There is also a significant unmet need for surgery in LMICs and researchers believe that if operations were provided for all patients who need them the number of global postoperative deaths would increase to 6.1 million. Around 4.8 billion people worldwide lack timely access to safe and affordable surgery and it is estimated that there is an annual unmet need for 143 million procedures in LMICs. - PR

Social media may improve mental health

**MN Report**

KARACHI - Contrary to popular belief, using social media and the internet regularly could help improve mental health among adults and fend off serious psychological distress, such as depression and anxiety, a study revealed.

According to researchers from Michigan State University in the US, communication technologies and social media platforms make it easier to maintain relationships and access health information. Until now, adults have not been the focus of much research concerning the mental health impacts of social media use, said Keith Hampton, a professor at Michigan State University. Most studies on social media have focused on youth and college students, and the effects could be explained by life stages, rather than technology use.

“Taking a snapshot of the anxiety felt by young people today and concluding that a whole generation is at risk because of social media ignores more noteworthy social changes, such as the lingering effects of the Great Recession, the rise in single-child families, older and more protective parents, more kids going to college and rising student debt,” said Hampton.

Researchers set out to study more mature populations, analyzing data from more than 13000 relationships from adult participants. Using 2015 and 2016 data, the team found social media users are 63% less likely to experience severe psychological distress from one year to the next, including major depression or serious anxiety.

Having extended family members on social media further reduced psychological distress, so long as their family member’s mental health was not in decline.

The study, published in the Journal of Computer Mediated-Communication, challenges the notion that social media, mobile technologies, and the internet contribute to a mental health crisis.

The researchers found that someone who uses a social networking site is 1.63 times more likely to avoid serious psychological distress.

The extent to which communication technologies affect psychological distress varies according to the type and amount of technologies people and their extended family members use.

Changes to the mental health of family members affect the psychological distress experienced by other families, but only if both family members are connected on a social networking site.

"Today, we have these ongoing, little bits of information popping up on our cell phones and Facebook feeds, and that ongoing contact might matter for things like mental health," Hampton said.
WHO issues new guidelines for protection against extreme heat

**MN Report**

**KARACHI** - The WHO has issued new guidelines for staying protected from extreme heat as the exposure to heat is increasing due to climate change, and this trend will continue. According to the guidelines, globally, extreme temperature events are observed to be increasing in their frequency, duration, and magnitude. Between 2000 and 2016, the number of people exposed to heat waves increased by around 125 million. In 2015 alone, 175 million additional people were exposed to heat waves compared to average years. Single events can last weeks, occur consecutively, and result in significant excess mortality. In 2003, 70,000 people in Europe died as a result of the June-August event. In 2011, 56,000 excess deaths occurred during a 44-day heatwave in the Russian Federation. Exposure to excessive heat has wide-ranging physiological impacts for all humans, often amplifying existing conditions and resulting in premature death and disability. The negative health impacts of heat are predictable and largely preventable with specific public health actions. The WHO has issued these public health guidelines for the general public and medical professionals regarding coping with extreme heat. Global temperatures and the frequency and intensity of heatwaves will rise in the 21st century as a result of climate change. Extended periods of high day and nighttime temperatures create cumulative physiological stress on the human body, which exacerbates the top causes of death globally, including respiratory and cardiovascular diseases, diabetes mellitus, and renal disease. Heatwaves can acutely impact large populations for short periods often triggering public health emergencies and resulting in excess mortality, and cascading socioeconomic impacts (e.g., lost work capacity and labor).”

**How does heat impact health?**

Heat gain in the human body can be caused by a combination of external heat from the environment and internal body heat generated from metabolic processes. Rapid rises in heat gain due to exposure to hotter than average conditions compromise the body's ability to regulate temperature and can result in a cascade of illnesses, including heat cramps, heat exhaustion, heatstroke, and hyperthermia. Deaths and hospitalizations from heat can occur extremely rapidly (same day), or have a lagged effect.

Baloch criticizes Sindh healthcare sector over health provision services

**MN Report**

**KARACHI** - The Sindh Minister for Labour and Human Resources, Ghufran Murad Baloch, stated that the Sindh government was committed to providing better health care facilities to workers and their families and no lethargic attitude would be tolerated in this regard. This he said recently while paying a surprise visit to the Valika Hospital. On this occasion, he visited the Emergency Ward, CT Scan Unit, Paeds, and other wards as well, and expressed his resentment over the cleanliness situation. He asked the officers to improve the situation and directed them to take action against those responsible for the situation. Baloch also directed the hospital's Medical Superintendent to issue a show cause notice to Dr Saifur Rehman for not wearing the proper uniform while on duty. On this occasion, he directed to install air conditioners and fans in the surgical and children's wards. The Minister also instructed MS Hospital to arrange better lighting in the hospital park and increase the number of benches so that the attendants of the patients could feel comfortable.

