

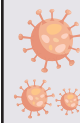
# Medical News

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Independent  
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## CORONAVIRUS IN PAKISTAN



CONFIRMED CASES  
**2,98,025**

REPORTED DEATH  
**6,340**



SINDH	PUNJAB
<b>130,253</b>	<b>97,118</b>
ISLAMABAD	BALOCHISTAN
<b>15,726</b>	<b>13,517</b>
KHYBER PAKHTUNKHWA	GB/AJK
<b>36,498</b>	<b>2,960 / 2,313</b>

RECOVERED CASES  
**282,553**

\*Stats as of 05 September, 2020 - 08:44am, Provided by  
Ministry of National Health Services Regulations &  
Coordination, Government of Pakistan

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# Pakistan green-lights Phase III trials for COVID vaccine

## MN Report

**ISLAMABAD** - The Ministry of National Health Services Regulation and Coordination has recently received formal approval from the Drug Regulatory Authority of Pakistan (DRAP) for Phase III clinical trials of the corona vaccine. According to a statement from the NIH, the medical facility has obtained "the formal approval from DRAP for Phase III Clinical Trial of Recombinant Novel Coronavirus Vaccine Adenovirus Type 5 vector (Ad5-nCoV) developed by CanSinoBio and Beijing Institute of Biotechnology China [BIB]". "This will be the first ever phase III clinical trial for any vaccine in Pakistan."

The vaccine, developed by the Cansino Biologists and Beijing Institute of Biotechnology China, has been approved for clinical trials of the coronavirus vaccine Phase 3.



This will be the first phase 3 clinical trial of any vaccine in Pakistan. According to a spokesman for the National Institutes of Health, this is a multi-country multi-center clinical trial that Cansino Bio has already launched in China, Russia, Chile, Argentina and will soon launch in Saudi Arabia.

The Principal Investigator of Multi-Center Clinical Trials in Pakistan is Major General Amir Ikram, Executive Director, NIH, Islamabad. The study is a tripartite activity among the National Institutes of Health, Cansino Biocompany and A. J. M Pharma.

The study will be conducted at renowned medical research centers of the country including Aga Khan Medical University Karachi, Indus Hospital Karachi, Shaikat Khanum Memorial Hospital Lahore, Shifa International Hospital Islamabad and UHS Lahore.

Initiatives such as the Phase 3 clinical trial in Pakistan will not only enhance Pakistan's ability to develop vaccines locally and pave the way for private-public partnerships, but will also project a positive image of the country around the world.

It will also ensure preferential supply of vaccines at reasonable prices in Pakistan.

Cansino Bio Company was the first company in the world to conduct clinical trials of corona vaccine Phase 2 and trials of vaccine on humans.

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## Bill Gates appreciates Pakistan's flattened COVID-19 curve

### MN Report

**ISLAMABAD** - The Microsoft founder-turned-philanthropist Bill Gates has acknowledged Pakistan's flattened COVID-19 curve.

In an interview with CNN, Bill Gates said the situation of coronavirus in Karachi, Pakistan, but like Europe, they worked hard to bring cases down. Coronavirus cases have witnessed massive decline in Pakistan in recent days after which the Pakistan government has decided to end the lockdown recently.

In an earlier interview, Bill Gates showed dissatisfaction over the coronavirus testing system



in US. Gates said most US tests are "completely garbage" because it takes so long to return results. Coronavirus tests across the US regularly take more than a week to return results, frustrating public health authorities who rely on timely testing data.

The Microsoft founder said he thinks there's a simple solution: Medical providers should only

**Continued on Page 08**



## 100 doctors succumb to COVID-19 in Pakistan

### MN Report

**KARACHI** - As many as 124 healthcare professionals have succumbed to the coronavirus across Pakistan, including 100 doctors and 24 medical staff members, sources at the PMA told recently.



As per statistics issued by the Pakistan Medical Association (PMA-Centre), as many as 124 healthcare workers have lost their lives in the line of duty owing to the viral disease to date out, including 100 doctors and 24 medical staff members. The PMA further reported that COVID-19 had claimed the lives of 47 doctors in Punjab, 28 in Sindh, 18 Khyber Pakhtunkhwa, 5 in Balochistan, and one each in Gilgit-Baltistan and Kashmir.

The statistics said that nine paramedical staff members, six nurses, three pharmacists, a supervisor class IV, head waiter, ambulance driver, accountant, and two others have died due to the coronavirus so far in the country.

## Another Congo patient reported in JPMC

### MN Report

**KARACHI** - Another Crimean-Congo Hemorrhagic Fever (CCHF) case was recently reported at the Jinnah Postgraduate Medical Centre (JPMC).



Executive Director, JPMC, Dr Seemin Jamali, said a 22-year-old man, Muhammad Yousuf, resident of Quetta, Balochistan, was reported in the hospital's emergency department with Congo fever-related complications. She informed that the patient tested positive during the investigation. She further informed that this is the second Congo patient brought in the JPMC after Eid ul Azha and a total of four fatal viral disease cases had been reported in the hospital since January 2020, out of which one had died.

Experts said that the Congo fever is a fatal

**Continued on Page 08**



## PMA Sindh new cabinet takes its oath

### MN Report

**KARACHI** - The newly elected cabinet of the Pakistan Medical Association (PMA) Sindh took its oath of service in a recent ceremony.

Syed Nasir Hussain Shah, Senior Minister of Sindh, was the Chief Guest for the ceremony, and Dr Kazim Hussain Jatoti, Secretary Health, Government of Sindh, was the Guest of Honor.



## New building of NICVD Hyderabad opens for public

### MN Report

**KARACHI** - The National Institute of Cardiovascular Diseases (NICVD), in collaboration with the Government of Sindh, has established the new building of the NICVD Hyderabad at Qasimabad, Hyderabad, to provide cardiology services to the population of Sindh at their doorstep free of cost. The soft opening of the new building of the NICVD Hyderabad was performed by the Executive Director of NICVD, Prof Nadeem Qamar. The NICVD Hyderabad is another milestone to serve the population of Sindh, with a vision to benefit patients with early and easy access to quality heart healthcare facilities. The NICVD Hyderabad has world-class cardiac facilities, including a 24/7 emergency service, primary PCI,



angioplasty, angiography, echocardiography, adult and pediatric cardiology, electrophysiology, consulting clinics, etc. The facility for cardiac surgery will be started very soon.

