

## CONSTRUCTION STARTED FOR SULEMAN PALLIATIVE CARE CENTER AT KOOHI GOTH HOSPITAL

A grant was given by the Amin and Shehnaz Karim Foundation to build the first of its kind Suleman Palliative Care Center at Koochi Goth Hospital. The goal of palliative care is to prevent or treat the symptoms and side effects of a terminal disease, and is introduced into the treatment as soon as a serious illness is diagnosed. Presently, there is no palliative center that exists in Karachi. Once this center is established, terminally ill patients will be treated with dignity, which is the focus of this center. This Palliative Center will also house hospice care for patients. (See Story Inside)

## NHF Sponsors NURSES AIDE Program for Global Giving



This project will train young women to become nurse aides. It is aimed to target women who were victims of circumstance and thus unable to complete schooling or attend schools of nursing or midwifery. With this initiative, they will now have another chance to both improve their personal surroundings and also positively impact healthcare. This project aims to tackle issues concerning women empowerment, poverty alleviation, health education, and the health workforce crisis in Pakistan. It will provide numerous opportunities for women. The National Health Forum, Inc. under writes this Nurse Aide Program in the USA.

This program empowers women, which leads to better health and education for themselves, their families, and their children by alleviating poverty.

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## "APPNA Institute of Public Health will serve Pakistan,"



APPNA is collaborating with Jinnah Sindh Medical University in Karachi and multiple institutions, both public and private, to develop an Institute of Public Health. The aim of this institute is to provide policies and training in improving public health by controlling preventable diseases and improving mortality rates for all ages, with a special focus on women and child mortality rates. "This institute will serve the city of Karachi and Pakistan for years to come," says Javed Suleman, 2013 President of APPNA. It will also develop programs to prevent communicable diseases both by proper vaccinations and education, and also by improving clean water and delivering basic health care requirements with a goal of improving the health of communities by preventing diseases. This institute will also train physicians and basic health care personals including nurses and midwives, and will also provide MPH classes and degrees. The Institute of Public Health will have the potential to conduct independent research and may provide policies similar to those of the NIH and FDA in the USA.



## REMEMBERING OUR FALLEN COLLEAGUES

Nasreen Jamal Khan, A Dowitee of 1983

Dr. Nasreen Khan died in the brutal attack in Kabul on the evening of 17 January, 2014. Dr. Nasreen Khan was a highly experienced and respected specialist in reproductive health and public health, and had a passion for saving the lives of newborn children and pregnant mothers. Dr. Nasreen Khan had been working in Afghanistan for over a year and a half before her passing. Dr. Khan was a 1983 graduate of Dow Medical College, Karachi, Pakistan. May she rest in peace.

## URDU-ENGLISH MEDICAL TERMINOLOGY HANDBOOK COMPLETED

The endeavor to create the Urdu-English Medical Terminology Handbook, done in conjunction with Koochi Goth Hospital, became a reality in December 2013. The National Health Forum granted the funding for this project in order to help paramedical staff. This medical terminology book will help users understand the use of right vocabulary in specific contexts. This book will help students understand the simple logic behind hundreds of seemingly incomprehensible words. This Urdu-English Medical Terminology Handbook will be sold under the normal cost. Additionally, National Health Forum has also given a grant to one of Karachi's Nursing Advisories to look into publishing an Urdu Nursing textbook, which will give additional knowledge in our own language and will be used widely by nurses, midwives, and para-medical staff.

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We encourage every reader to send articles throughout the year on healthcare issues in Pakistan and the US. Articles can be emailed as text or in MS Word format to [nationalhealthforum@gmail.com](mailto:nationalhealthforum@gmail.com). The Editor reserves the right to edit content of all articles that are submitted.

