

# Medical News

Pakistan's First  
Independent  
Medical Periodical from  
Karachi

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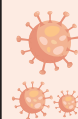
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## CORONAVIRUS IN PAKISTAN



CONFIRMED CASES

**734,423**

REPORTED DEATH

**15,754**

SINDH

**269,840**

PUNJAB

**255,571**

ISLAMABAD

**67,491**

BALUCHISTAN

**20,499**

KHYBER PAKHTUNKHWA

**101,045**

AJK/GB

**14,837 / 5,140**

RECOVERED CASES

**641,912**

\*Stats as of 14 April, 2021 - 08:49am, Provided by Ministry of National Health Services Regulations & Coordination, Government of Pakistan

## PM Imran, first lady tests positive for COVID-19

MN Report

**ISLAMABAD** - Prime Minister Imran Khan and first lady Bushra Bibi have tested positive for the novel coronavirus, it emerged on 20th March 2021. The premier's diagnosis was confirmed by his aide on health Dr Faisal Sultan. He said that PM Imran was self-isolating at home after testing positive. Later in the evening, PTI Senator Faisal Javed announced that Bushra Bibi had also tested positive. The news comes two days after the premier received his first shot of the Covid-19 vaccine. His diagnosis was also later confirmed by the Prime Minister's Office. Meanwhile, the Ministry of National Health Services clarified that the premier was not "fully vaccinated" when he



contracted the virus. "He only got the first dose merely two days ago which is too soon for ANY vaccine to become effective. Antibodies develop 2-3 weeks after the second dose of 2-dose Covid vaccines," it said. Later in the day, Dr Sultan addressed a media briefing to clear up misconceptions about the prime minister's diagnosis two days after being vaccinated. He said PM Imran had been advised to isolate at home and rest. "We are monitoring his health and clinical parameters." He said that currently the prime minister was not in need of treatment or medical intervention.

He went on to say that it was important to understand how vaccines worked. "No vaccine works immediately after being administered. Antibodies can take at least two to three weeks to develop." He said that for two-dose vaccines, such as the one from Sinopharm, antibodies could take two to three weeks to develop

after the second dose. "Therefore, it is obvious that the premier's immunity had not developed when he was vaccinated. It is possible that he was exposed [to the virus] before and it was already present in his body," the PM's aide said, adding that it was important to clarify these questions.

Dr Sultan said that all those PM Imran had been in contact with would be tested and urged them to isolate themselves for the time being. He concluded by urging citizens to follow precautionary measures to stem the spread of the disease. "We are seeing a huge number of cases and the country's positivity rate is 9.5pc."

"The positivity rate has doubled in the past week. In some cities, it has crossed 10pc. So follow precautionary measures, stay at home when possible, use face masks, maintain a distance of six feet from each other, refrain from visiting crowded places and regularly wash/sanitise your hands," he said.

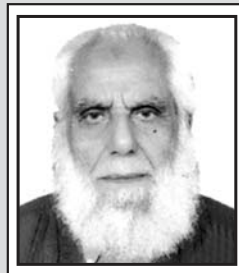
PM Imran, 68, has been holding regular and frequent meetings lately, including attending a security conference held in Islamabad that was attended by a large number of people.

He addressed the conference without wearing a mask, and attended another gathering to inaugurate a housing project for poor people in a similar

**Continued on Page 07**

## Founder & Chairman of Medical News passed away

With profound grief, we announce the demise of the Founder and Chairman of Medical News, Ayaz Mahmood recently.



The publisher, editor and the entire management of Medical News express their heartfelt condolences on the sad demise of Ayaz Mahmood. We pray to God Almighty Allah to give courage and fortitude to the bereaved family and enough courage to bear this irreparable loss. With prayers that he is granted a place in Heaven (Aameen).

**Ayaz Mahmood -The pioneer of medical journalism ...** See on Page 02

## New study finds significant COVID-19 vaccine hesitancy in Pakistan

By Sonia Sameen

**KARACHI** : A recently published study by the IPSOS discussed Pakistan's battle with COVID-19 and the public's hesitancy towards the newly acquired COVID vaccine. Focusing on 1054 individuals across the country, the study comprised 65% of males and 35% of females, with individuals aged between 26 and 30 years forming the largest percentage of respondents (36%). Punjab recorded the highest percentage of respondents at 58%, with Sindh following second at 25%. Despite efforts to promote vaccinations against COVID-19, as per the results of the study, two out of five Pakistanis are against vaccinations, a continuation of the



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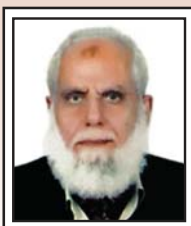
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# Ayaz Mahmood – The pioneer of medical journalism is no more

The founder, publisher and managing editor of Medical News breathed his last on March 17th, 2021. He left behind a strong legacy that is difficult to match. A self-made man who started his career in advertising sales and then excelling at establishing a pioneering venture in Pakistan's first medical periodical was published simultaneously from Karachi and Islamabad.