Our vision and efforts aim to provide the best available treatment in the area of cardiovascular diseases to

the people of Sindh closer to their homes so that time wasted in the shifting of patients could be reduced to save the maximum number of lives.

A formal inauguration of the new building of the NICVD Hyderabad by the Chairman of Pakistan People's Party would be scheduled later.



# PMA recommends opening educational institutes after Independence Day, Muharram, and Rabi-ul-Awal



**MN Report**  
**KARACHI** - The government has announced the opening of almost all sectors in Pakistan from 8th August, which were shut down to prevent the spread of the novel coronavirus. According to the announcement, schools and marriage halls would open in September. The government is opening all sectors for the betterment of the people; it should save the people both from the coronavirus pandemic and the worsening economic conditions. Secretary-General, Pakistan Medical Association (Centre), Dr S M Qaisar Sajjad, in his statement, said it is appreciable that the government will review the situation before opening schools. We suggest that all the staff, including van drivers and attendants, should be

tested for corona before the opening of educational institutes. One infected person can spread the disease to the whole institution. Moreover, they suggested opening educational institutes stepwise; primary and pre-primary classes should be opened in the last. He said the PMA is surprised over the decision to open all sectors at the same time. We are still monitoring corona cases after Eid-ul-Azha; after five to six days, we will know how many new cases have emerged after Eid. We believe that the government has taken this decision in haste because upcoming festivals like Independence Day, Muharram, and Rabi-ul-Awal are very close. This decision should have been made after these festivals.

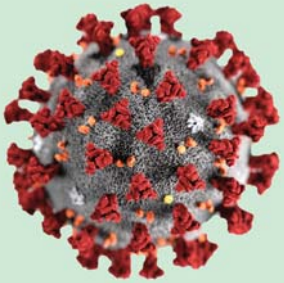
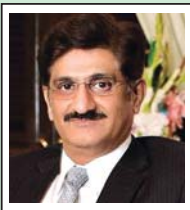
He said religious gatherings would be held during Muharram and Rabi-ul-Awal. It has been observed that 80 to 85% of the people do not follow SOPs nowadays. Even in government offices, people do not adopt preventive measures. It is the responsibility of the government to implement SOPs strictly. Dr Qaisar explained that other countries eased their lockdowns and opened different sectors after their cases decreased. Now cases have increased in the second phase in countries like the United States, UK, Brazil, Australia, China, and South Korea. "It is a fact that the number of coronavirus cases and the number of deaths are

**Continued on Page 08**

## COVID-19 claims 5 lives, infects 318 others: Murad Shah

**MN Report**

**KARACHI** - Sindh Chief Minister, Syed Murad Ali Shah, said that COVID-19 has claimed five more lives lifting the death toll to 2336 and infected 318 others raising the tally to 126,743. He said this in a statement issued from the CM House



noting that five more patients lost their lives fighting against the coronavirus lifting the death toll to 2336, which constitutes 1.8% of the death rate. Additionally, 318 more cases emerged when 8094 new samples were tested that came to a 4% detection rate. The CM said that so far, 906,323 tests had been conducted against which 126,743 cases emerged, of which 120,241 or 95% of the patients recovered. Murad Ali Shah said that currently, 4166 patients are under treatment, out of which 3782 are in home isolation, six in the isolation centers, and 378 in different hospitals. The condition of 238 patients has been termed critical, including 36 who have been shifted to ventilators. According to the CM, out of the 318 new cases, 133 belong to Karachi, including 50 to South, 37 to East, 17 to Central, 14 to Korangi, 10 to Malir, and five to West. Sanghar has 20 new cases, Mirpurkhas 14, Shikarpur 13, Tando Allahyar nine, Dadu and Shaheed Benazirabad eight each, Sukkur, Khairpur and Matiari seven each, Kambar five, Larkana and Tando Mohammad Khan four each, Umerkot and Badin three each, and Hyderabad, and Jamshoro and Naushehro Feroze two each.

## Medical students stage protest against forceful evacuation of Boys Hostel building

**MN Report**  
**KARACHI** - The students of Dow Medical College living in the Boys' Hostel continued their protest demonstration outside the Dow University of Health Sciences (DUHS) against handing over the Boys' Hostel Building to the Institute of Physical Medicine and Rehabilitation (IPMR) by the Sindh Government. The protesters said that the Dow Medical College Boys' Hostel Building had been handed over to the IPMR's administration, and this decision is acceptable to the students. They said that the forced and illegal evacuation of the Dow Boys' Hostel is an injustice with the students. The students said that the protest demonstration would continue until the Boys' Hostel Building is restored.

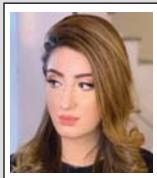




## Young lady doctor commits suicide

### MN Report

**KARACHI** - A young lady doctor in Karachi recently committed suicide by allegedly shooting herself with a pistol in DHA Karachi.



Sources said that Dr Maha Ali Shah, daughter of Asif Shah, residents of Mirpurkhas, worked as a doctor in a private sector hospital of Karachi for several years. She was also suffering from clinical depression. Dr Maha Ali Shah allegedly shot herself following a domestic dispute.

## CHK deprived of clean drinking water

### MN Report

**KARACHI** - The underground water reservoirs and overhead tanks of government-run hospitals are not being cleaned regularly; therefore, visiting and admitted patients had been compelled to drink



contaminated in this health facility. An official of Sindh's largest tertiary care hospital, the Dr Ruth Pfau Civil Hospital Karachi (CHK), told that the underground water reservoirs of this health facility were not being maintained or cleaned regularly by the hospital's administration. The visiting and admitted patients have been compelled to drink hazardous polluted water.

He said more than 5,000 patients from Karachi, interior Sindh, and Balochistan visit the hospital's different OPDs every day. The visiting patients and their attendants have been compelled to drink polluted water of the hospital's underground water reservoirs, while some patients and their attendants are using mineral water to avoid water-borne diseases. This contaminated water is also being supplied to various departments of the hospital and staff colony.

