

# Medical News

Pakistan's First  
Independent  
Medical Periodical from  
Karachi

Vol. 53 No. 6 / September 1-14, 2020

Published Fortnightly | Reg. No. ID. MC-153 | ISSN 1728-1520 | Controlled Circulation

Inside

Red Crescent  
provides First Aid ...

02

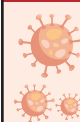
Quackery on the  
rise in the city's ...

04

Is the medical  
community under ...

07

## CORONAVIRUS IN PAKISTAN



CONFIRMED CASES

2,99,659

REPORTED DEATH

6,359



SINDH

130,969

PUNJAB

97,389

ISLAMABAD

15,780

BALUCHISTAN

13,402

KHYBER PAKHTUNKHWA

36,711

GB/AJK

3,068 / 2,340

RECOVERED CASES

286,506

\*Stats as of 09 September, 2020 - 07:39am, Provided by  
Ministry of National Health Services Regulations &  
Coordination, Government of Pakistan

## RAIN EMERGENCY IN HOSPITALS DECLARED

# PMA Sindh warns of potential water-borne disease outbreak due to flooding

MN Report

**KARACHI** - The Sindh Health Department and Karachi Municipal Corporation (KMC) have put all public hospitals on high alert in Karachi and ordered the concerned authorities to make all the necessary arrangements to cope with any medical emergency in light of Muharram.

All public hospitals were put on high alert in the city in connection with Muharram-ul-Haram. The hospitals' administrations have been directed to ensure the availability of doctors, medical staff, and medicines. More than 300 beds have been arranged at the Jinnah Postgraduate Medical Centre,



Dr Ruth Pfau Civil Hospital Karachi, and Shaheed Mohtarma Benazir Bhutto Institute of Trauma to deal with emergencies. The security of these hospitals has also beefed up.

The heads of health facilities have been directed to ensure the presence of medical staff in the Accident and

Emergency Department of the hospitals besides the availability of lifesaving drugs, beds, and functional ambulances. Emergency Control Rooms have also been established in all major hospitals. An emergency has been declared in public sector hospitals of Karachi and will continue till 13th Muharram.

Doctors, nurses, and paramedical staff leaves have

been cancelled in all public hospitals. Ambulance services have also been put on high alert. Medical camps have been established in different areas of the city to provide medical facilities to mourners and participants of the processions. Meanwhile, the Pakistan Medical Association (PMA) Sindh recently warned about a water-borne and skin disease outbreak after heavy monsoon rains in the Sindh province.

A recent PMA Sindh cabinet meeting presided by President, PMA Sindh, Dr Mirza Ali Azhar, and General Secretary, PMA Sindh, Dr Rafique ul Hassan Khokhar discussed the matter. This meeting took cognizance of the situation after the devastation caused by torrential rains in the province of Sindh, particularly the entire country in general. The PMA Sindh feared

Continued on Page 08

## Cabinet approves licence for medicinal use of 'cannabis': Fawad

MN Report

**ISLAMABAD** - Minister for Science and Technology Fawad Chaudhry recently said



that commercial production of medicinal hemp would be a \$1 billion market for Pakistan in the future. In a tweet, Fawad said the cabinet had approved the first licence for the



science and technology ministry and the Pakistan Council of Scientific and Industrial Research (PCSIR) for industrial and medical use of hemp. "The landmark decision" would place Pakistan in the international cannabidiol (CBD) market worth billions of dollars," he said. Speaking at a press conference recently, the minister clarified that the industrial production of medicinal hemp was different from growing poppy-like crops as was being misunderstood by certain quarters. Mr Chaudhry clarified that the industrial hemp plant contained a vital ingredient called the cannabidiol. "This ingredient is very important medical therapy and mitigates severe and chronic pain in patients. He noted that several countries, including China and Canada, were cultivating hemp on tens of thousands of acres," the minister said.

According to the minister, while the seed of the plant could be used to make hemp oil, the leaf was used in medicines. The hemp stem is used

Continued on Page 08

## Editorial Board

Founder: Ayaz Mahmood

Publisher: M Hassan Mahmood

Chief Executive: Syed Hashim Hasan

Online Editor: Haseeb Uddin

Assistant Editor: Dr Muattar Hanif

Honorary Advisor: Dr Sulman Akhtar

Manager Production & Coordination: M Irfan Ali

Advertising Manager: SM Shakil (0300-2559344)

Business Executives: Khawaja Akhlaq Ahmed (0342-2393917)

Haroon Rashid (Islamabad: 0300-9710774)

Designing & Layout: Sh M Sadiq Ali

/MedicalNewsPk

/MedicalNewsPk

medicalnews.pk.com

Tel: 021-35833172

021-35872289



# New OPD Complex inaugurated at Burns Centre

## MN Report

**KARACHI** - A new OPD complex was recently inaugurated at the Burns Centre Karachi, Dr Ruth Pfau Civil Hospital Karachi (CHK). Chief Executive Officer and Managing Director, Pak Suzuki Motor Company, Masafumi Harano, inaugurated the OPD Complex of the Burns Centre. He said that the Pak Suzuki Motor Company



constructed the OPD Complex as part of their CSR projects, and all necessary equipment for the OPD Complex were provided to the Friends of Burns Centre who are running the Karachi Burns Centre. The Burns Centre is the only 66-bed burns care facility in the country that has provided all medical and operational services to burn victims free of charge. It is the largest burn center in Asia.

Abdullah Feroz, Fawad Ateeq Barry, Katsunroi Ashida, Acting Consul General of Japan, Sohail Ahmed, Faisal Edhi, Medical Superintendent, CHK, Dr Noor Soomro, Aziz Memon, Dr Ismail Memon, Danish Zubay, and In-charge, Burns Centre Karachi, Dr Ehmer-Al-Ibran, also attended the opening ceremony.

President, Friends of Burns Centre, Zahid Saeed, said, "I want to offer my heartfelt thanks to the many people whose work drives innovation and improves the lives of our patients at the Friends of Burns Centre. On this occasion, I would like to thank the Pak Suzuki Motor Company for standing with us on our cause." On this occasion, the Atlas Group announced their full support of the Friends of Burns Centre by renovating its operation theaters.

# Medical body expresses concern over the city's situation due to the monsoon rains

## MN Report

**KARACHI** - An emergent meeting of the office bearers and senior members of the Pakistan Medical Association (PMA) Centre and PMA Karachi was called by Secretary-General, PMA Centre, Dr Qaisar Sajjad, at the PMA House in Karachi. The meeting discussed the severe impact of the monsoon rains in Karachi and its miseries to the people of the metropolitan.