Medical Superintendent, Dr Mustafa Abro briefed the Minister regarding the ongoing development work in the hospital. During his visit, Baloch also inspected the quality of the food, being given to patients, and visited the hospital kitchen. While talking to the staff, he directed them to provide immediate relief to the patients and play their due role in this regard.

Baloch said that under the leadership of CM Sindh, Syed Murad Ali Shah, the Sindh government was paying full attention towards the provision of better health care and education facilities to the workers and their families.
FEATURES

- End to end serialization & track & trace solution.
- DRAP SRO 470 compliant.
- Effective supply chain control & business intelligent.
Medical colleges to be ... Continued from front page

and techniques to provide the best quality treatment to their patients. The council has also planned to introduce major IT-based reforms, as digital enablement was absent at the PMDC. Steps are being taken on an urgent basis to further enhance the efficacy of the council by employing a policy of automation and digitalisation of resources. A digital portal was being designed to assist the masses in verifying doctor credentials such as their field of specialisation through a mobile app. This portal will also assist the public in submitting their complaints as well as reviewing the disciplinary actions taken in regards to their complaint, the official added.

Furthermore, the council will also install proprietary software for digitisation and electronic access to the registration processes initiated or undertaken by the council. These systems will enable students and doctors to renew as well as apply for their licences, along with obtaining different certification through a digital system. A proactive policy was also being developed to deal with the pending litigation, which included numerous court cases in a bid to resolve those disputes that could be easily dealt with by the PMDC itself, the official said.

45 billion rupees reserved ... Continued from front page

next financial year is Rs13.5 billion more than last year’s allocation of Rs32 billion during the transitional phase ending on June 30th, 2019, but it falls Rs4.608 billion short of PML-N’s last budget of Rs53.308 billion for the health sector for the fiscal year of 2017-18. Although last year’s development budget 2018-19 for the health sector registered a cut of a whopping Rs18.308 billion from its previous year’s ADP-2017-18, it recovered to a considerable extent with the addition of Rs13.5 billion. It clearly indicates that the health sector’s budget in Punjab has suffered a substantial cut of 10.56% in comparison with the penultimate year’s budget. The impact of the next year’s development program is slated to reduce further in the face of record currency devaluation and a considerable hike in inflation. Meanwhile, the Punjab government’s ax also falls on the annual development budget of the Punjab Emergency Service having a premier ambulance service Rescue-1122 with 42.85% cut in its last year’s budget from Rs1.4 billion in 2018-19 to Rs800 million for the upcoming budget for the financial year of 2019-20.

In this regard, Punjab’s PTI government reduced 63.63% of the development budget of PES of Rs800 million in its first budget for the fiscal year of 2019-20 from the PML-N’s last budget of Rs2.2 billion for the financial year 2017-18. Therefore, the budget for emergency rescue, ambulance, and fire-brigade service has registered a further decrease of 42.85% from last year’s budget of Rs1.4 billion during the transitional phase for 2019-19, which was already 36.36% less than the allocation of Rs2.2 billion during the penultimate year. The Punjab government is committed to its vision of providing universal healthcare and building a healthy community with easy access to affordable and quality healthcare. Primary and Secondary Healthcare is focused on delivering quality healthcare and family planning services through an efficient and effective service delivery system that is accessible, equitable, affordable, and sustainable.

Specialized Healthcare and Medical Education believe that tertiary healthcare in Punjab is confronted with severe issues concerning an inadequate number of health professionals and a limited number of health facilities causing a doctor to patient ratio of 1:1614 which falls considerably behind the WHO standards of 1:1000. As a result, it may be challenging to achieve health targets under the Sustainable Development Goals (SDGs-2030). Therefore, the greater focus is on providing the best educational facilities in the medical institutes to facilitate the production of qualified health professionals. The focus is to build a healthcare workforce in tertiary care hospitals so that the people of the province are provided with a high level of healthcare facilities. The government’s policy also focuses on bringing the underdeveloped and deprived areas having meager health facilities on par with developed areas. For this purpose, the government is launching multiple mega health projects in southern Punjab.