Ayaz Mahmood was born in 1935 and was the youngest of nine siblings. His father, Dr Jalal Uddin Ahmad, was a distinguished dental surgeon with a roaring practice in pre-partition days and was the British Army's official dentist. Dentistry was a family tradition, and some of his older siblings also joined the profession. However, his creative inclinations led him to pursue a different path. He followed the path of creativity and joined advertising sales. He is survived by one son, two daughters and six grandchildren.

Ayaz Mahmood was the founder of Medical News, which heralded the era of medical journalism in Pakistan. The publication made its debut in 1968 and never looked back. He also had the distinction of launching another separate edition from Islamabad, which made the publication unique from Karachi and Islamabad's two simultaneous editions.

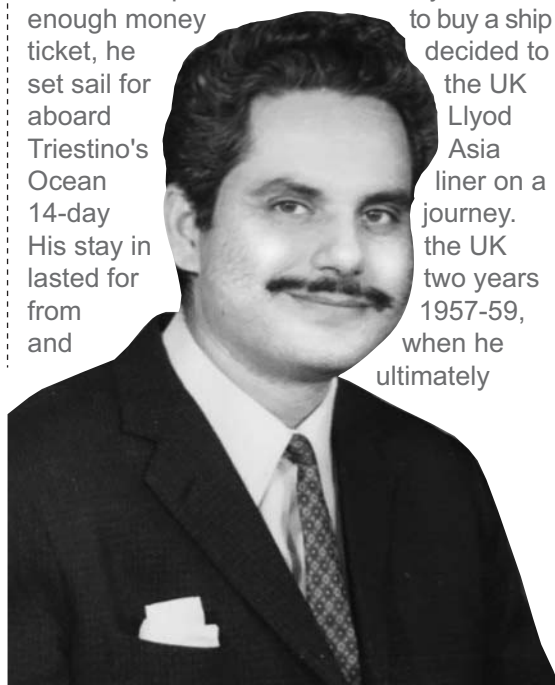
He received his initial education from Jamia Millia Islamia, Delhi and later completed his bachelors from the prestigious Government College, Lahore and his master's degree from Punjab University. At Jamia Millia, he had the honour of having Dr Zakir Hussain as the principal, who later became the President of India. He had the good fortune of residing in the hostel next to the Principal's house, which allowed him to frequently interact with the distinguished principal and develop a solid foundational work ethic and a robust roadmap for outshining in life. The highlight of his interaction with Dr Hussain was when he invited his entire class for breakfast.

When Dr Zakir Hussain was going to Lahore, he asked him if he had any relatives there to convey his message. Dr Zakir's towering personality had a very positive impact on his personality during his early childhood years. Like all young boys, he was also keen to learn swimming and eventually learned it the hard way by almost drowning himself twice.

After completing his education, Ayaz Sahab moved to Karachi and started his career with Pakistan Textile Journal. He excelled at his work and gained experience in the publishing

business as an advertising executive.

Always having an adventurous side, he wanted to explore the world. The day he saved enough money to buy a ship ticket, he set sail for abroad aboard Triestino's Ocean liner on a 14-day journey. His stay in the UK lasted for two years from 1957-59, when he ultimately



concluded his homeland offered more excellent economic opportunities and decided to move back to Pakistan.

On his return to Pakistan, he joined United advertising, a locally owned agency and only after one year he joined J. Walter Thompson, where his talent and salesmanship blossomed. Painting and drawing fascinated him, and he was an outstanding painter of calligraphy and landscape. In those days, advertising was one

of the few professions that were ideal for creative people.

At JWT, his boss was none other than the illustrious Nusrat A. Bukhari, a good conversationalist with a typical English accent. Bukhari established a branch of J. Walter Thompson on the ground floor of the old Rally Brothers Building on I.I. Chundrigar Road; later moved to Nelson Chambers. Ayaz Sahab always praised his salesmanship and management style and gave him credit for his grooming in advertising sales.

At JWT, he handled clients like PTC, who was extensive and very demanding. Television was yet to come, and the dominant medium for advertising was print. With non-existent computers and visuals to be presented in black and white, the creativity knew no bounds. Nusrat Bukhari always insisted that not more than two visuals be taken to the client for approval. Ayaz sb was quick to pick up these tricks of the trade and excelled in whatever he did.

At JWT, he had the privilege of working with some of the advertising world's stalwarts, such as Anwar Rammal, Framroze H. Punthakey and Shaukat Fancy. Ayaz Sahab was a very disciplined person and always emphasized time management and its importance. He soon realized that long unscheduled hours were just not his cup of tea in the advertising industry. The days were spent visiting clients and the evenings in getting their work done with extensive market research - a hallmark of Ayaz Sahab's approach before launching any campaign for his clients.

making a name for himself in advertising sales and realizing that he prefers a disciplined lifestyle, he decided to venture into his own business. He drew his inspiration from a copy of a London-based medical journal featuring local pharma industry advertising, which led him to see a case for an equal opportunity to create an avenue for pharmaceuticals to advertise in Pakistan. Since Television was yet to become mainstream; the dominant medium at the time for advertising was print.