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**NATIONAL HEALTH FORUM**  
PO BOX 240093  
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MARCH 2014 ISSUE

# Op-Ed

## Polio Vaccination in Pakistan Risks and Challenges



By: *Muhammad Shamim Ahmed, MD*

Polio was one of the most feared diseases in the industrialized countries, in early 20th century, paralyzing thousands of children every year. Soon after the introduction of effective vaccines in 1950's and 1960's, however polio was brought under control and practically eliminated as a public health problem in those countries.

The recognition that polio was also a major health issue in developing countries came later. Lameness surveys during 1970's revealed that the disease was also prevalent in developing countries. As a result during 1970's routine immunization was introduced worldwide as part of national immunization program helping to control the disease in many developing countries.

In 1988, when Global Eradication initiative began, polio paralyzed more than 1000 children worldwide every day, since than 2.5 billion children have been immunized against polio. Today polio has been eliminated from most of the countries of the world and only three countries remain where it is endemic that is Pakistan, Afghanistan and Nigeria.

Globally there were 400 cases reported of which 93 cases were reported from Pakistan. Pakistan's city of Peshawar is the world's largest pool of polio virus, while majority of the cases in the country and neighboring Afghanistan, tracing back to restive north western city.

The only way to eradicate polio is effective vaccination program. There is no effective treatment once a person manifests the disease. There are many barriers to effective immunization program in Pakistan. Lack of resources, adequate education, inaccessibility of healthcare and sanitation remains traditional barriers. Recently violence of militants groups against immunization workers has added a new dimension to this struggle. There were more than 60 deaths reported related to violence against vaccinators, doctors and police officers who protect them. Recent death of a Dow graduate in Afghanistan has brought this issue to the fore.

Violence against vaccinators gained traction after CIA asked a Pakistani doctor to try confirm the presence of Osama bin Laden in 2011 under guise of an immunization program. Anger deepened further when American law makers called Dr. Afridi a hero and threatened to cut off aid if he was not released. The WHO and UNICEF afraid of offending United States, did not protest publicly.

Two powerful Pakistani Taliban militants have banned vaccination from North and South Waziristan, two tribal regions that border Afghanistan. Mullas further aggravated the situation by rumoring vaccination as a ploy to sterilize the kids. This misinformation has taken root because of mistrust and anger against west, by the people in NWFP and tribal areas.

Approximately 350,000 children in FATA have not received polio vaccination during immunization campaign conducted since 2012.

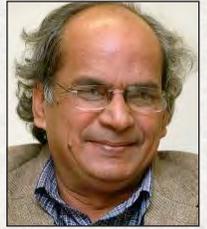
The price tag for immunization run 1 billion dollar globally. The need to eradicate polio is urgent and failing to do so he dire consequences. The recent reports of new cases in Middle East which was linked to Pakistani strain of virus, is alarming development.

Concerted effort is needed from all parties , which include global community of nations, WHO, UNICEF, Pakistan and people at risk. We need participation of dedicated workers/volunteers, in this highly unstable and unsafe environment. Protection to these volunteers, vaccinators and doctors should be given high priority. Allaying the anxiety and mistrust caused by CIA is needed. Education remains the most effective tool to overcome this barrier. How to curb the militants and fundamentalist yet gain the confidence of the populace is a challenge to our intelligence. Winning this battle is not only in the interest of Pakistan but also of the humanity. We have made great strides battling this disease over last half century, we must not fail.

*ABOUT THE AUTHOR:* Muhammad Shamim Ahmed is a 1986, graduate of Dow Medical College, Karachi, Pakistan. Dr. Ahmed is a practicing Oncologist in Salina Kansas, and written extensively on health care issues.

# Serve Our Civil Hospital (SOCH) team realizing its social responsibility along with studies'

By: *Shahid Husain*



In a society where malignant aggression has penetrated deep endeavors by a group of enthusiastic students to bring change in the institution where they study is a feat.

"We have a core team comprising about 15 students of fourth and final year and around 100 volunteers and we are involved in ward cleaning, providing waste paper baskets, dust bins, mops, dusters, sponge, phenol, bleach," said Omer ul Hassan, a final year student of the prestigious Dow University of Health Sciences.