The official said that contaminated and polluted consumption could develop water-borne diseases among patients and their attendants. He said that people are being compelled to purchase mineral water from medical stores for daily consumption.

Similarly, the overhead tanks and underground reservoirs at the Abbasi Shaheed Hospital, Jinnah Hospital Karachi, and other hospitals were also not being maintained or cleaned for the past several months due to the slackness of the heads of healthcare centers.

Medical Superintendent, Ruth Pfau Civil Hospital Karachi, Dr Noor Soomro, was not available to make any comments.

# KMC fails to launch anti-dengue fumigation drive in Karachi

### MN Report

**KARACHI** - The Municipal Services of the Karachi Metropolitan Corporation (KMC) has failed to launch the fumigation campaign in Karachi even though dengue and malaria cases are increasing in different areas of the city following the monsoon rains.

The anti-dengue and malaria fumigation drive could not be launched despite the lapse of seven months, putting citizens' lives at stake in Karachi. The dengue larva breeding has rapidly increased due to poor sanitation conditions in the city, as no concrete step has been taken as yet to control the prevalence of dengue, malaria, and other vector-borne diseases.

Sources at Municipal Service noted that the KMC has been unable to launch the anti-dengue fumigation campaign due to the non-supply of insecticide from the Sindh

government. They informed that the staff, vehicles, and machinery were available, but the Sindh government has not supplied insecticide chemicals to the KMC's Municipal Services Department for the past three years.

They further informed that the

authorities of the KMC are unable to start a fumigation drive throughout the city to control the prevalence of mosquito-borne diseases. The peak season of dengue has already started in the city and will continue until

December, but no anti-dengue

fumigation drive has been started in any part of the city by the KMC this year so far.

The major sites of dengue are nurseries, graveyards, lakes, ponds,

swimming pools, tire shops, water pumping stations, hydrants, construction cities, waste, and garbage dumping areas.

The Medical and Health Services Department of the KMC has also requested the KMC for launching an anti-dengue and malaria, and Congo fumigation campaign in high-risk areas of the city before the rains start in the city to control the possible outbreak of vector-borne diseases.



Sindh Malaria Control Program was bound to purchase insecticide chemicals and distribute them among districts of the Sindh province as per the demand, but the program's management had not been providing insecticide chemicals to the KMC. Although the Prevention and Control Program for Dengue in Sindh (PCPD) is conducting fumigation in some areas of Karachi after reports of dengue cases, the concerned

## AKUH launches Pakistan's first nurse-led lactation clinic

### MN Report

**KARACHI** - Addressing the dire need of help and support to mothers for breastfeeding their infants, the Aga Khan University Hospital (AKUH) recently launched the first of its kind lactation clinic. This clinic aims to empower and help mothers across Pakistan ensure their infants' good health from the day they are born.

Under the joint collaboration of the Aga Khan University School of Nursing and Midwifery (SONAM) and the Aga Khan University Hospital, the clinic will serve mothers through both in-person and tele-consultations. Women who require additional support to breastfeed their new-borns or need counseling on related topics such as returning to work while breastfeeding can benefit from this program.

The attendees of the launch ceremony included the leadership of AKU and AKUH, Shagufta Hassan, Interim CEO, AKUH, Dr Asim Belgaumi, Chief Medical Officer, Salma Jaffer, Chief Nursing Officer, Dr Lumaan Sheikh, Chair, Obstetrics and Gynaecology, and Service Line Chief, Women's Health, Dr Salman Kirmani, Chair, Women and Child Health, and Dr Rubina Barolia, Assistant Dean, SONAM.



*Continued on Page 08*

## Azra Pechuho visits Landhi Hospital

### MN Report

**KARACHI** - Minister for Health Sindh, Dr Azra Fazal Pechuho, recently visited the 50-bed Sindh Government-run hospital Landhi Corridor where she vaccinated children to protect them from polio and monitored the EPI center at the hospital.



The Landhi UC 2 is one of the eight high-risk UCs for polio in Karachi and is also the union council where the only case of polio has been reported in 2020 in the city. The Minister checked the vaccination facility and spoke to the doctors and patients about the importance of immunization for children and the protection they offer against childhood diseases.

"Two drops of the polio vaccine should be given to every child during every campaign, and doctors must ensure the same during routine immunization. Children must receive these lifesaving routine vaccines to protect them against diseases like measles, typhoid, polio, and others. This is what we need to ensure a healthy future for Pakistan's children." The Secretary Health joined the Minister for Health, Dr Kazmi Jatoti, Coordinator EOC Sindh, Fayaz Abbasi, Deputy Commissioner Malir, Ganwar Laghari, Technical Focal Person Federal EOC, Dr Altaf Bossan, Technical Focal Person Sindh EOC, Dr Ahmed Ali Sheikh, Team Lead UNICEF Sindh Polio, Dr Shoukat Ali, Team Lead NSTOP, Dr Zameer Phul, and others.

## EOC Coordinator monitors polio drive in Gadap

### MN Report

**KARACHI** - Coordinator, Emergency Operation Centre (EOC) for Polio in Sindh, Fayyaz Abbasi, recently visited high-risk UCs for polio transmission to monitor the progress of the polio campaign in Karachi. Technical Focal Person Federal EOC, Dr Altaf Bossan, and Technical Focal Person EOC Sindh, Dr Ahmed Ali Sheikh accompanied him.



Coordinator, EOC Sindh, visited Jannat Gul Hospital, EPI Center, and the Emergency Response Unit Gujro, where he vaccinated children with polio drops to protect them from polio and gave them vitamin A to boost their immunity.

He monitored the polio workers' activities and motivated them by joining them in the field and appreciating their work.

# Polio campaigns begin from 15 August in Sindh

### MN Report

**KARACHI:** The Emergency Operation Centre (EOC) for Polio in Sindh will conduct a province-wide Oral Polio Vaccine (OPV) campaign in Sindh from the 15 to 21 August 2020.

Spokesperson, EOC Sindh, said that the campaign would take place in all 29 districts of Sindh with a total target population of 9,255,925 children under 5 years of age. In addition to OPV, 8.3 million children from 6 months to 5 years of age will also be given Vitamin A drops to boost their immunity levels. A total of 49,781 polio workers and 8497 area supervisors will be deployed in the province for house-to-house vaccination.