Dr Ikram Ahmed Tunio, President, PMA Centre, chaired the meeting from Larkana through video link. It was attended by Dr Qaisar Sajjad, Dr Qazi Wasiq, Dr S Tipu Sultan, Dr Mirza Ali Azhar, Dr Hamid Manzoor, Dr Sharif Hashmani, Dr Abdul Ghafoor Shoro, Dr Shaukat Malik, Dr Ismail Memon, Dr Sajjad Ahmed Siddiqui, and many other senior members. The meeting expressed concern over the situation in



the city due to the ongoing monsoon rains. The city and its people are facing urban flooding. People are dying of electrocution and drowning. More than two dozen people lost their lives in rain-related incidents. Roads are flooded with water, and traffic systems have collapsed. Rainwater has mixed with sewage from overflowing drains and managed to flood houses and damage property. People fell

into manholes and died, abandoned vehicles were floating everywhere, people felt helpless, and nobody turned to help them. The government and political parties are blaming each other. People have been gravely affected by urban flooding without any external aid. They could have been shifted to safe places like schools and college buildings,

**Continued on Page 08**

# Red Crescent provides First Aid to more than 200 mourners

## MN Report

**KARACHI** - The Pakistan Red Crescent (PRC) Sindh Branch has established a two-day First Aid camp in connection with Muharram at Numaish Chowrangi. The PRC-Sindh medical team consisted of paramedical staff and trained volunteers for providing first aid to mourners in case of any untoward incident during Muharram

year, a two-day first aid camp was established at Numaish Chowrangi. He said that the medical team remained present in the camp to provide treatment to mourners of the procession from morning to till night, while 34 trained and experienced emergency response volunteers, paramedics, and First Aiders of the PRC headed by the Emergency Response Officer (ERO), Zain-ul-Arfeen, have



processions. The PRC Sindh Ambulances were also deployed in this regard. In a statement, Provincial Secretary, PRC-Sindh, Kanwar Waseem, said that like every

also been put on high alert on the spot to deal with any untoward emergency. "Our paramedical staff and volunteers have

**Continued on Page 08**



# Blood donation campaign launches to save lives during COVID-19 emergency

**MN Report**

**KARACHI** - Two leading charities of Pakistan have joined hands to conduct a voluntary blood donation campaign for saving human lives in Sindh during the coronavirus emergency. The Green Crescent Trust (GCT) and the Indus Hospital have collaborated to conduct a voluntary blood donation campaign in Sindh. The campaign initially is being launched in 92 charitable schools of the GCT in Karachi in a phased manner. A launching ceremony of the blood donation campaign was held here at the GCT's head office. CEO of Indus Hospital, Dr Abdul Bari Khan, was the chief guest on occasion. Speaking on occasion, Dr Abdul Bari Khan appreciated the gesture of the GCT to volunteer for the blood donation campaign of the Indus Hospital for critically ill patients in Sindh. He fully backed the GCT's campaign to enroll out-of-school children in Sindh. He said the GCT had been conducting



**Donating blood,  
you can save lives!**

an important mission for the deprived communities of Sindh, as was the case of the Indus Hospital. He said that the Indus Hospital would support in whatever way possible the charitable campaign of the GCT to educate children of the underprivileged families in Sindh. He said that the Indus Hospital and the GCT would also join hands to conduct community health awareness campaigns for underprivileged families in the province. The students enrolled in the network of GCT's schools will play an essential role in this regard,

said Dr Bari. Speaking on occasion, CEO of GCT, Zahid Saeed, said that his charitable organization always welcomed the support of like-minded charities to further its campaign to educate children of the backward communities in Sindh. He noted that the GCT joining hands with the Indus Hospital had set a precedent for other charities to work together for the uplift of the underprivileged people. He said that the GCT would continue its cooperation with the Indus Hospital for treating ailing people belonging to needy

families. It is worth mentioning here that the joint blood donation campaign will mainly rely upon teachers, non-teaching staff, parents of the students, and people living in the surroundings of the charitable GCT's schools. Employees of the GCT will also participate in the campaign. Volunteers of the blood donation campaign will be offered a mini medical check-up, and nine different blood tests free of charge. The blood collected through this campaign will be provided to hospitals, thalassemia centers, and health treatment centers for treating critically ill patients all over Sindh. These health institutions are connected with the Indus Hospital Blood Centre. The GCT, before entering into the partnership with the Indus Hospital, has already established over 150 charitable schools in rural and remote parts of Sindh having an enrolment of 29,000 children of the needy families.

## Low OPDs attendance witnessed in city hospitals

**MN Report**

**KARACHI** - Low OPD attendance was observed at the Sindh Health Department and Karachi Metropolitan Corporation (KMC) hospitals compared to regular working days after heavy rain in different parts of Karachi. The patient attendance at the out-patient departments of major hospitals, including the Jinnah Postgraduate Medical Centre, Dr Ruth Pfau Civil Hospital Karachi, Abbasi Shaheed Hospital, National Institute of Child Health, National Institute of Cardiovascular Diseases, Karachi Institute Heart Diseases, Lyari

General Hospital, and other districts hospitals remained very low due to the heavy rain and unavailability of public transport. The attendance of doctors, nurses, and paramedical staff also remained thin compared to regular working days in all KMC and Sindh government hospitals despite the rain emergency declared in all city hospitals by concerned authorities. Similarly, medical and diagnostic services in major healthcare centers have also been affected due to the low turnout of hospital employees. All public-private transport services remained thin on

the roads compared to normal days as well that compelled hospital staff to remain in their homes. The numbers of the medical staff of major hospitals could not reach their respective institutions due to the shortage of transport. Medical staff, including doctors, paramedical staff, nurses, and other administrative staff, remained absent from their duties despite the high alert declared by the Senior Director, Health & Medical Services Department, Karachi Municipal Corporation, and Sindh Health Department.



## Dr Abdul Malik becomes the first Pakistani Headache Specialist

### MN Report

**KARACHI** - Dr Abdul Malik, a Karachi-based Neurologist and Associate Professor of Neurology, has become the first Pakistani Headache Specialist.



Dr Abdul Malik completed his Master's degree in 'Head Disorders' from the University of Copenhagen. Before Dr Abdul Malik, there is no certified specialist in Pakistan treating headaches.

Dr Abdul Malik said that the majority of Pakistanis who suffer from headaches suffer from migraines. An estimated 10% of Pakistanis suffer from migraines, but not every headache is a migraine. He urged the people to avoid self-medication.