Dr. Aisha Mehnaz, professor and chairperson, department of pediatrics, DUHS concurred. "They have provided wastepaper baskets to pediatric ward. They realize their social responsibilities along with their studies and they are doing good work with their meager resources."

Serve Our Civil Hospital (SOCH) started its sojourn as a pilot project on March 14, 201 with the theme "Safaye Nisf Iman hey" and "Pegham-e-Sehat." In the former campaign the Gynecology Unit-I at the Civil Hospital Karachi was repainted and thoroughly cleaned by volunteers. The "Pegham-e-Sehat" campaign targeted at providing basic health awareness that was conducted through demonstrating to the patients and attendants, how important was hand washing.

As the famous couplet goes, "mein akeyla hey chala tha janib-e-manzil magar loog saath aatey gaye aur qafila banta giya" the small group has succeeded in attracting fellow students who felt joy in becoming part of their team.

"We also celebrate WHO days," Omer continued. "So far we have celebrated Hepatitis Day, TB Day, Diabetes Day, Dengue Day, Hypertension Day and distributed leaflets to patients. Our focus is 'Prevention is better than cure' and we drew appreciation from our professors," he said.



SOCH volunteer cleaning Pediatric Ward at CHK

year student.

Keeping in view that the vast majority of common diseases in Pakistan are simply because people don't wash their hands with soap, the efforts of SOCH team are laudable.

Given the fact that the State is not fulfilling its duty to provide necessary funding in the domain of health and education and dedicated doctors and professors at the public sector CHK and the Jinnah Postgraduate Medical Centre are constructing State of the Art Operation Theatres on their own, the initiative of SOCH team will not only go a long way but reminds one of good old days when the Dow Medical College produced the cream of the society and it not only excelled in their profession but also played a vital role in the democratic movements of the country and challenged civil and military dictators.

DMC produced stalwarts such as Professor Haroon Ahmed, Professor

Moin, Dr. Mohammad Sarwar, Dr. Sher Afzal Malik, Dr. Mehboob, Dr. Raheed Hasan Khan, Dr. Mazhar Haider, Dr. Qamar Abbas Nadeem,, to name a few.

Professor Saeed Kureshi, the MS, Dr. Shershah Syed, Dr. Tipu Sultan, Dr. Aisha Mehnaz and others have followed suit and are doing good work and fulfilling their duties despite odds. The Dowites across the world provide funds and equipment enabling them to serve the masses and make a niche. There is immense load of patients at CHK and the JPMC, doctors are often beaten by ugly mobs but they are adhering to their oath of serving patients in difficult conditions.

"We generate 300,000 to 400,000 rupees through annual carnival. Then there are individual donors. Our dream is that our hospital looks good," said Adnan Salim.

"We don't take Zakaat," he hastened to add.



Gulrayz Ahmed, Omer Hassan and Hira Burhan (SOCH Volunteers)

"In the realm of medical education we don't have enough professors to teach basic medical sciences such as physiology.. the system is headed towards collapse and PMDC is the culprit,"

Prof. Idrees Adhi, leader of Pakistan Medical Association (PMA) told a news conference recently.

"Doctors are either being killed or kidnapped for ransom and are receiving 'parchi' from extortionists. A brain drain is going on and criminal elements are playing havoc with the social fabric of Pakistan society," Prof Adhi said. Dr. Mirza Ali Azhar, the newly elected secretary general of PMA when asked what measures the citizens of the mega city of an estimated population of 20 million people should adopt to combat measles that is on the rise, said: "The basic point in the healthcare system which PMA believes is that we should go towards the preventive side rather than the therapeutic side. Therapeutic is expensive, painful, troublesome and time consuming while the preventive side is simple, cost-effective and least troublesome for the people."

The SOCH team is focusing exactly on the same theme: "Prevention is better than cure!"



Hand washing techniques taught at CHK by SOCH volunteers.