It was then that the idea of starting a publication crystallized in his mind. His venture was initially named Pakistan Medical Review, which later became Medical News, Pakistan's first medical periodical in 1968. The renowned paediatrician Prof Ghaffar Billo was its first honorary editor, and Mr M.A.Khan was Executive Editor.

This was the birth of Medical News >>>>

<<<< which he launched in 1968, and it soon became a force to reckon with in the healthcare sector. Like any great idea, he faced immediate resistance from the then office bearers of the concerned association. They soon came up with their periodical, which was never able to impact like Medical News.

Though Medical News had humble beginnings, much like many start-ups of the time, because of Ayaz sb's perseverance, field acumen, and relentless pursuit of excellence, the periodical quickly became a recognized brand throughout Pakistan and abroad. Never the one to shy away from work, Ayaz sb would, in the business's early days, himself run routes to distribute Medical News to critical clients and large hospitals. Eventually, success bred upon success and allowed the organization to flourish, which grew into a full-strength publication house with an ever-expanding editorial and field staff at its prime.

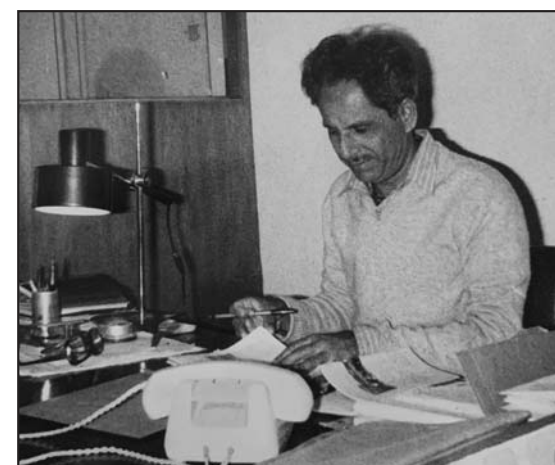
Under Ayaz sb's leadership, the business branched out into adjacent areas within the industry with the launch of Agro Veterinary News - another first for Pakistan - and expanded geographically with presence in all major cities of Pakistan and concurrent publications from Karachi, Lahore and Islamabad. This impressive rise took the industry by storm and notable industry heavyweights started to appreciate the journal's heft and recognized it even more so when it was reported Medical News had reached distribution across both East and West Pakistan and was being distributed via boats in Chittagong (then in East Pakistan). Not long after, Medical News Pakistan caught the attention of its namesake in London. The esteemed London periodical, startled by the dramatic and wide-ranging success of Medical News, decided to pursue legal action against Ayaz Mahmood for possible copyright and intellectual property infringement! By Allah's grace, he successfully defended the business against these unfavourable developments and, in doing so, established Medical News as a worthy international player in medical journalism.

Over the coming decades, he continued to steer the business through multiple ups and downs and changes in competitive and regulatory environment. The Medical News Group of publications marked its 50th anniversary in 2018 under his auspices - a milestone reached by only a select group of companies.

During his illustrious career, Ayaz sb hired and mentored talent from all over Pakistan. and so many notable industry leaders got their start at Medical News including M.A. Khan, Shaukat Jawaid, Qaiser Nishat, and Rahimullah Yousufzai. Those who were drafted as contributors for the periodical are now successful in their fields and settled worldwide. Ayaz sb even convinced his elder brother, Mr Khursheed Ahmed, then managing director of Pakistan Times, to join Medical News.

Ayaz sb's spirit of entrepreneurship did not end with Medical News.

When he was confident the publication business was in good stead, he ventured into other initiatives, including launching a dishwashing detergent - another first of its



kind - and named it "Forun", which in Urdu meant "immediately" - presumably touting its fast-acting cleaning power! The entire operation was started from his garage and became very popular in a short period, so much so that it came into the limelight when the leading consumer goods company Reckitt & Coleman wanted to buy the idea and brand off him. Deciding otherwise, he continued to remain independent and achieved distribution in Cash & Carry stores. Ultimately compelling Reckitt to unleash their complete marketing and R&D prowess to reverse-engineer the whole thing and launch a competing brand. Ayaz sb's preference for solid branding was evergreen. He continued a series of product introductions, including coloured paper napkins called "Colourkins" - another bold and creative foray for that time in Pakistan. That spark of inventiveness was also promptly copied by other manufacturers who jumped on the bandwagon as customer demand showed up. Years later, he would fondly recall these "commercial adventures" - as he would call them - and they became a part of his life narrative often told and retold in various settings. They also became exemplars of lifelong teachings for his children - that one is to live life with a sense of adventure and to have an appetite always to take calculated risks. For the rest who knew him, these serve as priceless mementoes to remember him by.

Always a man of unwavering principles, Ayaz sb led a disciplined life governed by our faith's code of ethics and business dealings. He continuously operated his businesses without an ounce of debt and strictly shied away from taking or giving any interest. He would compromise on expense and productivity and tolerate additional worldly burden but never relent on his commitment to the Almighty.

Moreover, as time wore on and into his golden years, he elected to forego continued business leadership and sought a quieter, simpler life, relegating all worldly matters to the attention of others and dedicating all his time to his Deen (religion). He enhanced his philanthropic efforts and support of his local masjid and exclusively focused on all things relating to the Deen.