Dr Abdul Malik said that headaches are considered a part of daily life in our society, and the only treatment is considered painkillers. He said the patient should not take painkillers for a long time because it can be more harmful than headaches, and overuse of painkillers can lead to other ailments while it can also damage the kidneys and liver.

He said that despite complaining of constant headaches, the majority of Pakistanis do not take it seriously. He said headache should be taken seriously if you have a headache more than twice a week.

### QUARANTINE



by Dr Imbesat Maheen Syed

*Did I want this for myself or was it imposed?  
Is it a blessing or a curse?*

*So many questions to answer,  
Where to begin?  
Somehow it will make sense.*

*It seems like it's a time for self-reflection,  
It seems like it's time to craft finesse out of  
imperfection.*

*As if the planet earth is breathing life into itself,  
As if the air has cleansed itself.*

*For the first time ever we have paused to see the  
moon and the stars,  
For the first time ever, the battle is different and  
is not of guns but of SARS.*

*For the first time ever thing stands still,  
For the first time ever life is what we can instill.*

*Heroes are redefined  
Priorities are more refined.*

# Quackery on the rise in the city's suburbs

### MN Report

**KARACHI** - A score of quacks, non-technical paramedics, and unskilled midwives are openly running private hospitals, medical or dental clinics, and maternity homes across Karachi, especially in the suburban areas of the city due to the poor monitoring system of the Sindh Healthcare Commission (SHCC) and Sindh Health Department. An official of the Sindh Health Department told that the SHCC has failed to devise a comprehensive strategy to control the illegal practice of quacks operating in Karachi as the city's old suburban areas have become a hub for unlawful dental and medical clinics and maternity homes. He informed that hundreds of illegal hospitals, dental clinics, and maternity homes are operating across the city without check and balance.

These dental and medical clinics and maternity homes are being run by non-qualified doctors, technicians, and midwives. He said non-qualified people are not only spreading disease but also further increasing medical complications among the patients who visit them due to the lack of awareness while the Health Service Department of Karachi and the SHCC's concerned authorities have shut their eyes on this matter. city's suburban areas including New Karachi, Surjani Town, North Nazimbad, Bilal Colony, Ittehad Town, Baldia Town, Orangi Town, Korangi Town, and Sohrab Goth, while old city areas of Karachi like Saddar, Lee Market, Lyari, Mauripur, Quaidabad, Landhi, Bin Qasim, Manghopir and Malir, have become a hub for illegal dental and medical clinics and maternity homes. He said non-qualified doctors, technicians,



and midwives have been using the names of city known physicians and surgeons to lure innocent citizens. The official said that the SHCC had launched drives against such elements in the past on various occasions, but unfortunately, the campaigns could not produce the desired results due to political pressure, poor planning, and lack of coordination between the

SHCC and the Sindh Health Department. He said private hospitals, dental clinics, medical clinics, and maternity homes had become significant sources of various lethal diseases, including hepatitis B, C, and HIV/AIDS. Quack practitioners are looting uneducated people. Media Coordinator to the Health Minister, Meeran Yousuf, was not available to make any comments.



**SAY NO TO QUACKERY**

VISIT PMDC REGISTERED DOCTORS ONLY

DOWNLOAD AND VERIFY YOUR DOCTOR



SCAN QR CODE






## CHK registered 200 COVID-19 deaths in six months

### MN Report

**KARACHI** - The Dr Ruth Pfau Civil Hospital Karachi (CHK) has registered 5,032 coronavirus cases from 1st March to 31st August, out of which 1432 patients got admitted to the COVID-19 wards while 200 died during treatment.



As per the statistics issued by the CHK's administration, a total of 87 COVID-19 positive patients were admitted in the hospital in March, 146 in April, 404 in May, 461 in June, 237 in July, and 97 in August. More than 1200 registered corona patients have recovered and been discharged from the hospital during this time.

Similarly, out of 200 deaths, two died in April, 46 in May, 84 in June, 47 in July, and 21 in August. The majority of admissions and deaths were reported in May, June, and July, respectively.

The hospital's management recorded a total of 5,032 COVID-19 positive cases in six months, out of which 82 were registered in March, 545 in April, 1416 in May, 1778 in June, 963 July, and 248 in August.

## Second incinerator being installed at CHK

### MN Report

**KARACHI** - The Dr Ruth KM Pfau, Civil Hospital Karachi (CHK), management has finalized arrangements to install the second advanced incinerator in the hospital for the disposal of medical waste.

The second advanced incinerator is being installed in the government-run Civil Hospital Karachi for the disposal of medical waste, including disposable syringes, drips, urine and blood bags, needles, fluids, and other items which are harmful to the medical staff, visiting patients as well as, the environment if not disposed off safely.

Additional Medical Superintendent, Dr Ruth KM Pfau CHK, Dr Ismail Memon, said that another advanced incinerator is being installed in the institution for the safe disposal of the CHK and the Sindh Government Services Hospital's medical waste. He informed that the site has already been finalized, and the installation work will start shortly.

He further said that under the hospital's waste management plan, a strategy had been devised for the proper and safe disposal of

*Continued on Page 08*

# New study highlights ways to tackle a leading cause of maternal death in Pakistan

### MN Report

**KARACHI** - A study by the Aga Khan University researchers has suggested ways to reduce the burden of a leading cause of maternal death and disease in Pakistan, pre-eclampsia, a pregnancy-related disorder linked to high blood pressure. Up to a quarter of all deaths of pregnant women in the country are caused by high blood pressure. Yet, there is little awareness among the public and some healthcare providers of the importance of monitoring blood pressure as part of antenatal care practices.

"There is no word for pre-eclampsia in prominent regional languages like Sindhi," said Dr Rahat Qureshi, the study's co-principal investigator in Pakistan and an associate professor at the Aga Khan University. "Unlike other childbirth complications, signs of pre-eclampsia cannot be identified easily, limiting the chances of early detection and leaving many pregnant women vulnerable to its dangerous complications." The findings of the CLIP, Community-Level Interventions for Pre-eclampsia, Pakistan study published in *The Lancet* suggest that community health workers can play an important role in tackling delays in triaging women, providing initial treatment and in ensuring transport to a health facility.

The study saw lady health workers (LHWs) in Matiari and Hyderabad visit over 35,000 women over three years. LHWs asked mothers in the intervention arm about a variety of symptoms related to pre-eclampsia and measured their blood pressure and oxygen saturation levels on the spot. This information was then entered into a smartphone-based mobile health application allowing a quick assessment of the risk of severe pre-eclampsia.



If warning signs were noted, LHWs were trained to provide prompt treatment by providing anti-hypertensive tablets and/or by administering magnesium sulfate. They also created awareness about antenatal care-seeking and birth preparedness during pregnancy and referred at-risk mothers to nearby hospitals.