# ANNUAL REPORT 2013

By: *Naseem A. Shekhani, MD.*

*President National Health Forum, Inc. USA*



As the year 2013 passed like a breeze and was full of activities for National Health Forum, Inc. NHF took an undertaking that even professional fund raiser would not take. End of 2012, a fund raising committee was formed and about \$50,000 were raised as seed money mainly helped by Hameed Peracha, Shah Fazal Abbas, Raheel Rasheed Khan, Mansoor Abidi and Tanveer Imam.

As routine as we continued to raise funds by different means; Sheema Kermani and Tehrik-e-Niswan were in contacted and in 2012 after obtaining the visa for the cast of Play. As initially it was just a idea and as U.S visas were rejected and finally on the third try 10 out of 12 cast members were successful in obtaining the visas. We were thrilled that we will have multi-city fund raising event to raise funds for converting Koochi Goth Hospital for now just OBGYN into a general Hospital for women and patient care. We are thankful to U.S. Consulate in Karachi, Pakistan.

Sheema Kermani and her team marched tirelessly across this great nation of ours to raise funds. Play "Mae Jiongi Sar Utah Kay" was a hit in all cities and followed by Classical Kathak Dance, which is one of the most dynamic dance in the world with the recitation of Amir Khusro work. NHF with its team did 13 city tours in 6 weeks, which is unheard of in USA, even professional organizations have not done a tour of so many cities in such a short time. Cities included were Washington DC, Orlando, Atlanta, New York, Detroit, Chicago, St. Louis, Dallas, Houston, Austin, Las Vegas, Los Angeles and San Francisco bay area. Though many cities we already had seed money and contributions were given 100% towards the hospital building. We were able to raise about \$360,000. Is considered being a great victory and achievement for the indigent women of Pakistan?

NHF is happy to inform that Amin and Shahnaz Karim Foundation from Houston, Texas has agreed to contribute \$200,000 on top of what we raised; to build a Suleman Palliative Care Center and another family from Houston has agreed to contribute \$50,000 towards the Suleman Palliative Care Center for operational purpose. Construction for both Koochi Goth Hospital and Suleman Palliative Center is already started.

Funding for Medical terminology was completed in end of 2012 early 2013 and finally in December 2013, the URDU-ENGLISH MEDICAL TERMINOLOGY BOOK was a reality. National Health Forum has also given a grant to one of Karachi Nursing advisory to look into publishing an Urdu Nursing text book, which will give an additional knowledge in our own language and will be used widely by Nurses and midwifery and para-medical Staff.

In partnering with King Edward Medical University in Lahore, and King Edward Alumni Association (KEMCAANA) in USA to aid a Post Graduate program in Psychiatry. The goal is to increase post graduate female psychiatrists. NHF is thankful to Aisha Zafar for her help.

Computer system was donated to Pak-American Clinic Chicago, Illinois to have a better data base of patient being treated at the center. Grant was given to APPNA St. Louis Health Clinic, which treat patients free of charge. NHF also contributed to APPNA Institute of Public Health which is established at Sind Jinnah Medical University in Karachi, for which we are grateful to Dr. Javed Suleman, immediate past president of APPNA for this efforts and taking an initiative.

As we see things in Pakistan customs, NHF was also stung by this event. One of our supporters from Chicago area donated 20 refurbished Hemodialysis machine and after collecting \$6000 for freight, machines were sent to Karachi to be distributed to Karachi Hospitals via Pakistan Medical Association Karachi Branch. Unfortunately after giving a bribe of over 2 lak rupees, we were unable to release those machines and still were asking for more RISHWAT, NHF decided to pull the plug as initial offering did not help much. So, it was a total loss for NHF.

NHF sponsored a programs with GATE Foundation in Detroit Michigan, where two programs were conducted one in March of 2013, where the "Women of Detroit" were celebrated in a colorful program. Second was evening with Quratulain Bakhteari which held in November 2013.

Over all, year 2013 was a great experience for our volunteers without which the grand 13 cities fund raising event was not possible. Once again, I am thankful to Sheema Kermani and her team which made this all possible with all great memories throughout this tour of 2013.