Minister for Health Sindh, Dr Azra Fazal Pechuho, on the occasion of Independence Day, said, "As I wish everyone a very happy independence day, I must highlight what we need to do to ensure a healthy future for the children of Pakistan.

These polio campaigns are of the utmost importance as we must give children the oral polio vaccine to save them from polio and to ensure a healthy future for them. Pakistan is one of the two polio-endemic countries in the world along with Afghanistan and has so far reported a total of 64 cases of polio, out of which 21 cases are from Sindh. It is necessary that children receive these life-saving vaccines and also complete their routine immunization." Sindh had back-to-back successful campaigns from December 2019 to March 2020, which had gone a long way to put the polio program on track. However, since the outbreak of COVID-19, no campaigns could be conducted while routine immunization was also severely affected, leaving an immunity gap, which must immediately be addressed as children are more susceptible to the virus than before.

According to spokesperson

EOC Sindh, "While we deal with the pandemic, we must also ensure immunization to prevent childhood diseases. Children can be saved from childhood diseases like polio, measles, typhoid, and others through vaccination, and we seek the media's help to raise awareness regarding this."

Following the halt in global polio campaigns from April to June as a result of COVID-19, Sindh conducted a small-scale campaign in District East and District West in Karachi during the month of July that covered 260,700 children under 5 years of age. The campaign was conducted through following all of WHO's recommended COVID-19 precautionary measures, and the same will be followed during the August polio drive.

These safety measures mainly include: all COVID-19 precautionary measures to be followed during the training of workers, all polio workers and supervisors will use a face mask and hand sanitizer during the fieldwork to reduce the risk of contracting and spreading COVID-19, frequency and duration of evening review meetings at district levels will be reduced to alternative days and maximum of 1 hour respectively and no more

than 10 persons will participate in evening review meetings.

In order to make up for the gap in campaigns, the EOC Sindh requests all parents to cooperate with polio teams and give their under 5 children two drops of the polio vaccine every time they are offered. The benefits of vaccination far outweigh the risk of transmission after COVID, and the Government of Sindh is committed to providing these life-saving vaccines to the children of the province so that the immunity gap can be decreased. The door-to-door campaigns will also be utilized to raise awareness on COVID-19 prevention as well as for referring mothers and children for other essential vaccinations and antenatal care services. The Pakistan Pediatric Association, medical experts across the world, and major religious scholars across Pakistan and the region endorse the oral polio vaccine, which is the safest and most effective way to prevent polio and eradicate it from the environment. Ten billion doses of this vaccine have been given to 3 billion children across the world in the last decade because of which 10 million polio cases have been avoided.



# Blind Resource Foundation Pakistan signs MoU with DEPD Sindh

## MN Report

**KARACHI** - The Blind Resource Foundation Pakistan (BRFP) and Department of Empowerment of Persons with Disabilities (DPED) Sindh recently discussed the issues and challenges faced by Sindh's blind community and resolved to work together and improve the quality of living of the blind people of the province. Hence, a MoU (Memorandum of Understanding) was signed between them. Understanding the several issues and challenges faced by the blind community in Sindh as stressed by the Blind Resource Foundation Pakistan. Syed Qasim Naveed Qamar, Special Assistant to Chief Minister (CM) Sindh on DEPD, and Mohammad Amin Memon, Principal, Government Special Education Hyderabad, and Chairman, HIC, assisted the BRFP in arranging a meeting with the DEPD to resolve their many underlying problems.



Waqar Yunus, the President of BRFP, highlighted the challenges the blind community faced due to the unavailability of course printed in Braille. He said that education was the most important factor in a human's life, and blind students were deprived of this imperative blessing. Pervaiz Sehar, Secretary, DEPD, and Jalal Uddin Meher, Additional Secretary, DEPD, agreed with Waqar Yunus. The BRFP voluntarily proposed to produce the

Braille soft copy of the entire course from Grade I to Grade XII within a period of 1 year. Mohammad Shakeel, General Secretary, BRFP, further added that the Blind Resource Foundation Pakistan would also assist the DEPD in printing the course in Braille so that education can be made accessible for blind students. Both the parties acknowledged that this would be a huge step in reshaping blind people's lives for many years to come.

# Nestlé for Healthier Kids (N4HK) Essay contest winners announced

## MN Report

**KARACHI** - Nestlé Pakistan announced the winners of the Nestlé for Healthier Kids (N4HK) essay competition, a writing contest for primary and secondary school students. This unique activity by Nestlé Pakistan was organized for the youth to engage their creative capacities resulting in 1,100 entries from across Pakistan and Pakistani expatriate families living in the Philippines, Qatar, Jordan, the UAE, and the US. The competition consisted of three essay categories: 'Poor hygiene may invite many diseases,' 'Significance of immune system,' and 'I have to stay at home because of some widespread communicable disease. I must practice self-care through healthy and stress reduction activities'. The competition was geared towards two age groups

(10-12 years and 13-16 years) in each essay category. One winner and one runner-up were selected from each age group. N4HK would like to congratulate the winners, who



will be awarded a certificate, and their entries will be proudly published on Nestlé Pakistan's website. Talking about the activity, Waqar Ahmad, Head of Corporate Affairs, Nestlé Pakistan, said, "The idea behind the essay contest was to engage young children, enhance their creativity while

inculcating the importance of healthy lifestyle and physical activity in their daily lives." He added, "The N4HK initiative is part of our commitment to United Nations Sustainable Development Goal (SDG) 3 of Good Health and Well-Being, to ensure that children understand the value of nutrition as they grow older. So far, the program has reached about 220,000 children and 1,100 teachers in Pakistan." Launched in 2010, keeping in view the malnutrition challenges among children in Pakistan, N4HK is a nutrition awareness program educating parents, teachers, and caregivers to induce a healthy lifestyle among school-going children. N4HK makes a collective effort with its partners to help address and overcome the nutrition challenge to give children a happier and healthier future.

# MRI machine lying out of order at NICH

## MN Report

**KARACHI** - The sole children's magnetic resonance imaging (MRI) machine at the National Institute of Child Health (NICH) has been lying out of order since the past year. The hospital's administration has been unable to get the machine repaired, sources at the NICH noted recently.