The trial demonstrates that LHWs can use technology to provide accurate referral advice to communities within their homes. The analysis shows that when there were enough LHWs to provide care, there were fewer deaths of mothers, fewer stillbirths, and fewer deaths of newborns.

The number of LHWs should be sufficient to ensure at least eight antenatal care visits to help reduce the risk of adverse pregnancy outcomes, researchers added. Findings also support the World Health Organization's recommendation of the benefits of regular antenatal visits to lower the risk of pregnancy-related complications.

Researchers also noted that improvements are needed in the quality of care offered at facilities and the availability of key commodities in order to reduce the incidence of women dying during their

pregnancy or immediately after giving birth.

"The findings of the CLIP Pakistan study once again reinforce the need to work on multiple fronts to address the burden of maternal and newborn mortality," said AKU's Prof Zulfiqar A Bhutta, a co-principal investigator of the Pakistan study.

"Addressing this challenge through well-trained LHWs linked to quality care in our referral facilities is critically important in our quest to reduce preventable maternal and newborn deaths."

The objectives of the study are in line with global efforts to achieve targets under goal 3 of the sustainable development goals, ensure healthy lives and promote well-being for all at all ages, which calls for special efforts to reduce preventable deaths of mothers and newborns by 2030.

Dr Sana Sadiq Sheikh and Dr Zahra Hoodbhoy were co-investigators on the CLIP Pakistan study. The Pakistan study was conducted in partnership with researchers from the University of British Columbia, King's College London, and the Centre for Global Child Health at the Hospital For Sick Children in Toronto. The global CLIP study spanned over 70,000 women in Pakistan, India, and Mozambique.





# Relief items are distributed among 550 rain affectees: Abrar-ul-Haq

## MN Report

**KARACHI** - The Pakistan Red Crescent Society (PRCS) distributed relief items, including food parcels, water filters, tarpaulin sheets, jerry cans, buckets, and kitchen sets, among 550 flood-affected families of Orangi Town in Karachi.

The distribution ceremony was attended by the Governor of Sindh, Imran Ismail, Chairman, PRCS National Headquarters (NHQ), Abrar-ul-Haq, and Chairman, PRCS-Sindh, Mrs Shahnaz S Hamid.

On occasion, Provincial President of PRCS-Sindh and Sindh Governor Imran Ismail said that the Red Crescent's work is commendable, and this relief work will be taken forward. We thank the Red Crescent on my behalf, and on behalf of the people, they noted.

Earlier, addressing a press conference at the Karachi Press Club, Chairman, PRCS, Abrar-ul-Haq, said that rains have broken a 90-year record in Karachi and caused a flood-like situation in Sindh and Balochistan, especially the urban flooding in Karachi and Hyderabad.

He further said that the PRCS, as a leading humanitarian organization of the country, has been in action from day one to help people struck by the calamity. "Our volunteers

and trained Emergency Response Force (ERF) members of the PRCS-Sindh and Balochistan branches have been in the field to help people stranded due to blocked roads and submerged houses for their rescue and evacuation to safer places as well as provision of necessary medical aid in coordination with relevant stakeholders."

Chairman Abrar-ul-Haq also noted that the PRCS had stepped up its relief efforts in response to the recent monsoon rains in Pakistan and prepared a strategy to extend assistance to 6,500 more families in terms of the provision of cash and other relief items in Sindh and KP.

The Chairman further said that the PRCS is also providing cash assistance of PKR 10,500 per household to 2,500 families and 10,000 hygiene kits to the affected people in Dadu, Jhal Magsi, and Jafferabad.

In addition, Water Treatment Plants are also being installed in Dadu and Jhal Magsi to provide 30,000 liters clean drinking water per day to the flood-affected people population, he added.

While distributing the relief items to the rain-affected communities in the area of Orangi Town in Karachi, Chairman PRCS-Sindh Mrs Shahnaz S Hamid said that

the PRCS volunteers rescued more than 500 people, including children and the elderly, provided first aid to 100 injured, and helped 200 vehicles stranded during the rains in all districts of Karachi.

She added that the ERF team also restored the family connection of a child who went missing in Baldia Town during the rains. "In addition, our volunteers also saved an elderly woman from drowning in District West," she added.

Shahnaz further said that the PRCS-Sindh, with the support of the German Red Cross, had distributed 800 food parcels in Karachi. She uttered that relief items, including hygiene kits for the rain-affected people in Sindh province, were also handed over to the district branches of PRCS.

Mrs Shahnaz repeated that the PRCS-Sindh had started a free COVID-19 test facility in Karachi. Besides, the cash grants and food assistance are also provided to COVID affected families. The efforts of the PRCS will continue until the deadly virus is defeated.

Kanwar Waseem, Provincial Secretary, PRCS Sindh, said that every volunteer and staff of the Pakistan Red Crescent is available to help the vulnerable, weak, and deserving people of our society in any kind of emergency.

## Ziauddin University to open a new site at Sukkur

### MN Report

**KARACHI** - The Ziauddin University, a leading educational institute in the private sector, once again opened a doorway to success by taking an initiative to open its new site with all modern facilities and great infrastructure in the city of Sukkur.

In the first phase, admissions of the College



of Rehabilitation Sciences started its 5-year Doctor of Physical Therapy program. According to the eligibility criteria, students with a minimum of 50 % marks in the Pre-Medical group of the Higher Secondary Certificate Examinations from a recognized Board of Intermediate Education in Pakistan or O/A-Levels and others equivalent to HSC (Pre-Medical) can apply for admissions. Classes will start from January 2021.

In the second phase, other colleges of the Ziauddin University are also planning to open their sites.

Furthermore, the Ziauddin University has been granted approval by the Sindh Cabinet to open its new campuses outside Pakistan. The university has decided to open new campuses in London and Dubai soon.

## CHK to establish first aid camps for Ashura procession

### MN Report

**KARACHI** - The Dr Ruth Pfau Civil Hospital Karachi (CHK) will set up two separate first aid camps on the route of Muharram ul Haram procession on the directives of



**HEALTH DEPARTMENT  
GOVERNMENT OF SINDH**

the Sindh Health Department.

Additional Medical Superintendent, CHK, Dr Ismail Memon, informed that a first aid camp would be set up at the Services Hospital Karachi and second near the NJV School for mourners on 9th and 10th of Muharram ul Haram.

He further informed that two doctors and five support staff would be deputed to deal with any emergency like situation and provide first aid to mourners.

The camps are being set up on the instructions of the Sindh Health Department.