All the paper work as far as IRS rules are concern are fulfilled every year and this year will not be any exception, for that I am thankful to our CPA, Fareed Katariwala. Thank you to our webmaster Haris Aftab, and Secretarial help given by Maggie Donaldson. Shershah Syed deserves our special thanks to keep us all involved with indigent and needy population of Pakistan.

I am hoping that we complete Suleman Palliative Care Center, at least in construction and also a portion of Koochi Goth hospital constructed this year of 2014. I hope that our Editors will finish writing text book for nursing in Urdu, so we can look into funds for printing and distribution. In end of year, Dow Medical College students contacted NHF, who successfully run an organization by the name of "Serve Our Civil Hospital" (SOCH) the main purpose, is bring awareness of hygiene among patients of Civil Hospital and keep it clean.

In the end, we like to encourage more and more students from State run medical college end up getting Post Graduation. **National Health Forum's motto is "NHF wants to make a difference in the lives of indigent population."**

# ANNUAL REPORT 2013

By: *Naseem A. Shekhani, MD.*

*President National Health Forum, Inc. USA*

## National Health Forum Inc. Profit & Loss 2013

**Opening Balance** \$ **60,187.00**

### REVENUE

|                           |    |            |
|---------------------------|----|------------|
| Khoohi Goth Hospital      | \$ | 344,512.00 |
| Suleman Palliative Center | \$ | 50,000.00  |
| Fund 2013 Seed Money      | \$ | 5,500.00   |
| General                   | \$ | 179,220.00 |
| Miscellaneous             | \$ | 59.00      |

**TOTAL INCOME 2013** \$ **579,291.00**

### EXPENSES

|                                   |    |            |
|-----------------------------------|----|------------|
| Koochi Goth Hospital              | \$ | 310,050.00 |
| Suleman Palliative Center         | \$ | 50,000.00  |
| Post Grad Psychiatric Scholarship | \$ | 2,500.00   |
| Nursing book Translation in Urdu  | \$ | 3,000.00   |
| APPNA Institute Public Health     | \$ | 5,000.00   |
| Venue & Fund Raising              | \$ | 232,893.00 |
| Office Expenses                   | \$ | 366.00     |
| Bank charges                      | \$ | 154.00     |
| Paypal charges                    | \$ | 2,155.00   |
| Mailing & postage                 | \$ | 6,248.00   |
| Newsletter, Printing & copying    | \$ | 15,235.00  |
| Advertising                       | \$ | 1,396.00   |
| Accounting & Tax                  | \$ | 1,000.00   |
| Miscellaneous                     | \$ | 3,823.00   |

**TOTAL EXPENSES** \$ **633,820.00**

Loan repayment (minus) \$ 1,000.00

Closing Balance \$ 4,658.00

Fareed Katariwala CPA



**EQBAL AHMAD**  
Centre for Public Education

EACPE seeks to foster the use of science and reason to understand nature and society and so better enable citizens of Pakistan to participate fully in the political, social, economic, and cultural life of their society; to exercise their democratic rights and responsibilities; to value human rights, democracy and the rule of law; to promote cultural and religious diversity; to raise awareness of global issues and the natural environment; and to advance the goals of international peace and justice.

The immediate aim is to produce and promote, equally in Urdu and English, 6-10 minute videos on important social, political, and scientific issues. One new video will be uploaded every week (see website). Interviews of prominent Pakistani scholars and commentators will be undertaken at the next step. We welcome others to be part of this effort and will host other suitable videos.