The MRI machine is used to help diagnose a wide range of conditions in children due to injury, illness, or congenital abnormalities. After the sole pediatric MRI machine developed a fault, patients have been compelled to get the test done from private facilities that charge hefty fees. Pediatric patients with a variety of conditions within the brain, chest, abdomen, and other chronic diseases are being referred to private laboratories since the past several months. An administrative official at the NICH confirmed that the MRI machine has been lying out of order for one year. He informed that the tender has already approved the purchase of a new MRI machine for the institution. Director, National Institute of Child Health, Prof Syed Jamal Raza, was not available to make any comments.

# Dog critically injures child in Korangi

## MN Report

**KARACHI** - A suspected mad dog critically injured a two-year-old child in the Gulzar Colony area of Korangi Town.



The dog attacked Kaleem Ullah, who was playing outside his home along with children in Gulzar Colony and critically injured his face and one eye. The said dog has also injured a neighbor who tried to rescue the child. The child's father rushed to the LRBT Eye Hospital, where the child's condition was stated to be out of danger. Stray dogs have become a serious public health issue in the city, and the population of stray dogs is increasing at an alarming rate in Karachi because there is nobody to get rid of them. If a rabid dog bites a person and they are not vaccinated against rabies, there is no chance of their survival.

# Children diagnosed with MIS-C need urgent treatment: ChildLife Foundation



## MN Report

**KARACHI** - Parents should bring their children to the ChildLife Foundation's Emergency Rooms established in government hospitals if they see symptoms of MIS-C (Multisystem inflammatory syndrome in children) disease as this can cause them severe discomfort. Dr Huba Atiq of the ChildLife Foundation said that if parents notice symptoms like unusual weakness or fatigue, red rash, abdominal (belly) pain, vomiting and diarrhea, red cracked lips,

red eyes, and swollen hands or feet, they should immediately contact the ChildLife Emergency Rooms (ERs) established under the public-private partnership in all government teaching hospitals across Sindh and Balochistan. "We received around 25 suspected cases in our Emergency Response Centers across Sindh, and out of which three have been confirmed with this disease," said Dr Huba. She added that this syndrome results from an abnormal immune response to the virus with some

similarities to Kawasaki Disease and Cytokine Release Syndrome. "It tends to be more severe in children of less than one year of age or children with underlying health problems," said Dr Huba. "Most of the children came with multi-organ failure; however, we managed to stabilize them in our ERs by starting antibiotic treatment immediately," she added. She said that ChildLife uses predefined WHO guidelines to identify these children and provide them with immediate life-saving

medication. This disease has a very good prognosis if identified timely, and children are stabilized. "Since ChildLife runs children's emergency rooms in all major public hospitals, we cater to the poorest of the poor," she added. It is pertinent to mention that the ChildLife Foundation is treating more than 2000 children per day at its 10 Emergency Rooms (ERs) in government teaching hospitals across Sindh and Balochistan. These ERs have been functioning 24/7 despite the current medical emergency.

# KIHD faces multiple problems in catering to cardiac patients

## MN Report

**KARACHI** - The cardiac emergency and OPD patients of the Karachi Institute of Heart Diseases (KIHD) have continued to suffer due to the lack of facilities in the city's second-largest cardiac care health facility. An administrative official at the KIHD said that the hospital has been facing an acute shortage of medicines for the last eight years, while equipment like angiography machines, echo machines, ECG machines, and X-ray machines have also been lying out of order. He said medicines are even not available for patients with cardiac emergencies.

Around 200 patients were brought to the emergency department each for treatment, but the attendants of the patients were advised by doctors to purchase injections, drips, and other life-saving medicines from specific



private medical stores. He said that the city's second-largest cardiac care health facility run by the Karachi Metropolitan Corporation (KMC) is facing a severe financial crisis for the past several

years. The hospital's administration has been unable to provide treatment facilities to visiting patients with cardiovascular diseases. He said that needy patients had to purchase costly medicines to save the lives of their loved ones from private medical stores. The hospital urgently needs four new echo-machines, ICU, and CCU equipment to improve patient care in the institution. The existing echo-machines are very old and outdated; therefore, there is a need for new echo, ECG, and angiography machines. He said that the liability costs are increasing day by day in the hospital, which was putting extra

burden on the poor patients. Senior Director, Health and Medical Services, Karachi Metropolitan Corporation (KMC), Dr Birbal Genani, was not available to make any comments.



Pakistan green-lights Phase ...  
Continued from front page

The company published its Phase 1 trial results in May 2020 and Phase 2 results in July 2020. As part of this study by the National Institutes of Health, Pakistan will be on the list of priority countries that will have early access to the corona vaccine. China will also supply a coronavirus vaccine candidate developed by a unit of China National Pharmaceutical Group (Sinopharm) to Pakistan as part of a trial agreement, reported the Wall Street Journal (WSJ). State-owned Sinopharm is set to work with the University of Karachi on vaccine trials, according to the WSJ report, which said Pakistan will receive enough doses early in distribution to vaccinate about one-fifth of its population. The initial doses will be used to vaccinate the most vulnerable among the Pakistani population including the elderly, healthcare workers and people with medical conditions associated with serious cases of COVID-19, the report added. Sinopharm's COVID-19 vaccine appeared to be safe and triggered antibody-based immune responses in early and mid-stage trials, according to researchers. The candidate has already moved into a late-stage trial, one of a handful of candidates being tested on several thousand people to see if they are effective enough to win regulatory approval. Sinopharm is testing the potential vaccine in the United Arab Emirates in a Phase 3 trial expected to recruit 15,000 people, as China has too few new cases to be a useful trial site. The shot did not cause any serious side effects, according to a paper published in the Journal of the American Medical Association (JAMA) by scientists who are part

of Sinopharm and other China-based disease control authorities and research institutes.

Bill Gates appreciates ...  
Continued from front page

receive payment for tests if they return results within 48 hours. For years, Gates had warned that the US was unprepared for a massive pandemic. Since the onset of COVID-19, the Bill and Melinda Gates Foundation has heavily funded testing and vaccine research.