# COVID-19 and its impact on behaviour

by Dr Minhaj A Qidwai

Freedom of living in a country is an opportunity, and we should be fortunate to have Pakistan to live in freedom. However, freedom brings responsibility on all of us. For our living with space, the responsibility lies on Triple S Model-'State, Society and Self.'

The State plays its role in securing the boundaries and ensures internal security. However, in the case of COVID, it has managed the pandemic by smart lockdowns. While society came forward in helping the government and individuals in the form of generous donations, providing ration to the needy and supplying food to the people in isolation. Society is formed of individuals. Therefore, the role of the self is essential.

Each individual goes through a life cycle. Most of us want to grow and do something for ourselves, family and society. To do so, we need to focus on self-improvement. To do so, we need to make ourselves aware of our strengths, weaknesses, the opportunities around us and the threats. Once we are aware, we need to regulate ourselves for becoming a role model to have an impact on our family, society and State. However, Self-awareness is critical.

In our lives, all of us develop their own beliefs and values for moving forward. The idea comes from:

- Faith
- Increase in Knowledge, its application and skills.
- Verification of Knowledge
- Education
- Experience from others
- Respect of Family-Powerful family
- Environment
- Peer Pressure
- Culture
- Mentor

These influencers on our belief form the basis of our values. The belief and the values are the inputs in our lives processed over a period giving the output in the form of our attitude resulting into behaviour as the outcome; which will determine our impact on the others. Thus, to affect others, we need to have the right beliefs and values.

As we proceed in our lives, we want to feel secure. If we consider security as our end value for living in society, and prosperity as the personal end value; the mean value to achieve security acceptable to society will be honesty, and the mean unique value will be logical, professional growth. It is important to note that the end values of security and prosperity could also have been achieved by dishonesty or corruption and bypassing the system. Thus, it is upon us, how we develop ourselves as a role model for our family, Society and State. For doing

so, we must focus on self-awareness and regulations. COVID also demands that we be aware of it and at the same time, be ready to counter the threats posed on us. Therefore, to be healthy for ourselves and family; Self-awareness is essential in dealing with COVID. The following brief on COVID will assist us:

**About COVID:**

- SARS (severe acute respiratory distress syndrome) is the virus that causes coronavirus disease 2019 (COVID-19).
- SARS = Spreads easily person-to-person
- Little if any immunity in humans
- Treatment under research.
- The incubation period ranges from 1-14 days, most commonly around five days.
- People are most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms.
- COVID poses a greater risk for severe illness for people with underlying health conditions:
- Heart disease
- Lung disease such as asthma
- Diabetes
- Suppressed immune systems

**Transmission:**

COVID-19 is spread from person to person mainly through coughing, sneeze, and possibly talking and breathing.

- **Droplet** - respiratory secretions from coughing or sneezing landing on mucosal surfaces (nose, mouth, and eyes)
- **Aerosol** - a solid particle or liquid droplet suspended in the air
- **Contact** - Touching something with the virus on it and then touching mouth, nose or eyes
- **Other possible routes:** Through faecal matter

**Symptoms:**

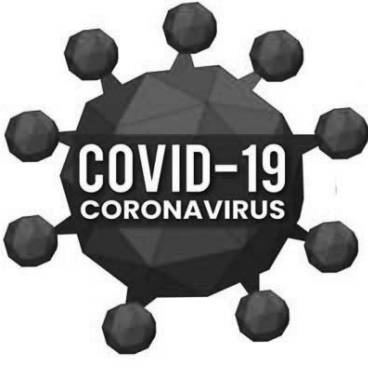
Most common symptoms	Other symptoms may include
Fever	Runny or stuffy nose
Cough	Body aches
Shortness of breath	Headache
	Sore throat
	Chills
	Fatigue
	Gastrointestinal: diarrhea/nausea
	Loss of smell and taste

**The person under investigation:**

1. People who have the Clinical criteria, which includes:
  - cough, fever, and shortness of breath
2. Risk factors within the past 14 days before the onset of symptoms, such as:
  - contact patient is known to or suspected to have COVID-19 or residence in-or travel to-an area where COVID-19 transmission is active
  - Direct handling of bats or others non-human primates from disease areas.

**Testing:**

- The test kit is called the "Real-Time Reverse Transcriptase (RT)-



PCR Diagnostic Panel."

- A confirmed case is a suspect case with positive PCR Test.
- Once PCR is strict positive isolation should be undertaken.
- After completion of isolation of 11-21 days, PCR repeated to confirm.

**Progress:**

1. Most people will have mild symptoms and should recover at home and NOT go to the hospital or emergency room.
2. Get medical attention immediately if you have:
  - Difficulty breathing or shortness of breath.
  - Persistent pain or pressure in the chest.
  - New confusion or inability to arouse.
  - Bluish lips or face.

**Managing COVID:**

1. No treatment available
2. How we are behaving:
  - **The Sceptics**
  - **The Specials**
  - **The Unawares**
  - **The Worriers**
  - **The Fearful**
  - **The Confused**
  - **The Panic Button**
  - **The Decision Delays**
3. 5 Decision Delays in COVID:
  - Pre-Onset-No precautions
  - Onset-Testing-Isolation
  - Complications-Hospitalization-Choice of Hospital
  - Delay in Decision at the Hospital
  - Death-Body handover and burial.

**Way Forward:**

All have to play their role including State, Society and Self:

**1. Role of State:**

- Confidence in the Leadership.
- Right and Timely messages for the public.
- Public-EEE-educated engaged and empowered to deal with COVID.
- Behaviour Change through Communication.
- Disease Transmission to be under control.
- Health systems can "detect, test, isolate, treat every case & trace contact".
- Accessible and equipped Quarantine and Isolation Centres.
- Hot spot risks are minimized in vulnerable places.
- Workplaces have established

preventive measures.

- Risk of importing new cases can be managed.
- Telehealth to be promoted.

**2. Role of Society:**

- Identification of Source
- Removal of source
- Assist in raising awareness about precautions
- Organization to play its role in terms of:
  - a. Rostering personnel to prevent exhaustion and maintaining efficiency;
  - b. Policies that enable employees to work remotely;
  - c. Effective Communications with employees and customers;
  - d. Stockpiling supplies or developing multiple suppliers in the event of a supply chain disruption.
  - e. Consider the impact on workers.
  - f. Stress Management.