The next three years’ fiscal projections for a period from 2019-20 to 2021-22 under Medium Term Development Framework (MTDF) show a mixed trend inconsistent allocations under a development program for the health sector in the province. Primary & Secondary Healthcare shall be earmarked Rs23.5 billion under ADP 2019-20, Rs36.605 billion under ADP 2020-21 and Rs28.036 billion under ADP 2021-22. Secondary and Specialized Healthcare & Medical Education shall be earmarked Rs22 billion under ADP 2019-20, Rs38.166 billion under ADP 2020-21, and Rs30.635 billion under ADP 2021-22.

For the ongoing financial year of 2019-20, the Punjab government has allocated Rs23.5 billion and Rs22 billion respectively for 159 schemes of Primary and Secondary Healthcare and 84 schemes of Specialized Healthcare & Medical Education. The Specialized Healthcare and Medical Education shall spend Rs9.3 billion for 42 ongoing projects, Rs10.099 billion for 39 new schemes, and Rs2.6 billion for three schemes under Other Development Program (ODP). For 42 ongoing schemes, this department shall utilize Rs19.113 billion for nine schemes in Medical Education, Rs247.708 million for six schemes in Specialized Healthcare and Miscellaneous, and Rs7.139 billion for 27 schemes for Tertiary Care Hospitals.

For 39 new schemes, the department shall utilize Rs650 million for seven schemes in Medical Education, Rs9.449 billion for 32 schemes in Tertiary Care Hospitals. Besides, the department shall spend Rs2.6 billion on three schemes under ODP. The Primary & Secondary Healthcare shall spend Rs18.359 billion for 120 ongoing schemes, and Rs5.140 billion for 39 new schemes. For 120 ongoing schemes, this department shall utilize Rs10.210 billion for nine schemes in Preventive Healthcare, Rs367.075 million for 35 schemes in Primary Health Care, Rs5.197 billion for 57 schemes in Secondary Healthcare, Rs2.519 billion for 15 schemes in Research & Development, Rs40 million for Single Initiatives, and Special Initiatives. Besides, the department shall spend Rs25.279 million for three schemes under the Local Development Programme.

For 39 new schemes, this department shall utilize Rs563.987 million for 19 schemes in Primary Healthcare, Rs3.574 billion for 18 schemes in Secondary Healthcare, and Rs1.002 billion for two schemes under Special Initiatives. For Emergency Service (1122), the Punjab government has allocated Rs800 million for 24 schemes including Rs666.136 million for 17 regular ongoing schemes and Rs133.864 million for seven regular new schemes. Under three years’ fiscal projections for a period from 2019-20 to 2021-22, the Emergency Service (1122) shall spend Rs800 million under ADP 2019-20, Rs3.645 billion under ADP 2020-21, while projections of allocation under ADP 2021-22 are not available in the budget document.
Karachi continues to combat epilepsy ...
Continued from page 04
was first reported in the Hyderabad district of the Sindh province in November 2016 and has been spreading throughout the province since then.

The majority of cases, approximately 69%, have been reported from Karachi, the capital city of the Sindh province, and 27% have been reported from the Hyderabad district while 4% hail from other districts of the province.

The experts directed the people to follow precautionary measures like drinking boiled water and avoiding ice of unknown purity. Fruits, vegetables and utensils should be washed with boiled water. Wash your hands with soap before eating and after going to the toilet. People should avoid eating food from outside. Additionally, in the case of illness, always visit a qualified doctor and avoid self-medication. Hakeem/homeopaths and other health providers should not prescribe antibiotics.

Karachi faces acute ...
Continued from page04
the past several months.

The acute shortage of female MLOs has increased the burden of work on male MLOs in major public hospitals. In case of an emergency, the existing male and female MLOs have to work extra-hours against their duties.

There is an urgent need for female MLOs to handle the emergency cases and also to minimize the extra burden on male MLOs in the major hospitals of the city. The MLO's report containing the cause of death, time of death, nature of death, and other details compiled in an official form at the time of autopsy provides the basis for a court's case, carrying an impact on the final decision.

The number of female medico-legal officers has not increased keeping the current population and crime ratio of the city in mind as the existing sanction strength is a quarter century old.

Treatment gap for epilepsy ...
Continued from page 08
- which represent about a quarter of all epilepsy cases. These are ones where epilepsy is caused by things like brain injuries, infections of the brain, and stroke. Screening, immunisations and better healthcare are suggested as ways to tackle this.