On a personal level, those who knew him well recall Ayaz sb as being sharp, witty, decisive, and of course, full of humour. He was always the life of the dinner party, telling jokes and stories with as much enthusiasm as if relaying them for the first time. He would thoroughly enjoy sharing stories of his childhood and his time spent with his siblings and cousins. Whenever he reminisced about his time in Lahore, Ayaz sb's most vivid memories were of his experiences. They shared stories from his father's life and dental practice during the time of his (Ayaz sb's) childhood and teenage years. In this, his audience was always guaranteed a rich, first-hand detailed recount of the time, the place-setting, the events, and the dialogues, which he would crisply relay without skipping a beat or being hazy on the minutest of details. In this regard, his impressive recall lasted right up until the last few months of his life.

He was an avid painter and calligrapher, having taken up these creative outlets since a young age. While growing up and managing to support these hobbies within meagre means he never let up on his passion for painting, often using the back of patient dental records - conveniently sourced from his father's practice - to paint the most illustrious landscapes.

In his later years, he preferred to call his birthplace - Lahore - his home. Having lived across all major cities in Pakistan, he found Lahore's charm second to none. This is where he breathed his last after a hale and hearty 86 years, succumbing to a fast-progressing pancreatic cancer.

He is survived by one son and two daughters, a loving group of and six grandchildren who adored their 'dada' and 'nana/tutu', and host of nieces and nephews spread out across the globe, who saw their uncle as the one-and-only link between their shared golden past and the present. As Ayaz Mahmood's surviving legacy, we all pray that Allah Almighty grants him a place in Jannat ul Firdous and pray that we as his children are a source of jaza in his afterlife. (Aameen).

## Acknowledgements:

We gratefully acknowledge the condolences received from all over the world, including the honourable President of Pakistan, Dr Arif Alvi and his wife Samina Alvi, Dr Tipu Sultan/ Dr Mirza Ali Azhar (PMA), Dr Inayatullah (JPDA), Dr Ayyaz (IADSR) and many distinguished parliamentarians and healthcare professionals.



# Health department enhances COVID screening, testing in Karachi

**MN Report**  
**KARACHI** - The Sindh Health Department has enhanced the screening and testing capacity of coronavirus (COVID-19) suspected cases in the Karachi division, and the District Health Officer (DHO) has been instructed to conduct at least 600 PCR tests per day. Sources at the Sindh Health Department said that the screening and testing of COVID suspected cases increased after a surge in corona cases in Punjab and other provinces. The DHOs have been directed to perform 600 PCR tests daily. Earlier, each District



Health Officer was conducting an average of 200 PCR tests per day; however, the capacity of PCR tests rises to 600 each day. Sources said about 3600 PCR tests would be performed in the Karachi division to observe the spread of COVID-19 in the

metropolitan. Director Health Karachi at the Directorate Health Services, Dr Ismail Memon, confirmed that the screening and testing of COVID-19 suspected cases had been increased in the city following the rise in COVID-19 cases in other provinces.

## Urinary Tract Infection common in women: Dr Lubna Razzaq

**MN Report**  
**KARACHI** - Students must have the courage to inquire about everything they do not understand. Questioning culture is a missing norm in the country's academic institutes, whereas that is a tradition in advanced countries. They should know that questioning is the key to learning, and that's why they should never hesitate in asking questions. These views were expressed by the Chief Operating Officer of the Tabba Kidney Institute while delivering a keynote address at the Department of Physiology, University of Karachi. The department has organized an awareness session about Reno-Reproductive Wellbeing in collaboration with the TKI to extend mutual understanding in research and academics. Students and research fellows attended the program following all COVID-19 SOPs. Addressing final year students and research fellows during an awareness session, Dr Ahmed emphasis on the significance of generating queries and appreciated



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## Federal Government constitutes a board of governors to run JPMC

**MN Report**  
**KARACHI** - The Federal Government has constituted a four-member Board of Governors (BoGs) of the Jinnah Postgraduate Medical Centre (JPMC) Karachi under section 4 of the Federal Medical Teaching Institute Ordinance, 2020.



The Board of Governors includes Mushtaq Kassim Chhapra, philanthropist and industrialist, Ms Ronaq Lakhani, philanthropist, Dr Muhammad Irfan Daudi, Associate Professor of Surgery and Consultant Surgeon, and businessman Rashid A Khan. The Ministry of National Health Services, Regulation & Coordination (NHSR&C) has issued a notification in pursuance of the cabinet division's memorandum no. 09/CM/2021-D dated March 12, 2021.

# Pakistan Steel Mills closes 100-bed Steel Hospital and terminates staff

**MN Report**  
**KARACHI** - The Pakistan Steel Mills administration has closed the 100-bedded Pakistan Steel Hospital due to financial crises and has retrenched the hospital staff. The decision to retrench is a painful decision not only for employees but more so for the management. It has been taken as it had become inevitable in the interest of the Steel Mill and Pakistan. The employees have been instructed to contact the Steel Mills administration and personnel department to settle their dues. In addition to their legal dues in accordance with the terms and



conditions of their employment, if any, the employees will be paid one month's wage in lieu of the period of notice. The gratuity to retrenched daily wage and contract employees will be paid for the period of employment to be determined from the actual date of joining. Chief Medical Officer (CMO), Pakistan Steel Hospital, Dr Chander Kumar Sharma, was not available to make any comments.