**3. Self-Change in behaviour**

- Raise our awareness
- Take necessary Precautions for self, family and friends
- Timely decisions
- Remove Anxiety and FEAR
- Adequate rest and sleep
- Physical Distancing- Staying at least 6 feet apart
- Stay home when sick
- Appropriate diet to improve immunity
- Live in today
- Be a role model

**Summary for dealing with COVID:**

1. Role of everyone
2. Value today
3. Situation analysis
4. Listen-attention-patience-understanding-process-feedback
5. Authenticity-verification
6. Transparency
7. Empathy
8. Optimism
9. Focus on behaviour change
10. Timely decision making

To conclude, COVID has become a paradigm shift in our daily lives. We need to understand that it is there to stay for an unspecified time. Life needs to be continued, and we need to live with COVID, considering it as a threat for ourselves, family, Society and State. The mainstay is changing in our behaviour.

- The writer is Faculty Member of American Institute of Healthcare Quality and President of Karachi Bridge Association, Pakistan and can be reached at minhajqidwai59@gmail.com



PMA Sindh warns of potential ...  
Continued from front page

that many people will be uprooted from their homes and would be migrating towards safer places. This meeting also discussed the miseries of poor people regarding diseases like gastroenteritis, skin diseases, malaria, cholera, and other water-borne infections. Furthermore, this meeting also took notice of the situation of devastating floods, which are very likely after countrywide rains and the release of water from a neighbouring country. The PMA Sindh notified the Government of Sindh to be prepared to face this situation. It also advised the masses to take utmost care by consuming boiled water and home-cooked food and keeping everyone away from dirty, contaminated water. The PMA Sindh and all its branches are ready to play their role to help the poor and needy and provide them with relief as much as possible.

Cabinet approves licence ...  
Continued from front page

to create a fibre that could one day replace cotton in the textile industry, he added. He clarified that the commercial production of the plant was approved to be carried out only under government control for now until further research and safeguards of the show were put in place. "We want the hemp market to generate \$1 billion for Pakistan in the next three years," he said, adding suitable places chosen for the production in the first phase included sites in Peshawar, Chakwal and Jhelum. The minister claimed that the government was also endeavouring to introduce

precision agriculture under which high-technology farms would be developed. Director International Centre for Chemical and Biological Sciences (ICCBS) Dr Iqbal Chaudhry, who is based at the University of Karachi, said his research institute was chosen by the government to work on the project which was equipped with the technology and expertise required for certification and validation of hemp products. He said Pakistan would be able to export several value-added products using ICCBS's research facilities easily. It is pertinent to mention here that hemp, or industrial hemp, is a variety of the Cannabis sativa plant species that is grown specifically for the industrial uses of its derived products.

PMA expresses concern over ...  
Continued from page 02

but nobody bothered to help the public. Karachi has been facing multiple civic issues for many decades, such as load shedding, water shortage, pollution, etc. There is a shortage of water in the city. People are being forced to drink polluted water mixed with sewage, resulting in waterborne diseases like typhoid, gastroenteritis, and cholera. This is also contributing to a rise in mosquito-borne diseases like malaria, dengue, and chikungunya. Karachi's public transport sector is chaotic and messy, resulting in immense problems for the millions of commuters. Unfortunately, our government has no clue as to how to tackle this serious urban social issue. Pakistan's largest metropolis has been facing severe traffic jams due to damaged roads and bridges caused by heavy vehicles'

movement on its main arteries without any restrictions during the daytime. The PMA demanded the government to resolve the issues of this megacity. Politicians have done nothing to improve the situation of Karachi. Only good governance and collective effort of all the stakeholders can resolve all these problems. The PMA advised people to adopt the following preventive measures to avoid diseases during this rainy season, including drinking boiled water, making sure to cover all edibles, eating freshly cooked food, and washing your hands before every meal.

Red Crescent provides ...  
Continued from page 02

provided first aid to more than 200 mourners and also shifted five seriously injured mourners to the nearest hospital in Red Crescent ambulances," said PRC-Sindh ERO, Arfeen. Provincial Secretary, Kanwar Waseem, appreciated the paramedical staff and volunteers for their dedication and providing humanitarian services everywhere to everyone without any discrimination.

Second incinerator being ...  
Continued from page 05

medical waste on the recommendations of experts. He explained that the CHK generates more than 2500kg infected and non-infected medical waste in 24 hours, out which 1300kg of infected medical waste like syringes, drips, urine, and blood bags, needles, and other used items are disinfected with the help of a sterilizer in a day under the standard operating procedures (SOP). He informed that 80 to 90kg of medical waste is disinfected within one hour.

COVID-19 can be disastrous ...  
Continued from page 12

cardiologist at the NICVD, said people with high blood pressure are at a two to three times higher risk of developing complications including pulmonary edema or fluid buildup in lungs, heart failure or heart attack, and stroke if they contract COVID-19. Around 25-30 per cent of the population is hypertensive, he noted. "Various organs of people with high blood pressure get affected if their disease remains uncontrolled for a long period. In these circumstances, if a person contracts COVID-19, it can prove disastrous for them," said Dr Fawad. He advised hypertensive patients to regularly monitor their blood pressure, reduce their weight through diet control and exercise, and take their medicine regularly. "Blood pressure should be monitored in a relaxed state. Now digital blood pressure monitors are available in the market that can help in measuring BP at home. In case of high blood pressure, consult a doctor and take medicines, reduce your weight, eat a healthy and balanced diet, and exercise regularly to maintain blood pressure," he added. Another senior cardiologist, Dr Akram Sultan, while speaking about blood pressure monitoring and management at home, advised hypertensive patients to regularly monitor their blood pressure at home in a relaxed state, saying measuring blood pressure while crying, during headache, or any emotional state is not advisable. "Blood pressure gets high if a person is an emotional state, which includes having anxiety or any kind of stress. Thus people should monitor their blood pressure when they are at ease and not under any mental or physical stress," he added.

COVID-19 infects six more ...  
Continued from page 12

is critical, including 15 who have been shifted on ventilators. Mr Shah said that out of the 146 cases, 88 had been detected from Karachi, including 20 each from South and Korangi, 18 Central, 16 East, eight West, and six Malir. He added that Umerkot noted 11 cases, Matiari, Naushehro Feroze three, Hyderabad, Kambar, Larkana, Shikarpur have four cases each, Ghotki, Jacobabad, and Tando Allahyar have two cases each. Mr Shah urged the people of Sindh to follow the SOPs; otherwise, the cases would increase dramatically.

Disclaimer

Contents of Medical News do not necessarily reflect the views of the publisher, editor and the members of the editorial advisory board. The publisher and the editor bear no responsibility/liability whatsoever for any damage resulting from the use of the contents herein.