#### The current video list:

- 1. WHY IDEOLOGY? (Nazariyyeh Ki Zaroorat?)**  
Many people never ask, never question. They simply believe. Could this be because of human biology?
- 2. A CLASH OF CIVILIZATIONS? (Tahzeeb Ka Tassadum?)**  
Many think that Islam and the West are at war with each other. True? Let's have a second look.
- 3. RICH COUNTRIES AND POOR COUNTRIES. WHY?**  
(Ameer Aur Ghareeb Mulk - Akhir Kyon?)  
Culture is critical in deciding between poverty and progress. But which aspects of culture?
- 4. THE DOWNSIDE OF NATIONALISM (Qaum Parasti Kay Muzir Asrat).**  
The world is integrated economically and yet torn apart by nationalist fervour. Why? After all, you and I had no choice in choosing our parents or country.
- 5. NATIONALIST MOVEMENTS : GOOD OR BAD?**  
(Kya Qaum Parast Tehreekon Ki Himayat Ki Jaey?)  
Thousands have been killed in the separatist struggles against the central authority of various nation states in South Asia. Whose side should one be on?
- 6. THE BIG BANG - JUST A MYTH? (Big Bang - Mehz Aik Nazariya?)**  
Every culture and religion has its own version of creation. But here is the evidence that science offers.
- 7. WHERE IS THE CENTRE OF THE UNIVERSE?**  
(Kainat Ka Markaz Kahan Hai?)  
A student recently asked me if Mecca was where the Big Bang started from. Yes, I said, but Karachi is also the centre....
- 8. HOW WILL OUR UNIVERSE END?**  
(Kainat Ka Anjam Kya Hoga?)  
Until a decade ago we didn't know how everything would end. Now, we do and it's nothing to look forward to!
- 9. BLACK HOLES IN EUROPE? (Zameen Par Black Hole Banana Mumkin Hai?)**  
Citizens of France and Switzerland are very worried they will be eaten up by a black hole made at CERN. Should they be?
- 10. LIFE IN OUTER SPACE? (Ghair Shamsi Sayyaron Par Zindagi?)**  
Over 1000 extrasolar planets have been discovered and there are billions more. What is the chance of finding life?
- 11. SWINDLES IN SCIENCE (Science Kay Double Shah)**  
A car that would run only on water enthralled Pakistan. How can we save ourselves from such embarrassments in future?
- 12. IS AMERICA CAUSING STORMS AND EARTHQUAKES IN PAKISTAN?**  
(Kya Pakistan Main Anay Walay Toofan Aur Zalzalay Amrika Kay Tuhfay Hain?)  
People allege that America has developed the means to change weather and Pakistan is among its victims. True?

*Thank you,*

Pervez Hoodbhoy  
www.EACPE.org

# National Health Forum Supports Koohi Goth Hospital

## *Pictorial 2013*



Koohi Goth Hospital Extension, April 2013



Suleman Palliative Center. (SPC) funded by Amin and Shahnaz Karim Foundation



**KOOHI GOTH HOSPITAL**

Front Gate of Koohi Goth Hospital



Most Lab test facilities are available at KGH



Uro-gyneacology consultant available



Patient learning stitching at rehab Center



Compassionate Patient Care



Hands on instructions on OBGYN issues



Visiting faculty from United Kingdom



Basic computer learning at Nursing School



OPD waiting patient area

# The Nurse Aide Initiative - Nurse Madadgaar project

By: Nabeel Zafar, MD



Who recommends a nurse to doctor ratio of 7: 1, that is, for every one doctor there should be seven nurses. This is in order to achieve an adequate distribution of healthcare work load. However, unfortunately in Pakistan there is at present only one nurse for every two doctors. This means doctors have to bear some of the responsibility of nurses which means less patients being managed by the doctor. Nurses on the other hand have more work to do than they can handle which may lead to errors in medication administration and lapses in monitoring. There is a huge dearth of nurses in Pakistan.

At the Koochi Goth Womens' Hospital, Atia Zafar Institute of Medical Sciences (AZIMS) has been running free training programs for nurses, midwives and tutors for midwives for over 8 years. Such education and training serves multiple purposes. 1) Closes the gap in the health care work force as described above, but more importantly 2) Gives education, training



Instructor with Students

and livelihood to young women who otherwise would be sitting at home at the mercy of their circumstances. These are girls who have been brought up in hardship and poverty and now seek to alleviate their situation. By training as nurses and midwives they are able to lift up their whole families. They understand basic principles of health and hygiene and earn a livelihood that can provide for their children's education and basic needs.