## Sindh government asks the federal government to withdraw the board of governors notification

**MN Report**  
**KARACHI** - Minister of Health and Population Welfare Sindh, Dr Azra Pechuho, wrote a letter to the Special Assistant to the Prime Minister, Dr Faisal Sultan. An earlier summary by the National Health Services Regulation Division on the transfer of hospitals from Provincial to Federal Government decided "in principle" to hand over these hospitals to respective Provincial Governments with their mutual consent. The Supreme Court judgment clearly stated that the Federal Government reimburse the hospitals' expenditures to assume management. All transfers must be in accordance with the law, through a legal instrument, and the Supreme Court does



not bar the Federal Government and Provincial Government from entering into a management and operations agreement. The Supreme Court Judgment required the Federal Government to reimburse the Government of Sindh for all disbursements, and financial outlays made, and expenditures incurred. The dates of such finances will be counted from 29th June 2011 till the date of the return. The Sindh Government had incurred expenditures of approximately PKR 100 billion since the handover in 2011. The Federal

Government has not intimidated the Provincial Government regarding the reimbursement of the expenditures. As per the Supreme Court of Pakistan's judgment, the mentioned hospitals shall continue to be managed and maintained by the Government of Sindh in all respects. The decision to run these hospitals with a board of governors by the Federal Government is in violation of the Supreme Court's judgment. The Sindh Government thereby has requested the Federal Government to withdraw the Board of Governor's notification.



# World Tuberculosis Day

by Dr Qamber Abbas

I am writing this essay on the World Tuberculosis (TB) Day celebrated every year on 24th March, to create awareness among the masses about this lethal disorder of the human breathing system called Respiratory Tract Infection medically and technically. Before I elaborate on this subject, the slogan of "Prevention is better than cure" must be highlighted. Unluckily this aspect of medical science or Community Medicine/Community Health Sciences has not been promoted much to give an edge to clinical sciences. And if our Health Universities regularly celebrate Global Health Days and promote relevant research, their grading can

also go up like Oxford, Cambridge, Harvard and Massachusetts Institute of Technology. Sense of prevention of Tuberculosis like all other diseases if of four types from medical/scientific point of view: -

1. Primordial-Avoiding risk factors before the start of any illness.
2. Primary-Health promotion and specific protection.
3. Secondary-Early Diagnosis and treatment.
4. Tertiary-Disability Limitation
5. Rehabilitation

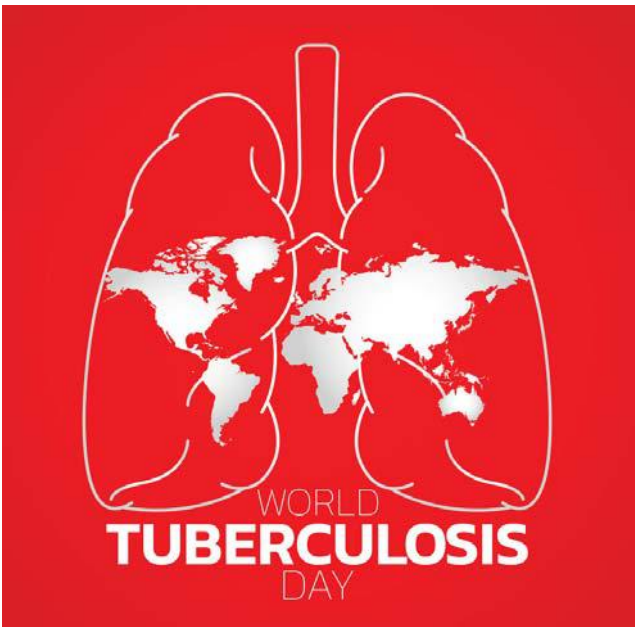
- Medical-through drugs
- Social
- Psychological-Psychotherapy
- Vocational/Socio-economic - Restoration of job etc.

Generally, we lack

Primordial Prevention, which must be adopted before starting a disease or illness. It includes health care, a balanced diet, good housing, living, sanitation, a pollution-free environment and a safe water supply.

**History:**  
TB Day is attributed to discovering its causative agent, a bacterium named "Mycobacterium Tuberculosis" on 24th March 1882 by Dr Robert Koch.

During this time, TB killed one of every seven people living in the U.S. and Europe. His discovery was very significant towards its control and elimination. One year later, i.e. 24th March 1883, World TB Day was created to educate the public about it. Until TB is eliminated, TB Day won't be a celebration.



**Organs Affected:**

Mainly Lungs but Intestines, Kidneys, Bones/Spines, Lymph Nodes, Brain and genitalia can also be affected.

**Symptoms in Lungs:**

Cough of more than three weeks, loss of appetite and unintentional weight loss

- Fever
- Chills
- Night Sweats
- Hemoptysis, i.e. blood in sputum

**Differential Diagnosis:**

- Bronchitis
- Bronchogenic carcinoma
- Bronchiectasis
- Bronchopneumonia
- Emphysema
- C-19 complications

**Diagnosis:**

Skin test called Mantoux Test and finding Mycobacterium Tuberculosis in blood and sputum.