Another Congo patient ...  
Continued from page 02

viral disease spread via tick bites, a parasite that lives in the blood of animals. People who deal with cattle and livestock mainly contract the Congo. The Congo virus's major symptoms include backache, joint pain, pain in the abdomen, high-grade fever, and bleeding from any part of the body.

PMA recommends opening ...  
Continued from page 03

decreasing in Pakistan from July, but unfortunately, as per our information, the number of cases is increasing in Skardu, Gilgit, and other nearby areas. We are scared that our graph may not increase again. It could increase the burden over our hospitals and healthcare workers as it happened after Eid-ul-Fitr. According to the PMA's report, 101 doctors and 24 paramedics lost their lives in this war against coronavirus," he added.

AKUH launches Pakistan's ...  
Continued from page 04

"This is a very important service. Our trained nurses and physicians play a very important role in bringing forth this kind of integrated healthcare," said Ms Hassan while addressing the attendees. "Our aim is to make this support

program an academic opportunity as well so that we can develop more lactation consultants for and beyond AKU," said Dr Sheikh, while speaking on the importance of empowering women in Pakistan to breastfeed their children. Lactation clinic consultation can be availed through both in-person clinics at our Stadium Road campus or via. tele-clinics.

Dr Malik highlights ENT ...  
Continued from page 12

Permanent damage in the upper respiratory tract is rare; however, loss of smell and taste may continue for up to six months. When it comes to the initial symptoms of COVID-19, loss of taste and smell was reported in more than 70% of the presenting patients. The three most commonly encountered symptoms aside from fever included coughing and loss of breath, loss of taste and smell, and diarrheal symptoms. In response to a question regarding presenting symptoms, Dr Malik informed that unlike the regular flu that starts with high-grade fever, COVID stays within 99 to 100 degrees for a week or so, and then it increases. A characteristic ground glass appearance is chest X-rays is essential for COVID diagnosis along with PCR, he added. For doctors, since they are in close contact with patients, I recommend that they use the N95 mask without a filter or respirator. A simple surgical mask is sufficient for others who are not at a high risk of acquiring the infection. Reinfection is possible with the coronavirus. Viruses can change their gene sequence and thus reinfect an individual in the form of a different variant. For this reason, people should continue to practice care even after recovering, he noted. Dr Malik ended his session, saying that I would advise people to

maintain social distancing and wear a mask responsibly. Avoid self-medication as it only puts your own life at risk. Consult a professional if you have any concerns. You can watch the webinar session on Medical News Pakistan YouTube channel.

PMDC puts blame on Ministry ...  
Continued from page 12

Practitioners Regulations 2008," it states. The letter adds that the matter of 606 candidates who passed the exam was considered by the PMDC ad hoc council's NEB Committee in a meeting on June 17, and after deliberation it was decided to write to the ministry for notification. "It is requested that the approval of the government of Pakistan is required under section 15 of the PMDC Ordinance 1962 substituted by section 17 of the Medical and Dental Council (Amendment) Act 2012 and names of the candidates be published in the official gazette," the letter, written by PMDC Registrar Dr Hafizuddin Ahmed Siddiqui, said. According to PMDC rules, only those medical and dental graduates who have major postgraduate qualifications such as a diploma from the American Board, Fellowship of the Royal College of Surgeons in the United Kingdom, or their equivalent are exempt from the NEB examination. All others, especially those who studied their MBBS in a language other than English, have to clear the NEB. An official from the PMDC said that the purpose of the NEB examination was to examine the competency and skills of medical and dental doctors to maintain minimum standards of medical and dental education.

Polio claims two children ...  
Continued from page 12

Meanwhile, health teams managed to trace the immediate contacts of Talha -Noor Fatima and her younger sister from Ravi Town. The NIH report stated that Noor Fatima was fully immunised and had received the last dose of polio vaccine on March 18; the girls did not have a significant travel history. It, however, confirmed that she carried the poliovirus in her body, while the test reports of her sister were awaited. Earlier on July 9, a six-month-old boy had succumbed to the disease in Taunsa Sharif. Polio campaigns had remained suspended for three months due to COVID19. However, the Punjab polio programme in-charge, Sundas Irshad, said in a statement on Saturday: 'As a response, polio campaigns have been restarted to save more children from the virus. Monthly campaigns will ensure that the virus is eliminated this year. She urged parents to get their children vaccinated.

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# DUHS conducts webinar on World Hepatitis Day

## MN Report

**KARACHI** - Director, National Institute of Liver and Gastrointestinal Disease, Dr Nadeem Syed Hassan, said that 15 million people in Pakistan are infected with Hepatitis B and C, with numbers increasing rapidly.

The use of injections is four times higher in Pakistan than in the rest of the world, just because of people of generally believing that it aids quick healing. Around 17 to 50% of syringes are recycled and reused in the country, which is the main reason for the increase in Hepatitis in Pakistan.

He said this while speaking at a webinar organized at the Dow University of Health Sciences under the Department of National Institute of Liver and Gastrointestinal Diseases.

Medical Superintendent, Prof Zahid Azam, Assistant Prof Tayyab Usmani, Assistant Prof Sabihtha Shabir, Assistant Prof Abdullah Bin Khalid, and Assistant Prof Kelash also addressed the webinar.

Furthermore, according to a survey conducted in 2007-8 in Pakistan, 2.5% of the people were infected with Hepatitis B and 4.8% with Hepatitis C. According to a recent survey conducted in Punjab only, 17% of the people were infected with Hepatitis C, while 2.2% were infected with Hepatitis B.

The reason for this is unsafe blood transfusions, unsafe physical relationships, unhygienic dental instruments and other instruments, and the unnecessary use of injections. In Pakistan, the

unnecessary use of injections caused 800 people to get infected with HIV, of which 82% were children. He said hospital waste material should be disposed off properly. Syringe needles should especially be cut off so that they cannot be reused.

impaired functioning. In this case, the liver needs to be transplanted. Furthermore, he said Hepatitis B could be passed from a pregnant mother to a newborn baby while a breastfed baby will be safe if fully vaccinated. He said, shaking hands, hugging, and eating

pain, nervousness, and dizziness - all of which also present in other diseases. Fatty liver disease could be confirmed by ultrasound, biopsy, or fibrosis.