However to become a Nurse or a Mid-wife you have to have passed your Matric or Inter boards (high school). Even though there are many candidates for these positions there is a huge number of young women in Pakistan who have never been able to complete their education. They have studied still grade 5 or 6 and then due to various reasons have not been able to pursue their education – got married, father died leaving the family with no money, the family took them out of school thinking girls need not be educated and other such circumstances that we are all well aware of. There is another group of health care workers that is virtually non-existent in Pakistan. – Nurse Aides.

Nursing aides, or nursing assistants – do not require the same education and skill set as nurses. They work with nurses and other hospital staff to ensure adequate patient care. They perform simple but important tasks such as: making the patients bed, changing the sheets, transporting patients, providing patients with meals, bathing patients, bathing newborns, and even measuring vital signs. All tasks that are very important but simple enough to perform without high school level education. Like Nurses enable doctors with more time to do their actual work, Nurse Aides enable nurses to focus on more complex tasks in patient care and management. However in Pakistan there is no there is no concept of nursing aides or any schools or training programs for nurse aides.

The Nurse Aid Initiative brings these two problems together: 1) The gap



Nurse Madadgaar Graduating Class of 2013.

in the healthcare workforce for nursing assistants aides. And 2) a group of bright and ambitious young women who were unable to complete their schooling.

This project is aimed not only to fill an important gap in healthcare but to provide women with the opportunity to talk hold of their lives and realize their dreams of becoming a health care professional. To earn a livelihood, to better take care of their children, to empowerment and economic betterment.

Last year through a grant from the USAID we piloted this concept. 20 girls were chosen from nearby villages to enroll in the Nurse Aide Initiative. This was a formal course with 6 months of theoretical training followed by 3 months of practical training at the affiliated hospitals. They were given a uniform, a stipend and provided with transport to come from their villages. Classes and training took place at the Koochi Goth Women's Hospital campus alongside the school of nursing and midwifery. It was a huge success.

These young, bright and enthusiastic women grasped the opportunity and performed well in almost all of their tasks. At the end of the project most of them landed permanent jobs in hospitals as Nursing assistants.