**Treatment:**

Streptomycin, INH(Isoniazid) and Paraminosalicic acid (PAS) and when Rifampicin was added during treatment reduced from 18 to 12 to 6 months.

- DOTs Therapy, also called Directly Observed Therapy of Short Duration - Achieved through these drugs, observation by a trained relative, good protein diet and healthy environment like sanitorium. About prevention of not only Tuberculosis and at the level of Primordial one, but we must also inculcate the term Health technically defined by the World Health Organization (WHO) as a state of "Complete physical, social and mental well-being and an ability to function at optimum level and not merely the absence of disease or infirmity." So, this definition of Health

covers all aspects of human well-being. And to achieve this status of health, the concept of Primary Health Care was introduced, i.e., "Essential Health Care made universally accessible to individuals and Communities through means acceptable to them and at a cost that the country and community can afford."

Eight components of Primary Health Care are as follows: -

1. MCH, i.e., Mother-Child Health Care. It is the care of both the newborn baby and his/her mother.
2. Health Education: Masses must be given education related to health and how to take care of it.
3. Immunization: It is vaccination against a pandemic, epidemic, endemic, disease or health problem. Vaccination of TB is medically called B.C.G. This abbreviation is elaborated as Bacillus Calmette Guerin. It is given to newborn infants as part of the Expanded Program of Immunization (E.P.I), launched around the globe by W.H.O. in 1974/ The recommended time to administer the BCG vaccine is from birth to 30 days of age (but can be given up to 10 weeks). The dose is 0.01 mg to 0.05 mg or cc. It is given intradermally into the Deltoid muscle, which is the uppermost muscle of our arm. No booster dose is required. I wish that even larger scale awareness is created in the general public of our country about Tuberculosis.

-The author is contributing writer and correspondent from Islamabad and can be reached at dr.qamber@gmail.com

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# Untold story of doctors from across the globe during the pandemic

by Dr Imbesat Maheen Syed

**D**uring this COVID-19 pandemic, much misinformation was out there, and people believed that either doctors were paid or sponsored for validating the pandemic. The truth is that neither doctors are paid nor sponsored for it.

**During challenging times, people panic or suffer difficulty responding unpleasantly, but**

**over time, it must improve. To have a healthy society, we must have a supportive environment where we support and uplift each other, especially health care workers.**

Some of the examples of unconditional services of doctors during the pandemic are below.

Li Wenliang, MD, Chinese ophthalmologist at Wuhan

Central Hospital, who alerted Chinese authorities of a disease that resembled severe acute respiratory syndrome, was initially censored and died six weeks later of COVID-19.

Anthony S. Fauci, MD, director of the US National Institute of Allergy and Infectious Diseases, has benevolently led the US through this pandemic, with experience and intelligence, and who has tried to reassure his worried nation with science



and his professionalism. Maurizio Cecconi, MD, head of the Anaesthesia and Intensive Care Department of Humanitas Research Hospital in Milan, Italy, who with the help of a camera, told the story of the early days in Lombardy, Italy, brought the attention of the world to prepare for the tsunami of COVID-19 disease to come. Millions of health care workers-physicians, nurses, technicians, other health care professionals, and hospital support staff, as well as first responders including emergency rescue personnel and others who provide essential services and products-around the world, have faced the challenge of providing care for patients with COVID-19, while often ill-equipped and poorly prepared, risking their own lives to save the lives of other. They honour our medical fraternity with their commitment, dedication, and professionalism. Let's not forget that only a cooperative community can progress.

In Pakistan, doctors worked under a scarcity of resources.

I'm making my share of contribution like many other fellow clinicians to better my medical fraternity and public awareness on this pandemic. I was neither paid nor sponsored or asked by any institute or organization to do it, using my resources to reach out to people. I've written papers and articles in journals and magazines,

and newspapers on COVID-19 and clinician health/well-being. I made videos for public awareness, including on topics of masking and hand hygiene.

**The intensive work drained health-care providers physically and emotionally.**

**Health-care providers have shown their resilience and the spirit of absolute dedication to overcome difficulties.**

Comprehensive support is need of the hour to protect the wellbeing of health-care providers. Regular and intensive training for all health-care providers is, on the other hand, necessary to promote efficacy and prompt delivery of services in any crisis management. Together as a medical fraternity and as a global community, let's continue to provide our unconditional services for the betterment of humanity and be considerate and thoughtful of our fellow HCW regardless of their position in the working hierarchy, gender and ethnicity in these times and always. Only a supportive community can thrive.

*-The author is a resident Pediatric surgery track, writer, poet, and advocate of medical humanities and writer. She is bridging the gaps in evidence-based medicine and humanities through her work.*

## Diarrhoea

**Kills** 1.6 million children under 5 every year more than AIDS or MALARIA



**zinDigi**

the Magic Pill  
Can Stop  
**Diarrhoea's**  
Deadly Reign

Zinc sulfate recommended by WHO & UNICEF



M.R.P.  
Rs. 70.00  
per pack



M.R.P.  
Rs. 42.00  
per pack

**Orange Flavour**



(Dispersible Tablet)

**zinDigi** dey Zindagi



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PM Imran, first lady tests ...