Furthermore, she said that we need to improve our daily routines, daily exercise, fresh juices, fresh

food, and avoid junk food. It can significantly reduce the severity of the disease. She said in this disease, the patient's health is in the hands of the patient more than the doctor's.

Addressing the webinar, Dr Abdullah bin Khalid said that usually when patients are infected with Hepatitis, it takes 10 to 15 years for the liver to start shrinking. Symptoms do not appear at first, but the liver begins to contract. Later on, there may be symptoms of bloody vomiting, water in the stomach, and

drowsiness. It needs to be treated promptly. Patients who present with drowsiness only have six months to live.

Asst Prof Kelash said transplants could save lives when the liver stops working in Hepatitis. In Pakistan, the donor is usually a close relative, while the practice of donating outside Pakistan is common. The patient usually stays in the hospital for 12 days while the donor has to stay in the hospital for a week. The increase in liver transplants in Pakistan is due to the rise in the number of patients. Doctors usually try to protect patients from surgery as surgery comes with its own risks, he concluded.



Medical Superintendent of Dow Hospital, Prof Zahid Azam, said that Hepatitis is a silent killer because the symptoms do not appear initially. Every Pakistani should get tested for Hepatitis because, with timely diagnosis, this deadly disease can be easily treated.

Addressing the webinar, Asst Prof Tayyab Usmani said that if a person has had Hepatitis for more than six months, we refer to it as a chronic disease. The symptoms do not appear initially, which is why it is essential to get tested early on. Hepatitis can be dangerous because the patient's liver begins to shrink in 2 to 8 years, causing stiffness and

together does not spread the disease.

Speaking on occasion, Asst Prof Sabihtha Shabbir said that the primary cause of liver failure in the last few years had been fatty liver. About 40% of people with liver disease suffer from fatty liver disease. This can cause severe damage to the liver and slowly impairs function. She said 10 to 20% of the people in Pakistan suffer from fatty liver disease. About 70% of obese people suffer from fatty liver disease, while 30% of diabetic patients also suffer from the ailment. This disease usually has symptoms such as nausea, loss of appetite, weakness in the body, loss of weight, abdominal

## Children's Hospital administration shuts emergency services due to non-payment of salaries

### MN Report

**KARACHI** - The administration of the Sindh Government Children's Hospital North Nazimabad Karachi run by the Poverty Eradication Initiative (PEI) has shut down its emergency department over the non-payment of three months salaries.

Children who require emergency care are being referred to other public and private sector health facilities since the last couple of days as the PEI management has closed emergency services in protest. The doctors, nurses, and paramedical staff working in the emergency department have refused to work until the clearance of outstanding dues.

The doctors, nurses, and paramedical staff

working under the Poverty Eradication Initiative have not been paid their due salaries for three months by the Sindh Government. More than 300 employees, including doctors, nurses, paramedics, and administrative staff, have been deprived of their salaries due to the ongoing financial crises.

Sources at the Children's Hospital told that the Sindh Government had not released the last quarter of the fiscal year 2019-20, which has created a funding problem. The PEI administration has been unable to pay the salaries of the staff.

The hospital's management has also been unable to provide medicines and surgical

disposals due to the unavailability of funds. Poor patient attendants have been compelled to buy medical essentials from local medical stores due to the unavailability of such items in the hospital's emergency department. Sources said that the Sindh government had not released the hospital's funds, and the administration has been facing problems in continuing services in these circumstances.

They informed that the Sindh government owes our budget, and if this continues, the hospital will be shut down in the coming months.

Chief Executive Director, Poverty Eradication Initiative (PEI), Dr Muhammad Toufiq, was not available to make any comments.



# 'AKUH's Child Connect is parents' one-stop solution'

## MN Report

**KARACHI** - Focusing on the importance of quick first response in children's care, the Aga Khan University Hospital (AKUH) recently launched Child Connect, a free-of-cost one-stop solution for parents. This solution revolves around the understanding that children are often unable to fully communicate the pain of their illness and need early intervention for ailment relief. The Children's Hospital of the AKUH aims to enhance its delivery of care and attention to every patient based on the level of their medical needs and urgency. Parents can now call the AKUH helpline to get connected to an on-call



Paediatric Clinician for medical advice, completely free-of-cost. Based on the child's medical history, the Paediatric Clinician will provide a diagnosis and the next course of action the parents should take. Where needed, Child Connect will provide the next steps in the child's treatment plan, including necessary

prescription and facilitation with appointments and emergency care. The attendees of the launch ceremony included the leadership of AKU and AKUH namely Shagufta Hassan, Interim CEO, AKUH, Dr Adil Haider, Dean, AKU Medical College, Dr Rozina Karmaliani, Dean, AKU School of Nursing and

Midwifery (SONAM), Dr Asim Belgaumi, Chief Medical Officer, Salma Jaffer, Chief Nursing Officer, Dr Abdul Gaffar Billoo, Professor Emeritus, Department of Paediatrics and Child Health, Dr Salman Kirmani, Chair, Department of Paediatrics and Child Health, Dr Hasnain Zafar, Associate Professor, General Surgery

and Chief Quality and Patient Safety Officer, and Dr Ali Saleem, Service Line Chief, Children's Hospital, amongst others. 'During this catastrophe, we want to continue focusing on quality. We aim to keep innovating and improving child healthcare services on an everyday basis,' said Ms Hassan while discussing Child Connect's role to improve the quality of care for children further. 'During the pandemic, it has been extremely difficult for parents to connect with the hospital or a doctor. Child Connect will make it easier for parents to access pediatricians for timely child care,' said Dr Billoo, while highlighting the importance of timely care for children.



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## '12 out of 14 ambulances are non-functional at CHK'

### MN Report

**KARACHI** - As many as 12 ambulances of the Dr Ruth Pfau Civil Hospital Karachi have been lying out of order for several months. No attempt has been made by the hospital's administration to get them repaired, noted sources at CHK.



They informed that there are around 14 ambulances in the hospital to facilitate patients out of which 12 are out of order. He said that now two ambulances are being used for the transportation of patients and officials. Sources also noted the two operational ambulances also require maintenance on an urgent basis. They said that the patients' attendants are facing immense problems in shifting patients from the CHK to other hospitals of the city due to the absence of ambulances. Although funds are available for the repair of ambulances, no attempt has been made to get these out of order vehicles repaired. Medical Superintendent, Ruth Pfau Civil Hospital Karachi, Dr Noor Soomro, was not available to make any comments.