We now aim to expand the project. Make a permanent



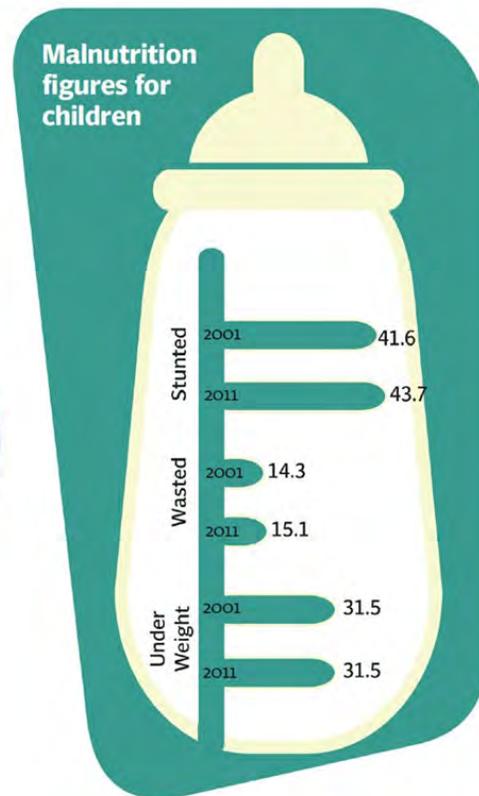
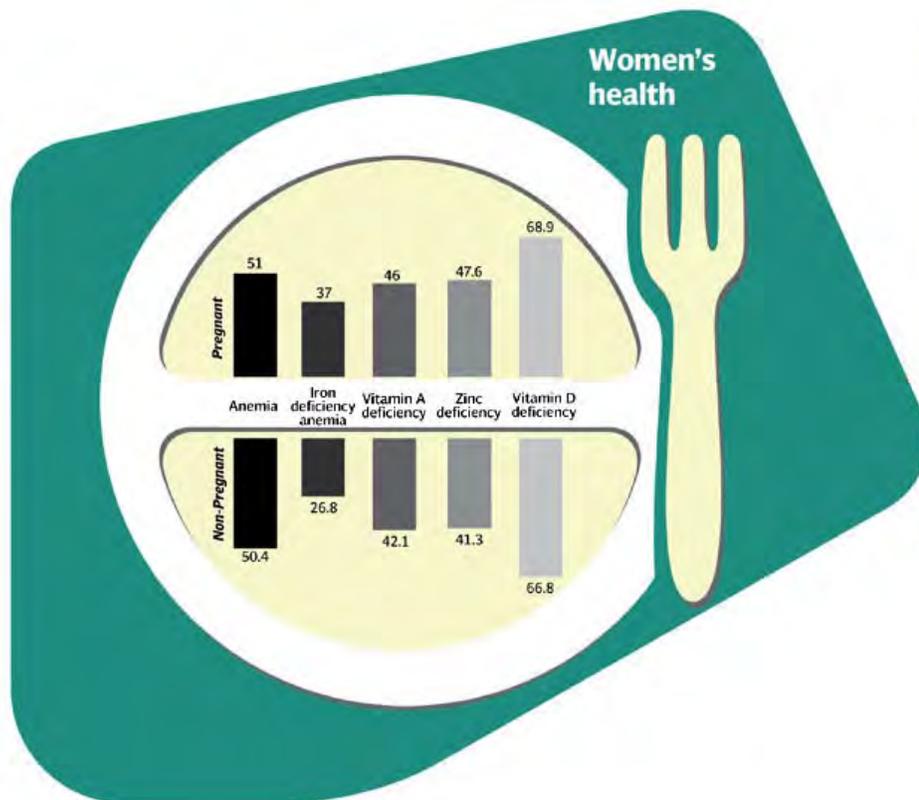
First day of Training of Nurse Aide School

and ongoing training course to cater to the hundreds of similar bright and enthusiastic women who were a victim of their circumstances. We aim to enroll further batches and continue providing these girls with the skills they have wanted and the opportunities they have waited for. The Nurse Aides project brings hope to these individuals while also satisfying a demand in the current health care system. You can help us provide opportunities for these young girls, together we can help them realize their dreams, earn a living and provide for their families.

# MALNUTRITION

## Facts About Pakistan

Major factors leading to chronic malnutrition in the country are poverty, high illiteracy rates among mothers and food insecurity.



Study conducted by National Nutrition Survey, Islamabad, the stunting rate of malnutrition among children under the age of five years has increased from 41.6 per cent in 2001 to 43.7 per cent in 2011, the wasting percentage has increased from 14.3 per cent in 2001 to 15.1 per cent in 2011. There has been no change in the percentage of underweight children since 2001, which is 31.5 per cent.

Massive micronutrient deficiencies were found in women. Some 51 per cent of pregnant women were anemic, 46 per cent suffered from vitamin A deficiency, 47.6 per cent from zinc deficiency and 68.9 per cent from vitamin D deficiency. The incidence of malnutrition was only slightly lower among non-pregnant women — 50.4 per cent of whom were anaemic, 41.3 per cent had vitamin A deficiency, and 66.8 per cent had vitamin D deficiency.

The data revealed that around 53.9 per cent of the elderly population did not have normal weight, they were either under or overweight. Among them 15.8 per cent were thin, 24.2 per cent overweight and 13.9 per cent were obese.

(Slides given above are taken with the permission of Express Tribune daily new paper from September 18th 2013 issue, Karachi, Pakistan.)

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MOTHERLESS CHILDREN

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