**Continued from front page**  
fashion on Thursday. Special Assistant to the Prime Minister on Overseas Pakistanis Zulfiqar Bukhari was also present on the occasion. Yesterday, the premier had visited Khyber Pakhtunkhwa, where he toured Malakand University, inaugurated a new academic block and addressed a gathering of students. He had also visited the Swat Motorway, where he inaugurated the Swat Expressway Tunnels. Special Assistant to Prime Minister Shahbaz Gill added that PM Imran's symptoms were not severe and he had a "mild cough and fever".

New study finds significant ...

**Continued from front page**  
reported being against vaccines ongoing trend since November 2020. In fact, Pakistan has been reported to be among the least eager nations to get vaccinated. The reasoning behind the nation's hesitance towards immunization was primarily the presentation of any side effects (23%). Others expressed concern about the vaccine being developed too quickly without proper testing, hasty clinical trials, the ineffectiveness of the vaccine itself, and more. A staggering percentage (21%) of the respondents, however, reported being against vaccines altogether. Pakistan has the smallest proportion of individuals worried about the vaccine's side effects, and the sped up clinical trials. However, it has the highest recorded percentage of people worldwide who are against vaccines altogether. Aside from highlighting the general population's reason behind not seeking immunization against COVID-19, the study highlighted other details as well. Despite multiple campaigns advertising the

availability of the COVID-19 and the importance of vaccinations in bringing an end to this global pandemic, one in three Pakistanis are reportedly unaware of the vaccine's availability. Moreover, approximately 9 in 10 Pakistanis (89%) expect to get vaccinated free of charge. Perhaps the single most significant concern that this study highlights is the attitude of the Pakistani people towards vaccinations in general. This report provides an insight into why Pakistan continues to battle at the health forefront. Pakistan is one of the three countries in the world where polio still prevails; one of the main reasons for which is unawareness about the importance of vaccinations. As Pakistan enters the third phase of the COVID pandemic, health promotion campaigns must be initiated at a larger scale to educate the masses about the importance of preventive medicine. If you are a healthcare worker, play your part in increasing awareness about the COVID-19 vaccine. Vaccinations are the only way forward.

Urinary Tract Infection ...

**Continued from page 04**  
the contribution made by the department in developing awareness among the young science graduates who are potential future health ambassadors in society. He also acknowledged that the department is conducting quality research within its limited resources and adding positively to scientific knowledge. Meanwhile, the KU Vice-Chancellor, Prof Dr Khalid Mahmood Iraqi, expressed that quality of life matters a lot, and we all have to think about what we eat and how much time we give to ourselves. He observed that the advanced countries have a better life expectancy up to 79 years; in

contrast, it is only 56 years in Pakistan. "People used to ignore their health-related issues unless it becomes unbearable and complicated. Lifestyle modification should be practised with increasing age like exercise and dietary changes." The KU VC Prof Dr Khalid Iraqi advised that we should be more concerned about our health, and preventive measures should be followed proactively. He urged that students must spread the message in society and convince people to discuss their medical issues with a doctor. Such sessions are a good refresher and addition to the general knowledge. Earlier, a renowned urogynecologist, Dr Lubna Razzaq, during her lecture, focuses on facts and myths of health in women. She informed the audience that around 26 per cent of women wait over five years to seek help from doctors while 33 per cent of women take about one to five years to share their problems with health experts, and hardly 41 per cent seek doctor's help within one year. She mentioned that a Urinary Tract Infection is one of the commonest bacterial infections globally encountered by women, and the risk of women acquiring this disease in their lifetime is over 60 per cent. She said that women could diagnose this disease if they are having pain in the lower abdomen, pelvic pain or pressure, frequency or urgency of urination, painful urination, cloudy or bloody urine, or fever. Dr Lubna advised that if a female is complaining about a fever, vomiting, confusion, flushed skin, side pain, chills, and rigours, they should immediately visit their physicians. According to her, UTI is more than twice as common in females as males and affects 200 million people worldwide. This is so

unfortunate that women in Pakistan do not like to talk about this problem even with their doctors.

USAID helps digitize ...

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other departments as well," he suggested. The CEO of DRAP Asim Rauf apprised that the digitization has made it easier to store, access and transmit the paper-based record and has improved data sharing within different sections of DRAP. "This digitized system modernizes, streamlines, and harmonizes data archives, which directly supports data accessibility and visibility," said USAID Deputy Mission Director Michael Nehrbass. "It will also ensure transparency of information and records management, which ultimately will help ensure access to quality-assured medicines and commodities in Pakistan." Eminent public health specialist and former SAPM on Health Dr. Zafar Mirza lauded the digital archiving of historical record. "I am pleased to see DRAP moving towards stringent regulatory authority status which would help opening new avenues for our local therapeutic products across the globe," he said. The Executive Director of NIH Dr. Amer Ikram said, this is right step towards digital innovation in health sector. The Country Director of USAID Global Health Supply Chain Programme Dr. Muhammad Tariq apprised the audience of USAID and the government of Pakistan's technology cooperation for strengthening public health supply chain and digitization of DRAP record. He assured that bilateral cooperation between USAID and Pakistan is aligned with NHS and NIH vision of integrated digital health and real time information systems and that USAID-funded Global Health Supply Chain will continue providing assistance on global standards for sustainable development.