Karachi

Mehmood Centre, BC-11, Block-9, Clifton-5, Karachi

Tel: 021-3587 2289, 3583 4932, 3583 3172

Fax: 92-21 35836940

Email: irfan@medicalnewsgroup.com.pk

mkt.dn@medicalnewsgroup.com.pk

Lahore

1485 C-5/4 Allauddin Road, Cantt.

Tel: 042-3667 6296

Islamabad

House no. 128, Street-11 sector E/17

Tel: 051-210 6747

Subscribe to

The National Medical Newspaper

Medical News

Pakistan's First Independent Medical Periodical from Karachi

Leader in Medical Journalism since 1968

Pakistan's first independent Medical periodical from Karachi

Yes I want to subscribe to Medical News for 1 year (24 Issues).

Rates

By Courier Outside Pakistan

Rs. 3000/- US \$ 150

I wish to pay in the following way (tick appropriate box)

1- Bank Transfer Net of all bank charges to: Medical News (Pvt.) Ltd. Account No. 01016031 (United Bank Ltd, Clifton Branch (949) Karachi.

2- I am sending in the name of Medical News (Pvt) Ltd. Karachi.

☐ Pay Order

☐ Bank Draft

☐ Money Order

Personal Details

(Please write in Block Letter)

Name

Address

City

Country

Tel: (Res.)

Tel: (Off.)

Fax:

Mobile:

Email:

Profession:

if working company name:

Renewal

Attention Renewing Subscription

Please fill in your subscription number.

Return to:

When complete either mail, email or fax your details to one of the following contact points:

The Circulation Department Medical News (Pvt.) Ltd.

Karachi: Mehmood Centre, BC-11, Block-9, Clifton-5, Karachi

Tel: 021-35872289, 35834932, 35833172

Fax: 92-21 35836940

Email: mkt.dn@medicalnewsgroup.com.pk

irfan@medicalnewsgroup.com.pk

08 MEDICAL NEWS / September 1-14, 2020



## SCORING POINTS

# Is the medical community under fire amid **political drama?**

by Dr MH

**I**t is a known fact that the quest to achieve political score can make any political leader, ministers, and workers go head over heel. The federal government will try its best to come out clean against the 'allegations' poured over them by opposition parties. It's an ongoing routine, witnessed

another federal minister, Dr Yasmin Rashid, the provincial health minister who happened to be the head of the committee reviewing Sharif's medical report came in defence, citing how the reports were verified. She stood by all the reports, yet the members of her ruling party left no stone unturned to prove otherwise. The whole debacle between

struggles to reach a position where medical professionals can call themselves established ones. Many doctors spent their lifetime to achieve excellence in their craft and skills. But just for the sake of point-scoring, it doesn't seem justified to malign reputation, especially of those who are the cream of the medical fraternity. Distinguished and credible

Broadcasting, Dr Firdous Ashiq Awan also confirmed that Dr Faisal, who is currently appointed as SAPM on health, further examined Nawaz Sharif's health and medical reports on Prime Minister Imran Khan's order. When such derogatory remarks are passed by the ruling and opposition party, it definitely raises many suspicions on the struggles



by citizens of Pakistan over the past 73 years. Many people and organizations have found themselves amid this chaos of politics, but the show has been going and will continue so. However, this time around, it's the medical community that has caught itself in the political fiasco, raising many questions. The incident erupted when recently, one of the federal ministers said in a press conference that how they will exhaust all legal opinions to ensure the return of opposition leader, Nawaz Sharif. He further said that the medical reports on the ground that the opposition leader was allowed to seek treatment abroad were also "fudged." In response to which,

federal government ministers was witnessed by the people of Pakistan, who struggled to form an opinion. The TV channels aired these conferences, making money out of the TRPs. But it's the medical community's credibility and top medical professionals that were the hour's question. Is it that easy to make a 'fake' report and get approval from the committee? Keeping in mind that the committee included Pakistan's top medical practitioners and renowned cardiologists constituted by the federal government themselves. Were all the doctors wrong in compiling the conclusion? If this report not correct, were the previous reports verified? It takes eons of efforts and

haematologist like Dr Tahir Shamsi who also visited the ailing ex-prime minister could not escape the wrath of this political crossfire. The medical board also comprised of Brigadier Dr Abdul Hameed Siddique, classified cardiologist of the Armed Forces Institute of Cardiology, Brigadier Dr Azmat Hayat, classified electrophysiologist of the Armed Forces Institute of Cardiology and National Institute of Heart Diseases, Rawalpindi, Dr Saqib Shafi of the Punjab Institute of Cardiology and Dr Mahmood Ayaz, Principal PIMMS Lahore and honorary fellow at the American College of Surgeons. Last but not the least, Special Assistant to the Prime Minister (SAPM) on Information and

of the esteemed medical professionals who worked tirelessly for the sake of the medical community and public health. The remarks passed by the politicians will further discourage young doctors who are striving to work for the national interest. It is unfortunate that our political leaders are not giving due consideration to the fact that this will tarnish the image of Pakistan Healthcare internationally. If the medical committee came out with wrong and 'fudged' medical reports, then the only solution is to first haul up those officials from within its ranks. Otherwise, the logic of protesting against report just based on strengthening one's political career is pointless.

# PDF praises the role of healthcare professionals in the fight against coronavirus

## MN Report

**KARACHI** - A meeting of the People's Doctors Forum (PDF) Pakistan was recently held under the chairmanship of Senator Dr Karim Ahmad Khawaja via video link. All the provincial office-bearers from Punjab, KPK, Sindh, Baluchistan, Islamabad, AJ & K, and Gilgit-Baltistan attended the meeting. The PDF leaders said that we are adopting the strategy for organizational work to complete as soon as possible. The People's Doctors Forum will arrange medical camps in the different parts of provinces across



January 2021 in Peshawar, followed by other provinces.

Dr Karim Ahmad Khawaja, President, PDF Pakistan, demanded that the corona testing capacity be raised to 70,000 per day until the country becomes corona free. Whenever the corona vaccine is launched, it must be provided to every citizen of Pakistan free of cost. The PDF decided that the next meeting would be held in November in Islamabad. The People's Doctors Forum praised the role of doctors, nurses, and paramedics in the fight against the coronavirus all over Pakistan. The PDF also demanded compensation for healthcare professionals who lost their lives fighting against COVID-19. The meeting was attended by Dr Khayam Hafeez and Dr Javed Iqbal from Punjab, Dr Nisar Khan, Dr Daud Khan, Dr Yasir and Dr Murad Ali Shah from KPK, Dr Zulfikar Ghori from Islamabad, Dr Bahadur Shah from Gilgit-Baltistan, and Dr Abdul Razzaq Shaikh from Sindh.