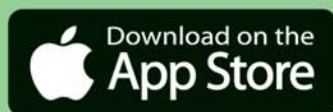




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# Dr Malik highlights ENT manifestations in COVID-19 patients

by Dr Sonia Sameen

ENT doctors have been labeled the most prone to the threat of the coronavirus. Dr Malik Jawad Faisal, Associate Professor, ENT Department, PIMS and FMDC, Finance Secretary, PMA Islamabad, former General Secretary, Pakistan Society of Otorhinolaryngology, and a founding member of the Pakistan Rhinoplasty Association, recently conducted a webinar session with Medical News Pakistan in which he discussed the ENT manifestations of COVID-19.



**TOPIC:**  
ENT MANIFESTATION IN COVID-19 PATIENTS

**LIVE SESSION WITH**  
Dr Malik Jawad Faisal

ASSOCIATE PROFESSOR, ENT DEPARTMENT, PIMS AND FMDC  
FINANCE SECRETARY, PMA ISLAMABAD  
FORMER GENERAL SECRETARY, PAKISTAN SOCIETY OF OTORHINOLARYNGOLOGY  
FOUNDER MEMBER OF PAKISTAN RHINOPLASTY ASSOCIATION

ENT specialists are the most prone to the virus since the coronavirus is an aerosol generated virus. One of the best things that ENT specialists can do to protect themselves at this time is to place a transparent glass or plastic sheet on their table to serve as a protective shield. Try to use a bigger table to ensure a greater distance between the patient and the physician, said Dr Malik.

As ENT specialists, it is particularly problematic for us to wear face shields because it impairs us from wearing our headlight - an essential inspection tool. Instead of manipulating the tongue depressor yourself, ask your patient to hold it and then examine from a distance, he noted. Another factor that is crucial here is a detailed medical history. Minimize contact as much as possible. Use a headlight to examine from a distance. If it is not possible, wear a face shield and use a torch and disposable arthroscope tips to examine patients, said Dr Malik.

ENT doctors should also make it a habit to wash their nostrils and gargle when washing their hands after every patient consultation, he advised.

Viral transmission is primarily due to nasal inhalation of aerosol droplets making the nasal cavity the first entry point. The reason why social distancing was recommended to tackle the spread of this virus because the coronavirus is a heavy virus that travels for a maximum distance of 1 meter, and then it finds its way to the ground, he told.

Allergic patients are more prone to the virus as their nasal and throat mucosa are already inflamed and damaged. Since the initial barrier to the infection is already damaged, it leaves the upper respiratory tract is more prone to faster dissemination and further damage by the virus. Many asymptomatic people managed to contract the virus and combat it as well due to their nasal and throat secretions. Allergic patients are already immunocompromised, and their symptoms might be masked, so they are at very high risk.

In response to a question concerning any permanent damage related to COVID-19, Dr Malik said that permanent damage, if any, is only in the lungs in the form of fibrosis, which leads to reduced lung capacity.

Continued on Page 08

# PMDC puts blame on Ministry for delay in registration of doctors

MN Report

ISLAMABAD - While foreign medical and dental graduates have announced plans to protest outside the Pakistan Medical and Dental Council (PMDC) recently, the Pakistan Medical and Dental Council (PMDC) has blamed the delay in the registration of doctors on the Ministry of National Health Services (NHS). More than 600 foreign graduates who passed the National Examination Board (NEB), conducted by the Pakistan Medical Commission (PMC), were not registered because the PMC was declared null and void by the Islamabad High Court. The graduates have announced that they will protest outside the PMDC recently, with support and

participation from the Punjab Young Doctors Association. A PMDC spokesperson said the council



completed the verification process of candidates in July and sent details of graduates to the NHS ministry for notification on July 9 but is still waiting for a response. "As soon as the ministry sends the notification, certificates will be issued to these doctors. Lists of 93 graduates and 425 graduates have been sent for notification by the ministry. After notification,

these graduates will be issued PMDC certificates. Reminders have already been sent to the ministry requesting for prompt notification so the PMDC can issue certificates," the spokesperson said. A letter from the PMDC to the ministry states that 606 candidates passed step three of the NEB exam on Feb 1 and 2, according to the results of the National University of Medical Sciences in Rawalpindi. "The exam was conducted during the tenure of PMC which allowed a number of candidates to appear in the exam who were not issued eligibility letter by the council which is mandatory requirement as per Pakistan Registration of Medical and Dental

Continued on Page 08

# Polio claims two children within two weeks

MN Report

LAHORE - A second polio-related death was reported recently in the city within two weeks after a 14-year-old boy died of the crippling disease at Mayo Hospital. Talha of Ravi Town had died, two days after he was declared a suspected case of polio. The National Institute of Health (NIH) and the Punjab health authorities confirmed it recently while officially notifying the death. Earlier, 26-month-old Muhammad Ali had died of the disease at Children Hospital on July 14, an official privy to the information told Press. This was the third death from polio in Punjab, which was also confirmed by the provincial government in a statement issued recently. The official said that all four limbs of Ali were paralysed and he had suffered a stroke which led to his death. He was also a resident of Ravi Town, a health department spokesman, told Press. He said Talha's death was officially confirmed after health teams traced two minor girls, who were his immediate contacts, and found one of them infected



with the same virus. Referring to the NIH report, the spokesperson said that when Talha was shifted to the Government Said Mitha Hospital here on July 25, doctors declared him a suspected patient of poliovirus. "The child was fine till he developed fever along with vomiting followed by gradual weakness of both the lower limbs," the report reads. It stated that the boy was later notified as suffering from Acute Flaccid Paralysis (AFP) with provisional diagnosis of Guillain Barre Syndrome, the most common cause of AFP in healthy infants and children. He was shifted to Mayo Hospital where his condition became critical due to difficulty in breathing and the weakness in upper limbs progressed, the report further stated. Talha was then shifted to the COVID-19 intensive care unit and placed on a ventilator where he died on July 27.

Continued on Page 08