Dr Samuel Wiebe, president of the International League Against Epilepsy, said action is needed to introduce the necessary measures to make a difference.

The report concludes that urgent actions needed include investment in healthcare systems, more priority given to epilepsy research and improving public attitudes towards epilepsy.

JPMC management unable ...
Continued from page 15
It has become the norm that representatives of various pharmaceutical companies reach the hospital every day from 09:00 am till 02:00 pm without any hindrance. The medical reps visit different wards and OPDs to get doctors attention by violating the ban imposed by JPMC administration on them due to inadequate monitoring and vigilance system.

The influence of medical reps has severely affected patient care in the hospital during rush hours as some doctors spend most of their time with them instead of providing consultation to patients who come from far-flung areas of the Sindh province of treatment.

Executive Director, Jinnah Postgraduate Medical Centre (JPMC), Dr Seemini Jamali, was not available to make any comments.

Former govt bagged ...
Continued from page 16
these free mobile health units were being provided in Lahore, Multan, Bahawalpur, Sheikhupura, and Rahim Yar Khan. More than 150,000 patients have been provided free medical facilities through these mobile health units in Punjab. Yasmin Rashid added that patients can now get the free medical facilities of X-ray, ultrasound, blood tests, and medicines through these free mobile health units.

Two grant demands for ...
Continued from page 20
marking system. Instead, the government was trying to bring the relative grading system, which evaluated the students in grades, thus promoting critical thinking and creating an approach for solving issues. He also invited the opposition to the process of giving useful suggestions, adding that the government would make agreements with them in this regard. He said that the education system needed to be revamped by changing the curriculum at the basic levels to eradicate the discrimination based on social strata. He said the government was trying to bring a curriculum related to industries so that graduates could easily get jobs in their fields. He said that despite criticism from the opposition on PhD scholarship programs, the government was changing it for the benefit of the entire system instead of the previous system which benefited only a few scholars at the cost of huge funds from the public exchequer.
Tripart MoU signed between HANDS, Educast and DUHS

MN Report
KARACHI - Dow University of Health Sciences (DUHS), one of the prominent universities for medical education in the country, has signed a tripart MoU on promoting and operating eDoctor program and its trained lady doctors. The MoU agreement was signed between the NGO Health and Nutrition Development Society (HANDS) by Dr Sheikh Tanveer; DUHS Registrar Prof Dr Amanullah Abbasi; 6and Educast (Pvt) Ltd. Chief Executive Abdullah Butt.

The signing event was overseen by Prof Dr Muhammed Saeed Quraishy, Vice Chancellor, DUHS and Prof Dr Zarnaz Wahid, Pro Vice Chancellor DUHS and Head of eDoctor training program. According to the MoU, out-of-work lady doctors from different medical institutions of Pakistan would be brought together by eDoctor training program, which will be expanded through HANDS. HANDS will make this service available to local people through the help of their network in various areas of the country. eDoctor, which is country's first ever program to retrain and certify out-of-work lady doctors in and outside Pakistan, has started gaining worldwide recognition after completing its first year of pilot batch of 500 Pakistani lady doctors in and out of the country. eDoctor is an Academic - Private MedTech initiative already supported by Federal Govt and leading national and international healthcare organizations.

DUHS and Saudi overseas Pakistani technology investor group Educast initiated this platform last year and is now training more than 500 Pakistani lady doctors, from Pakistan to North America, Europe, Middle East and Far East. In this program healthcare experts use innovative virtual educational platforms to deliver lectures to home based lady doctors using Flip model, and in return those lady doctors can ask questions on their queries. This program carries 30 CME credit hours and is of 6-month duration. HANDS is Pakistan’s leading healthcare organization as well as social sector network founded by renowned pediatrician Prof Dr Abdul Ghaffar Billo 20 years ago, and has interventions in more than 40 areas of the country, as well as in Nepal and UK. eDoctor and HANDS have now planned to use Triple Helix model, Public Institution-Social Sector Organization-Private Sector joint initiative to seek international funding to bring back these tens of thousands of out-of-work lady doctors in national healthcare system. Approx. Rs 5 million is spent on getting one doctor professionally qualified. Currently, eDoctor has brought Rs. 2.5 billion worth of lost investment back into national health system through use of Physical-Electronic healthcare service providers. eDoctor program and its trained lady doctors through HANDS national healthcare network have spread to over 40 districts through use of Innovative eHealth and Tele Medicine. eDoctor is a virtual training platform for out-of-work lady doctors spread globally. Currently eDoctor trainees are more than 500 from different parts of the world.