Pakistan. The PDF strongly condemned the federal government's attitude to topple the working capacity of the Pakistan Medical and Dental Council. The PDF highlighted the Standing Committee of the Senate's role, who rejected the bill against the PMDC by the federal government. The People's Doctors Forum KPK announced the convention of the PDF in

## 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: zafaph@cyber.net.pk

## Complete strike observed at Children's Hospital

### MN Report

**KARACHI** - The staff of the Sindh Government Children Hospital North Nazimabad Karachi observed a complete strike and boycott of the emergency services over the non-payment of four months of salaries. The major protest demonstration was held at the Children's Hospital North Nazimabad, and later the protesters moved to the Karachi Press Club to record the event. The protesters said around 400 employees working under the Poverty Eradication Initiative had not been paid their due salaries for four months by the hospital's administration. They said that the Sindh government had not released the last quarter of the fiscal year 2019-20, which has created a funding problem, and the PEI administration has been unable to pay the salaries of the staff. The hospital's management has also unable to provide medicines and surgical disposals to patients due to the unavailability of funds. The parents of poor patients have been compelled to buy medical supplies from local medical stores due to their unavailability in the hospital's emergency department. The closure of emergency services and staff strike has added to the miseries of the patients. Chief Executive Director, Poverty Eradication Initiative (PEI), Dr Muhammad Toufiq, was not available to make any comments.





## FEATURES

- End to end serialization & track & trace solution.
- DRAP SRO 470 compliant.
- Effective supply chain control & business intelligent.

## Download App:



3rd Floor, Mehmood Center, BC-11, Block-9, Clifton, Karachi - Pakistan.

# 'COVID-19 can be disastrous for hypertensive people'

## MN Report

**KARACHI** - People with uncontrolled and unmanaged blood pressure can develop serious complications including multi-organ failure, heart failure, heart attacks, and strokes if they contract COVID-19, experts warned and advised people with hypertension to regularly monitor their blood pressure at home in addition to controlling that with regular physical activities, diet control, and medicines. In Pakistan, around 40 to 50 percent of people above the age of 40 are hypertensive i.e., have high blood pressure, experts said. COVID-19 can prove to be disastrous for those who have uncontrolled blood pressure and diabetes as these diseases severely damage vital organs, including the heart, kidneys, and lungs, experts warned. The latest scientific studies revealed that hypertension is the most prevalent comorbidity among patients infected with coronavirus globally, adding that a meta-analysis of seven studies with 1,576 COVID-19 patients around the globe has shown that 21.1

percent of the COVID-19 patients were hypertensive. "People with hypertension or high blood pressure are not at a higher risk of contracting COVID-19 as compared to healthy people, but they can develop serious complications after getting infected with the coronavirus if their blood pressure is uncontrolled or unmanaged. Hypertensive people need to regularly monitor their blood pressure at home and take measures to control it to avoid serious complications," said Professor Khawar Kazmi, an eminent cardiologist associated with the National Institute of Cardiovascular Diseases (NICVD). Professor Kazmi, who is the head of preventive cardiology at NICVD, said that COVID-19 causes the inflammation of blood vessels among other organs of the body; therefore, people with hypertension have a higher risk of developing serious complications due to the infectious disease. "We do not have any definite data,



but generally, people with uncontrolled blood pressure, and even unmanaged diabetes are at a higher risk of developing complications. These patients already have issues with their heart, lungs, and kidneys. If they contract COVID-19, they can develop serious complications," he said. "The first thing is to monitor your blood pressure at home in a state of calmness. Measuring blood pressure in an emotional state, after physical activity, or during a headache, is not advisable. Blood pressure should be monitored when a person is at ease," he said, advising people to consult cardiologists for effective blood pressure management," Professor

Kazmi maintained. Cutting salt intake, taking a balanced diet with lots of fruits and vegetables, regular exercise for 45 minutes daily in addition to a regular intake of medicines prescribed by a consultant can not only help control blood pressure but also keeps the immune system strong enough to prevent contracting COVID-19, he added. "There is no need to take any extra supplement or medicines to boost your immunity. All you have to do is to eat a healthy and balanced diet, exercise regularly at least for 45 minutes, take prescribed medicines regularly, and reduce your salt intake", he added. Dr Fawad Farooq, another eminent

**Continued on Page 08**

## COVID-19 infects six more, infects 146 others: CM

### MN Report

**KARACHI** - Sindh Chief Minister, Syed Murad Ali Shah, said that the coronavirus claimed six more lives lifting the death toll to 2409 and infected 146 others, raising the tally to 129,615.



Mr Shah said that COVID-19 claimed six more lives lifting the death toll to 2409 that constituted a 1.8 percent death rate. He added that 310 more patients recovered overnight, raising the number of patients recovered so far to 123,384 that came to a 95 percent recovery rate.

The CM said that 146 new coronavirus cases were detected after 5668 samples were tested, constituting a three percent current detection rate. He added that 1,011,662 tests had been conducted, which diagnosed 129615 cases, constituting a 13 percent detection rate.

According to the CM, currently, 3822 patients are under treatment, out of which 3504 are in home isolation, seven in the isolation centers, and 311 at different hospitals. The condition of 157 patients is

**Continued on Page 08**

## 'Karachi urgently needs state-of-the art rescue ambulance services'

### MN Report

**KARACHI** - Karachi urgently needs state-of-the-art ambulances to cater to the needs of its 2.5 million residents.

President, Pakistan Medical Association (PMA), Sindh, Dr Mirza Ali Azhar, said that the Sindh government must up-grade its ambulances services across the Sindh province, particularly in Karachi, on the patron international standard ambulance services to provide quality first-aid treatment facilities to patients by shifting them to health care centers.

He said rescue ambulances run by welfare organizations and the Sindh government are not equipped with proper first-aid treatment facilities and are just injured and dead body carrying vehicles. He said every ambulance should be equipped with an oxygen cylinder, life-saving medicines, and skilled medical staff.

He offered that the PMA is ready to train the staff and volunteers of both government and private ambulance

services about the basics of first-aid treatment in order to provide quality services with skilled staff.

He said every teaching and public sector hospital of Karachi must be provided with state-of-the-art ambulances equipped with the most advanced life-saving facilities and trained staff to provide first-treatment facilities to patients in shifting to hospitals.

Dr Mirza said that the Sindh government and private rescue organizations have failed to play their due role following the monsoon rain flooding situation in Karachi and other parts of the province. He said planning and vision are needed to avert any emergencies or disasters in the future.

He said that the concerned authorities should make formulate a comprehensive strategy to prevent people from further disaster.