Representing office of Director General Health, Dr. Sabeen Afzal hoped that the strategic partnership would go a long way to realize the dream of e-institutionalization of the public sector. The Chairman of the Pakistan Pharmaceutical Manufacturing Association Tauqeer Ul Haq said, the pharmaceutical sector will be the biggest beneficiary of digitization as this would lead to minimizing process time for product registration and licensing. The event was attended by representatives from the Ministry of Health, DRAP, NIH, Bill and Melinda Gates Foundation, UNICEF, WHO, JSI and USP. The ceremony concluded with handing over of DMS, and presentation of shields.

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# Sindh allocates Rs500m to import single-dose COVID vaccine from China

**MN Report**  
**KARACHI** - Sindh Health Minister Dr Azra Fazal Pechuho recently said that no case of UK COVID-19 variant causing public health crises in parts of the country, particularly Punjab was reported in Sindh so far this year. She said that the Sindh government had begun monitoring of commuters to minimise chances of virus transmission and postponed a Pakistan Peoples Party rally as well as the Sehwan mela. Speaking at a press conference held on the premises of Sindh Assembly building, the minister also said that to boost the vaccination process, the government planned to purchase a single-dose vaccine directly from China for which it had allocated Rs500 million. While journalists during the presser raised several issues



related to public health, the main focus was the update on COVID-19, its transmission and provincial government's initiatives for prevention. "Within a week, there have been over 27,000 positive cases in Lahore, over 9,000 in Khyber Pakhtunkhwa, almost 8,000 in Islamabad and 3,307 in Sindh. During the same period, 142 people died of COVID-19 in KP, 434 in Punjab and 30 in Sindh," she said, sharing her concern over

the countrywide situation. "It was due to these circumstances that the government decided to postpone the rally being organised to mark the 42nd death anniversary of PPP founder Zulfikar Ali Bhutto and the mela," she added. "We realised that holding large public gatherings at a time when the country is seeing a spike in COVID-19 cases would only make matters worse," she said.

## USAID helps digitize 4.1m DRAP records

**MN Report**  
**ISLAMABAD** - Pakistan appreciates USAID's technology assistance in digitization of 15 years' historical 4.1 million records of the Drug Regulatory Authority of Pakistan (DRAP). I am happy to know that DRAP's needs have been articulated into a Document Management System (DMS) in line with international standard.



The PM's Special Assistant on Health Dr. Faisal Sultan expressed these views while addressing a ceremony arranged in connection with handing over of DMS to DRAP by the USAID-funded Global Health Supply Chain-Procurement and Supply Management project here recently. Dr Faisal said, this would drastically improve the record keeping necessary for a transparent regulatory environment. "The DMS will ensure ease of business with local and international pharma industry; similar digitization efforts should be made with the Pakistan Medical Council and

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**MN Report**  
**ISLAMABAD** - The Pakistan Medical Commission (PMC) would be responsible for any dire consequences, foreign medical graduates have warned in a letter to the federal capital's top cop. Foreign medical graduates have been protesting outside the PMC office for the last few days against the body's decision to blacklist various colleges abroad. They had held a demonstration in January 2021 as well. "The future of foreign qualified medical students is at stake because of the blind decisions being made by the authority," they complained. Today, however, they penned a letter to the inspector-general of police (IGP), in which they said the PMC "is not issuing license" and that they have been facing "discrimination and cruelty"; therefore, they have been staging a protest "peacefully". "Pakistani Foreign Medical Graduates submitted their

## PMC to be responsible for any dire consequences, say foreign medical graduates



documents according to the Act 2020 which is brought by the Federal Government of Pakistan based on uniform policy. "According to the permission and announcement of PMC, Pakistani Foreign Medical Graduates

submitted their documents for P-RMP (License), but PMC is not issuing License. Furthermore already half of the B List Pakistani Foreign Medical Graduates received their License," they wrote in the letter.

The Pakistani foreign medical graduates said there could be dire consequences because "there is no response from PMC", saying: "If any of Pakistani Foreign Medical Doctor get hurt and go for suicide, PMC will be responsible for such events. "Kindly take serious notice to save the lives and future of Pakistani Foreign Medical Graduates," they requested. It was shared on Twitter by Dr Alia Haider, a socialist-feminist activist, part of the Islamabad-based Haqooq-e-Khalq Movement (HKM). The HKM said the government's decision to revoke medical licenses "during a health emergency is an issue of life or death". "Doctors are needed more than ever, yet are forced to remain unemployed," they wrote. In November last year, the PMC had issued a list of foreign undergraduate colleges that it recognises - a decision that faced protests from students who voiced their worries because they had already paid hefty tuition fees to the blacklisted universities.