Make the Difference

- No human touch
- Unbreakable
- High assurance of product sterility
- Acknowledged by FDA & USP

A Reliable Anti-fibrinolytic Agent

Flexitran
(TRANEXAMIC ACID INJECTION BP) IM/IV

Manufactured through latest BFS (Blow-Fill-Seal) technology acknowledged by FDA

FDA and the United States Pharmacopoeia (USP), characterizes BFS technology as an "Advanced aseptic process" for the packaging of sterile Pharmaceutical Liquids.

For orders SMS your <Name> <Clinic Address> <Quantity Required> to 0333-34-78666
Email: zafapharmacy@net.pk

Carrying Naswar on flights now a punishable offence

MN Report
KARACHI - The Civil Aviation Authority (CAA) has placed a ban on carrying Naswar on all the flights. CAA issued a notification recently stating that if someone still carries Naswar to the flight, it will be considered a punishable offense. It was mentioned in the notification that all the Arab countries have included Naswar in the list of narcotics. The CAA warned that from now onwards, strict action will be taken against passengers carrying naswar in their luggage. The passengers carrying Naswar with them would have to face legal proceedings. The ban applies to the Haj pilgrims as well. The CAA and airport security force have placed banners at all the airports in this regard. The passengers have been advised against carrying Naswar in the banners.
CDC suggests extending the age for male candidates for HPV vaccine

ATLANTA - The US Centers for Disease Control and Prevention’s Advisory Committee on Immunization Practices (ACIP) has voted unanimously to recommend HPV vaccines for both boys and girls and men and women through age 26. Previously the CDC recommended that teen girls and young women who had not been adequately vaccinated receive the human papillomavirus vaccine through age 26, but the recommendation for teen boys and young men only went through age 21. The CDC’s recommendation that children start receiving two doses of the HPV vaccine around 11 or 12 years old has not changed. In a 10-4 vote, the committee also recommended adults with ages 27 through 45 who had not been adequately vaccinated make shared decisions with their doctors about getting vaccinated. Adults older than 45 who had not been vaccinated are not advised to do so, since HPV vaccines are not licensed for use in that age group.

The votes were made during a meeting at the CDC in Atlanta. The committee holds three meetings every year to review the most recent scientific data and vote on making possible updates to vaccine recommendations. Several mothers and anti-vaccination advocates spoke out against vaccines during the public comment portion of the meeting, referencing concerns around vaccine safety and potential harms.

HPV infection can lead to cancer
Human papillomavirus or HPV is a group of more than 200 related viruses, which can spread through sexual contact. In some cases, HPV infection can lead to six types of cancer: cervical, anal, penile, vaginal, vulvar and oropharyngeal (mouth and throat). Worldwide, the impact of HPV-related cancers is greater, with high-risk infections causing about 5% of all cancers globally, according to the institute.

The vaccine can protect against cancers since it works by preventing HPV infection.

Strong evidence for cervical cancer prevention
A new study, published in the journal The Lancet, found "compelling evidence" of HPV vaccination programs leading to significant declines in HPV infections. The study was a review and analysis of 65 separate papers in 14 high-income countries previously published between 2014 and 2018 on certain HPV-related health consequences, such as infections or anogenital warts, before and after vaccination periods.

The analysis of these previous studies showed that, after five to eight years of vaccination, the prevalence of HPV 16 and 18 decreased significantly by 83% among girls aged 13 to 19, by 66% among women aged 20 to 24 and by 37% among women aged 25 to 29.

These types of HPV cause 70% of cervical cancers and pre-cancerous cervical lesions, according to the World Health Organization. The study also found significant decreases in anogenital wart diagnoses in both girls and women and boys and men.

- The-CNN-Wire

JPMC management unable to control medical reps

MN Report

KARACHI - The incumbent administration of the Jinnah Postgraduate Medical Centre (JPMC) has miserably failed to break the nexus between doctors and influential representatives of pharmaceutical companies during OPD rush hours as the influence of medical reps continues to affect patient care. Medical sales representatives and medical practitioners were not following the directives issued by the Sindh Health Department as well as the hospital's management. Due to the poor check and balance system, the nexus between doctors and medical reps have severely affected patient care during rush hours.

The unchecked practice of representatives meeting with doctors during OPD hours makes the patients suffer a lot in health facilities as some doctors are prescribing costly medicines with the directions to purchase them from targeted medical stores so as to increase the sales of their favourite pharmaceutical companies.

The hospital's administration has failed to break the nexus between doctors and medical reps as both are openly violating medical ethics and values. Continued on Page 13
FBR to enfold unregistered doctors in tax net

MN Report
ISLAMABAD - The Federal Board of Revenue (FBR) has decided to bring unregistered doctors into the fold of tax net, in an effort to broaden the tax base. In a letter to Pakistan Medical and Dental Council (PMDC), FBR sought details of its members within 10 days. FBR said that most of PMDC’s members were not filing their tax returns.

Earlier, Prime Minister Imran Khan had directed the Federal Board of Revenue (FBR) to adopt a new and reformed system for tax collection to create ease for expansion of tax net in the country. “Tax defaulters are enemies of the nation, they should be exposed,” PM Khan had said while chairing a high-level meeting in Islamabad regarding tax collection in Pakistan.

Chairman FBR had briefed the prime minister about steps being taken to bring defaulters into the tax net. The prime minister had been apprised that rupees 1.3 billion had been recovered from more than 6,000 people, under trial, having high net worth.

More than Rs6 billion tax had been collected by the FBR in the cases related to off-shore companies so far, FBR chairman had said.

Former govt bagged billions in fake health schemes

MN Report
LAHORE - Punjab Health Minister, Dr Yasmin Rashid, recently informed that Shahbaz Sharif’s corrupt government earned billions of rupees via fraudulent health schemes. The Minister said that the previous Punjab government signed a Memorandum of Understanding (MoU) with Medi Urge Company for 20 mobile health units. As many as Rs2.5 million were allotted for the monthly expense of one mobile health unit according to the contract. “Now we are running these free mobile health units in only Rs1 million per month,” said Dr Yasmin.

She said that free medical facilities through

Two grant demands for education & health sectors approved in Punjab

MN Report
LAHORE - The Punjab Assembly recently approved two applications for grants in the education and health sectors rejecting all cut motions filed by the opposition members in the ongoing passage of the provincial budget for the fiscal year 2019-20.

The demand for grants for the education sector carried an allocation of Rs66.3736 billion while that of the health sector had the allocation of Rs141.7716 billion for the expenditures incurred on the provincial government during the next fiscal year.

The opposition members, while speaking in favor of their cut motions, argued that the PTI government had badly failed to fulfill its electoral promises and bring the much talked about ‘change’ for which it tried to woo voters in the last elections. Malik Mohammad Ahmad Khan of the PML-N said that the health sector actually witnessed degeneration as the government had increased the rates of medical testing and token fees, which was too much to be borne by poor patients. He alleged that doctors were not ready to serve at rural areas hospitals as the PTI government suspended the development schemes and upgradation process initiated by the PML-N government. He lamented that the government levied baseless allegations against the Pakistan Kidney and Liver Transplant Institute (PKLI), which were later disproved. He offered the government to form a commission on the PKLI for probing whether it was needed or not in a country where renal diseases were rampant, and mortality rates were high under this head. He warned the government that it must not show animosity against the healthcare of poor masses in its enmity with the previous government.

Khawaja Imran Nazir criticized the government for allowing doctors to leave rural areas hospitals, saying that presently only 26-27% of doctors were working in rural areas rooms, successfully conducting 28 kidney transplant operations, and three liver transplant operations.

She informed that her government was spending public money on people, and the alleged bias against the opposition was of the same amount as they did against her government. Tariq Masih Gill, Mian Tahir Jamil, Omaiza Fatima, and other members also spoke on the motion, but it was rejected by the sheer majority of the government members.

While speaking on the education cut motion, Education Minister, Dr Murad Rass, said the previous rulers launched a white elephant in the name of Danish Schools which only catered to a few thousand students on huge funds which could otherwise have provided for the education of millions of students. He said his government saved 4 to 5 billion rupees of corruption by creating an online system of teachers’ transfers enabling at least 60 to 70 thousand teachers to apply for their transfers from their homes. He said the government was planning to bring in over ten million children in the Punjab Education Foundation (PEF) System, which was bound to increase literacy and raising education standards.

Higher Education Minister, Yasir Humayun, said his government was bringing a revolutionary change in the education marking system by doing away with the absolute

Continued on Page 13

Continued on Page 13